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.

Dependency Upon God

Ellen White

I never felt more dependent upon God than I do at the present moment. I never felt that I must put forth greater earnestness to keep my mind in the right channel. Here is where every one of us will have to labor to keep the mind in the right channel so that we shall constantly have the mind of God—that the mind of Jesus may be our mind. Why? Because then we open our hearts to the light of the Sun of Righteousness, and it comes in and shines through the whole heart. When our Saviour came to the earth He found that everybody was full of business. They were so full of business, making the world out of a mote and a mote out of the world. That is the way that it is turned right upside down.

There must be more earnest work than many of us have dreamed of. We must bring our heart offerings to God in thanksgiving and praise. All murmuring and repining is sin. We must educate our hearts and tongues so that almost the first thought will be of the goodness of God and of the compassion of Jesus our uplifted Saviour. You cannot look there but by faith.

Self must die in order that we may live the life of the righteousness of Jesus Christ. How is it that when the young are together there is nonsense and frivolity and everything of that kind? What does it mean? It means that they do not know anything about the preciousness of Jesus Christ. They ought to go weighted with the solemnity of their times. The very last sands of this world's history are running out, and for us to act like the world does not warn them of the light

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

November 2026 **Volume 10, Issue 11**

Dear Brothers and Sisters ...

Jerry O'Donnell

During the week, I review sermons on YouTube (the Internet) from other speakers, both in the Conference and in irregular lines. Those of actual independent ministries, which refer to the Conference as Babylon, I do not listen to.

So, in the past week, Dennis Page caught my attention. In listening to his message, *It's Time to Decide,* he said something that I have been saying all along, and appreciated. Bear with me as this might sound redundant, but it is all so important.

I run into a number of Seventh-day Adventists that are pro-Sabbath, but anti Ellen White. They are all about the Bible and the Bible alone. Recently, on a comment on one of Dr. Vine's YouTube messages, that exact statement was made yet again. I just had to reply, showing the hypocrisy of such a statement, and received silence because they cannot answer back truthfully.

Both Dennis Page and myself state that if a Seventh-day Adventist seriously believes in the Bible, they have to also believe Ellen White is a prophet. The reason is that Amos 3:7 states emphatically that "Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets." That means before it happens, a prophet will first prophesy that it will happen, like Noah and the flood with a hundred and twenty year warning (Genesis 6:3), Jeremiah saying Judah will go into captivity for seventy years (Jeremiah 25:11), Daniel saying that the Messiah will appear in four hundred eighty-three years from the rebuilding of Jerusalem (Daniel 9:25), etc. Additionally, since many times generations pass before the event happens, another prophet is raised at that moment to acknowledge the prophecy and typically to tell people what to do. Noah told the people to get in the boat (2 Peter 2:5), and yes, he was the same prophet that announced it to happen. But we have Daniel acknowledging Jeremiah (Daniel 9:2), and we have John the Baptist pointing to the Messiah (John 1:29, 36).

Now, Daniel also said that there would be a cleansing of the sanctuary event in a prophetic period of two thousand and three hundred days, or literal years (Daniel 8:14). That means, when that period of time closed, to stay true to the Word of God, the Bible and the Bible alone, another prophet was to rise up to point to the heavenly sanctuary. Was it Joseph Smith (Latter Day Saints)? Charles Russell (Jehovah Witness)? Charles Cullis (Faith Healers)? Mary Baker Eddy (Christian Science)? Helena Petrovna Blavatsky (occult)?

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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.

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 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 provide 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.

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we have received, and our profession of faith. We cannot afford to do this.

It makes us weak and inefficient when we cannot lift up holy hands to God. But when we make Christ our sufficiency, when we hang our helpless souls upon Christ, there is a power that comes to every soul. And the more they have of this power the weaker they feel in themselves alone. It does not swell them up with pomposity. They feel that God is their strength and power and elevation and wisdom, therefore all the glory must be given to Him. Every inch you advance with the light will be like a voice of praise to God.

We want to cleanse our soul temple from every moral defilement. We want that Jesus Christ shall do for us the very work that He longs to do and that the whole heavenly intelligences are waiting to do and ready to do. This is to take you just as you are, to take you and put the divine similitude upon you, to take you and put upon you the image of Jesus Christ to restore it to man. And then as this work goes on, your character will be reshaped. You do not want to go from the school with the same character as the one you came with. That will not answer. We want that your privileges should be appreciated so you will see every ray of light that is shining from the throne of God.

When God sent Moses to Pharaoh, he had light, but Pharaoh resisted and every resistance brought up a heavier stubbornness. Did God put a power upon him that he could not turn to the light? No, it was indifference to evidence. The stubbornness of Pharaoh was because light was shining that he would not receive. Day after day was the mighty hand of power revealed, but "Who is the Lord that I should serve Him?" "Who is He that I should know Him?" He is the I AM. Who is the I AM? Jesus Christ, who was in the pillar of cloud. The very I AM is speaking to you. He says that if you hear His words and do them not, your house is built upon the sands; but if you are hearers and doers, your house is riveted upon the eternal Rock, and as well might all heaven be swept away as that one soul perish. He does not want you to perish. He is giving you light.

We are where the very last test is coming, as it was for the children of Egypt. It was the firstborn that was to be slain. From the king on his throne to the humble worker, they would not hear the word of God. All the firstborn were to be slain. Now God says to the children of Israel, "Gather yourselves into your houses." Suppose they had been disobedient. Suppose they had said, "God knows that I am not an Egyptian, and so I will not be particular to carry out this work." They would have been slain with the Egyptians. But God said, "Gather your families into your house and mark the lintel with blood, and thus mark your faith in Jesus Christ as the great antitype of all their offerings."

How anxious those parents were! How they got their children into the house and counted them to see how many there were, and when one went to the door before the hour of midnight, how quickly they would snatch him away, to take him away lest he might be struck by the destroying angel. Were they any too careful? We want to consider, there they stood with their staves in their hands and their preparations made for the journey, so that when the word should come, they would not hesitate a moment, but start right on their way.

Imagine them. One child says, and she was the oldest daughter and an invalid, "Father, have you marked the door?" "I have given my servant direction that he shall do it, so do not worry any more." But the word comes again, "Father, Father, are you sure the door is marked?" He tells her that it is. But it

comes again, “Father, take me in your arms and carry me to the door.” He took her there, and lo, the door was not marked. With paling face the father gets the blood, and with his own hands puts the mark upon the door.

It is important for every individual student to mark the door of their heart with the virtue of the blood of the slain Lamb. John said, “Behold the Lamb of God which taketh away the sin of the world.” That is what we want to do individually. We have no time to devote to trifling; we have no time to devote to supposing. We must make our calling and election sure. Here are the most precious opportunities that we have ever had.

