



The Four Angels' Messages

A Monthly Magazine

It is the Three Angels' Message of Revelation 14 empowered by "another angel" (Revelation 18:1) producing the Loud Cry, which is yet future, but now is the time of preparation, which is the purpose of this publication.

Temperance

Ellen White

"Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest by any means, when I have preached to others, I myself should be a castaway."

In the family circle and in the church we should place Christian temperance on an elevated platform. It should be a living, working element, reforming habits, dispositions, and characters. Intemperance lies at the foundation of all the evil in our world. We are

altogether too silent upon the subject of Christian temperance. We fail to urge this subject upon Christian parents. Fathers and mothers should be invited, in the fear of the Lord, not only to abstain from all intoxicating beverages, but from tea, coffee, and flesh meat.

And I go farther. Temperance should be practiced in the cooking of the food and in the variety of dishes provided, that the mother may be spared all the labor possible. A great variety of food is not essential for the sustenance of life; instead, it injures the digestive organs, causing a war in the stomach. With the blessing of God, plain, simple food will sustain life and be the best for the entire being.

(Continued on page 4)

- A Solemn Question
- Authorized KJV vs Catholic Bible
- Healthy And Delicious Recipes
- Heavenly Health
- How Do You Resolve It?
- John the Baptist and Sunday Law
- Keep the Sabbath Holy
- Making It Plain

- Natural Remedy
- Natural Vitamins
- News and Comments
- Questions and Answers
- Temperance
- The Uses of Water In Health and Disease
- Watchman, Let Him Declare What He Seeth

**A Publication By Seventh-day Adventists
For Seventh-day Adventists**

March 2026

Volume 10, Issue 3

Dear Brothers and Sisters ...

Jerry O'Donnell

As reported in the December 2025 publication, we had found ourselves financially challenged, and though I had taken on a second part-time secular job to fund the *Have One Mind in Christ* publication, which is the general public edition containing all Bible truth without the use of Ellen White's writings or any of the pioneer content, to end the year on an official amount of -\$12,859 is a lot to personally cover. That is a negative number and that is just over \$1,000 a month I am personally paying in addition to your generous contributions. Again, thank you for your support.

As also announced, we had chosen to advertise a REMOVAL banner on the back page expecting that when the reader would see their address and publication reference that instead of just tossing it away, if they are not reading it, that they would have the courtesy to contact us to be removed. Most of these people have been on the list for over five years. We also included a donation envelope inside the publication as well. And we received a mixed response. We had at least twenty-five responses to be removed in the first month of doing this. They mostly contained the simple message to be removed from the mailing list; however, there were a few that were a bit stronger in their request. Overall, it is sad to have such a request be exercised as the message of the Three Angels will not be reaching them from this ministry anymore. God will have to use other means to reach them. On the other hand, there were a number of people who referred to it as a wonderful publication but just do not have time for it. So far for the second month, another ten have requested to be taken off the list, but on the brighter

side, we did receive two donations. That means someone sees it of value so much as to financially support it. Each removal is at least a dollar per person that we are saving in expenses each month.

Additionally, that edition currently contains sixteen pages of content. Now, from the first issue until February 2026, there was a section that we ran in which every verse in the New Testament that called for holy living, a sanctified life, being a new creature, etc., was not only presented to the reader but each verse was then expounded upon in commentary format covering four of those sixteen pages. That was about a dozen Bible references and commentary per issue. At this point, we have completed every single reference, numbering over seven hundred references, proving that there is more to Christianity than to just believe. There is an expected lifestyle change. The point being that instead of replacing it with another four-page article, we will simply be dropping the article, as announced at the end of the February 2026 issue, which will shorten the publication size from the current sixteen pages down to twelve, saving twenty-five percent of printing expenses.

All these efforts are being practiced to simply use the funds wisely as we try to evangelize through this means. Our long-term goal is to save the general public publication and not lose more from our mailing list than needs to happen. So, hopefully, these efforts were sufficient as you keep us in your prayers.

God bless you in your own personal witness of the truth.



The mission of The Four Angels' Messages Ministry is to alert as many Seventh-day Adventists as possible to see the need of living the Three Angels' Messages, be well-studied in the messages of all four angels, to get ready and be ready very soon to go and preach them, even being active now. It is our belief that not only are we the last generation, but the mark is soon to be forced upon us, and publications like this shall be targeted. So while the presses can run, let us awake to our high calling, despite others who want to remain asleep. Keep in mind, the final movements of the message are described thus:

“Are we hoping to see the whole church revived? That time will never come.” {1SM 122.1}

“We must enter upon the work individually.” {1SM 122.2}

We are not against conference churches as there are some still faithful, but most are not.

About The Four Angels' Messages Ministry

This ministry is founded by Jerry O'Donnell upon the necessity to raise the standard higher and higher. It is a non-profit, Seventh-day Adventist volunteer organization who love God's church and love the people, hating to see a single person deceived.

Subscription and Donations: Although we are volunteers, the cost of

TABLE OF CONTENTS

Temperance	
Ellen White	Page 1
Editorial	Page 2
A Solemn Question	
Joshua V. Himes	Page 11
John the Baptist and Sunday Law	
Jerry O'Donnell	Page 13
Heavenly Health	
Reen Swindle	Page 19
Recipe	Page 21
Natural Vitamins	Page 22
The Uses of Water in Health and Disease	
Dr. John H. Kellogg, M.D.	Page 23
How Do You Resolve It?	Page 24
Authorized KJV vs Catholic Bible	Page 25
Keep the Sabbath Holy	Page 29
Making It Plain	Page 31
Questions And Answers	Page 32
Watchman, Let Him Declare What He Seeth	Page 34
News and Comments	Page 35
Natural Remedy	Page 36

this publication is challenging to provide to everyone for free. So we are asking for a subscription on the honor system of **\$41 annually for 12 issues**, and if the Lord impresses you with the means to be able to pro-

vide a donation, we definitely would welcome such and would put it to proper use, including helping to pay for subscriptions of those who cannot afford the cost. The publication is free online in PDF format.

(Continued from page 1)

Few realize that generally more food than necessary is placed in the stomach. But the extra food eaten is a tax on the stomach and injures the whole human structure. When the stomach has too much to do, it becomes weary. This weariness is felt through the entire system. The child cannot understand why he feels so tired and impatient, and [he] decides that he is hungry and must have something to eat. The real trouble is that the digestive organs have been too severely taxed and need an entire rest. But more food is eaten and the poor, wearied organs become diseased and inflamed. Dyspepsia and a diseased liver are the result.

Mothers need to be instructed on this point. Sweet cake should be kept off the table, for it is an injury to the stomach and liver. The sweets that children eat harm the life-current. By the laws of the home everything that renders the blood impure should be discarded from the table. Especially should little children be given wholesome food. They should be given no tea or coffee. Their food should not contain spices or any kind of seasoning. The plainest food is the most wholesome and keeps the

temple of God in the most healthy condition.

If the peace of Christ is in the heart, plain food, seasoned by a good appetite, will be relished. We are to fulfill the command, "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." "Whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him." But how much is God brought into the thoughts of those who claim to be Christians? How much sanctified conversation is encouraged at the family board? If God were thought of when we eat and drink, the precious talent of speech would more often be employed to His glory.

Shall we not strive to avoid the sin of Belshazzar when at his sacrilegious feast he praised the gods of gold and silver? At this feast the king and his nobles drank wine out of the sacred vessels of the Lord's house. The wine confused the senses of the revelers until nothing was too sacred for them to profane. The king himself led in the blasphemy, making a display of defiant desecration.

At the very moment when the feasting was at its height, a bloodless

POSTAL ISSUES!

When we get return mail twice, we have no choice but to remove you from our mailing list. Also, when our print shop runs the list against the postal services valid delivery addresses and are told it will not be undelivered, we have no choice but to remove you from our list. There is nothing we can do.

So, if you are missing an issue or think we have stopped mailing out the publication, please let us know and complain to your local postal office. Several subscribers have been impacted by the lack of proper delivery services despite years of successful deliveries.

This also ends up costing us because if it is a return piece of mail, we paid for delivery services that was not completed. Also, our willingness to send out replacement copies means extra postage. Do not feel guilty, but these are the days we are dealing with.

There are enemies of the message everywhere, knowingly and unknowingly.

hand came forth and traced on the wall of the banqueting room the doom of the king and his kingdom. "Mene, Mene, Tekel, Upharsin" were the words written, and they were interpreted by Daniel to mean, "Thou art weighed in the balances, and art found wanting.... Thy kingdom is divided, and given to the Medes and Persians." And the record tells us, "In that night was Belshazzar the king of the Chaldeans slain. And Darius the Median took the kingdom."

Little did Belshazzar think that an unseen Watcher beheld his idolatrous revelry. But there is nothing said or done that is not recorded on the books of heaven. The mystic characters traced by the bloodless hand testify that God is a witness to all we do and that He is dishonored by feasting and reveling. We cannot hide anything from God. We cannot escape from our accountability to him. Wherever we are and whatever we do, we are responsible to Him whose we are by creation and by redemption.

God has given to every man his work. We may all be laborers together with God. Parents, you have in the Scriptures the expression of the will of God. He has declared that there are only two parties in our world, the obedient and the disobedient. And although we are fallen human beings, yet we may stand on vantage ground. Christ took human nature upon Him, that humanity might touch humanity and divinity lay hold upon an infinite God.

God has given us reasoning powers and talents of perception that we may distinguish between good and evil. This we may do if we refuse to yield to the temptations of Satan, who is playing the game of life for every soul. But if we stupefy our faculties by the use of narcotics, we

cannot distinguish between right and wrong, between the sacred and the common. The sin of this lies at our own door. We have given our powers into Satan's keeping, and habits that are selfish and impure bind us as with chains of steel.

