

New Beginnings Picture Roll Project

Script Booklet 2

Presentations 14 through 26

An ASI Project



New Beginnings – Picture Roll Project

History

The picture roll project was initiated when the Total Member Involvement (TMI) project in Rwanda showed that there were many evangelism sites where there was no electricity and therefore no graphic support for the presentations.

Project Details

Development of the picture roll project was funded by ASI and church members who believe that the Gospel must go to the ends of the earth. These picture rolls are not to be bartered or sold. They are a gift from ASI.

Instructions

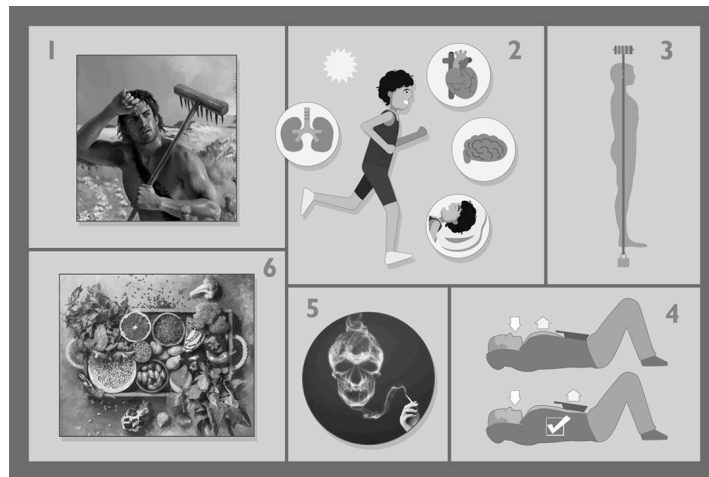
There are 26 presentations. Each presentation is composed of three parts. 1. The Health talk. 2. The Bible presentation. 3. The small group discussion questions.

Each presentation begins with the Health presentation, which is followed by the Bible presentation and then some time for discussion of thought questions.

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Health Talk #14: Energizing Exercise



1. The Bible talks to us about health. It tells us that God created Adam and Eve and put them in a garden to live and work. Gardening was easy there, and it was a wonderful, enjoyable work. Sadly, they sinned and had to leave their garden home.

In their new place, work was much harder for Adam. The sun was hot, and he got tired and sweaty. But God knew hard work in the sunshine and fresh air keeps the body healthy and the brain clear, and God blessed his work.

The Bible does not say anything about Eve working in the garden. Instead, it talks about Eve bearing children and caring for them.

2. Running makes you breathe hard, and your heart beats faster. You sweat. Afterwards, you feel tired but good. Your brain works faster, you are hungry, you drink a lot of water, and you sleep well. Your body can fight disease better. And you are happier.

Exercise may be tiring, but it has many benefits and is needed every day. Your exercise might include riding a bicycle or physical work, like gardening. Walking is one of the best exercises. It is gentle on the body. Exercise is especially good if it's done outside in the sunshine, fresh air and nature. It will restore both your body and mind and helps fight disease.

Exercise strengthens your heart muscle so it can give your whole body a good supply of food and air, which is essential for good health and to keep you alive.

Too much sitting and lying around can weaken the heart, making it beat faster and causing you to get out of breath easily. Your heart is a muscle, and muscles need to work to stay strong.

3. How much exercise does your heart need?

At least thirty minutes a day of heart-building exercise is good for both men and women. Children need exercise too. Running, jumping and playing outdoors increases their learning power, as well as their muscle strength.

Your lungs work together with your heart. They bring fresh air in and remove

Health Talk #14: Energizing Exercise

used air. Your lungs can be cramped and unable to work their best if your posture is poor.

How do you know if your posture is good? Hang a string with a weight on the end; stand sideways beside it. If your posture is good, the string will hang in line with your ear, shoulder, middle of your knee and ankle. If it doesn't, practice standing straight until your posture is just right.

4. The lungs weigh 1.3 kg (3 lbs), have 2,400 km (1,500 miles) of airways and 400 million alveolar cells, all of which need moisture to function. Without adequate daily water, lung secretions and the blood get thick and flow slowly. This reduces oxygen delivery to the cells and the removal of the used air and waste gas, carbon dioxide.

For the best health, you need to breathe with your whole lungs, filling them up with air. To test yourself, lay on a flat surface and set something flat, like a pan, on your abdomen. Breathe normally. If your stomach goes up when you breathe in, you are using your lungs correctly. If the pan is still and only your chest moves, you are only using the top of your lungs. Practice breathing correctly to retrain yourself. If you watch a baby breathe, you'll see they do it naturally.

5. Because your heart and lungs can be damaged, you'll want to protect them from:
 1. Smoking – Cigarette smoke contains more than 5,000 poisons that damage the body.
 2. Dirty Air – Smog from industry, and smoke from open fires, burning of crops, and cigarettes, damage the lungs, heart and brain. Children who are exposed to smoke suffer from slower learning, decreased growth, and respiratory disease.
 3. Animal Food – The fats in meat, eggs and milk can plug up the blood vessels. The cells cannot get enough air or food, and they die, causing heart attacks or brain strokes.
 4. Lack of Water – Without adequate daily water, the blood gets thick and flows slowly, causing blood vessels to become blocked, and leading to a damaged heart, brain and lungs. How much water should you drink? Adults need 2-3 liters of water daily.
 5. Obesity – Extra body fat requires many extra miles of blood vessels. The heart and lungs must work harder to provide the needed oxygen. Exercise can help by getting rid of extra body fat and lowering the body weight.
-

6. Plant foods, especially green and purple foods, protect the heart, lung and brain health. They make blood vessels relaxed and stretchy so blood can flow quickly, and carry fresh air and food to the whole body.

Genesis 1:29 says God gave Adam and Eve plants from the Garden of Eden for food. He gave them nuts, legumes and fruits, and later added grains, greens and vegetables.

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These are the healthiest foods for your body. Eat them, and God will bless you.

14 - Death and Resurrection

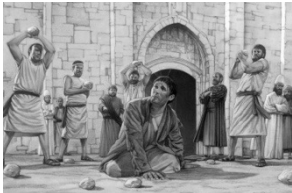


1

Every one of us has a story, and no two stories are exactly alike. Some of these stories are long, and, unfortunately, some are quite short. Nobody has a perfectly happy story, and nobody has a life story that is completely bad. But all these stories end the same way. Sooner or later we all die.

I know that this is something we would rather not think about or talk about. But I have been looking forward to talking about it with you. Why? Because I want to share some wonderful news, right from the Bible. If you believe what I am about to tell you, you will never think about death in the same way again.

Many people think that death is ruled by devils and demons and other frightful monsters. They are afraid of death because they think it means punishment or torment or fire or blackness forever. But this is not what the Bible teaches. The Bible picture of death is very different.



2

Let me tell you about Stephen, one of the leaders in the early Christian church. He was a powerful preacher, and the enemies of truth hated him. One day they drove him out of the city of Jerusalem and hurled stones at him until they killed him. Listen to what happened:

“Then he knelt down and cried out with a loud voice, ‘Lord, do not charge them with this sin.’ And when he had said this, he fell asleep” (Acts 7:60).

When Stephen died, he “fell asleep.” That’s what the Bible says.

Here is another example: Jesus and his disciples heard that a dear friend named Lazarus was very sick. Jesus was busy teaching and healing, so it wasn’t until two days later that He said to the others,

“Our friend Lazarus sleeps, but I go that I may wake him up.’

“Then his disciples said, ‘Lord, if he sleeps he will get well.’

“However, Jesus spoke of his death, but they thought that he was speaking about taking rest in sleep. Then Jesus told them plainly, ‘Lazarus is dead’” (John 11:11-14).

Yes, “sleep” is the Bible’s favorite word for death. And sleep is not a frightening thing, is it?

But the Bible tells us much more about death. Listen:

“For the living know that they will die; but the dead know nothing” (Ecclesiastes 9:5).

There is more:

“Also their love, their hatred, and their envy have now perished; nevermore will they have a share in anything done under the

14 - Death and Resurrection

sun” (Ecclesiastes 9:6).

This means that when I am dead, I will not be concerned with the everyday cares of life. I won't be worried about my future. I won't know anything, because, according to the Bible, I will not be awake. Death is a peaceful sleep.



3

Did you sleep last night? I did. I slept like a baby in its mother's arms. I fell asleep, and I didn't know a thing until I woke up this morning. If something important happened during the night, I missed it completely. I didn't know how long I slept until I woke up and saw what time it was. That's what death is like.

There are some people who might say, “No. That's not right. When you die, your soul will go on living. You will go to the spirit world, or to heaven, or to hell.” That is a common belief, but does the Bible agree with it? Certainly not. The Bible does not teach that we have souls that go on living after we die.

How can I be so sure about that? It is simple, really. Let's go back to the story of Creation and see what it says.

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living being” (Genesis 2:7).

Dust of the ground and the breath of life. That's what we are made of. That is what makes us living beings. Dust and breath are separated when we die. Our bodies decay and eventually return to the ground. The breath - which is sometimes called “spirit” - returns to God.

The Bible is right. Death is not some other form of life. The dead know nothing. They are not alive with God.

“The dead do not praise the Lord, nor any who go down into silence” (Psalm 115:17).

Even though we have nothing to fear in death itself, we still see death as an unwelcome reality. Death creates empty places in our lives. It is an enemy that steals away our loved ones and robs us of friendships. But God has a solution to the problem of sin. It has nothing to do with souls going to heaven, or life in a spirit world. It is much, much better than that.