One inquired one day should they have in mind the Medical Missionary work. But there is another work to be done. Seek God with all your heart that you may find Him, and when you have surrendered all, soul, body and spirit to God, and when you mark the door of your heart with the blood of Jesus, you may know that God will find you something to do. He gives every faithful servant something to do. What you want is to walk with contrition before God. We want to develop a character that Heaven will approve. We want you to feel that you must elevate the standard. Your very ideas of Christianity must be reshaped.

Although you may not see God right by your side, yet He is there if you are seeking to honor and glorify Him; but if you stand alone, somebody else is there. If you stand aside from God, Satan is there. It is your privilege to have Christ formed within you, the hope of glory. It is your privilege to triumph in God every hour. But can you if you do not feel it? What have your feelings to do with it? Here is the promise of the living God. If you do thus, the God of heaven will fulfill His promise, but if you think that the work of your salvation is to be carried on without any interested effort on your part, you will make a terrible mistake like Pharaoh made.

Those that have the responsibility here, if they do not feel a burden for your case when they know that you are walking contrary to God, I would lift up both hands for them to be relieved, and I would lift up both hands for them to be dismissed, and we would try one after another till we knew we had those who felt the weight of the responsibility.

Do not get impatient and fretful because you cannot have your way. “But can I never have my own way?” Never, never, while time lasts and you are in harmony with the will of God. It is God’s way you are to walk in, and you are to inquire in every enterprise you start if it is the way of God. Shall I walk after the mind of God, or shall I in any way dishonor God by my course of action? Shall I dishonor Him in conversation and in spirit, in the hotels and the theaters; shall I dishonor Him in my course of action? These are the inquiries you want to make to your own soul, to your own intelligent reason in the light of the Word of the Infinite God.

I carry a burden for the souls that are here. The question is, Am I helping with my means for individuals to be here to have their own way and carry out their own plans, that will help at last to swell the army of Satan? Or, am I using the means which God has made me steward of, that these youth may have an opportunity of hearing precious truth which is like jewels of gold and a mine of precious ore?

You do not want your mind all cobwebbed with courtship and familiarity. We are here to fit up to do a work, and if we connect with God, we will stand through the ceaseless ages of eternity. This is why I felt that I could do anything to help on the work. I stand here in this country away from friends and nearly every relation, and if

I could do anything to start the truth in the right direction, I would be repaid. I call upon every student in the name of Jesus Christ of Nazareth to stand by my side. I call upon you not to press burdens upon my soul so that wherever I am, in New Zealand or here, I am roused up in the night standing before you talking as I am now and urging you to make it a business to serve God; to seek first the kingdom of God and His righteousness. You cannot plan anything until you do this. You will surely be liable to mistake without God.

You want the soul temple cleansed of every defilement by coming to the fount that is open for you to wash in, that you may be clean, with a virtuous character and with the mind of God. He will bring to you the attractions of heaven, but if you have your mind upon unimportant things, let me tell you, you will go lower and lower, for you are responsible for every ray of light that is shining that you do not appropriate to your own individual self. We want you to meet the high expectations of Jesus when He died upon the cross of Calvary. Do not meet a low standard.

We want every mouth to say that the yoke of Christ is easy and His burden is light, because you have submitted your neck to the yoke, and Christ bears one end of it for you. Christ lifts the burden with you. The cross of Christ is to you, as you lift it, the pledge of immortality, the pledge of the crown of glory that fadeth not away, reserved in heaven for you, for the overcomer. Will you have it? Will you carry the yoke that you may have it? We want you to carry a power with you where you go that it may be seen and felt that angels are ministering unto you. You may leave them behind you by giving your mind a train of thought that angels cannot work with.

God help us that we may sanctify soul and body and spirit that we may be fitted for the heavenly courts, that when the finishing touch of immortality is put upon us, we will be ready to sing, "Worthy, worthy is the Lamb slain from the foundations of the earth." You carry this song with you every day and when you lay hold of the might of Christ, you are powerful in His strength. Try it. You will find in the meekness and lowliness of Jesus Christ that you love to think of heaven. You will run in the way of His commandments and will say, "Open thou mine eyes that I may see glorious things in thy law." The Lord will be liberty, life and salvation to you. God grant that we may see souls here praising God with heart and soul and mind. God give every one of you power that you may have the victory and not dishonor God. You will never, never be sorry that you took a high standard when you enter the kingdom of God.

God is bringing you right to the threshold of eternity and if you do not see it, it is because the world and your own inclinations of evil blind your eyes. He will show you the courts of glory filled with immortal light. The gates are ajar and the light is shining through. If you do not see it, it is because your eyes are blinded by sin. God grant that you may have spiritual eyesight.

That is just our condition, brethren and sisters, before God, but I am afraid that we sometimes close our eyes to our sins. We may not see them, and our brethren and sisters may not see them,

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but the eyes of the Lord are open to the inmost recesses of the heart. How does God manifest His love to us? “For we have not an high priest that cannot be touched with the feelings of our infirmities, but was in all points tempted like as we are, yet without sin.” He has all sympathy for us in all our sufferings. What did Christ undertake to do? He took our place in this life that He might learn to bear our sufferings so that when He should ascend on high He might still bear our infirmities, and He suffered more keenly than we suffer.

We are saved when we unite ourselves with God. He feels all our sorrows, and He says, “Inasmuch as ye have done it unto the least of these my brethren, ye have done it unto me.” He feels the ministry as if it were done unto Him. Come before Him as children of God and offer Him praise. Christ takes that praise and offers it to God for us, and mingles it with incense. It was so hard for me to see how our weak praise could glorify God, until I got a view of this, that Christ takes that praise and offers it to the Father Himself, and then it is acceptable.

Where are you standing, brethren and sisters? Do you take hold of the death of Christ by faith and make it your salvation? Then we have made a new beginning and all our past life is as though it had not been. It is God’s life we are to live. God wants us to keep walking right along with Him. When we receive Him we are made free, and sin no more. Why do we sin? We do not understand God’s sufficiency. He will reveal Himself in our hearts. We have had in our Sabbath school lessons that when we confess that Jesus Christ is come in the flesh, we are to confess that He has come in our flesh. We have laid aside our own sins and we are living to the glory of God.

We need a new heart. Paul says, “I die daily”, and when these things come up, we must crucify the flesh. Every time we fall we crucify the Son of God afresh. When we come to Him and confess those sins and offer Him praise, He takes our praises and offers it to the Father. I want you to see that this is so. Some people say, “I do not see how my praises can affect God. The Bible does not say so.” But you must read your Bible prayerfully and carefully and then it will be transformed into our very flesh and blood just as the bread and fruit that we eat is transformed into flesh and blood. Christ was the representative of God here on earth.