But God is longsuffering, full of mercy and forbearance, and even though a man be in abject slavery, if he turns from his wickedness and confesses his sins, placing himself under the guardianship of God, he will find help. Provision has been made for every soul to be saved. Those who receive Christ and believe in Him as their personal Saviour will receive everlasting life.

Christ loves every soul. He gave His life to save man. "If ye keep my commandments," He says, "ye shall abide in my love, even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you that my joy might remain in you, and that your joy might be full." "All power is given unto me in heaven and in earth." Christ died on the cross to draw all to Him, and He would have us joyful in that joy which He alone can give, the joy of obedience.

"This is my commandment, that ye love one another." To love God supremely and our neighbor as ourselves is the fulfilling of the law. Christ has a treasurehouse full of precious gifts for every soul. "Greater love hath no man than this, that a man lay down his life for his friends." Then Christ tells us who are his friends, "Ye are my friends if ye do whatsoever I have commanded you." The work of sanctification consists of a cheerful performance of daily duties, in perfect obedience to the commandments of God. A failure to cooperate with Christ in the great

work of redemption is a failure that all eternity cannot supply.

A man is received by God just as soon as he realizes that he has nothing in himself that will gain salvation. He must surrender himself as a willing servant to the One who gave His life to redeem him. When he loses all confidence in anything he has done or can do to save himself, when he gives himself up to be saved by Christ, he shows that he appreciates the sacrifice made in his behalf, that he has confidence to commit the keeping of his soul to God. Such a one can say in faith, "I know that he will keep that which I have committed unto him against that day."

It is our duty to render implicit obedience to the divine injunctions. Our faith must grasp the mercy and forgiveness of our sins. Then, believing that our sins are pardoned, we are no longer to walk in the path of transgression but yield ourselves to the will of God. Every day that we fail to do God's will we rob Him who has said, "Ye are not your own. For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's."

As we go on step by step, trusting, believing, receiving the end of our faith, which is the salvation of our souls, the way will be made plain to us. But even though we may not always be able to tell why we are called to do this or that, we are to obey without questioning. Abraham was called to leave his father's home. He could not see the future, but by faith he went into a strange country, not knowing whither he went. He was fully assured that God knew and that all he had to do was to watch for divine guidance and move in obedience to the commands of God.

We are not to lean upon man. God is to be consulted. All our trust is to be placed in Him. But to walk by faith and not by sight does not mean that we are to close our eyes and see nothing. We must open our eyes as wide as possible, but they must be directed to the Saviour. If we continue to look to Him, He will guide us into all truth. He is the Alpha and the Omega, the author and finisher of our faith.

"In all thy ways acknowledge him, and he shall direct thy path." This is the promise. God must be consulted at every step. He would not have us trust in human beings, who need themselves to walk carefully before God. Let him that thinketh he standeth take heed lest he fall. If we look to humanity, we shall obtain human help, but if we ask for divine guidance, we are safe in the assurance that God is leading us.

The eyes of Abraham's understanding were not closed when he decided that the best thing he could do was to separate from Lot, although he had been to him as a father. But contention and strife he could not endure, even among the herdsmen. He could not have his peace of mind disturbed by unpleasant differences. Separation was painful to him, but it must be.

Abraham gave Lot the choice of where he would go so that afterward Lot should not be tempted to think that in the separation Abraham had his own interest in view. Lot chose a beautiful location near Sodom. The land of his choice possessed every natural advantage, but he failed to investigate the morals and religion of the Sodomites. We have on record his after history. The time came when he had to flee from the corrupt city, which was dark with crime of every stripe and type. He was permitted to

warn his daughters and sons-in-law, but they would not heed this warning any more than they had heeded his instruction. They mocked at his faith in God, and they perished in the destruction of Sodom. This is a lesson for us all. We should move carefully in the selection of homes for our families. We should seek the help of the Lord in the training of our children and their choice of a lifework. Every family should constantly look to God, trusting in Him to guide aright. Sharp discrimination is necessary in order to avoid following a wrong course for the sake of worldly gain.

The Lord's will is to be our will. God must be made first and last and best in everything. We are to be as teachable as a little child, moving carefully and with entire trust in God. Our eternal interests are involved in the steps we take, whether we move heavenward toward the city whose maker and builder is God, or earthward toward Sodom's beautiful attractions.

God does not consult our opinions or preferences. He knows what human beings do not know—the future results of every movement—and therefore our eyes should be directed to Him and not to the worldly advantages presented by Satan. Satan tells us that if we give heed to him we shall reach great heights of knowledge. "Ye shall be as gods," he said to Eve, "if you eat of the tree forbidden by God." The test given to Adam and Eve was very light, but they could not bear it. They disobeyed God, and this transgression opened the floodgates of woe on our world.

God's commands are to be obeyed by all. "This do," the Eternal One declares, "and thou shalt live." But notwithstanding that men and

women have before them the history of the fall, showing them that disobedience in little things is the same in God's sight as disobedience in larger things, God's commandments are ignored and ridiculed.

The danger signal is lifted in God's Word, showing us that all who transgress God's law are under the death penalty. If the Lord were to visit the lawless transgressor with immediate punishment, men would be afraid to do the evil which is now done in our world. Those whom no entreaties or warnings will deter from following their own opinions would turn from their sins.

But although men have not discrimination to see it, yet the punishment for sin is just as certain as if it were executed when the sin was committed, unless the one who sins repents and turns to God. The longsuffering and forbearance of God will be appreciated by those who repent, and God will save them from sin. But those who continue to disobey will receive punishment which is proportionate to their rebellion against the God of heaven.

Many disregard the light and opportunities granted them by God, and stubbornly follow their own way. Thus did Belshazzar. Although God had revealed Himself in honor and majesty to Nebuchadnezzar, Belshazzar closed his eyes to the light and chose his own course. Daniel declared to him: "O thou king, the most high God gave Nebuchadnezzar thy father a kingdom, and majesty, and glory, and honor: and for all the majesty that he gave him, all people, nations, and languages trembled and feared before him: whom he would he slew; and whom he would he kept alive, and whom he would he set up; and whom he would he put down.

But when his heart was lifted up, and his mind hardened in pride, he was deposed from his kingly throne, and they took his glory from him: and he was driven from the sons of men; and his heart was made like the beasts, and his dwelling was with the wild asses: they fed him with grass like oxen, and his body was wet with the dew of heaven; till he knew that the most high God ruled in the kingdom of heaven, and that he appointeth over it whomsoever he will. And thou, his son, O Belshazzar, hast not humbled thine heart, thou knewest all this: but hast lifted up thine heart against the Lord of heaven; and they have brought the vessels of his house before thee, and thou, and thy lords, thy wives, and thy concubines, have drunk wine in them; and thou hast praised the gods of silver, and gold, of brass, iron, wood, and stone, which see not, nor hear, nor know: and the God in whose hand thy breath is, and whose are all thy ways, hast thou not glorified.”

This history is written for our learning, that we may not do as did this idolatrous king. Abraham’s character was in every way the opposite of that of Belshazzar. Abraham’s practical obedience to the Lord’s commands revealed a sure growth in spiritual knowledge, and

every additional test was a renewal of the trust reposed by God in him. In mind and purpose he was one with God, and to him God revealed future events. “Your father Abraham rejoiced to see my day,” Christ declared. “He saw it, and was glad.” “If any man will to do his will, he shall know of the doctrine, whether it be of God.”

But Belshazzar lifted himself up against the Lord. “Thou... hast not humbled thine heart, though thou knewest all this; but hast lifted up thyself against the Lord of heaven.” “Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.” Too often the patience and forbearance of God makes transgressors bold and unimpressible.

It is time for the message of God’s forbearance to be proclaimed to win men to repentance; and it is just as verily time for men to be warned that there are limits to God’s forbearance. Men may advance, as did Belshazzar, in presumption and defiance, until they pass the boundary. Blasphemy may be so developed as to exhaust the patience of the longsuffering God.

Our Websites

FourAngelsMessages.com—All of our monthly magazines, speaking schedules, YouTube links, PayPal donation processing.

ConvertingTheSoul.com—Morning, mid-day, and evening post where we supply a Bible verse and comment working through the Old Testament verse-by-verse in the morning, various thoughts around noon, and working through the New Testament verse-by-verse in the evening. Made for the general public.

HaveOneMindInChrist.com—All three books for free in PDF, News with comments appearing before they come out in print, and the general monthly publication for the general public.

<https://www.youtube.com/@fourangels552>—Weekly sermons.

We are living in a time when there are multitudes who have no fear of God. The age is marked with a depravity extremely offensive to God. Ministers and church members engage zealously in the work of making void the law of God. They have reduced the holy precepts to a dead letter. The time is coming when God must vindicate His glory before the transgressors of His law.

Christ gave His life to establish forever before the heavenly universe, before the unfallen worlds, and before a fallen world, the immutability of the law of God. But the religious world has put the Lord of heaven to open shame. They refuse to receive His law as the rule of their lives, and because of this disregard, the world is becoming as it was before the flood. Then, as the people were eating and drinking, planting and building, marrying and giving in marriage, in utter forgetfulness of God, the flood came and destroyed them all. Thus shall it be in the day when the Son of man is revealed.

In the midst of mirth, feasting, and forgetfulness of God, the command will go forth for the sword of the Lord to be unsheathed, that an end may be put to the insolence and disobedience of men. The prayers of God's people have ascended, "It is time, O Lord, for thee to work; for they have made void thy law." These prayers will ere long be answered. When men pass the limit of grace, God must let the world see that He is God.