But now, friends, I should make a confession. I was wrong when I said that our life stories all end the same way – in death. That's not quite true. Why do I say that? Because death is NOT the end.

A few minutes ago, I told you that I slept last night. I also told you that I woke up this morning. And the Bible tells us that the same thing will happen after we die. We will wake up from death. How is this possible?

14 - Death and Resurrection



4

Do you remember how death came to the human family? Our first parents, Adam and Eve, ate the forbidden fruit. They sinned by disobeying God. The Bible tells us:

“The wages of sin is death” (Romans 6:23).

The Bible also says:

“For since by man came death, by Man also came the resurrection of the dead” (1 Corinthians 15:21).

This, dear friends, is God’s answer to the problem of death. He will not allow death to keep us captive forever. We will live again. And the Man who made this possible is Jesus, the Son of God. He broke the chains of death for us. Here’s the story:



5

After Jesus died on the cross, His friends placed His body in a tomb and rolled a large stone across the entrance. The Roman governor, Pilate, sent soldiers to guard the tomb, so that no one could come and take out the body of Jesus. All was quiet during the hours of the Sabbath day. But on the morning of the next day, something wonderful happened. Listen to the words of the Bible:

“Now after the Sabbath, as the first day of the week began to dawn, Mary Magdalene and the other Mary came to see the tomb. And behold, there was a great earthquake; for an angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat on it. His countenance was like lightning, and his clothing white as snow. And the guards shook for fear of him, and became like dead men.

“But the angel answered and said to the women, ‘Do not be afraid, for I know that you seek Jesus who was crucified. He is not here; for He is risen...’” (Matthew 28:1-7).



6

That’s right. He rose from the dead. The tomb could not hold Him. His friends were full of joy when they saw Him again.

According to the Bible, “He also presented Himself alive...by many infallible proofs, being seen by them during forty days and speaking of things pertaining to the kingdom of God” (Acts 1: 3 NJKV).

At the end of the forty days, Jesus was taken up to heaven as His disciples watched. Two angels in human form spoke to them. Here is what they said:

“This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven” (Acts 1:11).

14 - Death and Resurrection



7

Now listen to how the Bible describes the second coming of Jesus:

“For the Lord Himself will descend from heaven with a shout, with the voice of the archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord” (1 Thessalonians 4:16, 17).

Here is another view of that same event:

“Behold, I show you a mystery: We shall not all sleep, but we shall all be changed— in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed” (1 Corinthians 15:51, 52).

Isn't that a wonderful picture? All who are believers in Jesus Christ, who have accepted Him as their Savior, can face death with this great assurance. When Jesus returns He will raise them from the dead and give them new, perfect, incorruptible bodies.

Those who have not died but lived on until that day will also be changed. Together they will begin a new life in God's eternal kingdom.

The Bible says:

“Then shall be brought to pass the saying that is written: ‘Death is swallowed up in victory’” (1 Corinthians 15:54).

Friends, we can live without the horrible fear of death that haunts so many people. Our lives can be changed by accepting Jesus as our Savior and Lord, and by trusting the promises in His holy word, the Bible. If you have not accepted Him yet, won't you please do it now? The wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord. Please accept this gift today. Let's pray together right now.

(Suggested prayer)

Dear Father in Heaven,

Thank You for Your wonderful love, and for the gift of Your Son, Jesus. Thank You for sending Him to this world to die for us, so that our sins can be forgiven and we can be saved. Father, if there are men or women or young people here today who have not decided to accept Jesus as their Savior, please send Your Holy Spirit to speak to their hearts, to plead with them for the sake of their eternal life. And may we all live our lives with confidence in the promises of Your word. When Jesus comes again, may we all be joined together to live forever with You in Your eternal kingdom. We pray all this in Jesus' name. Amen.

14 - Death and Resurrection

Additional Bible verses for this topic:

Genesis 3:18,19

2 Samuel 7:12

Job 14:10-15

Job 17:13

Job 27:3

Psalms 13:3

Psalms 146:3,4

Ecclesiastes 12:7

Daniel 12:2

Luke 23:42, 43

John 5:28, 29

John 11:5

John 11:15

John 11:21, 23, 24

John 11:25

John 11:35

John 11:39

John 19:31-33

John 20:17

1 Corinthians 15:16-18

1 Corinthians 15:53-55

1 Thessalonians 4:13

Revelation 1:18

Revelation 22:12

14 - Discussion Guide

Energizing Exercise

1. How does exercise help your heart?
2. How does exercise help your lungs?
3. What lifestyle practices can damage your heart and lungs?

Death and Resurrection

1. What is another word the Bible uses for "death"?
 - a. Acts 7:60
 - b. John 11:11-14
2. Do you remember anything that happened last night while you were sleeping?
3. Is death another form of life? Are people conscious in death?
 - a. Psalm 115:17
4. What comes after death?
 - a. 1 Corinthians 15:21
 - b. Matthew 28:1-7
5. What will happen to the dead when Jesus comes back?
 - a. 1 Thessalonians 4:16, 17
 - b. 1 Corinthians 15:51, 52, 54

Health Talk #15: Beverages - Water Substitutes



1. People all over the world start their day with a hot cup of coffee or tea. They need that energizing effect to wake up. Later in the day, that energy boost is gone and they reach for a refreshing cola drink. They need it not just for energy but to feel normal. They can't do without it, yet they seldom stop to evaluate the significance of their choices.

Caffeine is the world's most widely-consumed drug. It is found in tea, coffee, soda pop, chocolate and medications. It is popular because it gives people a lift, an energy boost. They feel better and think faster. But there is a price to pay.

2. The boost of energy is borrowed from the body's energy reserve. It's like taking out a money loan that must be paid back. You feel good at first, but when the caffeine wears off, the energy drop actually makes you feel more tired than you would have been without the caffeine.

Stimulated mental activity comes at the expense of accuracy. You may work faster, but not better, and you will make more mistakes.

Caffeine is a damaging foreign substance to the body - a poison. And it is addictive.

Caffeine in Coffee

Caffeine can over-stimulate the nervous system. Some people can clear caffeine quickly from their bodies, but most can't. The result is "coffee nerves" - a jittery feeling, with shaky hands, inattention, anxiety, irritability, headaches and light-headedness.

Caffeine interferes with good-quality sleep. Lack of sleep causes tiredness. It becomes a vicious cycle. You wake up tired in the morning, so you drink a cup of coffee and use pick-me-ups of caffeine during the day. Then you can't sleep at night, and wake up tired again the next morning.

Caffeine alters mood. It is one of the most common causes of deep depression. Long-term use affects the brain's behavior, learning and memory.

Caffeine over-stimulates. Increased intake causes greater, long-term

Health Talk #15: Beverages - Water Substitutes

consequences. Stomach acid increases, causing heartburn and ulcers. Over-stimulated pulse causes palpitations, higher blood pressure, heart and respiratory failure, or stroke. Kidneys are overworked. It promotes development of several cancers.

3. Caffeine can cause a higher risk of miscarriage and lower-birth-weight babies for pregnant women. Caffeine stays in breast milk longer than in the mom's blood. Mom clears it from her blood stream in six hours, but it stays in the baby for up to 100 hours. This leads to an unhappy, caffeine-addicted baby.

The coffee habit can be broken. But quitting can cause headaches, fatigue, apathy, anxiety and nervousness for up to a week. Better sleep, real energy, a happier mood, and a savings on money, will be the reward.

To change your caffeine habit:

Switch to a hot drink of water or herbal tea.

Alter your morning routine.

Get fresh air and exercise during the day when you crave a cup of coffee or a cola. Exercise energizes. Thirty minutes every day stimulates brain growth, makes happy hormones, and gives you mental strength and real energy.

Rest. Adults need 7-8 hours of sleep to rebuild cells and produce genuine energy reserves. Rest is important to overcome addictions and restore the body, especially if you do hard physical labor.

4. **Soda Pop**

Like coffee, soda pop is not a food. It is foreign to the body. Most soda pop contains caffeine. In addition, it has chemicals, for flavor, and either an artificial sweetener, or refined sugar. It has no nutrients, and body cells must overwork to process the sugar and chemicals.

Both coffee and soft drinks draw calcium from the bones, weakening them.

Sugar

Let's talk about the sugar. Soda pop has large amounts of sugar. In fact, most of the sugar produced in the world goes into soft drinks. In every can of soda pop there are 10 teaspoons of sugar; in every liter of soda pop there are 27 teaspoons, or 108 grams, of sugar!

Sugar gives you a little lift and makes you feel better for a short time, but like caffeine, it leaves you with a let-down feeling afterward, making you crave more and more just to feel normal.

Sugar craving is an addiction. The more you get, the more you want, and you never feel satisfied.

Sugar clogs the blood, making it thick and slow. Sugar damages the immune

Health Talk #15: Beverages - Water Substitutes

system. Even a small amount of sugar overwhelms the fighter white blood cells of the body's immune system, making them useless to destroy dangerous invading microbes. Without their protection, colds, flu, and lung infections invade, and wounds are slow to heal.

Harmful gut bacteria thrive on sugar. They destroy the good bacteria that produce the B vitamins necessary for brain function and growth and a happy disposition.

Excess sugar turns to fat and is stored throughout the body. When the heart and kidneys are infiltrated with fat, they slow down, and circulation is affected. The liver, which is the filtering system of the body, swells and becomes sickly. The pancreas wears out, resulting in diabetes.

Excess sugar works like a poison, destroying body functions.

5. Making Healthy Choices

Sugar tastes good, but it wastes your money. Instead, eat an egg, a piece of fruit, or peanuts, which boost your health rather than destroy it.