“And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the altar which was before the throne.” Paul says, “The Spirit also helps our infirmities; for we know not what things we should pray for as we ought.” “And he that searcheth the hearts knoweth what is in the mind of the Spirit, because he maketh intercession for the saints according to the will of God.”

If we come to God and pray for things that are not in accordance with the will of God, then what? Then He that searcheth the hearts and trieth the reins of the children of men, translates that prayer into the very things that we need to ask God to give us. I loathe myself. I would clothe myself in sackcloth and ashes and cry, “Unclean, unclean.” The only cleanness that I can have is that which is in Jesus Christ. He takes my prayer and offers it to God, and if I make a mistake, and ask for the things that are not best, my prayer is translated into the very things that I should have and want.

{Manuscript 15, 1894}

What is Truth?

Uriah Smith

"Truth is the gem for which we seek."

IT is often stated, and that, too, by very zealous religionists, that if we are only sincere it will fare well with us at the day of judgment, and that it matters very little what we believe if we are only honest in that belief. From this sentiment I am a dissenter; for when we look around on the world and even on the professed churches of the different sects, and see many of them act as though they were candid in their belief, would we, with the Bible in our hand, be willing to take their position? Certainly not. We may go to Paganism or to the Catholic Church, and for devotedness and sincerity, their equal cannot be found; but have they the truth of God on their side? We answer, No.

Paul exhorts Timothy, "Hold fast the form of sound words which thou hast heard of me in faith and love which is in Christ Jesus." And to the Ephesians he says, Till we all come in the unity of the faith and of the knowledge of the Son of God unto a perfect man unto the measure of the stature of the fullness of Christ. To the Corinthians he writes, Now I beseech you brethren by the name of our Lord Jesus Christ that ye all speak the same thing, and that there be no divisions among you; but that ye be perfectly joined together in the same mind, and in the same judgment. Paul did not believe in dividing the church into sects and parties: he says, "Is Christ divided? was Paul crucified for you?"

Truth is a principle, and though there are many truths, yet it is the truth of the gospel that we want, and unless we have that truth it will avail us little in the great day of the Lord; for Christ told his disciples that many should come to him in that day and say, Lord! Lord! open unto us! Have we not eaten and drunk in thy presence and in thy name done many wonderful works? But he will profess unto them that he never knew them.

Truth is also consistent in all its parts. It does not pull down with one hand what it builds up with the other. It is always in order. Thus the truths that are necessary for us to believe are always first presented; for instance, a sinner is commanded to repent and believe the gospel before he can enjoy its privileges. The First Angel must give his message before the Second; the Second before the Third; else all would be perfect confusion; but God is a God of order and not a God of confusion.

I have even known some Adventists who have to all appearance come out and embraced the Third Message with joy, and after a while deny the Second; or that the nominal churches constituted the Babylon of the Revelation. This is certainly inconsistent, and is not holding fast the form of sound words, and is setting ourselves up as judges of the whole Advent body; and it is also, I believe, assuming a fearful responsibility before God. Babylon means confusion; and the churches are certainly a confused mass; for while one declares, Death is the gate to endless joy, and it is, The voice that Jesus sends, another asserts, Death, he is the king of terrors, and a terror to all kings.

The truth, the Bible truth, is what we want; and, as a whole, I believe the Advent body have the truth, though there may be other truths yet to be developed; and if we are ever to come within the number of those for whom Christ prayed, "Sanctify them through thy truth, thy word is truth", we must all walk in all the commandments and ordinances of the Lord blameless, that we may be presented faultless before

the presence of his glory with exceeding joy.

It is now a little over two years since I first heard an Advent lecture; and in reading the Bible for more than a year before that time, I was well satisfied that the churches of our land had all departed from the faith; since to all appearance they were seeking the applause of men more than the praise of God. They had become lovers of the world, and instead of coming out from the world and letting their light shine, they walked openly hand in hand with the ungodly, and were standing in the way of sinners, and were sitting in the seat of the scornful; therefore I believed that the Spirit of God had left them.

O brethren, what fearful times we are living in! Then let us "buy the truth and sell it not." Let us ever be on our watch tower, and be living as though we soon expected the coming of our long-absent Lord. How solemn the thought to suppose that we are on the eve of time, and the last notes of warning are being given to a fallen and corrupt church and a guilty world! and how heedlessly they walk on! But the day of vengeance is near and the year of God's redeemed will soon come; for the redeemed shall come to Zion with songs and everlasting joy upon their heads, and sighing and sorrow shall flee away.

Our great High Priest will soon leave the heavenly Sanctuary, lay off his priestly attire and put on the garments of vengeance. Then he that is filthy will be filthy still, and he that is righteous will be righteous still.

Finally, brethren, let us all have on the wedding garment, watching unto prayer that that day overtake us not as a thief, but that we can hail it with joy and exclaim, "Lo, this is our God, we have waited for him."

{June 12, 1856 Uriah Smith, Advent Review, and Sabbath Herald, 50.16 to 26}

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Buy It and Do Not Sell It!

Jerry O'Donnell

Right up front, let us give you the answer to the question, "What are we to buy and not sell?" Proverbs 23:23 tells us to "Buy the truth, and sell [it] not; [also] wisdom, and instruction, and understanding." Truth is the answer.

Now that you have the answer, does that mean you ought to stop reading? Just knowing the answer is "truth" is just the first step of this very important, life-impacting journey. There is a whole lot more to knowing that answer.

If it were that easy to hold onto the truth, then why are so many Christians repeating Pilate's mistake from nearly two thousand years ago? He asked, "What is truth?" (John 18:38) and did not wait around for the answer. Most Christians do not believe in absolute truth. In fact, they believe all of Christianity is made of separate denominations, each contributing a piece of truth as all being part of the Christian fold; just like the body reference in 1 Corinthians 12. They state "For the body is not one member, but many" (verse 14) as if the word "many" refers to denominations instead of individuals.

Where is truth found? John 14:6 says, "Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me." The truth is found in Jesus, but that is not the only place. John 17:17 states, "Sanctify them through thy truth: thy word is truth." So, the Word of God is another location to find truth, but wait! There is another place as well – "Thy righteousness [is] an everlasting righteousness, and thy law [is] the truth. Thou [art] near, O LORD; and all thy commandments [are] truth" (Psalms 119:142, 151). God's Ten Commandments is another source of truth. So, truth is found in Jesus, the Word, and the Commandments. That means, when we read a verse that contains the word "truth", we ought to be able to substitute these three references in place of the word "truth" without altering the meaning of the Bible. In fact, more of the intent of the verse should be impressed upon us.