The time has nearly come when transgression will no longer be tolerated, when God will interfere to repress the overflowing tide of iniquity.

At this time what will be the course of those who claim to fear God and

respect His commandments? Will they be carried away by the apparently overwhelming power of the tide of evil? Will they allow themselves to be tempted by the scorn thrown upon God's law, to think that it makes no difference what day they keep? Shall they not give heed to God's Word, "Ye shall keep the Sabbath therefore; for it is holy unto you: every one that defileth it shall surely be put to death: for whosoever doeth any work therein, that soul shall be cut off from among his people. Six days may work be done; but the seventh is the Sabbath of rest, holy to the Lord: whosoever doeth any work in the Sabbath day, he shall surely be put to death. Wherefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for a perpetual covenant. It is a sign between me and the children of Israel forever; for in six days the Lord made heaven and earth, and on the seventh he rested, and was refreshed."

Will not all say that the Lord's Word is positive and must be obeyed? The law of God will become more and more precious to us as we see the result of transgression upon the characters of the disobedient. If we are led by the Spirit of Christ, our estimation of the value and sacredness of the law of Jehovah will increase in proportion as we see it despised and trampled on by unholy, profligate feet. Our language will be, "They have made void thy law: therefore I love thy commandments above gold; yea, above fine gold."

This is the sanctification to which those attain whose love of God's law increases as the contempt of transgressors increases. There is need for this increased confidence in the law; for fraud, violence and crime are rapidly increasing. Men show

their hatred of God by fighting against His law which He has pronounced “holy and just and good.” Liquor saloons are established in every city. These are death traps and those who establish them, seeking to accumulate gain at the cost of poverty, misery and woe, provoke the Lord of hosts to their destruction.

God gives to all a period of probation, but men can reach a point where they can expect from God nothing but indignation and punishment. This time is not just now, but it is fast approaching. The nations will advance from one degree of sinfulness to another. The children, educated and trained in transgression, will add to the evil entailed on them by parents who have no fear of God in their hearts.

Already the judgments of God have begun to fall upon the world in various calamities, that men may repent and be converted to truth and righteousness. But the candle of those who harden their hearts in iniquity will be put out by the Lord. They have lived only for themselves, and death must come to them. When the limit of grace is reached, God will give His command for the destruction of the transgressor. He will arise in His Almighty character as a God above all gods, and those who have worked against Him, in league with the great rebel, will be treated in accordance with their works.

In his vision of the last days Daniel inquired, “O my Lord, what shall be

the end of these things? And he said, Go thy way, Daniel: for the words are closed up and sealed till the time of the end. Many shall be purified, and made white, and tried: but the wicked shall do wickedly: and none of the wicked shall understand; but the wise shall understand.... Blessed is he that waiteth, and cometh to the thousand three hundred and five and thirty days. But go thou thy way till the end be: for thou shalt rest, and stand in thy lot at the end of the days.” Daniel has been standing in his lot since the seal was removed and the light of truth has been shining upon his visions. He stands in his lot, bearing the testimony which was to be understood at the end of the days.

“And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased.”

{Manuscript 50, 1893}



Receipts

Immediate Donation Receipts Available Upon Request!

Annual receipts have been sent out in January so if you did not get one but need one, just contact us and ask for one.

A Solemn Question

Joshua V. Himes

"Who may abide the day of his coming? and who shall stand when he appeareth?" —Mal. iii. 2.

To bring this tremendous question home with power to our hearts, let us for a moment imagine that the event which must be near at hand, is now arrived. Let us suppose it to have overtaken us now, just as we are, for in some such way it will come – sudden, short, terrific – "As the lightning cometh out of the east, and shineth even unto the west, so shall also the coming of the Son of Man be." "Behold, I come as a thief in the night." Suppose, then, that the blast of the archangel's trumpet were this moment to ring in our ears – suppose that the kindling heavens, the falling stars, the sights and sounds of terror broke at this moment upon our astonished senses – that all bespoke that Time had run its course and "the end of all things was at hand:" – how would this dreadful summons find us? How would it find us at this moment – this night! Oh! think of the hundreds and of the thousands at this moment, and on this day of holy rest, to be found in the haunts of guilt and shame! Think of the thousands, on this Sabbath of the Lord, engaged in sinful pleasure, or immersed in secular employment; "doing their own ways, and finding their own pleasure;" marking the sacred day with deeper turpitude than any other of the seven. What would be the effect on them, did this dread announcement grate upon the ears? Oh, what pangs, what terrors, what wailings, and blackness of despair would it cause! "Every heart would melt; all hands would be feeble; every spirit would faint: all knees would be weak as water." Where, then, would be the wisdom of the wise, the ranks of the mighty, the

gold of the rich? The knell, the last knell, which told of dissolving Nature, would herald in their everlasting doom. Then would they call upon the rocks to fall upon them, and hills to cover them. And the cry, the exceeding bitter cry, "Too late! too late!" would break from despairing myriads. Ah! with what weepings and wailings would they then think of time mis-spent, opportunities neglected: goodness, mercy, longsuffering, love vast as eternity, abused and slighted; while conscience, quickened into agony, would ring the fearful words in their ears, "Because I called, and ye refused, I stretched out my hand, and no man regarded, but ye set at naught my counsel, and would have none of my reproof, I also will laugh at your calamity, I will mock when your fear cometh; when your fear cometh as a desolation, and your destruction cometh as a whirlwind."

Where, then, O thou profane, scoffing, and hardened sinner – desecrating the Sabbath, despising the word of the Lord, breaking the everlasting covenant, forsaking the assemblies of his people, insulting thy God and injuring thy neighbor, oppressing perhaps, the being confided to thee by God, setting an example of what is vicious and profane to thy children – where wilt thou appear? "Can thy hands be strong or can thy heart endure?" Alas! the sound will be like the hissing of the fiery serpent, and the lightning of his wrath will blast thy soul. O false and hypocritical man! like the whited and gilded sepulchre outside, while the inside is full of loathsomeness; using religion as a pretext; concealing under the mask of it pride and malice, and impurity – where wilt thou appear? Alas! it will be more tolerable for Sodom and Gomorrah in the day

of judgment, than for thee. When thou rememberest the light against which thou hast sinned, the convictions thou hast stifled, thou wilt envy the doom of the lowest, the basest in human eyes. So with the formalists, so with the worldly-minded, the indifferent hard-hearted, all who have "lived without God and Christ" in the world: all who are unwashed in his blood, unsanctified by his Spirit, and not interested in the covenant. These shall not "abide the day of his coming." These shall not stand when he appeareth."

But the question still remains to be answered, "Who may abide the day of his coming?" And it is not, blessed be God! a dark impenetrable secret, left for that day to divulge. We know (for it is revealed) that there are those who will hail his second advent with joy. The thunders may roll; but they will have no terrors for them. "The earth may be moved, and the mountains carried into the middle of the sea;" but they will fear not. (O what a glorious contrast! The calm, imperturbable spirit of holy and humble confidence, amidst "the tremblings of heart" of others!) And who are they? They who know and love him as their Saviour now, will never feel terror before him as their Judge. O ye who now believe on him with the Christian's appropriating faith, know this! Your persuasion, firm and unshaken, is that he will not desert you. "Neither death, nor life, nor things present, nor things to come shall separate you." And what inspires this confidence? Any thing in yourselves? Oh, not so, but the stability of his word, the inviolability of his covenant engagements, the unchangeableness of his love. What have you found him here? A Savior, ever as good as his word. He said, and he fulfilled it – yea, and all he has promised he will fulfil. He said, "Him

that cometh to me I will in no wise cast out." You went in tears, and in shame and self-reproach, and "he received you graciously, loved you freely," forgave you, and remembered your iniquities no more. You found there was virtue in his atonement to lull your fears to rest; to speak peace to your troubled conscience. And what is now the basis of your confidence in the view of judgment? It is the assurance that his word shall never fail, that his love is unchangeable, that "his faithfulness is to all generations." This is what props and supports you. The ground of it is not any thing in yourself, it is wholly in him. It is not the child that supports itself on the mother's bosom: it is the mother that supports the child. And so "it is the everlasting arm beneath you, which holds you up." The word on which you have ventured, he will never break. The hope he has himself inspired he will never disappoint. The rock on which you have built, will never fail. It has not failed hitherto, and it will not fail in the last judgment. No! and we believe, did he at this moment "come in the clouds of heaven" to judge the world, that the assurance you now feel "that he will never leave you nor forsake you, unworthy as you are, (yet grieving over that unworthiness daily, and striving to love him more, and serve him better,) that this assurance would keep you tranquil amidst the solemnities and terrors of the scene, and that a calm confidence would soon be exchanged for a holy joy, as the thrilling words greeted your ears, "Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world," (Prof. Churchman).

{July 31, 1844 Joshua V. Himes, The Advent Herald, and Signs of the Times Reporter [Himes], Vol. 7, 206.1 to 206.4}



John the Baptist and Sunday Law

Jerry O'Donnell

Let us begin with hearing words from Ellen White, specifically, words of caution.

“Satan is constantly at work to divert the mind with earthly things, that the truth may lose its force upon the heart; and then there will be no progress, no advancement from light and knowledge, to greater light and knowledge. Unless the followers of Christ are constantly stirred up to practice the truth, they will not be sanctified through it. Questions, speculations, and matters of no vital importance will occupy the mind, and become the subject of conversation, and then there will be caviling and striving about words, and presenting of different opinions, concerning points that are not vital or essential...” {RH, September 11, 1888 par. 6}.