Pure water is God's choice for the perfect drink. It doesn't steal nourishment from the body. It keeps the blood running thin and swift. It satisfies your thirst. It clears the brain and promotes energy.

God knows our needs, and he has given us excellent advice in Isaiah 55:2. Here is His question:

“Why spend money on what is not bread,
and your labor on what does not satisfy?
Listen, listen to me, and eat what is good,
and you will delight in the richest of fare.”

15 - Health



1

A thousand years before Jesus was born, King David ruled the nation of Israel. He was a powerful warrior, but he was also a great poet and a wonderful musician. Many of his poems and songs are right here in the Bible. They are called “Psalms.” Listen to this one:

“O Lord, You have searched me and known me.
You know my sitting down and my rising up;
You understand my thought afar off” (Psalm 139:1, 2).

King David understood that God knew all about him. Everything he did. Even his thoughts. There’s more:

“You formed me in my inward parts;
You covered me in my mother’s womb.
I will praise You,
for I am fearfully and wonderfully made” (Psalm 139:13).

King David recognized that he was the result of the Creator’s work. His body, like our bodies, was a marvelous thing. His heart, his lungs, his eyes, his brain – every part of him was designed by God Himself.

Another Psalm says:

“Know that the Lord, He is God;
It is He who has made us, and not we ourselves;
We are His people and the sheep of His pasture” (Psalm 100:3).

If God made us, He knows everything about us. He knows just how our bodies work. He knows what is best for us to eat and drink. He knows the best way for us to take care of our bodies.



2

In the beginning, God told Adam and Eve, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food” (Genesis 1:29).

Just grains, nuts, and fruit. But remember, they were living in the Garden of Eden. There were many different plants and trees in the garden, so there was a great variety to choose from.



3

After they sinned, Adam and Eve could no longer live in the Garden. They had to live with the results of their sin. Outside the Garden they had to plant their own food. Their diet changed. Listen to what God told them:

“And you shall eat the herb of the field” (Genesis 3:18).

So, now they had vegetables to eat, in addition to the other things they could grow.

It must have been a very healthful diet. People lived for hundreds

15 - Health

of years. The Bible tells us that Adam himself lived to be 930 years old. There were many others who lived at least 900 years, and a man named Methuselah didn't die until he was 969 years old. That's the way it was until the time of Noah and the great flood.



4

It was then that God divided the animals into two groups: clean and unclean. He could do that because He was their Creator, too. He had designed each one, and He knew that some of them were fit for food and others were not.

He told Noah to take the animals into the ark. Here is what He said:

“You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female” (Genesis 7:2).

You may be wondering which animals were clean, and which were unclean. Here is what God told His people:

“And you may eat every animal with cloven hooves, having the hoof split into two parts, and that chews the cud, among the animals” (Deuteronomy 14:6).

So, that means clean animals include ox, sheep, goat, deer, gazelle, and antelope.

What about the unclean animals? Listen:

“Nevertheless, of those that chew the cud or have cloven hooves, you shall not eat, such as these: the camel, the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you.

“Also the swine is unclean for you, because it has cloven hooves, yet does not chew the cud; you shall not eat their flesh or touch their dead carcasses” (Deuteronomy 14:7, 8).



5

God wanted to protect them from the diseases they could get from eating the wrong things. He made a special point of forbidding them to eat pigs or swine. Why? Here is one good reason:

Meat from pigs is often infected with tiny worms. When you eat that meat, the worms get inside your body and make their home there. They get into your blood and are carried to other parts of your body. They grow and multiply. And eventually they can kill you.

God knows your body best, and He knows pigs, too. If He says they are unclean, it's best not to eat them. Am I right?

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What about fish? Are they clean, or not? Here's what God told His people:

"These you may eat of all that are in the waters: you may eat all that have fins and scales. And whatever does not have fins and scales you shall not eat; it is unclean for you" (Deuteronomy 14:9, 10).

So, fish are fit to eat if they have both fins and scales.

And birds? Are they good for food? Listen:

"All clean birds you may eat. But these you shall not eat: the eagle, the vulture, the buzzard, the red kite, the falcon, and the kite after their kinds; every raven after its kind;

"The ostrich, the short-eared owl, the sea gull, and the hawk after their kinds; the little owl, the screech owl, the white owl, the jackdaw, the carrion vulture, the fisher owl, the stork, the heron after its kind, and the hoopoe and the bat.

"Also every creeping thing that flies is unclean for you; they shall not be eaten" (Deuteronomy 14:11-19).

God also told His people that there are some parts of even clean animals that should not be eaten. Listen:

"You shall eat neither fat nor blood" (Leviticus 3:17).

Back in Bible times, people may not have understood why they shouldn't eat the blood or the fat from the clean animals. Today we know that even the blood of clean animals can carry disease. And animal fat can get into our blood and cause serious problems for our hearts and blood vessels.

Why did God give His people such instructions about what to eat and what not to eat? It was because of His great love for them. He wanted them to be the happiest, healthiest people in the world. That is what He wants for us, too.



6

What if I said, "My body belongs to me. Nobody can tell me what to do with it."

The Bible asks me this question:

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's" (1 Corinthians 6:19, 20).

This means that my body is not my own. It belongs to God, who made it. And I belong to Him because He paid for me with the blood of His Son, Jesus Christ, who died to save me from the

15 - Health

power of sin and death. The Bible says it this way:

“Therefore, whether you eat or drink, or whatever you do, do all to the glory of God” (1 Corinthians 10:31).

What we eat or drink, or what we do with our bodies, matters to God. He wants us to be healthy now, and to be ready to live with Him in His eternal kingdom. Listen:

“Do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived. Neither fornicators, nor idolaters, nor adulterers, nor homosexuals, nor sodomites, nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners will inherit the kingdom of God” (1 Corinthians 6:9, 10).

The Bible includes sexual immorality and perversion among the things that defile the body. Drunkenness is another thing that defiles and ruins lives. The use of alcohol in all its forms is one of the greatest curses in our world today.



7

Wine was the common alcohol drink back in Bible times, but the Bible counsel fits our day, too. Here is what it says:

“Wine is a mocker,
Strong drink is a brawler,
And whoever is led astray by it is not wise” (Proverbs 20:1).

“Do not look on the wine when it is red,
When it sparkles in the cup,
When it swirls around smoothly;
At the last it bites like a serpent,
And stings like a viper.
Your eyes will see strange things,
And your heart will utter perverse things” (Proverbs 23:31-33).

Drinking alcohol is responsible for broken homes, deadly accidents, and violent crimes. People addicted to alcohol have a high risk of liver disease, their brains are damaged, and their lifespan is shortened by at least 12 years.

Alcoholic parents give birth to babies born with damaged brains. These babies suffer for years because of their parents' lifestyle.

Tobacco use is another modern plague affecting the human race. It is the number one cause of preventable death. It kills nearly six million people every year. Smokers are at very high risk of developing lung cancer, in addition to heart disease and other diseases of the lungs and blood vessels.

Babies born to smoking mothers are much more likely to die in infancy than are the babies of non-smoking mothers.

Is it any wonder that God asks us to treat our bodies as His

15 - Health

temple?

Friends, if you have lived your life the wrong way, ask God to forgive you. He will do it. He will accept you as if you have never done those things. And if you ask Him, He will give you strength to live the right kind of life. The Holy Spirit will be our helper so that we can overcome bad habits and live the kind of life that will honor our Creator.

How many of you would like me to pray for you right now, asking for deliverance from sinful habits and for strength to live according to God's good counsel?

Let's pray together.

(Suggested prayer)

Dear Father in heaven,

You are our Creator. We belong to You. And You have saved us by the blood of Jesus who died for our sins. Thank you for creating these wonderful bodies. Thank You for designing every part of us so perfectly. Thank You for giving us this counsel about how we should live and what we should eat or drink.

Forgive us where we have mistreated these bodies that are Your temple. Give us strength to overcome wrong habits, and help us to live according to Your plan for us. In Jesus' name we pray.

Amen.

Additional Bible verses for this topic:

Genesis 2:15

Genesis 3:19

Genesis 5:27

Exodus 15:26

Exodus 23:25

Leviticus 11:7,8

Psalm 84:11

Psalm 105:37

Mark 6:31

John 10:10

John 15:5

Acts 7:22

1 Corinthians 3:17

Philippians 4:13

3 John 2

15 - Discussion Guide

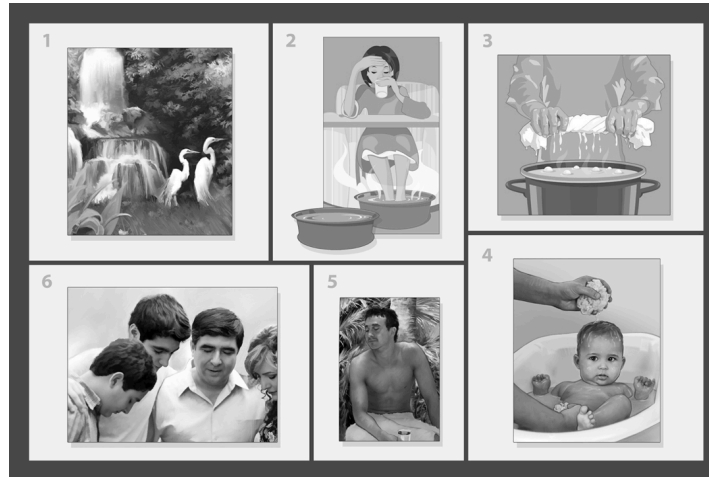
Beverages: Water Substitutes

1. What is the world's most popular drug?
2. How does caffeine damage your body?
3. In what ways does sugar damage your body?