Let us give it a try in answering the question, "Why will people be lost in the end?" "Let no man deceive you by any means: for [that day shall not come], except there come a falling away first, and that man of sin be revealed, the son of perdition; who opposeth and exalteth himself above all that is called God, or that is worshipped; so that he as God sitteth in the temple of God, shewing himself that he is God" (2 Thessalonians 2:3-4). The man of sin is involved, but continue reading, "Remember ye not, that, when I was yet with you, I told you these things? And now ye know what withholdeth that he might be revealed in his time. For the mystery of iniquity doth already work: only he who now letteth [will let], until he be taken out of the way" (2 Thessalonians 2:5-7). Please take note that the beginnings of the "man of sin", also known as antichrist, began in Paul's day; therefore, antichrist cannot be a single person, but an entity. Now, let us keep reading. "And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming: [Even him], whose coming is after the working of Satan with all power and signs and lying wonders, and with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth *[which is found in Jesus, the Word, and the Commandments]*, that they might

be saved" (2 Thessalonians 2:8-10). The lack of having love for Jesus, and we will see what that means, because everyone seems to love Jesus, and the lack of having love for the truth in God's Word and in His Commandments, are why people will perish. Please remember that "lying wonders" are involved. That will be useful in a bit, but let us read a couple more verses. "And for this cause God shall send them strong delusion, that they should believe a lie: That they all might be damned who believed not the truth *[for Jesus, the Word, and the Commandments]*, but had pleasure in unrighteousness" (2 Thessalonians 2:11-12). So, it is stated twice to condemn this notion of saying, "No one has the truth!". If that is the case, then everyone will be lost, because we need to know it and love it, and to love it is to obey it, but if no one can find it, how can we love it.

It is so serious that the destination for those who do not love the truth is a horrible one. "To them who by patient continuance in well doing seek for glory and honour and immortality, eternal life: But unto them that are contentious, and do not obey the truth, but obey unrighteousness, indignation and wrath" (Romans 2:7-8). Indignation and wrath of God are not pleasant, and yet, so many Christians do not take the truth seriously. If a logical person who knew the destination for not loving the truth was indignation and wrath, plus perishing and being damned, they would certainly be searching everywhere for it! That means that everyone who opposes the truth must not be thinking logically.

Now, let us address the vast majority of Christians who claim to be saved, but think works is earning eternal life, or replacing grace, especially when it comes to the commandments. "For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness" (Romans 1:18). There is not an exception in this verse for the "saved". If a Christian is being ungodly and being unrighteous, they will receive the wrath of God. And saying anything unrighteous against the truth follows the same condemnation without exception, and they do it by "turning the grace of our God into lasciviousness" (Jude 1:4), which is to allow sin to remain in one's life while claiming grace. Grace is for those who repent, and not for those who continue the lifestyle of sinning (Romans 2:13).

So, what does the "man of sin" do to interfere with the love of the truth? Daniel 8:11-12 tells us that "he magnified [himself] even to the prince of the host, and by him the daily [sacrifice] was taken away, and the place of his sanctuary was cast down. And an host was given [him] against the daily [sacrifice] by reason of transgression, and it cast down the truth *[Jesus, the Word, the Commandments]* to the ground; and it practised, and prospered." Specifically, he "think to change times and laws" (Daniel 7:25), attacking the Ten Commandments. But he also goes further. "For many deceivers are entered into the world, who confess not that Jesus Christ is come in the flesh. This is a deceiver and an antichrist. Look to yourselves, that we lose not those things which we have wrought, but that we receive a full reward. Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son." (2 John 1:7-9) The man of sin offers a different set of doctrines, which is connected to the Word of God, for "All scripture [is] given by inspiration of God, and [is] profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works" (2 Timothy

3:16-17). So far, that is the Word and the Commandments that antichrist, man of sin, the beast, the little horn has cast down, but implicitly, if antichrist offers a different set of doctrines different from what Jesus taught, in essence, he has cast down Jesus as well.

And "He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him" (1 John 2:4). All who oppose the keeping of the commandments, in one form or another, are liars, and they do not even know that they are following the antichrist. Then again, "all the world wondered after the beast" (Revelation 13:3).

And that includes many Christians! "For the time will come when they will not endure sound doctrine; but after their own lusts shall they heap to themselves teachers, having itching ears; And they shall turn away [their] ears from the truth *[Jesus, the Word, the Commandments]*, and shall be turned unto fables" (2 Timothy 4:3-4). In fact, "Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity" (Matthew 7:21-23). This establishes that all Christians who do not think the commandments are applicable, even nailed to the cross, will be lost, which is a very sad situation. Hopefully, people who read this article and are on the wrong side will repent before it is too late. The word "iniquity" is synonymous with "sin", which "sin is the transgression of the law" (1 John 3:4). Therefore, they agree with the "little horn power" that casts down the truth, specifically, the law. That makes them wonderers of the beast.

Along with being self-deceived is the false Holy Spirit. Many, many Christians claim to have the Holy Spirit as they continue their worldliness. If they were really filled with the Holy Spirit, "when the Comforter is come, whom I will send unto you from the Father, [even] the Spirit of truth, which proceedeth from the Father, he shall testify of me" (John 15:26), they would point to one resource of truth, which is Jesus, impressing followers to "deny himself, and take up his cross, and follow me" (Matthew 16:24), "also so to walk, even as he walked" (1 John 2:6). Additionally, "Howbeit when he, the Spirit of truth, is come, he will guide you into all truth *[towards Jesus, the Word, and the Commandments]*: for he shall not speak of himself; but whatsoever he shall hear, [that] shall he speak: and he will shew you things to come" (John 16:13).

And being filled with the Holy Spirit, they will be able to do battle with "antichrist…" because "…know we the spirit of truth, and the spirit of error" (1 John 4:3-6). Even John states, "ye have heard that antichrist shall come, even now are there many antichrists … and that no lie is of the truth" (1 John 2:18-21). That is a second witness to the fact that antichrist began nearly two thousand years ago and cannot be a single person, but an organization instead.

Now, Jesus tells us who Christians belong to if they can neither discern the truth, nor abide in it. "Ye are of [your] father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it" (John 8:44).

Again, if we are seeing the attack focused upon only two areas of truth,

remember it is not just the Word and Commandments under attack. Jesus said, “If ye love me, keep my commandments” (John 14:15), and “If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him” (John 14:23). To not keep the commandments and/or His Word, is to reject Jesus.

Keep in mind that we know we have the truth. “My little children, let us not love in word, neither in tongue; but in deed and in truth *[Jesus, the Word, the Commandments]*. And hereby we know that we are of the truth *[Jesus, the Word, the Commandments]*, and shall assure our hearts before him” (1 John 3:18-19).