“Satan is ever ready to fill the mind with theories and calculations that will divert men from the present truth, and disqualify them for the giving of the third angel's message to the world. It has ever been thus; for our Saviour often had to speak reprovably to those who indulged in speculations and were ever inquiring into those things which the Lord had not revealed. Jesus had come to earth to impart important truth to men, and He wished to impress their minds with the necessity of receiving and obeying His precepts and instructions, of doing their present duty, and His communications were of an order that imparted knowledge for their immediate and daily use” {1SM 186.2}.

The one common word between both quotes is the word “speculation”. In the context, we are

understanding it to mean “the forming of a theory or conjecture without firm evidence.” Keep in mind, according to what has been read, Satan is looking for means to divert the mind, make truth lose its force, even tire the mind on the subject. Politicians and the news media do it all the time. They will run a story over and over interjecting supposedly new insight, all slandering one party for even thinking that such a matter was actually true, and then when it comes out that the party under attack was really right, people were made so tired of the subject that the public become indifferent and then see that any further activity into the matter be but a waste of time.

Now, when we think of speculation in a broad sense, we all agree that date setting is in that class and ought to be avoided. That means, all the charts floating around, especially on the internet, need to stop. It is serving Satan's game plan. When one set of dates fail, usually another set takes its place but with lesser effect to the point that no one takes such charts seriously anymore, well all except the circle of Adventists that are promoting it, thinking that date setting helps with the urgency of the Three Angels' Messages despite Ellen White speaking to the contrary. “We are not of that class who define the exact period of time that shall elapse before the coming of Jesus the second time with power and great glory. Some have set a time, and when that has passed, their presumptuous spirits have not accepted rebuke, but they have set another and another time; but many

successive failures have stamped them as false prophets” {FE 335.1}.

But have you considered that speculation includes chasing after Sunday law? So many of our people are quick to share a news article that touches on the subject, no matter how insignificant it happens to be. For decades now, we, in general, have saturated the topic so much that once Sunday law is sprung, people are not going to regard it as anything alarming. This is exactly Satan’s game plan and everyone sharing such material are actually doing the Three Angels’ Message and God Himself a disservice. Unfortunately, those who contribute to announcing this company or that company is not open on Sundays, that musician and that actor are now promoting Sunday rest, and this country or that country is closing shops for Sunday or having vehicle free Sundays downtown, etc. and the promoters claim it to be present truth. Well, it is not present truth. It may be presently happening. It may be truthful. But that is not God’s message.

Yes, believe it or not, announcing every movement of Sunday is not God’s present truth. That is hard to swallow but every time an Adventist posts “Sunday closure over here” and nothing more comes of it, then it plays right into Satan’s hands to do as Ellen White warned against. Ours is not to teach how Sunday law is going to come in, but that there is a Sunday law coming.

I cannot find anything in Ellen White’s writings of any warning about Sunday activity until it came to congress. I have read all of her letters and manuscripts from 1844 to 1897 thus far, and only until a bill was introduced, did she start sounding the alarm.

The 2016 papal encyclical is over ten years old now, yet, you would have thought that Sunday law around the world would have been ushered in by 2017, 2018, or 2019 at the latest. Some Adventists even developed timelines taking Daniel 12 and Revelation 13 timelines literally.

Then there is Project 2025’s Sunday suggestion, but it is now the year

***Not Already on the Mailing List?
Sign Up For Four Angels’ Messages***

Name: _____

Address: _____

City, State, Zip: _____

Mail To: PO Box 301, Boiling Springs, PA 17007

We request that you enclose \$41 for 1 year

2026, without implementation of a Sunday law.

Our message is to be only that which has been revealed. Protestants eventually will dictate to the government to make a Sunday law. We also know it to be the Mark of the Beast. What God needs is steady preachers, and not speculative ones.

Taking the time to discuss the potential of this Sunday issue or that Sunday issue detracts from our duty and our focus. Personally, I am more concerned about warning the people in an age where Internet does what is called shadow banning, where videos are not suggested to anyone, including subscribers. On top of that, users can only handle three-minute video content where hour long sermons are past over. We live in a time where any form of walking onto someone's property, even to drop off free material, is considered trespassing. Whole communities have broad "no soliciting" protections that are stretched against those who try to simply pass out literature, even without knocking on the door. Mail and printing has become so expensive. What we should be spending our time thinking upon is coming up with other means of getting the message out as all avenues seem to be under a strangle hold. And that message is the simple, unadulterated, non-speculative warning.

With that said, let us take a lesson from John the Baptist. No, he did not teach about a Sunday law, but we can learn his method of presenting present truth in his day to be the pattern for our day.

What was John's message? "In those days came John the Baptist, preaching in the wilderness of Judaea, and saying, Repent ye: for the kingdom of heaven is at hand"

(Matthew 3:1-2). It was a simple message that was neither excitable, nor speculative.

What two things did he address? "For this is he that was spoken of by the prophet Esaias, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight. And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey" (Matthew 3:3-4). He addressed fashion and diet, of which we ought to be addressing in our day in which nudity or poorly dressed attire is the norm, being quite revealing. Along with that, we do have a diet message, too, that is just as much applicable as it was in John's day.

What did John encourage? "Then went out to him Jerusalem, and all Judaea, and all the region round about Jordan, And were baptized of him in Jordan, confessing their sins" (Matthew 3:5-6). He encouraged confession of sins, not like a priest, but confession is the result of repentance. And, "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).

But how did John address the church leaders? "But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come? Bring forth therefore fruits meet for repentance: And think not to say within yourselves, We have Abraham to [our] father: for I say unto you, that God is able of these stones to raise up children unto Abraham. And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire" (Matthew

3:7-10). In short, he held them accountable, including pointing out error and apostasy. He also addressed that just because a person was of Abraham's seed, or a registered Seventh-day Adventist, does not mean one is automatically guaranteed Heaven.

And how did John address politicians? "For John had said unto Herod, It is not lawful for thee to have thy brother's wife" (Mark 6:18). So, instead of making contracts with the United Nations, with the United States Government, we ought to be addressing the evils. That means that the whole chumming up with the

government during the pandemic was not how John the Baptist would have handled it.

More importantly, John had a specific purpose, and that was to prepare the way for the Messiah. Keeping in mind that neither Jesus nor John met each other since the encounter between Mary and Elisabeth; that means John did not recognize who Jesus truly was. And in John's day, there were many who claimed to be the Messiah. He did not keep up with everyone claiming to be such and speculate how He would appear. So, how did John regard the Messiah? "I indeed baptize you with water unto

I Am Come to Deceive The Whole World

How Satan, from his perspective, is distracting so many Christians while his agenda marches on.



Send \$7.00 to:

**Four Angels' Messages
PO Box 301
Boiling Springs, PA 17007**

- Do you think the attack on gas stoves is by chance?
- Do you think high fuel prices are typical of up and down prices?
- Do you think inflation is just the normal highs and lows over the economic timeline?

While people are distracted by sports, politics, Hollywood idols,

etc., the march towards the agenda is already upon us and increasing in intensity.

repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and [with] fire: Whose fan [is] in his hand, and he will throughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire” (Matthew 3:11-12). He simply described the attributes of Him. He did not speculate that the Messiah could come this way or that way. He simply quoted scripture or made reference to what he knew of the Messiah as it was revealed from God to him. Likewise, we are to tell all we know scripturally about the Mark of the Beast, the connection to Sunday as the mark of authority. We may contrast it with the seal of God. But in no wise are we to be saying, “Sunday law is coming in through climate change!” “Sunday law is coming through papal encyclicals!” “Sunday law is coming in through the Trump administration!” “The blue laws are still on the books, therefore, Sunday law is already here!” None of that do we have the blue prints from God to go preaching it in that manner.

So, when did John suggest that the Messiah could show up? “The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world. And looking upon Jesus as he walked, he saith, Behold the Lamb of God!” (John 1:29, 36). It was when Jesus showed up. Until then, John kept urging to get ready for the arrival of the Messiah.

But if we wait until Sunday law is enacted, then did we not fail to provide the warning? Not at all! We did not dull the minds on the subject. Our warning is simply to state that this country will indeed enact a Sunday law and then force other countries to adopt it. That is providing the warning message. Now, when people in the general public are all excited about Sunday enforcement, sure, we need to inform them that they are thinking wrong on the subject as God is not one into forcing people, but to say, “Be careful. That’s how Sunday law will fulfill prophecy”, that would be speculative.

So, what prophecy did John fulfill, at least partially, that we are to fulfill?

Four Angels’ Messages Contact Info

Phone: In the United States, 717-460-7881

E-mail: info@fourangelsmessages.com

Mailing: PO Box 301, Boiling Springs, PA 17007

Website: www.FourAngelsMessages.com

The link for our YouTube sermons is on our website.

Keyword search through all of our publications.

Links to our other websites are available too.

“And if ye will receive [it], this is Elias, which was for to come” (Matthew 11:14). “And Jesus answered and said unto them, Elias truly shall first come, and restore all things. But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them. Then the disciples understood that he spake unto them of John the Baptist” (Matthew 17:11-13). “Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD: And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse” (Malachi 4:5-6). Keep in mind that the great and dreadful day is yet future.

And what was John like in regards to reacting to all of the news items of the day? “And when the messengers of John were departed, he began to

speak unto the people concerning John, What went ye out into the wilderness for to see? A reed shaken with the wind?” (Luke 7:24). “That we [henceforth] be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, [and] cunning craftiness, whereby they lie in wait to deceive” (Ephesians 4:14). We need to be firm and not be blowing around every Sunday closure announcement. We need to be steady and faithful to the message.