Health

1. What did God give Adam and Eve to eat in the garden?
 - a. Genesis 1:29
2. What was added to their diet after they sinned?
 - a. Genesis 3:18
3. God called some animals "clean" and others "unclean"; which animals were not to be eaten, and which parts of "clean" animals were not to be eaten?
 - a. Deuteronomy 14:7, 8, 11-19
 - b. Leviticus 3:17
4. Why is it important to eat healthy food?
 - a. 1 Corinthians 6:19, 20
 - b. 1 Corinthians 10:31
5. What else defiles God's temple – our bodies?
 - a. 1 Corinthians 6:9, 10
 - b. Proverbs 20:1
 - c. Proverbs 23:31-33

Health Talk #16: Healing Hydrotherapy



1. God has given us many natural blessings, and water is one of them.

Water is not just for drinking and washing. It can be used as a safe and easy treatment for pain and suffering.

Hot and Cold Contrast Bath

A very useful water treatment is the hot and cold contrast bath. This treatment may be used for the whole body, or for just a part, like an arm, a leg, or the feet.

Why hot and cold?

If you put your hand first in hot water and then in cold water a few times, you'll notice the skin color changes to pink or red as blood moves quickly in and out of the hand. When there is increased blood moving in a sick part of the body, more oxygen and nutrients move in, and waste products are quickly removed. Hot water pulls the blood to the area, opening the blood vessels and increasing the blood supply. Then cold water sends the blood away, as the blood vessels constrict from the cold. Repeating this three times increases blood flow to that part of the body and speeds up healing.

-
2. **How to do a treatment with containers:**

Use two containers filled with water deep enough for the feet to be covered above the ankles. Fill one container with hot water – not too hot, just comfortable if you dip your elbow in. Add hot water as needed to keep the temperature hot enough for the elbow test. Fill a second container with cold water. Alternate between three minutes in hot water and a half minute in cold water. Do this three times, always ending with cold. Then the patient should rest for a while.

For headache: Soak the feet in the alternating hot and cold water. This pulls the blood away from the head.

Muscle injuries, like a twisted ankle: Soak injured area in cold water for the first two days, then use the alternate hot and cold cycle to speed up healing.

Arm or leg injuries: Alternately soak the injured arm or leg in the hot and cold water containers.

Health Talk #16: Healing Hydrotherapy

3. How to do a treatment with towels:

Dip a towel in hot water. Wring it out and place it across the area to be treated. If it is too hot, put a dry towel between the skin and the hot towel. Be very careful not to burn the skin. Check it to make sure it doesn't get too red. Cover the hot towel with a heavy cloth. When the hot towel gets cool, remove it and put a cold towel in its place. Leave it until you slowly count to thirty. Repeat this three times, with hot first and then cold. End the treatment with cold, and dry the body part.

For a chest cold or cough: Alternate hot and cold towels across the back three times, and across the chest three times.

For back pain/injury or stomach: Alternate hot and cold towels on the painful area three times.

4. How to treat a fever

For a high fever, wipe down the body with wet cloths using cool, not cold, water. A cool wet cloth can be placed on the forehead or back of the neck. Place wet socks on the feet for ten minutes.

For a child with a high fever: Place the child in a container of lukewarm (not cool) water then sponge the water over their skin. Or lay lukewarm wet cloths on their body, replacing as the cloths cool. Don't allow the child to chill or shiver. Treat for twenty minutes and then cover lightly. Repeat several times a day until the temperature is lowered. Do not use rubbing alcohol or add it to the water.

5. How often can treatments be given?

The hot and cold bath treatment should be given 3-5 times a day if possible.

The patient should drink extra water and rest for an hour and a half after each treatment, to help the body recover and heal.

When water treatment should not be used:

It should not be used for a person who cannot feel the temperature of the water.

It should not be used for a person with diabetes.

It should not be used for a person with a high fever.

It should not be used on an infant or a very weak child.

6. God has given us these simple, natural water treatments, and He is the great Healer, so begin each treatment with prayer, asking for God's blessing and help.

16 – Baptism

(The main purpose of this sermon is to identify people who are ready to enter a baptismal class.)



1

Imagine that you knew a boy named Thomas when you were a child. He had a very large nose and ears that stuck way out from his head. He was bigger and stronger than all the other children around, and he was a troublemaker.

Thomas was a bully. He was always the first to start a fight. And he was a thief. If somebody's chicken went missing, you knew that Thomas was responsible. If he was mad at someone, he would walk through their garden and kick over the plants. The truth is, Thomas was a mean boy. You were glad when he went to live in a town far away.

The years go by and you lose track of Thomas. Then one day a stranger brings his family to live in your village. He's a very kind, polite person. He is gentle with his wife and children. If he sees someone who is having a problem, he is right there to help. You think that he looks familiar. He is a big man with a very large nose and ears that stick way out from his head. He tells people that his name is Thomas.

You can't believe it! His face is the same. But he is definitely a different person.

He says, "Yes, it is really me. I'm Thomas, the troublemaker. You can recognize me by my big nose and my ears that stick out from my head. But you are right. I am a different person. I have been born again."

Did you know that Jesus talked about being born again? He didn't say that people with large noses could be born again and have small noses. He didn't say that people with ears that stuck out could be born again and have flat ears. NO. He was talking about people being changed on the inside, where it matters most.



2

A man named Nicodemus came to see Jesus one night. Nicodemus was an important leader in the Jewish church. You would expect him to be an upright, respectable and righteous man. Jesus had a message for him:

"Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God" (John 3:3).

Now, Nicodemus was a proud man. He probably thought that he was already doing whatever was necessary to be a part of God's kingdom. He probably didn't think he needed to change. So, he said something silly. He said:

"How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" (John 3:4).

16 – Baptism

Of course not!

Jesus was talking about the change that happens when we accept Him as our Lord and Savior. It's a new life. We may look the same on the outside, but inside we are different. The change is great. It's like dying and being born again.

Jesus continued to talk with Nicodemus.

“Jesus answered, ‘Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God’” (John 3:5).



3

What does it mean to be born of water and the Spirit? Jesus gave us His own example before He started His work of healing and teaching. He went down to the Jordan River to be baptized by the great prophet, John the Baptist, who dipped Him completely under the water, for that is what the word “baptize” means. Then John lifted Him out.

Jesus' Father in heaven was pleased. Listen:

“When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice came from heaven, saying, ‘This is My beloved Son, in whom I am well pleased’” (Matthew 3:16, 17).

Before He went back to heaven, Jesus gave His followers these instructions:

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you...” (Matthew 28:19, 20).

The Bible explains baptism this way:

“Or do you not know that as many of us as were baptized into Christ Jesus were baptized into His death? Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life” (Romans 6:3, 4).

So, you can see that when we are baptized, we join in the death of Jesus, dying to our sinful way of life. And we also join in His resurrection to a new kind of life.

16 – Baptism



4

Philip was a deacon in the Christian church. The Spirit of God directed him to a desert road that led from Jerusalem toward Egypt. A man from the royal court of Ethiopia came along that road in his chariot, on his way home from Jerusalem. He was reading from the Bible as he rode along.

Here is how the Bible tells this story:

“Then the Spirit said to Philip, ‘Go near and overtake this chariot.’

“So Philip ran to him, and heard him reading the prophet Isaiah, and said, ‘Do you understand what you are reading?’

“And he said, ‘How can I, unless someone guides me?’ And he asked Philip to come up and sit with him” (Acts 8:29-31).

“Then Philip opened his mouth, and beginning at this Scripture, preached Jesus to him. Now as they went down the road, they came to some water. And the eunuch said, ‘See, here is water. What hinders me from being baptized?’” (Acts 8:35, 36).

Philip knew that Jesus had said:

“He who believes and is baptized will be saved” (Mark 16:16).

So, he told the Ethiopian man:

“If you believe with all your heart, you may” (Acts 8:37).



5

Philip understood that Christian baptism was only for people who truly believed in Jesus. The Ethiopian man did not know everything the Bible teaches. Like many of us, he was still learning. But he had already made his decision about Jesus.

“And he answered and said, ‘I believe that Jesus Christ is the Son of God.’ So he commanded the chariot to stand still. And both Philip and the eunuch went down into the water, and he baptized him. Now when they came up out of the water, the Spirit of the Lord caught Philip away...; and he [the Ethiopian] went on his way rejoicing” (Acts 8:38-39).

Just like Jesus, the Ethiopian was buried under the water and raised up again. This was the way people were baptized back then, and we continue the same manner of baptism today. Any other kind of baptism is based on human traditions and is simply not the same as true Bible baptism.

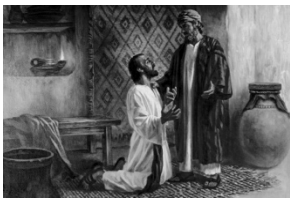
16 – Baptism



6

We learn more about baptism from the story of Saul, the most famous missionary of the early Christian church. At one time, he was one of the worst enemies of the early Christians. Hatred and murder were in his heart. But his life was changed when he went to Damascus, in Syria, to persecute the Christians there. As he approached the city he was blinded by a great light from heaven. He later told the story. Listen:

“I fell to the ground and heard a voice saying to me, ‘Saul, Saul, why are you persecuting Me?’ So I answered, ‘Who are You, Lord?’ And He said to me, ‘I am Jesus of Nazareth, whom you are persecuting’” (Acts 22:7, 8).



7

Saul heard Jesus tell him to go into Damascus and wait for instructions. His companions led him into the city. He waited there for three days, unable to see and refusing to eat or drink. Then God sent a prophet named Ananias to him. The prophet said:

“Brother Saul, receive your sight” (Acts 22:13).