Do remember that every study of the Bible is not equal. Those who grab a verse and build a belief are not using the Word properly. “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth” (2 Timothy 2:15). There is a right way, and many wrong ways, to studying the Bible.

Now, a true Christian will express love or charity. “Charity suffereth long, [and] is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth *[Jesus, the Word, the Commandments]*” (1 Corinthians 13:4-6).

Remember, “And ye shall know the truth *[Jesus, the Word, the Commandments]*, and the truth *[Jesus, the Word, the Commandments]* shall make you free” (John 8:32). If there was not absolute truth, how can someone be set free? If I have a habit and I ask one denomination if it is wrong and they tell me “no”, while another tells me “yes”, how can I be set free?

And for those that do not take this subject seriously, do keep in mind that this is not optional! “But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth *[Jesus, the Word, the Commandments]*: for the Father seeketh such to worship him. God [is] a Spirit: and they that worship him must worship [him] in spirit and in truth *[Jesus, the Word, the Commandments]*” (John 4:23-24).



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.

Heavenly Health

Reen Swindle

Are All Proteins Created Equal?

What does the word "protein" actually mean on all those nutrition information labels on drinks and cans, including the protein drink bottles? Does this "protein" actually build and help to maintain and support muscle?

Are you spending your hard earned money on fake protein, thinking, even believing, you are building muscle and strength, but actually losing both, as well as money, all the while? Would you believe that this fake protein even turns into sugar and becomes body fat instead of the muscle and strength you were striving for? The truth is, at least half of the protein in many popular foods is this essentially useless, and even dangerous to some, fake protein which is actually contributing to setting you up for diabetes instead of building muscle to help redirect glucose out of your blood.

Remember the big push to "Read the labels"? WE did that, but THEY did not tell the whole story on the labels.

The specific sequence and type of amino acids determine the protein's structure and function.

How it appears on labels

On a Nutrition Facts panel, "Protein" is the **total grams of amino acids** in one serving, *regardless of source or quality* labelgrade.com+1.

- The FDA's Daily Value (DV) for protein is **50 g/day** based on a 2,000□calorie diet labelgrade.com.
- To claim "High in protein", a serving must have **≥10 g protein** (20% DV) labelgrade.com+1.
- The label does **not** indicate whether the protein is complete (**contains all 9 essential amino acids**), how digestible it is, or how well it supports muscle growth labelgrade.com+1.

Sources of labeled protein

Protein can come from:

- **Animal sources**: meat, poultry, fish, dairy, eggs www.accessdata.fda.gov
- **Plant sources**: beans, peas, lentils, soy products, nuts, seeds, whole grains www.accessdata.fda.gov

Manufacturers may use isolated or concentrated plant proteins (e.g., soy, pea, rice) or animal proteins (e.g., whey, casein, meat extract) labelgrade.com.

Why the label doesn't tell the whole story

The gram amount tells you **quantity**, not **quality**:

- A 10 g soy protein isolate counts the same as 10 g grass-fed beef on the label labelgrade.com.
- Some plant proteins are incomplete or less digestible, so your body may not use all the labeled grams labelgrade.com+1.
- "Nitrogen-spiking" (adding free amino acids) *can inflate protein counts without adding muscle□relevant amino acids* labelgrade.com.

In short: The "protein" on your food label is a sum of amino acids from the food's source, measured in grams, but ***the label does not reveal the protein's source, completeness, or digestibility***

And now I have some questions for you to think about: What about all the unidentifiable illnesses and disease in

so many bodies among us? Could much of that be due to the fact that consumers are buying and consuming purposely mislabeled foods they thought were safe for them to eat because they had that famous stamp of approval on them?

Or what about all those who choose to be vegetarians, for whatever reasons, who are unknowingly eating meat disguised in soy products which is simply labeled "protein"?

And then there are the added "proteins" which cannot even be used by the body, so they are just flushed down the toilet. A total waste.

And what gain can those who make such decisions in business practices ever hope to have?

"To every church member I would say, Never, never let there be any departing from the strictest integrity. Do not mock God, the Majesty of heaven, by a disregard of his word. Never, never, defraud a fellow-being, and then suppose that your sharpness is something to be proud of. Do not follow maxims of business that are based on false pretensions. There is in this our day a great deal of falsity. The pretender, the deceiver, is increasing in numbers, and truth and integrity are violated. Lies are spoken, lies are acted, and are becoming more and more common among those who do not make the word of God their counselor." { PC 256.3 }



Healthy And Delicious Recipes

Lisa O'Donnell

Jacob's Lentil Stew

This recipe actually provided by Tori Avey.

Ingredients

- 1/2 cup fresh chopped cilantro (coriander), divided
- 3 carrots
- 3 celery stalks, including leaves
- 2 tablespoons extra virgin olive oil
- 1 large onion, diced
- 1 clove garlic, crushed
- 2 cups dry red lentils
- 1/4 cup pearl barley (omit to make gluten free)
- 2 quarts vegetable stock
- 1 1/2 teaspoons cumin
- 1 teaspoon hyssop or parsley
- 1/2 teaspoon sumac (optional)
- 1 bay leaf
- Salt and pepper to taste

Instructions

1. Roughly chop the cilantro. Scrub the carrots, then cut them into chunks (do not peel). Cut celery into chunks, including leaves. Reserve.
2. In a medium sized soup pot, heat olive oil over medium heat. Add diced onion and sauté till translucent.
3. Add garlic, carrot chunks, and celery. Continue to sauté till onion turns golden and ingredients begin to caramelize. Add red lentils and barley to the pot, stir. Cover mixture with 2 qts. of broth and

bring to a boil. Reduce heat to a simmer. Add 1/4 cup of the fresh cilantro to the pot along with the cumin, hyssop or parsley, sumac (optional) and bay leaf; stir.

4. Cover the pot and let the stew simmer slowly for 1 1/2 to 2 hours, stirring every 30 minutes, until barley is tender and the stew is thickened. Garnish soup with remaining cilantro.
5. Broth and vegetables simmering in a stockpot.

Gluten Free Modification: Omit the barley for a more soup-like texture, or substitute 1/4 cup brown rice for the barley. Rice is not a Biblical-era grain, but it makes a delicious substitute for those struggling with Celiac or gluten intolerance.