What we are to be preaching and teaching is outlined in Revelation 14:7-12. Anything more is speculation and on Satan’s turf doing his handy work all the while we think we are presenting present truth.

Be careful what message, even inadvertently, you may be sending to unbelievers and glorify God with basic truth instead. 

Who Is the Real Antichrist?



- Walk through Daniel, Matthew, Thessalonians, 1st & 2nd John, and Revelation along with other books of the Bible gathering **over 80 identifying marks** of who the antichrist is making it the most comprehensive book on the topic to ever poses.
- In a “Who done it” layout, we provide the evidence, you come to the conclusion yourself.
- Solve the mystery plaguing many for generations and be part of the very elect having the knowledge that others lack.

Send \$14.00 (includes increased postage):

Four Angels’ Messages
PO Box 301
Boiling Springs, PA 17007

Heavenly Health

Reen Swindle

Health and God's Laws

Deuteronomy 28:1-2 says, "And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe [and] to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God."

How can we even think of denying that there is a direct link to our health and obedience to God's laws; if we only do a surface reading of the book of Deuteronomy (which by the way, we do not endorse, but completely encourage a deep and thoughtful study of the chapters 27 and 28 of this book which directly relate to our health) we would have a clear understanding of blessings and cursings from obedience and disobedience, and how they mold our characters.

We tend to define laws as written in physical books while overlooking the ones right in our everyday paths. The whole world and entire universe operate on laws set forth from creation by the Creator. Everything in the universe operates in a timely and orderly fashion; everything is in perfect alignment and harmony with all other created objects when things are operating the way God intended, without human interference.

All the heavenly beings are in constant motion, and the Lord Jesus, in His practical lifework when he was here on earth, has given an example for every man, also meaning women. In the book of Acts, we are told that

Jesus "went about doing good" (Acts 10:38) every day, all day. He operated in obedient action helping others, while also helping his own body stay in good working order. God has established in the heavens this law of obedient action. Mostly silent, but ceaseless, the objects of His creation do their appointed work all around us.

In the Lord's plan, Adam, who was created pure, holy, and healthy, was given something to do. He was to use the organs God had given him in meeting his responsibilities. He could not have been idle. His brain had to work, his heart had to work, doing its regular, appointed job forcing the life force – blood – unceasingly to all organs and systems of the body. Every organ has to do its individually appointed work, unlike, but in unison with, the other surrounding organs. If physical inaction is continued, there will be less and less activity of the brain, and eventually a complete breakdown of every system within the body.

When we continually transgress nature's laws it is a transgression of the law of God. Had men always simply been obedient to the law of the Ten Commandments, carrying out in their lives the principles of those precepts, the curse of disease now covering the world would not exist. As we can see in our own lives, when we transgress these laws of nature, we bring mental and physical suffering upon ourselves. Every time we break one of these natural laws, we damage these bodies that are "fearfully [and] wonderfully made" and even do slight damage to the

operations of the universe by not being able to function and do our appointed assignment which each of us has been given, just as God gave to Adam; our mental, physical, and spiritual work has been marred. And the punishment for the violation does not fall on the transgressor alone; the effects of this violation can be seen in his offspring, and have been passed on from generation to generation.

Many tend to complain and blame God when their friends and families suffer or are taken in death; but it is not in the plans of God that men and women should lead lives of suffering and die prematurely, leaving their work, which He gave them, unfinished. God would have us live out the full measure of our days, with every organ in good health, doing its appointed work. It is unjust to charge Him with a result, which in many cases, is due to the individual's own violations and poor choices.

God ordained that all of the beings he created should work. Upon this their happiness depends. Healthy young men and women have no need of sports, or any kind of amusement just for selfishly passing away the time. There are useful and necessary things to be done by every one of God's created, intelligent beings. There is always someone who needs from you something that will help him, which God gave you to give away – It all belongs to Him anyway. No one in the Lord's entire sphere of creation was made to be a drone, or sluggard, habitually lazy. Our happiness and health increase and our powers develop, and enlarge as we do our part of useful, God-assigned employment in the world.

We have no power when we are sluggards, but action gives power,

and the same power which caused a thing to exist is necessary to continue its existence. This power comes from working within the boundaries of God's law.

God has established far above us in the heavens this law of obedient action. We cannot always hear it, but there is ceaseless action taking place all around us, while all the things He has created are doing their assigned work all the time. The ocean is in constant motion. The new spring grass, "which today is and tomorrow is cast into the oven" (Matthew 6:30), quietly does its job, painting yards and fields with beautiful colour. The leaves are set in motion by the wind, and yet no hand has made them move. The sun, moon, and stars are all on a mission fulfilling their appointments, right on time. Man is to pay attention and learn from nature and follow the assigned order of nature by keeping his mind, and the body active which was created in God's own image; they must be active in order to fill his (man's) appointed place. Man is not to be idle, for idleness is sin.

What if the ocean stopped meeting its responsibilities being in constant motion; what if the air completely stopped moving – stop and give serious thought to the trickle-down effects of just these two entities disobeying the law of obedient action placed inside them at creation, and ceased all motion. Absolute chaos would ensue.

On a much smaller scale, the same chaos takes place within our bodies in some way when we cease to be active – nothing about our being can actually function as it was designed to, and disease, entropy, takes over in some way, and death is then accelerated.

God is even offering to take away existing sickness in our bodies, as is shown in Deuteronomy 7:15, "And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou

knowest, upon thee; but will lay them upon all [them] that hate thee."

Choose obedience and live.



Healthy And Delicious Recipes

Lisa O'Donnell

Cheesy Cauliflower Casserole

Ingredients

- 1 large head cauliflower, cut into bite-size florets
- 1 cup panko breadcrumbs
- 2 tablespoons vegan butter, melted
- 1 cup cooked rice (preferably leftover and refrigerated overnight)

Cheese Sauce

- 1 cup raw cashews, soaked in very hot water
- 2 cups unsweetened soy milk
- 1 cup vegetable broth, low sodium
- ¼ cup fresh lemon juice
- ¼ cup tapioca flour/starch
- ¼ cup nutritional yeast [substitute with chickpea flour]
- 2 tablespoons Dijon mustard [substitute with lemon juice and turmeric]
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1 ½ teaspoons sea salt, or to taste

Instructions

1. Preheat oven to 400° F (200° C).
2. Grease a 3-quart casserole dish and set aside.
3. Combine the melted butter, breadcrumbs and a pinch of granulated garlic in a small bowl. Set aside.
4. To soak cashews, boil water in a small pot and remove from heat. Add cashews and cover for 15-20 minutes, until softened*
5. While the cashews are soaking, you can steam the cauliflower for 7-10 minutes, until just tender. Uncover and remove from heat.**
6. Drain and rinse cashews. Place all cheese sauce ingredients in a high-speed blender. Blend until cashews have completely broken down and the sauce is smooth, about 1-2 minutes.
7. Pour cheese sauce into a medium skillet/pot over medium heat and cook for 4-5 minutes until it thickens up a lot and becomes slightly stretchy.
8. Stir often to prevent burning. If sauce is too thick, you can add a little soy milk or broth to thin it

out. Taste for seasoning, and add more if needed.

9. Pour ½ the cheese sauce on the bottom of the greased casserole dish.
10. Add the cauliflower and rice on top in one layer.
11. Pour the remaining cheese sauce on top of the cauliflower.
12. Sprinkle with prepared breadcrumbs and cover with foil.
13. Place in the oven for 15-20 minutes, until cheese is hot and bubbly.
14. Remove foil and bake for another 10 minutes or until breadcrumbs are light golden brown.

15. Remove from oven.

Notes

*Cashews: You can prep ahead and pre-soften your cashews by placing them in cool water for 4 hours (or overnight in the fridge). If you do not have a high-speed blender, the cashews might not completely break down and this could result in a gritty texture. You can try soaking the cashews longer for 12 hours or more.

**To add variety, you can also add a cup of mixed vegetables of your choice (I chose peas and carrots). You may have to adjust your sauce amount to your preference.



The concept of casseroles dates back to ancient times, when people first began cooking food over open fires. The word “casserole” is derived from the French language, with “cas” meaning “case”, and “role” meaning “bread roll”. This refers to the early practice of cooking food in a case or container made of clay or metal, and serving it with bread.

Natural Vitamins

Jerry O'Donnell

Nutritional & Health Benefits of Limes

1. Immune support

- High in **vitamin C**, which helps your body fight infections and recover faster
- Supports collagen production for skin and tissues

2. Digestive health

- Natural acids stimulate digestive enzymes
- Can help relieve **bloating and sluggish digestion**
- Lime juice may support healthy gut bacteria

3. Heart health

- Flavonoids (like **hesperidin**) help reduce inflammation
- Potassium supports healthy blood pressure
- May help lower LDL (“bad”) cholesterol over time

4. Skin health & anti-aging

- Vitamin C + antioxidants help:
- Reduce wrinkles
- Improve skin elasticity
- Protect against UV and pollution damage

- Lime water can support clearer skin from the inside out

5. Anti-inflammatory & antioxidant

- Helps neutralize free radicals
- May reduce chronic inflammation linked to arthritis and metabolic disease

6. Iron absorption

- Lime juice significantly boosts **non-heme iron absorption**
- Great pairing with beans, lentils, spinach, and grains

7. Kidney stone prevention

- High in **citric acid**, which helps prevent calcium stone formation

8. Weight management support

- Low calorie, high flavor
- Helps replace sugary drinks and improve hydration

- Can reduce cravings when used in water or with meals

Best Ways to Use Limes

- Fresh **lime water** (morning or throughout the day)
- On salads, fish, chicken, rice, or beans
- In teas or warm water with ginger
- Zest added to cooking (lots of antioxidants live in the peel)

A Quick Heads-Up

- Frequent exposure can erode tooth enamel → rinse with water after drinking lime juice
- If you have acid reflux, start small



The Uses of Water In Health and Disease

Dr. John H. Kellogg, M.D.