Immediately his eyes were opened.

Ananias told Saul that he had been chosen for a special work for God. He said:

“You will be His witness to all men of what you have seen and heard. And now why are you waiting? Arise and be baptized, and wash away your sins” (Acts 22:15, 16).

Saul needed to make a new start. He needed to be washed clean from the terrible things he had done. He needed God’s amazing grace and forgiveness. Baptism was the doorway to a new life for Saul. He was baptized and went on to become a great leader in the Christian church.

Friends, I don’t think anyone here has been blinded by a great light from heaven during these meetings. But I do believe Jesus has been speaking to your hearts, because, in a way, we are all like Saul. God calls us to leave a life of sin and follow His plan for our lives.

Today, Jesus speaks to our hearts and says the same thing He said to Nicodemus:

“You must be born again” (John 3:7).

And the prophet’s words come to us today:

“Arise and be baptized, and wash away your sins” (Acts 22:16).

Would you, too, like to be born again? Washed clean from your sins? Would you like to do as Jesus did, and be baptized? As soon as this meeting is over I would like to visit with those who

16 – Baptism

want to prepare for baptism. If you want to be part of that group, please come now and join me here, before we have our closing prayer. I want us to be together here when we pray. (PAUSE BRIEFLY AND THEN CONTINUE WITH THE NEXT PARAGRAPH.)

There is nothing more important in this life than to prepare for the life to come. Accepting Jesus as our Savior is our only hope if we want to have a place in God's eternal kingdom. He is calling each of us to turn to Him as our Savior.

Some here have not yet made their decision. If you are part of that group, would you please raise your hand right now? I want to pray for the Spirit of God to speak to you and guide you and show you what you should do. His voice and His leading are much more important than mine.

Now let us pray together.

Dear Father in heaven,

You can look into our hearts and see our greatest needs. We are all sinners in need of a Savior. You see those who have come to the front because they want to prepare for baptism. Bless them with courage, and strengthen them in their decision. Give them peace in their hearts and a firm faith in your promises.

And Father, You know each person here who has not yet decided to accept Jesus and follow Him in baptism. Please send Your Holy Spirit to guide them, to speak to their hearts, and to help them understand Your plan for them.

Thank you for sending Jesus to be our Savior. Without Him we would have no hope for eternal life. Because of His great love and sacrifice for us, we can look forward to being with You in Your kingdom. May every one of us here today be ready to meet You there. We ask these things in Jesus' name. Amen.

Additional Bible verses for this topic:

Matthew 3:5, 6

Matthew 3:14-17

John 1:29

John 3:2-5

Acts 2:41, 42

Acts 10:38

Acts 16:28-33

1 Corinthians 12:13

Ephesians 4:5

1 John 1:9

16 – Discussion Guide

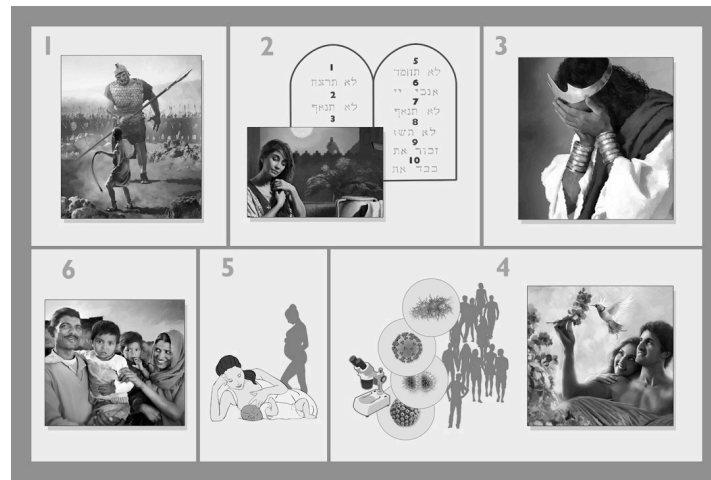
Healing Hydrotherapy

1. How do hot and cold water help to heal?
2. What are some ailments that can be helped with hydrotherapy?
3. Who is the Great Healer?

Baptism

1. Why is it important to be born again?
 - a. John 3:3
2. What happens to a person who is born again?
3. What does the word “baptize” actually mean?
4. What is the spiritual meaning of baptism?
 - a. Romans 6:3, 4
5. How do we know that the Ethiopian man was ready to be baptized?
 - a. Acts 8:35-38
6. What happens to our sins when we are baptized?
 - a. Acts 22:16

Health Talk #17: Honor and Respect - Sexually Transmitted Diseases (STIs)



1. King David was the most honored king in the Bible. As a young man caring for his father's sheep, David learned to love and trust God. He killed a lion and a bear with his bare hands, and while just a youth he killed the giant Goliath to defend God's name. As the king of Israel, David led the army and conquered their enemies. He was loved and honored by the entire kingdom. God blessed this honest, upright, brave man and said of him, "I have found David the [son] of Jesse, a man after mine own heart, which shall fulfill my will" (Acts 13:22).
Sadly, as he grew older David strayed from God and committed a great sin.

-
2. God's ten commandments are a wall of protection. They keep us safe. But David disregarded God's protection; he disregarded his family and his subjects. He became obsessed with the beautiful young wife of one of his most faithful, brave and honorable soldiers.

David broke the 1st commandment by honoring himself instead of God. He broke the 10th when he coveted a beautiful young woman who was another man's wife. He broke the 7th commandment when he seduced her. He broke the 6th commandment when he sent her beloved, young husband to his death so he could marry her.

-
3. The prophet came to David with a message of reproof from heaven. David accepted the rebuke and sincerely repented. God forgave him. But he had lost the trust and respect of his family and his subjects, and from that time on his life was troubled. The Bible says, "The way of transgressors is hard" (Proverbs 13:15), and it was difficult for David. His sin plagued his own soul and weakened his influence and authority over his children and his nation. The moral behavior of his family and the kingdom deteriorated.

David's first-born son, Amnon, sexually molested his half-sister. David did nothing about it because of his own guilt. The girl's brother, Absalom, was so angry he killed Amnon. Again, David did nothing. Absalom disrespected his father and tried to steal his throne. David did nothing. Eventually Absalom, whom David greatly loved, was killed.

This is a tragic story, but it still happens today. Men and women lust after others

Health Talk #17: Honor and Respect - Sexually Transmitted Diseases (STIs)

and break God's commandments in their hearts and then in their actions. As with David, there are consequences. Family relationships are damaged, disease is spread, unwanted children are born and suffer, the guilty are no longer trusted, respect and honor are lost. As the Bible says, "Whosoever commits adultery with a woman lacks understanding: He that does it destroys his own soul" (Proverbs 6:32).

4. When God created the world, He made Adam and Eve for each other. All through the Bible, God's plan is clear: Marriage is between one man and one woman, for life. God hates adultery, because He loves mankind and wants to save him from its consequences and trouble.

God's 7th commandment says, "Thou shalt not commit adultery." This law protects by limiting sexual contact to the marriage partner. Unmarried people are kept safe by waiting for sexual contact until marriage, and then committing to be faithful to their wife/husband.

Unfortunately, there are men in every culture who desire free access to sexual contacts, including unmarried young women. In some places, single girls have no status if they have no male sexual partner, so they make themselves available, often to many men. This puts them at risk for contracting and spreading diseases. God's plan protects young women from such exploitation and its consequences. Promiscuity is cursed by God.

One consequence of promiscuity is Sexually Transmitted Diseases (STDs).

At least 30 different dangerous microbes are transmitted through sexual contact and blood. These bacteria, viruses and parasites cause dangerous diseases. Only four of these diseases are curable, using antibiotics: syphilis, gonorrhea, chlamydia and trichomoniasis. Two diseases can be prevented by vaccines: Hepatitis B and HPV.

Symptoms of STDs

Most sexually transmitted diseases have immediate symptoms, although some, such as HIV and trichomoniasis, can take many years for symptoms appear. Both men and women can experience symptoms such as painful urination, discharges, body rashes, redness, intense itching, ulcers and lumps, or sores in the mouth or on reproductive organs. One common STD, syphilis, can cause heart disease, paralysis, brain damage, and death. Every sexually transmitted disease lowers body defenses, making it easier to acquire other sexual diseases, particularly AIDS.

It is crucial that all symptoms be evaluated by a health worker so treatment can be given.

5. An infected mother may suffer abdominal womb pain and be infertile. The infection can cause stillbirth, infant death, low-birth-weight, and premature birth. Infections can be transmitted from mother to child during pregnancy, childbirth

Health Talk #17: Honor and Respect - Sexually Transmitted Diseases (STIs)

and breast feeding, and can cause pneumonia, damage to bones, brain and nerves, blindness and deformities. Pregnant women should be evaluated by a health worker, counseled and medically treated if infected.

6. Anyone who has had sexual relations outside of marriage is at risk for STDs and should be tested by a health worker, even if there are no symptoms. Early treatment prevents damage.

All these diseases can be avoided if sexual relations are reserved for marriage. Sexual relations are designed by God to be enjoyed by a man and woman who have pledged faithfulness to one another for life. If neither partner has a sexual disease, and if they love each other and remain faithful to each other, they will never need to fear these diseases! They and their children are protected by following God's plan.



1

Suppose you are a little child and your grandmother is telling you a wonderful story. She tells you the beginning of the story and the middle of the story, but then, before she gets to the end, she stops. You would probably say, “Grandma, don’t stop. Please tell me the rest of the story.”