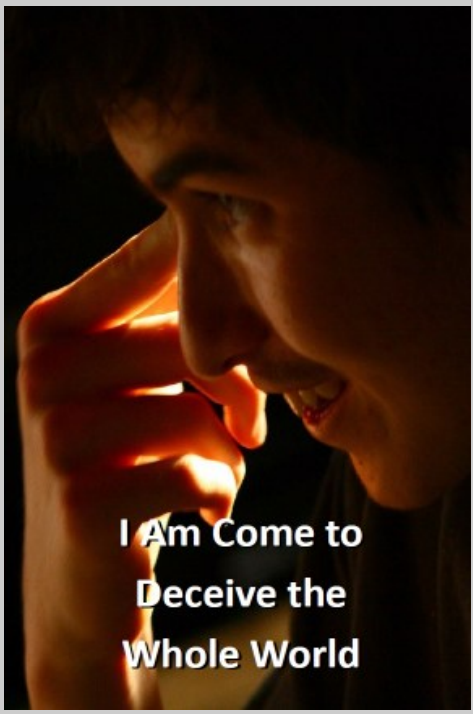


Genesis 25:34

Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised [his] birthright.

I Am Come to Deceive The Whole World

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



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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.

Natural Vitamins

Jerry O'Donnell

The Benefits of Turmeric

Turmeric contains an active compound called curcumin, which provides powerful anti-inflammatory and antioxidant health benefits.

Main Health Benefits

- **Relieves joint pain:** Curcumin can ease osteoarthritis symptoms as effectively as some common pain medications.
- **Fights inflammation:** It helps lower inflammatory markers in the body, which may reduce chronic disease risk.
- **Manages blood sugar:** Studies show it can improve blood sugar control and insulin sensitivity.
- **Supports brain health:** It may increase brain levels of BDNF (brain-derived neurotrophic factor), supporting cognitive function.
- **Improves mood:** Research suggests it can help reduce symptoms of depression and anxiety.

How to Use It

- **Cook with it:** Adding small amounts to food is the safest and easiest way to use it.
- **Watch high doses:** Large supplement doses can cause stomach upset or interact with medicines.

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The Uses of Water In Health and Disease

Dr. John H. Kellogg, M.D.

Modern Neglect of the Bath (page 32-33)

The most celebrated physicians, from Hippocrates down to Galen, Celsus, Boerhaave, and a host of more modern physicians, have agreed in eulogizing the bath as an invaluable means for preserving the health. Notwithstanding this fact, it seems that as civilization and enlightenment have advanced, the importance of the bath has been increasingly disregarded. The magnificent public baths of the Romans were neglected as that empire declined, until they were finally destroyed. Michelet, a historian of some note, tells us that for a thousand years during the Dark Ages the bath was unknown in Europe. This fact alone is, in his opinion, sufficient to account for the terrible plagues and pestilences of that period. A modern writer declares that in Spain the religious instincts of the people have become so perverted that it is considered sacrilege for a woman to bathe more than once in her life, which is upon the eve of her marriage. In more enlightened countries, it is to be hoped that the condition of the feminine cuticle is not quite so bad as this; but another writer, an Englishman, asserts that a

large proportion of his countrymen "never submitted themselves to an entire personal ablution in their lives, and many an octogenarian has sunk into his grave with the accumulated dirt of eighty years upon his skin." American customs in this respect are not much better than the English; but it is gratifying to know that a very perceptible improvement is becoming evident in both countries. Our intercourse with Oriental nations and barbarians has taught us wholesome lessons in the care of the person. There is scarcely a savage tribe to be found in the deepest jungles of tropical Africa the members of which do not pay more attention to the preservation of a clean and healthy skin than the average American or Englishman.



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.

Who Visited Baby Jesus?

Matthew 2:1-12, "…there came wise men from the east… Then Herod, when he had privily called the wise men, enquired of them diligently what time the star appeared… And being warned of God in a dream that they should not return to Herod, they departed into their own country another way."

Luke 2:8-20, "And there were in the same country shepherds abiding in the field, keeping watch over their flock by night… And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us… And the shepherds returned, glorifying and praising God for all the things that they had heard and seen, as it was told unto them."

Basically, Matthew states that the visitors were wisemen, but Luke tells us that they were shepherds. And according to atheists (for their website is the source for this supposed contradiction), both of them could not have shown up. It had to be either one group or the other.

Our response happens to be, "Why?" Why can both groups not show up? The shepherds happened to occur on the night of the birth, and Luke was detailing that very night. Luke focused upon the miracles throughout his writings, which multiple things occurred that very night that would constitute a miracle. Following a new star just was not a miracle enough for Luke to write about. Luke does not say there were no other visitors, therefore, Luke is not contradicting the account in Matthew.

Likewise, Matthew focused upon the wisemen to acknowledge the kingship of Jesus based upon the gifts provided and considered to be a king based upon the conversation with Herod and the scribes. Matthew in no wise ever declares that there were no other visitors, so the account in Mathew

does not contradict Luke's account, either.

Besides, it is believed that the shepherds visited Jesus that very night while the wisemen showed up a bit later, like a year, or maybe even two years later, right before fleeing to Egypt.

So, the only contradiction the atheists can claim is in making up a rule that does not exist. Each writer may provide certain details while leaving other details out, without contradicting one another.



Authorized KJV vs Catholic Bible

*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.*

Was It a Command or By the Word of God

What is the difference between the "command" of God, and the "Word" of God? A command is an order, but how it comes about is up for interpretation; while the "Word of God" is with power, and when spoken, it takes place. By the Word of God, light came about and darkness was separated, the waters divided, the land came about along with plants, night and day were established, sea creatures and birds came forth, and animals. Also, by the "Word of God", Jesus casts out sin. He already commanded the Ten Commandments and people still break them. Basically, there is a difference between a simple command and the powerful Word of God! At the "saying" of God, it is still considered His Word.

King James Version: Hebrews 11:3, "Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear."

In Error:

Berean Study Bible: By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

Contemporary English Version: Because of our faith, we know that the world was made at God's command. We also know that what can be seen was made out of what cannot be seen.

Holman Christian Standard Bible: By faith we understand that the universe was created by God's command, so that what is seen has been made from things that are not visible.

NET Bible: By faith we understand that the worlds were set in order at God's command, so that the visible has its origin in the invisible.

New International Version: By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible.

New Living Translation: By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen.

Weymouth New Testament: Through faith we understand that the worlds came into being, and still exist, at the command of God, so that what is seen does not owe its existence to that which is visible.

Correct, This Time:

A Faithful Version: By faith we understand that the worlds were created by the word of God, so that the things that are seen were made from things that are invisible.

American Standard Version: By faith we understand that the worlds have been framed by the word of God, so that what is seen hath not been made out of things which appear.

Amplified Bible: By faith [that is, with an inherent trust and enduring confidence in the power, wisdom and goodness of God] we understand that the worlds (universe, ages) were framed and created [formed, put in order, and equipped for their intended purpose] by the word of God, so that what is seen was not made out of things which are visible.