Thirst (Pages 22 to 23)

Water is continually passing away from the body. The dry air entering the lungs by respiration absorbs it from the moist surface of the pulmonary membranes. A large portion is lost by evaporation from the skin, upon which it is poured out by millions of little sewers, the perspiratory ducts, for the purpose of washing away impurities from the system. The kidneys remove a considerable quantity, with poisonous excrementitious elements in solution.

Through still other channels water is removed, aggregating, in all, the amount of five pints in twenty-four hours in the average individual. This loss must be made good, in order to preserve the requisite fluidity of the blood; and nature expresses the demand for water by thirst.

Some people rarely drink liquid of any kind. Others consume several pints in a day. The nature of an individual's occupation will in a measure determine the amount of

drink required. Stokers, glass-blowers, and others whose vocation necessitates profuse perspiration, require more water than others. It will be noticed, moreover, that the character of the diet has much to do with the demand for drink. Those who subsist mostly upon fruits and grains, and other vegetable productions, avoiding the use of stimulating and irritating condiments, require little or no addition to the juices contained in their food. Those who pursue an opposite course in dietetics, using largely animal food, salt, pepper, spices, and other condiments, and

perhaps taking a little wine or something stronger for their stomach's sake, are under the necessity of taking considerable quantities of fluid in addition to that provided by their food.

Water is the only substance which will quench thirst. Beverages which contain other substances are useful as drinks just in proportion to the amount of water which they contain, and are unwholesome just in proportion as the added elements are injurious.



How Do You Resolve It?

Jerry O'Donnell

It is one thing to know some verses that help a person stay in the faith, but it is another thing to know the Word in such a way that when a verse seems contradictory to know how to resolve it. True Seventh-day Adventists do not ignore verses. It is our hope that this section will help answer some of those challenges that we may come across personally or be used by others against our beliefs.

Was the Curtain in the Temple Torn Before or After Jesus' Death?

Luke 23:45-46 states, "And the sun was darkened, and the veil of the temple was rent in the midst. And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost."

Clearly, the sequence of events is that the sun darkens, veil is rent, and Jesus died. However, Matthew does not have the same sequence, or at least does not appear to.

Matthew 27:50-51 tells us, "Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent."

The sequence thus far with Matthew is that Jesus died, then the veil is rent, the earth quaked, and the rocks rent. However, if we continue reading in Matthew, we see what Matthew is really doing. Matthew 27:52-53 says, "And the graves were opened; and many bodies of the

saints which slept arose, and came out of the graves after his resurrection, and went into the holy city, and appeared unto many.” At a quick reading, it appears that the graves opened up as well at the moment Jesus died, but the use of the words “after his resurrection” aims the verses days later. Yet, Matthew lumped all the points quickly together, and possibly giving the wrong impression. Reading further, Matthew 27:54 continues with, “Now when the centurion, and they that were with him, watching Jesus, saw the earthquake, and those things that were done, they feared greatly, saying, Truly this was the Son of God.”

So, what we have with Matthew is that he is in the present moment during verses 50-51, resurrection morning during verses 52-53, and back to the present moment in verse 54. In other words, Matthew was just throwing a list together of all things spectacular that happened to show that Jesus was the Son of God. He was not trying to list the sequence of events.

Further, to show that Matthew is not contradicting Luke, his mentioning of the rent veil is simply a matter of fact. Matthew did not declare that when Jesus died that the veil then became rent. He simply was stating that it was noticeable that it had been rent. It could have happened beforehand but he was not fixated on the temple at the time but upon Jesus. When Jesus died, Matthew also noticed that the veil of the temple was rent.

The same could be said of Luke. Who says that Luke was trying to establish exact sequence as opposed to just making an unordered list of notable things to point out? Seeing that both Matthew and Luke are dead, we will not know who really has a sequence of events and who just put a list together of events. Neither writer stressed that this is the order of how things happened

So, we have two ways of looking at the same reference that points to the fact that Matthew was not trying to give an exact sequence of time.



Authorized KJV vs Catholic Bible

Jerry O'Donnell

If you are using anything but the KJV, you are using a Catholic influenced Bible, which strategically twists and leaves out key words and verses so as to make even the ecumenical movement between religions outside of Christianity possible. And Ellen White does identify not to use them for reliability: “Wycliffe's Bible had been translated from the Latin text, which contained many errors.” {GC 245.1}. Latin is Catholic or which most modern versions rely upon.

Sodom and Gomorrah Not in the Picture

Mark 6:11 condemns those who do not receive or listen to God's Word so much so that the preacher is to shake the dust of that city from their shoes, but in today's world, to lump them with Sodom and Gomorrah as being lost goes against

the Universalist idea that everyone is going to be saved. If they are correct, the ending of the verse has to remove away from any further condemnation, and that is what they actually do.

It is interesting that it is the modern translations that drop such a reference of condemnation, per our observation. Now, has God changed or is He “the same yesterday, and to day, and for ever” (Hebrews 13:8).

By the way, according to a website, known as Bible Hub, that lists the numerous Bible versions, they make this independent statement: “not in vulgate or newer translations- it is in KJV and YLT.” This means that the new translations come from the influential vulgate, which is the Catholic version, as we have been saying all along. This website is not known for bias for Bible versions at all.

King James Version: And whosoever shall not receive you, nor hear you, when ye depart thence, shake off the dust under your feet for a testimony against them. Verily I say unto you, It shall be more tolerable for Sodom and Gomorrha in the day of judgment, than for that city.

In Error:

American Standard Version: And whatsoever place shall not receive you, and they hear you not, as ye go forth thence, shake off the dust that is under your feet for a testimony unto them.

Amplified Bible: Any place that does not welcome you or listen to you, when you leave there, shake the dust off the soles of your feet as a testimony against them

[breaking all ties with them because they rejected My message].”

Berean Literal Bible: And if any place will not receive you nor hear you, departing from there, shake off the dust which is under your feet, for a testimony against them.”

Berean Study Bible: If anyone will not welcome you or listen to you, shake the dust off your feet when you leave that place, as a testimony against them.”

Catholic Public Domain Version: And whoever will neither receive you, nor listen to you, as you go away from there, shake off the dust from your feet as a testimony against them.”

Christian Standard Bible: If any place does not welcome you or listen to you, when you leave there, shake the dust off your feet as a testimony against them.”

Contemporary English Version: If any place won't welcome you or listen to your message, leave and shake the dust from your feet as a warning to them.”

Darby Bible Translation: And whatsoever place shall not receive you nor hear you, departing thence, shake off the dust which is under your feet for a testimony to them.

Douay-Rheims Bible: And whosoever shall not receive you, nor hear you; going forth from thence, shake off the dust from your feet for a testimony to them.

English Revised Version: And whatsoever place shall not receive you, and they hear you not, as ye go forth thence, shake off

Subscription Renewal

Subscriptions are based on the honor system because we are trying to conserve on the cost by putting God's money to the most efficient means possible as well as precious time.

Sure, that may mean we do not collect more funds, but we would like to trust God to prompt people to do so instead of conducting God's work in a business fashion.

If you do send it in “too early”, it will be applied properly.

Also, if you are sincerely unable to pay the annual subscription, do not feel guilty for still receiving the bread in times of need.

the dust that is under your feet for a testimony unto them.

English Standard Version: And if any place will not receive you and they will not listen to you, when you leave, shake off the dust that is on your feet as a testimony against them."

Godbey New Testament: And whatsoever place may not receive you nor hear you, going forth thence, shake off the dust which is beneath your feet for a testimony unto them.

GOD'S WORD® Translation: Wherever people don't welcome you or listen to you, leave and shake the dust from your feet as a warning to them."

Good News Translation: If you come to a town where people do not welcome you or will not listen to you, leave it and shake the dust off your feet. That will be a warning to them!"

Holman Christian Standard Bible: If any place does not welcome you and people refuse to listen to you, when you leave there, shake the dust off your feet as a testimony against them."

International Standard Version: If any place will not welcome you and the people refuse to listen to you, when you leave, shake its dust off your feet as a testimony against them."

NET Bible: If a place will not welcome you or listen to you, as you go out from there, shake the dust off your feet as a testimony against them."

New American Standard Bible: Any place that does not receive you or listen to you, as you go out from there, shake the dust off the soles of your feet as a testimony against them."

New Heart English Bible: And if any place will not receive you or listen to you, as you depart from there, shake off the dust that is under your feet for a testimony against them."

New International Version: And if any place will not welcome you or listen to you, leave that place and shake the dust off your feet as a testimony against them."

New Living Translation: But if any place refuses to welcome you or listen to you, shake its dust from your feet as you leave to show that you have abandoned those people to their fate."

Weymouth New Testament: But wherever they will not receive you or listen to you, when you leave shake off the very dust from under your feet to bear witness concerning them."

Worrell New Testament: And whatsoever place does not receive you, and they hear you not, going forth thence, shake off the dust under your feet for a testimony to them."

Correct, This Time:

A Faithful Version: But as many as will not receive you, nor hear you, when you depart from there, shake off the dust that is under your feet as a witness against them. Truly I say to you, it shall be more tolerable for Sodom and Gomorrah in the day of judgment than for that city."