What if she says, “I’m sorry. I don’t know the whole story, so I can’t tell you the end.” Most children wouldn’t be satisfied with only the beginning and the middle of a story, would they? They want to hear the last part, too.

Most adults are the same way. We all want to know how stories end. I think the prophet Daniel was no different. He thought about the great struggle between good and evil in the world, and he wanted to know the end of the story.

Of course, God knows the whole story. He sent Daniel a vision of the future, and an angel to help him understand. Listen:

“I saw in my vision by night, and behold, the four winds of heaven were stirring up the Great Sea. And four great beasts came up from the sea, each different from the other. The first was like a lion, and had eagle’s wings....

“And suddenly another beast, a second, like a bear. It was raised up on one side, and had three ribs in its mouth between its teeth....

“After this I looked, and there was another, like a leopard, which had on its back four wings of a bird. The beast also had four heads....

“After this I saw in the night visions, and behold, a fourth beast, dreadful and terrible, exceedingly strong. It had huge iron teeth; it was devouring, breaking in pieces, and trampling the residue with its feet. It was different from all the beasts that were before it, and it had ten horns” (Daniel 7:2-7).

This was a frightening vision. What was the meaning of these beasts? It was a mystery. Daniel wrote:

“I, Daniel, was grieved in my spirit within my body, and the visions of my head troubled me” (Daniel 7:15).

God sent an angel to help the prophet. The angel said:

“Those great beasts, which are four, are four kings which arise out of the earth” (Daniel 7:17).



2

Daniel knew that the kings of Babylon used the lion to represent their great empire. He understood that the head of gold and the lion with eagle's wings were both symbols of Babylon.

In his vision of the four beasts Daniel saw a great change in the lion. Listen:

“I watched till its wings were plucked off; and it was lifted up from the earth and made to stand on two feet like a man, and a man's heart was given to it” (Daniel 7:4).

The prophet knew about that. He himself had witnessed the downfall of Babylon. Once like a mighty lion, king of the beasts, Babylon had lost its great power and become like an ordinary man.



3

Daniel had watched it happen. He was there when Babylon was overthrown in 539 B.C. The kingdoms of Media and Persia joined together to replace Babylon on the world stage. Daniel recognized the new Medo-Persian empire as the great bear.

In his vision, he saw the bear raised up on one side. He knew that was because one side of the empire was stronger than the other. The Persian side was the most powerful. But it wasn't strong enough to last forever. It was overthrown in 331 B.C.



4

The leopard with four wings and four heads can only represent the empire of Alexander the Great. His armies moved with great speed, and quickly overran the territory of the Persians. His was the largest empire the world had ever known.

But Alexander didn't live to enjoy life as an emperor. He died at an early age, and his vast empire was divided into four separate kingdoms. Each kingdom was ruled by one of Alexander's generals.



5

When Daniel wrote about the vision, he could not think of a name for the fourth beast. It was not like the others. It was not like anything he had ever seen before. He knew that it represented a fourth world empire, one that would be much stronger than all the others. History tells us that this was the empire of Rome. Its armies were powerful and ruthless. It ruled with an iron hand.



6

Daniel was especially interested in the ten horns on the head of this fourth beast. They represented the ten major tribes within the territory of the Roman Empire. But there was more. Listen:

“I was considering the horns, and there was another horn, a little one, coming up among them.... And there, in this horn, were eyes like the eyes of a man, and a mouth speaking pompous words” (Daniel 7:8).

The angel explained, “He shall speak pompous words against the Most High, shall persecute the saints of the Most High, and shall intend to change times and laws” (Daniel 7:25).

Does this sound familiar to you? Just a few days ago we talked about this strange horn. I told you that it represents false religion, because it speaks pompous words against God – the Most High. Changing times and laws refers to God’s Law about time: The Sabbath Commandment.

So, friends, this little horn that grew up in the Roman Empire is the religion that grew so powerful that it became a part of the empire itself. Its leaders, the bishops of Rome, are known as popes. They eventually gained authority over kings and emperors.

Let me make it clear that the strange horn in Daniel’s vision does not represent any single person or group of people. Instead, it represents a false religious system that puts human wisdom and tradition above the Word of God. It is this religious system, the Church of Rome, that claims to have the authority to change God’s holy Sabbath day from Saturday to Sunday.

The angel told Daniel more about that horn and the persecution it would bring on God’s people. “The saints shall be given into his hand for a time and times and half a time.” This is symbolic language that means one year plus two years plus one-half year. That makes three and one-half years. That is the same as 1260 days in prophetic time and 1260 actual years in real time. During that time, the popes of the Roman Catholic Church dominated the Christian world.

During that time, terrible wars were fought in the name of religion. Whole tribes that did not accept the leadership of the Roman Church were destroyed. Thousands upon thousands of Christians who did not bow to the authority of the popes were imprisoned, tortured, or killed. The 1260 years finally ended in 1798, when the Roman pope was captured and sent into exile.



7

But that isn't the end of the story. Daniel saw beyond four beasts. He saw God Himself, the Ancient of Days, seated on His judgment throne. The strange horn that spoke pompous words against God was judged. The angel told Daniel:

“They shall take away his dominion, to consume it forever” (Daniel 7:26).

Then Daniel saw the most important part of the vision: Something wonderful was happening. Listen:

“I was watching in the night visions, and behold, One like the Son of Man, coming with the clouds of heaven!”

Who is this Son of Man? It's Jesus, of course. “Son of Man” was His favorite name for Himself. Daniel says:

“He came to the Ancient of Days, and they brought Him near before Him. Then to Him was given dominion and glory and a kingdom, that all peoples, nations, and languages should serve Him. His dominion is an everlasting dominion, which shall not pass away, and His kingdom the one which shall not be destroyed” (Daniel 7:13, 14).

THERE is the end of the story, friends. The end of the struggle between good and evil.

Yes, this world is a battlefield where the kingdoms of men continue to fight against each other.

Yes, we continue to see the results of sin all around us: sickness, misery, poverty, hatred, pain, and death.

False religions continue to lead people away from God and away from truth. But God will bring all this to an end.

Jesus, our Savior and King, will rule. His followers, people who love Him from all nations and languages, will be welcomed into His kingdom. Unlike the empires of men, His kingdom will never be destroyed.

Jesus was there at the beginning of the story, before the creation of the world.

He was there in the middle of the story, when He came into our world to die for our sins.

He will be there as the war between good and evil will finally come to an end.

And that will be the beginning of the story of a new life that will never end. I want to be part of that story, don't you?

Friends, I want Jesus to be in the story of my life right now. I want Him to be my Savior and my King today, so that He can help me prepare for life in His eternal kingdom. What about you? Would you like to join me? If so, please come up and stand with

17 - Daniel 7

me here in the front while we pray.

(Suggested prayer)

Dear Father in heaven,

We are standing together here because we need Jesus in the story of our lives. We need Him as our Savior. We need Him to be the king of our lives. We need Him in our lives today and tomorrow and every tomorrow after that. And when the battle between good and evil is over, we want to live with Him forever. Help us to receive Him into our hearts and lives today, so that He can receive us into His eternal kingdom. This is our prayer in Jesus' name. Amen.

Additional Bible verses for this topic:

Jeremiah 4:7

Luke 22:48

Ezekiel 4:6

Revelation 17:15

Daniel 8:22

17 - Discussion Guide

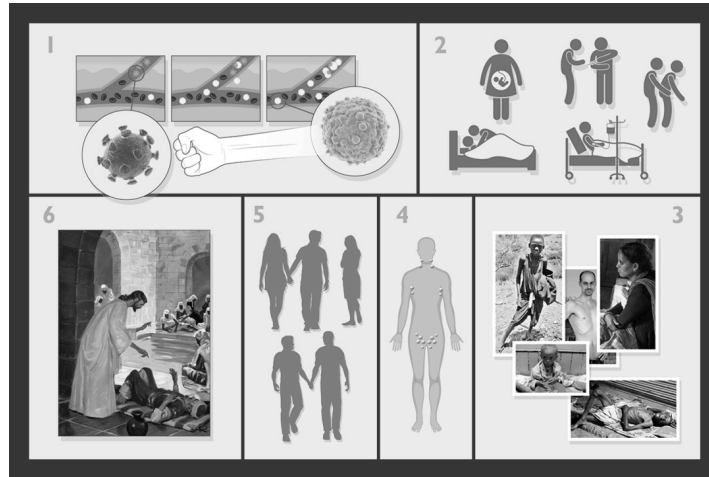
Honor and Respect: Sexually Transmitted Diseases (STDs)

1. Explain how God's 10 Commandments can help protect you from sexually-transmitted diseases.
2. What are some symptoms of STDs?
3. What are the dangers of untreated STDs?

Daniel 7

1. What are the four beasts of Daniel 7, and what do they represent?
 - a. Daniel 7:2-27
2. The fourth beast had ten horns; then a talking horn grew up. What did it do?
 - a. Daniel 7:25
3. The saints were under the power of the talking horn for how long?
 - a. Daniel 7:21, 25
4. What happened to the little horn power?
 - a. Daniel 7:26
5. What kingdom took the place of the four kingdoms, and how long will it last?
 - a. Daniel 7:13, 14, 27

Health Talk #18: AIDS - The Stoppable Pandemic



1. Our immune systems are more complicated than the weapons of the greatest military power. Fighter cells are manufactured in the bones and then are trained to destroy invading microbes like bacteria and viruses. When they are invaded, immune cells quickly multiply, creating an army of specialized cells to fight and destroy infecting microbes. If the person's body is healthy, immune cells win.

Vaccine Immunizations have been developed to help train the fighter cells to remember and kill specific diseases, such as polio, mumps or hepatitis.