Anderson New Testament: By faith we understand that the ages were set in order by the word of God, so that the things which are seen, have not come into being from things that appear.

Aramaic Bible in Plain English: For by faith we understand that the worlds were fashioned by the word of God, and these things that are seen came into being out of those things which are unseen.

Berean Literal Bible: By faith we understand the universe to have been formed by the word of God, so that the things being seen have not been made from the things being visible.

Bishops' Bible of 1568: Through fayth, we vnderstande that the worldes were ordeined by the word of God, and that thynges whiche are seene, were made of thynges whiche were not seene.

Catholic Public Domain Version: By faith, we understand the world to be fashioned by the Word of God, so that the visible might be made by the invisible.

Christian Standard Bible: By faith we understand that the universe was created by the word of God, so that

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what is seen was made from things that are not visible.

Coverdale Bible of 1535: Thorow faith we vnderstonde, that the worlde and all the thinges which are sene, were made of naughte by the worde of God.

Darby Bible Translation: By faith we apprehend that the worlds were framed by [the] word of God, so that that which is seen should not take its origin from things which appear.

Douay-Rheims Bible: By faith we understand that the world was framed by the word of God; that from invisible things visible things might be made.

English Revised Version: By faith we understand that the worlds have been framed by the word of God, so that what is seen hath not been made out of things which do appear.

English Standard Version: By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible.

Geneva Bible of 1587: Through faith we vnderstand that the world was ordeined by the worde of God, so that the things which we see, are not made of things which did appeare.

Godbey New Testament: By faith we understand that the worlds were created by the word of God, and that which was seen was not made from things which are manifest.

GOD'S WORD® Translation: Faith convinces us that God created the world through his word. This means what can be seen was made by something that could not be seen.

Good News Translation: It is by faith that we understand that the universe was created by God's word, so that what can be seen was made out of what cannot be seen.

Haweis New Testament: By faith we understand that the worlds were exactly formed by the word of God, so that the visible objects were not made out of things which now appear.

International Standard Version: By faith we understand that time was created by the word of God, so that what is seen was made from things that are invisible.

Lamsa Bible: For it is through faith we understand that the worlds were framed by the word of God, so that the things which are seen came to be from those which are not seen.

Literal Emphasis Translation: By faith we understand the ages to be fit together, by a saying of God, the things being seen have become from out of that not being visible.

Literal Standard Version: By faith we understand the ages to have been prepared by a saying of God, in regard

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 were are dealing with.

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

to the things seen having not come out of things appearing.

Mace New Testament: 'Tis by faith we learn that the worlds were framed by the word of God, so that the visible world was not made out of any thing that did appear.

New American Standard Bible: By faith we understand that the world has been created by the word of God so that what is seen has not been made out of things that are visible.

New Heart English Bible: By faith, we understand that the ages were prepared by the word of God, so that what is seen has not been made out of things which are visible.

New King James Version: By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible.

Smith's Literal Translation: By faith we perceive that the times were adjusted by the word of God, so that things seen have been born not of things brought to light.

Tyndale Bible of 1526: Thorow fayth we vnderstonde that the worlde was ordeyned by the worde of god: and that thynges which are sene were made of thynges which are not sene.

Webster's Bible Translation: Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which appeared.

World English Bible: By faith, we understand that the universe has been framed by the word of God, so that what is seen has not been made out of things which are visible.

Worrell New Testament: By faith we perceive that the ages have been constituted by the word of God, so that what is seen has not arisen out of things that appear.

Worsley New Testament: By faith we understand that the worlds were framed by the word of God, for the things which are seen were not made of things which appear.

Young's Literal Translation: by faith we understand the ages to have been prepared by a saying of God, in regard to the things seen not having come out of things appearing;

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Making It Plain

Jerry O'Donnell

Just Because There Appears to Be Another Version Does Not Make It Contradict

In the section, this month, on How To Resolve apparent contradictory Bible accounts, we would like to address this popular error. The shepherds versus the wisemen may be an easy one to see through the apparent contradiction, but what do you do about other accounts of other events that follow the same principle.

Matthew 28:1-7 depicts an angel at the tomb on the day of Jesus' resurrection. Mark 16:5-8 depicts the event with a single young man, presumably an angel. Luke 24:4-9 however, reveals that two angels appeared. John 20:11-14 also reveals two angels. So, was it one or two heavenly visitors at Jesus' empty tomb? The answer is the same as the wisemen and shepherds, but let us complicate matters further.

Matthew 8:28 depicts two men possessed of demons in "the country of the Gergesenes" (Matthew 8:28). Mark 5:2 tells us that there was one living among the tombs. Luke 8:26-27 speaks of one person among the tombs as well. So, how does this work out? The same way as the wisemen and shepherds scenario.

Now, just as we resolved the two groups visiting Jesus, the same principle applies for these other two events. The lack of the word "only" allows for different recordings. Why one writer says one and another says two is something we can ask the writers when we get to Heaven, but they had their reason and we will not know that reason for certainty.

As long as the word "only" is lacking with the wisemen and shepherds as the only visitors means that both groups and possibly others may have shown up to visit Jesus. Just as one angel was the focus at the tomb while the other writers are more exact in their recording of two, again, allows for both versions to be correct because neither version uses a limiting word like "only". There was one main angel of focus, but not necessarily the only angel. And the one man living in the tomb may not have been the only man living in the tomb as the word "only", once again, is missing.

In both cases of "one" versus "two", a simple answer, but unconfirmed, is that one was more prominent than the other. In other words, they could have

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

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been the primary communicator and the focus of the writer giving the account of one appearing and not mentioning the other.

In either case, we need to allow the lack of "only" or the lack of similar wording, to permit other possibilities.

📖

Keep the Sabbath Holy

Jerry O'Donnell

The Life of Eden Here and Now

"The value of the Sabbath as a means of education is beyond estimate. Whatever of ours God claims from us, He returns again, enriched, transfigured, with His own glory.... {CG 535.2}

"The Sabbath and the family were alike instituted in Eden, and in God's purpose they are indissolubly linked together. On this day more than on any other, it is possible for us to live the life of Eden. It was God's plan for the members of the family to be associated in work and study, in worship and recreation, the father as priest of his household, and both father and mother as teachers and companions of their children. But the results of sin, having changed the conditions of life to a great degree, prevent this association. Often the father hardly sees the faces of his children throughout the week. He is almost wholly deprived of opportunity for companionship or instruction. But God's love has set a limit to the demands of toil. Over the Sabbath He places His merciful hand. In His own day He preserves for the family opportunity for communion with Him, with nature, and with one another." {CG 535.3}

In the confines of the home, while shutting out everything that is not Sabbath appropriate and in striving to be as much together as a family as possible, we can experience a little bit of Eden life. That assumes that you believe the prophet.