Anderson New Testament: And whoever will not receive you, nor hear you, when you go out from that place, shake off the dust under your feet, for a testimony against them. Verily I say to you, It shall be more tolerable for Sodom or Gomorrah in the day of judgment, than for that city."

Aramaic Bible in Plain English: "And all who will not receive you and will not hear you, when you leave that place, shake off the dust that is on the soles of your feet for their testimony; truly I say to you that it will be tranquil for Sadom and Amorah in the day of judgment compared to that city."

Bishops' Bible of 1568: And whosoever shall not receive you nor hear you, when ye depart thence, shake of the dust that is vnder your feet, for a witness vnto them: I say verily vnto you, it shalbe easier for the Sodomites and the Gomorrhians in the day of iudgement, then for that citie."

Coverdale Bible of 1535: And who so euer wyll not receive you, ner heare

you, departe out from thence, and shake of the dust from youre fete, for a wytnesse vnto them. I saye vnto you verely: It shal be easier for Sodome and Gomorra in the daye of iudgment, then for that cite.

Geneva Bible of 1587: And whosoeuer shall not receiue you, nor heare you, when ye depart thence, shake off the dust that is vnder your feete, for a witnes vnto them. Verely I say vnto you, It shalbe easier for Sodom, or Gomorrhra at the day of iudgement, then for that citie.

Haweis New Testament: And as many as shall not receive you, neither hearken to you, when ye go from thence, shake off the dust from beneath your feet, for a testimony against them. Verily I say unto you, It shall be more tolerable for Sodom and Gomorrah in the day of judgment, than for that city.

Lamsa Bible: And whoever will not receive you, nor hear you, when you leave that place, shake off the sand under your feet as a testimony to them. Truly I say to you, It will be easier for Sodom and Gomorrah in the day of judgment than for that city.

Literal Emphasis Translation: And if that place will not receive you, nor hear you, departing from there, shake off the dust which is under your feet unto a testimony to them. Truly, I say to you, it will be more tolerable for Sodom or Gomorrah in the day of judgment than for that there city.

Literal Standard Version: and as many as may not receive you nor hear you, going out from there, shake off the dust that is under your feet for a testimony to them; [[truly I say to you, it will be more tolerable for Sodom or Gomorrah in [the] day of judgment than for that city."]]

Mace New Testament: wherever they shall refuse to entertain you, or to hear you, at your departure shake off the dust of your feet, as a testimonial against them. I assure you, the people of Sodom and Gomorrhra shall be treated with less severity in the day of judgment, than that city.

New King James Version: And whoever will not receive you nor hear you, when you depart from there, shake off the dust under your feet as a testimony against them. Assuredly, I say to you, it will be more tolerable for Sodom and Gomorrah in the day of judgment than for that city!"

Smith's Literal Translation: And as many as receive you not, nor hear you, going out thence, shake off the heap of dust under your feet for testimony to them. Truly I say to you, It shall be more supportable for the Sodomites or Gomorrhites in the day of judgment, than that city.

Tyndale Bible of 1526: And whosoeuer shall not receave you nor heare you when ye departe thence shake of the duste that is vnder youre fete for a witnesse vnto them. I saye verely vnto you it shalbe easier for Zodom and Gomor at the daye of iudgement then for that cite.

Webster's Bible Translation: And whoever shall not receive you, nor hear you, when ye depart thence shake off the dust under your feet, for a testimony against them. Verily I say to you, It shall be more tolerable for Sodom and Gomorrah in the day of judgment, than for that city.

World English Bible: Whoever will not receive you nor hear you, as you depart from there, shake off the dust that is under your feet for a testimony against

**NO REFUNDS, ESPECIALLY AS
CENSORING CONTINUES TO INCREASE**

When this publication is shut down beyond our control, we will be unable to provide any refunds. Rest assured that all funds are used in the most responsible ways according to the Bible and the Spirit of Prophecy.

them. Assuredly, I tell you, it will be more tolerable for Sodom and Gomorrah in the day of judgment than for that city!"

Worsley New Testament: And whosoever will not receive you, nor hear you, when ye depart thence, shake off the dust under your feet for a testimony against them. Verily I say unto you, it shall be more tolerable for Sodom or Gomorrah in the day of judgement, than for that city.

Young's Literal Translation: and as many as may not receive you, nor hear you, going out thence, shake off the dust that is under your feet for a testimony to them; verily I say to you, It shall be more tolerable for Sodom or Gomorrah in a day of judgment than for that city.'



Keep the Sabbath Holy

Jerry O'Donnell

Sabbath to Be a Day to Attend Public Worship

Fathers and mothers should make it a rule that their children attend public worship on the Sabbath, and should enforce the rule by their own example. It is our duty to command our children and our household after us, as did Abraham. By example as well as precept we should impress upon them the importance of religious teaching. All who have taken the baptismal vow have solemnly consecrated themselves to the service of God; they are under covenant obligation to place themselves and their children where they may obtain all possible incentives and encouragement in the Christian life. {CG 530.3}

But while we worship God, we are not to consider this a drudgery. The Sabbath of the Lord is to be made a blessing to us and to our children. They are to look upon the Sabbath as a day of delight, a day which God has sanctified; and they will so consider it if they are properly instructed. {CG 531.1}

Now, keep in mind that when this was written, there was no other access to messages of God other than attending public worship in a physical church or group setting of those who had house meetings instead. Today, we have other options to fulfill the principle being set here. And keep in mind that it is the principle and not the activity to keep in mind. In other words, the focus is on being educated in a godly manner on the Sabbath and not so much on being Catholic to be required to be at Sabbath school and church service in attendance no matter what. In other words, many take this quote and expect people to fill the pews despite error and even anti-Seventh-day messages being preached from the pulpit.

Every effort should be engaged into in obtaining the best education on Sabbath for the family and even for ourselves. Sitting home and reading the Bible is not what God had in mind. "The seventh day [is] the sabbath of rest, an holy

convocation” (Leviticus 23:3). The word “convocation” is a gathering together. That is because, although personal Bible reading and studying is a good practice, our limited minds see the scriptures only from one perspective – our finite minds.

“Where no counsel [is], the people fall: but in the multitude of counsellors [there is] safety” (Proverbs 11:14).

Only through discussion with others will other perspectives, and even enlightenment, be brought into our minds. Just look at Philip and the eunuch (Acts 8:26-40). The eunuch was intrigued by the scriptures but could not understand a certain set of verses in Isaiah. Philip enlightened the eunuch and the eunuch believed. The eunuch still had the opportunity to not accept Philip’s understanding, but through discussion and group study, though it was only those two together, understanding and light on the subject came about and, evidently, Philip supplied enough detail for the eunuch to believe, but if Philip had not crossed paths with the eunuch that day, he would have gone back to his land in ignorance.

The ideal is to attend a local church, where there are Sabbath school and church services. Please note that this is ideal. In many cases, youth Sabbath school is nothing but entertainment, or worse, false teaching. Many times, a newly baptized person who likes working with kids is placed in charge. They bring with them their misunderstandings of matter and uneducated thoughts into the classroom to be ignorantly shared with those in attendance.

Add to that experience an agenda even for the adult Sabbath school time through the supplied materials that have included content of many non-Adventists, and we end up facing

reality: “Do I attend because I am obligated to attend, or do I find a more appropriate alternative to be educated in the way of God?”

Then you add to that situation the fact that most conference ministers are not teaching Seventh-day Adventist doctrine and present truth messages, but generic content, and even other agendas, it brings to question of attending church services. Again, does a person attend because we have the Catholic mindset that church under conference guidance is required, or do we do as God intended and find a better alternative.

The next ideal is to gather with like believing Seventh-day Adventist families in someone’s home or in rotation and conduct Sabbath school and sermon time, which does not always require a sermon message. This is made possible only if those families are in reasonable distance. Driving three or four hours to someone’s home becomes a drudgery, especially for children, which is to be avoided, according to the quote. The Sabbath is to be a delight.

The least ideal, but still an option, is some electronic form of Sabbath school and sermon messages. Those who allow the internet into their homes and are able to be disciplined about it have access to many, many sermons and substitute Sabbath school lessons.

What is not an option is to declare that there is no option for church and Sabbath school, or worse, ignoring church and Sabbath school because one does not feel like going, and end up doing nothing. Then all that is being done is waiting out the Sabbath hours, and that is neither Sabbath

keeping, nor the education that God says that we are to have.

Of course, there are those who truly have no option and God accepts that; those who can no longer travel, are home-bound because of age or illness, etc. Think not that God

condemns such people suffering in those situations, but that He pities them and sympathizes with them.

May God help us to find the best option giving our best effort.



Making It Plain

Jerry O'Donnell

Inerrant

In using an atheist's website for resource, of what appears to be difficult verses to resolve, which feeds the articles called *How Do You Resolve It?*, the atheists had brought up a point which is not resolvable, and that is alright, because the focus is not upon a person's name not matching, but rather the point being made. What it comes down to is the definition of a word "inerrant", as it refers to the Bible, and if we do not understand the definition ourselves, our faith will be shaken.

Atheists try to discredit the Bible in hopes of discrediting the existence of God. Many times they try to do this by using of the word "inerrant" in an improper manner. We are about to explain what Christians really mean by the phrase "inerrant Word of God".

The recollection of exact time, people's names, and even places, is not above mistake in the Bible, though the Bible still remains inerrant. What is meant by the Bible being inerrant is the moral content that is consistent throughout, for example, God did not tell Moses to not steal while telling David that it was alright to steal.