2. **HIV (Human Immunodeficiency Virus)**

Terrorist HIV microbes (viruses) enter the body through blood, reused hypodermic needles, or fluids exchanged during sex. They replicate themselves with millions of new cells that destroy the fighter CD4 Lymphocyte cells. It takes up to six months for specialized HIV fighter antibodies to develop into a fighter force. Until then, HIV cannot be detected by blood tests.

During this time, the newly-infected person may have a week or two of flu-like symptoms with fever. The immune cells gather to fight, causing the lymph nodes in the armpits, on the sides of the neck and in the groin, to swell and become hard and painful. These symptoms are common to viral infections, so the infected person may not suspect HIV.

-
3. For 10-15 years, depending on health and lifestyle, an infected person can appear healthy, while AIDS is destroying their immune cells. But they become weak and sickly, susceptible to other illnesses as their CD4 cells are reduced in number. There is gradual weight loss, ongoing diarrhea for more than a month at a time, fever, cough, strange dark rashes, painful shingles and skin cancer. With weakened immune systems, they are more susceptible to infections of the mouth, and deadly lung diseases like pneumonia or tuberculosis.

When the body can no longer produce enough CD4 cells to fight HIV, and the victim suffers these symptoms and diseases, HIV becomes AIDS (Acquired Immune Deficiency Syndrome). AIDS is relentless.

Health Talk #18: AIDS - The Stoppable Pandemic

Once the body has become infected with the HIV virus, if infected blood or sex fluids are shared with another person, the viruses are passed to that person. Today there are over 38 million people in our world with AIDS. Another 37 million have died from AIDS-related diseases. The end result is misery, suffering, poverty, broken relationships and millions of sick, innocent children without parents.

All this death and misery could have been prevented if God's plan had been understood and followed.

4. God gave His plan when He created man and woman in the garden of Eden: One husband and one wife for life. If everyone infected with AIDS had sexual relations with only their spouse, and with no one outside of their marriage, this world-wide epidemic would come to an end. What this world needs is not more drugs, although they are useful for the crises we have now. What this world needs is a return to God and His moral standard.

Deuteronomy 28:15, 22 is very sobering: "But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee. The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish." Could this be talking about AIDS?

CURE

There are drug therapies for AIDS/HIV. They do not destroy the AIDS viruses; instead they cripple them. The viruses become resistant and decrease in numbers, but continue to multiply.

PROTECTION

1. Condoms, used correctly, decrease the risk of catching AIDS and other sexually-transmitted diseases. If a married person suspects their spouse of being unfaithful, they should insist that condoms be used for their protection.
 2. Male circumcision eliminates skin under which viruses can hide. Female circumcision offers no protection; it only damages the female body and denies both husband and wife the full enjoyment of their marriage relationship.
 3. A pregnant woman who carries the AIDS virus should be treated with drug therapy to improve her own health and to protect the baby, who can become infected during the birth.
-

5. A health-promoting lifestyle plays an important role in slowing down the destructive invasion of AIDS.

Health Talk #18: AIDS - The Stoppable Pandemic

A whole-plant-food diet of fruits and vegetables, grains, seeds and legumes, provides vitamins, minerals and phytonutrients that fight off disease. Coffee, tea and soda pop, refined grains and sugar products rob the body of these nutrients. Black tea, coffee, alcohol and tobacco damage cells and weaken the immune system.

Sunshine, fresh air and sleeping 7-8 hours each night restores energy and builds the immune system. Pure water flushes out the body wastes and refreshes cells.

6. When Jesus was living on this earth, He spent more time healing people than He did preaching. One time, Jesus healed a man who was crippled because of his sins. John 5:14 says that later, "Jesus found the man in the temple and said to him, 'See, you have been restored. Stop sinning or something worse may happen to you.'"

Physical and spiritual healing go together. God heals our bodies as we cooperate with His laws, and His forgiveness brings peace and a closer walk with Him. When Jesus comes, He will give us new bodies and perfect health. Let's plan to be ready to meet Him!

18 - Mark of the Beast



1

I'm sure that some of you remember the story of King Nebuchadnezzar and his dream of a great image. The image's head was made of gold, and it was a symbol of Nebuchadnezzar's own empire, Babylon.

The king was happy about that head of gold until he learned that his empire would not last forever. The image's chest and arms were silver, and that meant that another empire would follow his. The king wanted to believe that his dream was wrong. He wanted to show that his Babylon would never end.

So, he ordered his craftsmen to build a great image made of gold. The head was gold, the arms were gold. Every part of the image from head to foot was gold. He ordered his men to set up the golden image outside the city. Nebuchadnezzar commanded that everyone come to see his golden image. Daniel, the prophet, wrote the story for us. Listen:

“Then a herald cried aloud: ‘To you it is commanded, O peoples, nations, and languages, that at the time you hear the sound of the horn, flute, harp, lyre, and psaltery, in symphony with all kinds of music, you shall fall down and worship the gold image that King Nebuchadnezzar has set up; and whoever does not fall down and worship shall be cast immediately into the midst of a burning fiery furnace’” (Daniel 3:4-6).

Among the huge crowd that had gathered were three young men named Shadrach, Meshach, and Abednego. They worshipped the true God. They remembered His commandment about images:

“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them” (Exodus 20:4, 5).

They refused to bow down to Nebuchadnezzar's golden image. The king was furious. He told them:

“If you do not worship, you shall be cast immediately into the midst of a burning fiery furnace. And who is the god who will deliver you from my hands?” (Daniel 3:15).

The three young men did not waver. Listen to what they said:

“Our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver us from your hand, O king” (Daniel 3:17).

18 - Mark of the Beast



2

Nebuchadnezzar ordered some of his strongest soldiers to tie up the three men and throw them into the furnace. The fire was so hot that the soldiers themselves were killed, but Shadrach, Meshach, and Abednego were not harmed. The king was amazed when he saw them walking around in the flames. And he saw someone with them.

“He rose in haste and spoke, saying to his counselors, ‘Did we not cast three men bound into the midst of the fire?’

“They answered and said to the king, ‘True, O king.’

“‘Look!’ he answered, ‘I see four men loose, walking in the midst of the fire; and they are not hurt, and the form of the fourth is like the Son of God’” (Daniel 3:24, 25).

You see, God did not abandon His faithful followers when they stood firm against a false religion. He was there with them at their hour of need. He is always with those who are loyal to Him in the face of danger and even death. As we will see today, Satan has tried to destroy God’s people but God is still in control.



3

In our last meeting, we talked about Daniel’s vision of four great beasts and the strange horn that had eyes like a man and a mouth speaking pompous words against the Most High God. We learned that the beasts represented four great world empires: Babylon, Persia, Greece and Rome. And the horn was a symbol of a religious system that put customs and traditions above the Word of God, the Bible. An angel told Daniel that the horn would oppress the people of God for 1260 years.



4

The prophet, John, also had visions of beasts. He tells about them in the book of Revelation, the last book in the Bible. In his visions, Satan himself appears as a great dragon who gives power and authority to a beast that comes out of the sea. This beast has seven heads and ten horns. John wrote:

“It was granted him to make war with the saints and to overcome them” (Revelation 13:7).

This beast had “a mouth speaking great things and blasphemies, and he was given authority to continue for 42 months” (Revelation 13:5).

Let’s think about that time period for a minute. Forty-two months is the same as three and one-half years. Forty-two months, or three and one-half years, is the same as 1260

18 - Mark of the Beast

prophetic days. And that is 1260 years in real time. So, both Daniel and John saw that God's people would be oppressed for 1260 years. That is the time when the Church of Rome and its popes dominated the Christian world. The 1260 years ended in 1798, more than 200 years ago.

It is important for us to see that there was a time limit on this false religious system. But it didn't die or disappear. Listen to what happened in John's vision:



5

“Then I saw another beast coming up out of the earth, and he had two horns like a lamb and spoke like a dragon. And he exercises all the authority of the first beast in his presence, and causes the earth and those who dwell in it to worship the first beast...” (Revelation 13:11, 12).

This new beast wants to restore the religion of the seven-headed beast. With his voice like a dragon, he tells everyone to make an image, a copy of the seven-headed beast. According to the prophet John:

“He was granted power to give breath to the image of the beast, that the image of the beast should both speak and cause as many as would not worship the image of the beast to be killed” (Revelation 13:15).

What does this mean? Clearly this tells us that a new world power will have the authority to force people into a false religion.

As John's vision continued, he saw this beast forcing everybody to get a mark on their right hand or their forehead to show that they accepted the religion of the beast and its image. Anyone who did not accept the mark would not be allowed to buy or sell. In that way, they would be isolated or cut off from the rest of mankind.

What could this mark of the beast be?

Before I answer that question, let me ask you something else: Did you know that the God of heaven has a mark or sign? Listen to the words of God:

“I also gave them My Sabbaths, to be a sign between them and Me...” (Ezekiel 20:12).

There is more:

“Surely My Sabbaths you shall keep, for it is a sign between Me

18 - Mark of the Beast

and you throughout your generations...” (Exodus 31:13).

You see, the true Sabbath is the sign that shows our loyalty to our heavenly Father. It marks us as His followers.

Now I will ask again, what is the mark of the beast?

We already know that the beast with seven heads, and its image, represents the false religion led by the popes of the Church of Rome. This is the religious system that dominated the Christian world for 1260 years. What is the sign or mark that shows loyalty to this false religion?

If Sabbath is God’s sign or mark, could it be that Sunday – the competing worship day – is the mark or sign of the beast’s religion?