But Satan wants to destroy that experience, even by using religious exercises as an excuse. In other words, we can wreck the Eden experience while not doing anything inappropriate for the Sabbath.

When the Sabbath comes in, do family members go to their separate quarters until bed time doing whatever is deemed appropriate, all alone? Or, is the family gathered around prior to sunset and welcoming in the Sabbath together?

On Friday nights, is study time together, even if it is a recorded message listened to and commented upon with one another being conducted, or is there again, separation for the rest of the evening?

Of course, Saturday mornings should contain Sabbath school and church service, but is everybody racing around at the last minute, sleeping in until just the point each member is just barely on time? Or is there a bit of togetherness before rushing out the door, to simply talk?

How are Saturday afternoons spent? Again, is it separately, or together? And do not tell me that the family is together at church until sunset. That may be fine periodically, but nature is calling. Are there any family walks planned, with discussion of the mention of trees in scripture, as an example? or of the flora you may see along the path. Cloud formation could be another topic of interesting

discussion. Seasonal birds and the changes they might have experienced when the fall occurred in Eden would be a wonderful topic to pursue by young and old.

And of course, when the Sabbath is closing, does each member of the family recognize the end of the Sabbath on their own, or is there another gathering at the close to take out the Sabbath as a family?

Either the Sabbath is family oriented and experiencing a bit of Eden, or it is not getting the full experience the Sabbath was intended to be used for, which is to fully appreciate and enjoy God's creation.



Questions And Answers

Jerry O'Donnell

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

Question: Where did God lift off the sanctification or holiness from the Sabbath?

Answer: No doubt you are referring to Genesis 2:2-3, which says, "And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made."

Now, many Christians believe that when Jesus rose from the dead, that it became the new holy day; however, an act, even of such a miraculous method, does not make the day holy. For something that serious, there needs to be more of a proclamation, but there is none to be found.

Further, Hebrews 4 is quite explicit with stating, "For if Jesus had given them rest, then would he not afterward have spoken of another day. There remaineth therefore a rest to the people of God" (Hebrews 4:8-9). And do not be mistaken regarding the topic. "For he spake in a certain place of the seventh [day] on this wise, And God did rest the seventh day from all his works" (Hebrews 4:4). We are talking about the seventh day, and it appears that it remains intact as the blessed and holy day that it is.

So, since Jesus did not speak, or give, another day to be holy, the blessing and sanctification of the seventh day has not changed, or been lifted, and placed on another day.



News and Comments

September 15

Scientific American

Will we ever know how life began?

The answer is in the Bible. "In the beginning God created the heaven and the earth" (Genesis 1:1).



Watchman, Let Him Declare What He Seeth

This section is to make aware of things in the church not to get caught up in while others participate in the apostasy.

August 30

Adventist Review

Sabbath Coffee in Jerusalem

Knowing that he was a member of a Sunday keeping church, I felt compelled to approach him and asked him about his perspective, as a Jew turned Christian, about the Sabbath rest.

"The Sabbath," he sighed as he paused for a few seconds. "I don't see it as important after Jesus' death. When I read the New Testament, I just don't see it. It's not important to me."

There's no elaborate drink in the world—caffeinated or otherwise—that can ever make up for such a strategic blunder.

Comment: Though the conclusion of the article was correct, why promote Evangelical activity through a coffee shop purposely opened on the Sabbath?

Bible: Isaiah 8:20 "To the law and to the testimony: if they speak not according to this word, [it is] because [there is] no light in them."

September 10

Adventist Review

Why Purity Culture May Not Be the Answer to a Godly Sex Life

In short, Vollmer suggested, "create your own sexual ethics with the God who loves you, who lives today, and who understand your experience."

Comment: In short, what utter nonsense! "Create your own"? Bible and Spirit of Prophecy are clear on this matter. In fact, we as a people as a whole have to stop separating sex from marriage when in fact, sex is the marital union, while not discrediting having an actual marriage ceremony with a minister. When people are taught that it is no different than kissing, we treat sex, then, as something to be avoided until marriage, but it we do not wait, "Oh well, God will forgive me." Removing the commitment to a person by the act of sex is disconnecting something that unravels everything.

Bible: Genesis 24:67 "And Isaac brought her into his mother Sarah's tent, and took Rebekah, and she became his wife; and he loved her: and Isaac was comforted after his mother's [death]."

September 18, 2026

Adventist Review

Faith Above the Final Score

Two students share their experience with Sabbath keeping in sports competitions.

EGW: "Other athletic games, though not so brutalizing, are scarcely less objectionable because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities. They tend to destroy a relish for life's sober realities and its tranquil enjoyments. Thus the door is opened to dissipation and lawlessness with their terrible results." {AH 500.4}

September 23, 2026

Advent Messenger

(Continued from page 2)

Ann Lee (the Shakers)? Or Ellen White (the Seventh-day Adventists)?

So, either a Seventh-day Adventist is a Bible believer and believes that Ellen White is a prophet, or they do not believe the Bible, nor that Ellen White is a prophet. A Seventh-day Adventist cannot have one without the other. It is one of those impossibilities that so many Seventh-day Adventists think they are smart enough on their own to know the Bible without the help of Ellen White when their own statement shows that they are not, because they are working against Amos 3:7.

God help us, and also let us help these confused Seventh-day Adventists by holding them accountable. Remember, their blood is on us, if we are too afraid to enter into controversy over such error (Ezekiel 3:18, 30; 33:8).

"He which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins" (James 5:20).



Cross-Dress Dancing at Adventist Academies is Turning Boys into Girls: Those Responsible Must Be Fired

Rosie Adventist School is a Seventh-Day Adventist educational institution operating in Brigudas and located within the Tripura Region of Northeast India.

Bible: Deuteronomy 22:5 "The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so [are] abomination unto the LORD thy God."



Ellen White Abbreviations In this Issue

1SM -

Selected Messages Book 1

AH -

The Adventist Home

CG -

Child Guidance

GC -

The Great Controversy (1911)

PC -

The Paulson Collection of Ellen G. White Letters

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.*

Saffron for Depression and Anxiety

In several clinical trials, saffron extract improved both anxiety and depression symptoms after 6–8 weeks of consistent use. Most people begin noticing improvements in mood and motivation within 4 to 8 weeks of daily saffron use. Consistency is key—skipping doses or taking it irregularly may delay results. Clinical trials typically use 30 mg per day of standardized saffron extract, often divided into two 15-mg doses, which can be taken with or without food. Saffron is generally well tolerated, but some people may experience mild nausea, headache, or drowsiness.