This concept of "inerrant" by the atheist to mean there are no mistakes in the Bible came about, in one case, where Mark 2:26 refers to "Abiathar the high priest", when "Ahimelech the priest" (1 Samuel 21:1-6) was actually in office at the time. The incident is about David eating bread that only the priests were allow to consume. Recalling the name incorrectly in no wise discredits the Bible, at least it should not.

We need to be careful that we do not hold the Bible in such a manner that we believe that there are no mistakes whatsoever between its covers. For instance, punctuation, chapter breaks, and verse numbers did not exist until much later in time, and we know they were not perfect in their use of such along with translating the proper word. When a translator has more than one word they can supply for the Greek or Hebrew, they did their best, yet the word "hell" is a bit loosely used where "grave" would have been better, as the single Greek or Hebrew word can be taken either way. We know that Luke 23:43 has a misplaced comma: "And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise." That would mean there is a mistake in the Bible, or we believe

the thief went to Heaven on Friday, which is not true, yet the Bible is still inerrant. By the way, the correct understanding of Luke 23:43 is “And Jesus said unto him, Verily I say unto thee To day, shalt thou be with me in paradise.”

Again, “inerrant” does not mean there are no mistakes. God did not dictate the name to Mark. Now, if Mark said that God told him the name of the high priest was Abiathar, then we would have an issue. It is not like Mark could check the scriptures easily, as printed scripture was not so

readily available as compared to today.

Complaining that names are incorrectly stated in the Bible or other mismatches is as bad as a gospel writer crediting Isaiah for a prophecy in the gospels when it was really Malachi. Who cares who said it! The point being made is that prophecy was fulfilled is all that matters.

Let us not focus on the ancillary, or unimportant, content as opposed to what God is really trying to convey.



Questions And Answers

Allow at least three (3) months before your question may appear.

Question: In this society, it seems that we are encouraged to put ourselves down to build other people up, but is that what Philippians 2:3 teaches?

Answer: Philippians 2:3 says, “[Let] nothing [be done] through strife or vainglory; but in lowliness of mind let each esteem other better than themselves.” It appears the verse is encouraging us to treat others better than ourselves, but in no wise does it appear that we have to put ourselves down. In fact, Ellen White has something to say about this: “Take heed unto your own selves. And as you shall carefully study the holy law of God, the great standard of character, plead for grace that you may meet that standard. Take yourselves in hand. Turn not your sarcasm even upon your own individual selves. This would be wrong, because you are bought with

a price. You are of value in the sight of God” {Lt29-1897}. So, poking fun at yourself is actually insulting God.

Question: From time to time I am seeing on social media the atrocities of the torture devices used during the dark ages upon true Christians posted by Seventh-day Adventists from around the world and feel uneasy about seeing such detailed pictures reminding us of the cruelty that not only was in past history, but is coming under Sunday law, so I was wondering if my reaction is right, or do we need to keep the imagery before the public so as to interfere with the cozying up with the Vatican?

Answer: Feeling uneasy about those images is a proper reaction, and we are given counsel concerning those who think they are being bold for

Christ when they are actually being instruments of Satan.

“There should be greater care in the choice of subjects for illustrations. Cuts of auto de fe, Catholic pictures of persecution and burning, should be kept out of our publications. It is enough to read of these wicked deeds, without trying to bring them, in all their terrible details before the eyes. When I was a child, Fox’s Book of Martyrs was given me to read. I saw the pictures representing various horrible acts of cruelty. I could scarcely eat or sleep. Day and night I was passing through the horrors, identifying myself with the suffering ones. I almost lost confidence in God because He allowed such things. It was a long time before I could overcome the impression made on my mind. Whenever the Book of Martyrs, or any other book of like illustrations, finds its way into my library, I hide it, that no child may be caused to suffer as I did. Such pictures do not increase faith” {Lt18-1897}.

Question: Why forbid the use of wine and strong drink specifically, as recorded in the Bible to certain individuals, when no one was to drink it anyways, especially among the Jews?

Answer: In Luke 1:15, John the Baptist is described as, “he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink”. In Judges 13:14, Manoah is to instruct His wife: “She may not eat of any [thing] that cometh of the vine, neither let her drink wine or strong drink, nor eat any unclean [thing]: all that I commanded her let her observe.” Please take note that she is not to eat anything unclean, but, again, no child of Israel was to eat

anything unclean anyways. These are a but a couple examples of such instruction that you are referring to.

Now, why give such instruction when no one was to eat unclean meats nor drink strong drink? The answer is called laxness. Even among Seventh-day Adventists today, there is a laxness towards the “rules”. Some rules are sinful, while others are not, but the spirit of rebellion is still strong and dangerous. We are to show forth the best example possible to the public the Christian principles of “your body is the temple of the Holy Ghost” and “glorify God in your body, and in your spirit, which are God’s” instead of participating in society’s diseases because we were lax. Some Seventh-day Adventists do drink alcohol. Some justify jewelry. Some justify eating meat with blood in it despite being told three times, not by Ellen White, but by Luke, not to eat anything with the blood (Acts 15:20, 15:29, 21:25). Some are not so serious about Sabbath keeping despite attending both Sabbath school and church service, which is evident when they put on their Sabbath best before other Seventh-day Adventists, but then become lax when in the privacy of their own homes. And the list goes on.

So, in the acceptance of alcohol among a lot of the Jews, specific instruction was given to inform them to make sure they do not follow the acceptance in society of doing such activities. And in the case of Manoah’s wife, even unclean meats had to be addressed as it appeared to be acceptable as well.

The bottom line is – laxness is the answer.



Watchman, Let Him Declare What He Seeth

This section is not about revealing the apostasy and creating ill feeling towards the conference. It is to make sure that no one is caught up in those that participate in the apostasy. That is what it means to "Declare What I See" because God says, "When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked [man] shall die in his iniquity; but his blood will I require at thine hand" (Ezekiel 3:18). We have enough to worry about our own life; we do not need your (in general) blood to be on us too.

January 7

Fulcrum 7

Loma Linda School of Religion Will Host Gay Movie in New Amphitheater

The Loma Linda University School of Religion is going to host an LGBTQ+ movie on January 17, 2026, in the Damazo Amphitheater, Centennial Complex.

EGW: "While exalting the "sure word of prophecy" as a safe guide in times of peril, the apostle solemnly warned the church against the torch of false prophecy, which would be uplifted by "false teachers", who would privily bring in "damnable heresies, even denying the Lord." These false teachers, arising in the church and accounted true by many of their brethren in the faith, the apostle compared to "wells without water, clouds that are carried with a tempest; to whom the mist of darkness is reserved forever." "The latter end is worse with them," he declared, "than the beginning. For it had been better for them not to have known the way of righteousness, than, after they have known it, to turn from the holy commandment delivered unto them." {AA 535.1}

January 23

Advent Messenger

In Rome's Embrace: When Adventist Pastors Find Comfort in the Papal Arms of Sunday Ecumenical Worship

On Sunday, January 18, 2026, Giovanni Caccamo, a Seventh-day Adventist pastor, publicly embraced Roman Catholic Bishop Antonio Napolioni during an ecumenical worship service commemorating the Week of Prayer for Christian Unity. The gesture symbolized a visible unity between the Seventh-day Adventist Church and the Roman Catholic Church in Italy within a formal ecumenical setting. Giovanni Caccamo is the same Adventist pastor who previously signed the Ecumenical Charter—a document affirming faith in "one holy Catholic Apostolic Church" and expressing solidarity with Rome and the other Christian churches—raising serious theological and prophetic concerns when examined in the light of the Bible and the Spirit of Prophecy.

EGW: "We have a testing message to give, and I am instructed to say to our people, Unify, unify. But we are not to unify with those who are departing from the faith, giving heed to seducing spirits and doctrines of devils. With our hearts sweet and kind and true, we are to go forth to proclaim the message, giving no heed to those who lead away from the truth." {RH, April 19, 1906 par. 23}



News and Comments

January 2

The Independent

Members of cult led by man who claims to be the reincarnation of Jesus Christ arrested at their campsite in rural Alabama

There is a problem with the group's belief in this mere human being personating Jesus. "Several people living in a campsite close to the community of Empire, Alabama, as part of a religious cult, who believe their leader is the incarnation of Jesus Christ, have been arrested." Reincarnation or even incarnation is not something associated with Jesus Christ, especially today. This is yet another example of "false Christs" as predicted in Matthew 24:24. And of course, drugs are involved. There are no records of Jesus doing drugs with His disciples, or even alone.

January 31

CBS News

New ICE memo gives deportation officers more leeway to conduct warrantless arrests

ICE performing legal enforcement of the law is one thing, but keep in mind that whatever means they use will eventually be used against true Bible believing Christians. Our constitutional rights are being undermined. Revelation 13:11 says, "And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon." These are steps in speaking like a dragon.



Ellen White Abbreviations In this Issue

1SM -

Selected Messages Book 1

AA -

The Acts of the Apostles

CG -

Child Guidance

FE -

Fundamentals of Christian Education

GC -

The Great Controversy (1911)

Lt18 -

Letter 18

Lt29 -

Letter 29

RH -

The Review and Herald

Natural Remedies

Reen Swindle

COMMENT: *In these times we live in, even access to natural supplements will become increasingly difficult to access, so we are going to try our best to use the most natural means possible to deal with health situations.*

Coconut Oil for dry lips

Known for its rich hydrating and antibacterial properties, coconut oil can be applied as a protective, soothing layer for chapped lips, especially for nighttime use. Coconut oil's medium-chain fatty acids lock in moisture and protect the lips from environmental stressors. Plus, its natural

antibacterial effect helps guard against minor infections that can sometimes accompany cracked, dry lips. Apply a small amount to your lips before bed, and let it work its magic overnight.