The Church of Rome is also called the Roman Catholic Church. It claims to have authority to change the Sabbath from one day to another. From Saturday to Sunday. Roman Catholic leaders boast that this change is the mark of their church’s power and authority.

So, friends, we have two different signs or marks. One is the Sabbath of God, and the other is the false day of worship, Sunday.



6

John’s vision of the beasts and the image and the mark of the beast predicts that someday everyone will be forced to accept a false religion that requires them to worship God on Sunday, instead of the true Sabbath, Saturday.

But like the three young men in the story of King Nebuchadnezzar’s image, there will be people who choose to be faithful to the God of heaven. They will not bow to a false religion. They will continue to keep the true Sabbath holy. They will trust God to care for them. They will reject the mark of the beast.

Does anyone have the mark of the beast today?

No, that will not happen until the governments of this world pass laws to require us to observe Sunday instead of Sabbath. That hasn’t happened yet, except for a few isolated cases. But Roman Catholic leaders are not shy about asking that such laws be put in place.

What is so important for us, friends, is that we make our decision

18 - Mark of the Beast

to obey God's word instead of the laws of men. We need to decide now to be like Shadrach, Meshach, and Abednego, and refuse to bow to a false religious system.



7

In another vision, the prophet John had a view of heaven. There he saw all those who had gained the victory over the beast and his image and his mark. He heard them singing. Listen to the words of their song:

“Great and marvelous are Your works, Lord God Almighty! Just and true are Your ways, O King of the saints” (Revelation 15:3).

I want to be there singing that song with them. Don't you? I want to be standing with those who have the victory over the beast, over his image and over his mark. I want to be faithful to God. I want to show my love to Him by observing His Sabbath.

I'm going to kneel here right now and ask for His help, so that I can stand when others bow to the customs and traditions of men. What about you? If you would like to join me, please kneel right where you are while we pray together.

(Suggested prayer)

Dear Father in Heaven,

Today we have talked about beasts and images and marks, but right now we need to talk to You about ourselves. We need the gift of Your Holy Spirit to help us make firm decisions about serving You. We need divine power to help us obey Your Word and keep Your holy Sabbath. We want to have Your mark, Your sign, Your seal on our hearts. We want to be Yours from the inside out. Prepare us for trials to come, and keep us in Your care, like You did for Shadrach, Meshach, and Abednego in Babylon long ago. Make us victorious over the beast and his image and his mark. In Jesus' name we pray. Amen.

Additional Bible verses for this topic:

Psalm 91:5-8, 9-11

Isaiah 33:16

Ezekiel 20:12

Daniel 7:25

Daniel 8:12

Daniel 12:1

Romans 6:16

Revelation 7:2, 3

Revelation 18:4

Revelation 14:9, 10, 12

18 - Discussion Guide

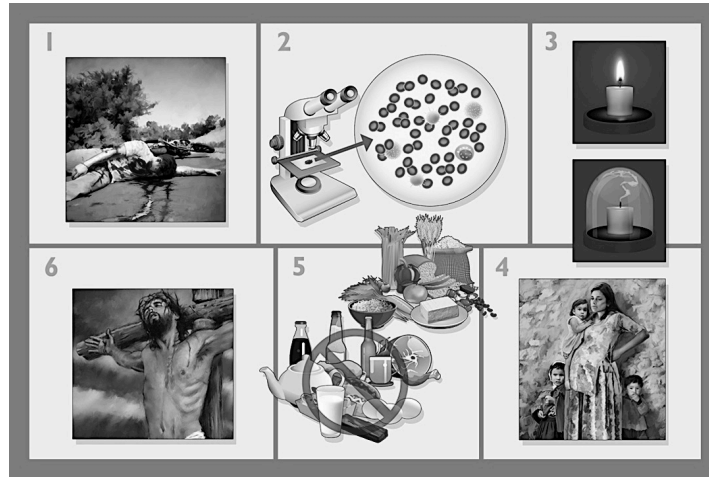
AIDS: The Stoppable Pandemic

1. What are some symptoms of HIV/AIDS?
2. How is AIDS transmitted from one person to another?
3. What is the best plan to keep from catching AIDS? What are additional ways to prevent it?

Mark of the Beast

1. What did King Nebuchadnezzar build, and what did he do with it?
 - a. Daniel 3:1-6
2. What was the punishment for those who refused to bow to the image?
 - a. Daniel 3:15
3. When the king looked into the fire, he saw a surprise. What did the king see?
 - a. Daniel 3:24,25
4. The prophet John, many years later, also had a dream about a beast with 10 horns. What did this beast do against God's people, and for how long?
 - a. Revelation 13:5-7
5. What will be the sign or mark of this beast's authority? What will be the sign or mark of the true church?
 - a. Daniel 7:25
 - b. Revelation 12:17

Health Talk #19: The Life is in the Blood



1. A person can be in a terrible accident, break an arm or bash their head, can have teeth knocked out, be in great pain, and still be alive. However, an injury that causes uncontrollable blood loss will result in death. Life is in the blood.
-

2. A drop of blood seen through a microscope is alive with cell bodies of different shapes and sizes, each with a job to do.

What are these cells and what do they do?

Immune white blood cells destroy dangerous microbes and fight off disease.

Red blood cells contain hemoglobin that uses iron to carry oxygen from the lungs to the body cells, and to take used air back to the lungs.

Plasma carries nutrients such as starchy, high-energy glucose fuel, protein for repair and growth, helper vitamins, minerals, plant-chemicals and slow-burning fats, to the cells. It also carries cell waste products to the kidneys and liver to be eliminated in urine and stool.

Anything that interferes with the work of these various cells causes illness and even death.

3. When malaria parasites are injected by a mosquito into a person, they multiply into millions of microorganisms that destroy the oxygen-carrying red blood cells. Without oxygen, the cells are like a burning candle that has a glass put over it; the fire slowly dies. Body cells also die without red blood cells to provide oxygen.

A lack of healthy red blood cells is called anemia.

Anemia causes muscle weakness, extreme tiredness with no energy to work; fingernails, lips, skin and gums that are pale, fast pulse and difficult breathing.

The brain is very sensitive to the lack of oxygen. Anemic children have learning difficulties and behavior problems, and anemic adults have trouble concentrating and remembering.

Anyone can have anemia, but women having monthly blood loss, and children

Health Talk #19: The Life is in the Blood

are at the highest risk. Anemia can be caused by:

1. Malaria destroying the red blood cells;
 2. Inadequate intake of iron from food;
 3. Chronic diarrhea;
 4. Hookworms from the soil;
 5. Schistosomiasis worms from infested waters. These worms eat intestinal nutrients and suck blood. More worms mean more blood loss and greater anemia. Treatment with medication is necessary for healing.
-

4. The Bible tells us, "To everything there is a season" (Ecclesiastes 3:1). For maturing girls and women, there is a purpose and a season for their monthly cycle. It is a normal part of growing up, and it is essential for the God-given ability to bear children. During this short monthly time, hygienic ways to manage blood loss are necessary so girls can stay in school, get an education and become better mothers and wives. Every effort to assure dignity for this season will be blessed.

Females should be respected and protected. They should receive care and nourishment. Girls in their early teens should not get pregnant, because they are still maturing. They need good nutrition to complete their own growth and development, and their bodies haven't matured enough to store extra nutrition needed for a new baby's life. Marriage should wait until the girls are older and their bodies are ready for motherhood.

Women should not have babies too close together. Getting pregnant before the youngest baby is two years old is too soon. Mother will be deprived of the nutrients necessary for her health. She is unable to store the necessary nutrients to feed herself, nurse a baby and grow yet another baby. Malnutrition and anemia are the result.

Anemia causes severe delivery complications and even death if excessive bleeding occurs. The child of an anemic mother will be smaller and less able to survive. These stunted children do poorly in school and as working adults.

At birth, extra iron and nutrients can flow into the baby by laying it on the mother's abdomen and waiting until the cord stops pulsating before tying it off.

Breast feeding provides the best nutrition for infants. Mashed, cooked plant foods should be added after six months. Breast feeding should continue at least until the child reaches the age of two. Animal milk should not be used because it can cause gut problems, anemia and diabetes.

It is possible to have healthy blood!

Clean up the blood. Treat the worms, diarrhea, malaria or other diseases with medications and supplements so the body can heal.

Health Talk #19: The Life is in the Blood

5. Blood is made from the food that is eaten. Foods containing iron build strong blood.

Meats are high in iron, but they are expensive and have harmful fats and sometimes parasites. Plant foods can supply the necessary iron. Legumes, including lentils and peas, dark green leafy vegetables, and seeds from pumpkin, sesame, or squash, are rich in iron and other nutrients.

Vitamin C helps iron to be absorbed by the blood. It is found in colorful plants like melons, guava, citrus fruit, kiwi, berries, dark leafy vegetables, cabbage, peppers and tomatoes, as well as in many other fruits and vegetables unique to each area. Growing your own fruits and vegetables, especially dark green vegetables, provides the healthiest way to feed your family.

Soaking grains and legumes overnight before cooking increases the iron and zinc available for the blood. This is a free and easy way to increase nutrients in your diet.

Tea and coffee hinder iron from being absorbed into the blood. Money is wasted on them. Instead, money should be used for good quality, nutritious foods. When the body has enough good food, there is plenty of energy, and the artificial energy from drinks with caffeine is not necessary.

6. Jesus died and shed His blood for our sins. He knows how important blood is for life and health. "For God so loved the world that he gave His only son that whoever believes in Him shall not perish but have everlasting life" (John 3:16).

Believe He lives. Pray. Tell Him your problems. He shed His blood and died for you because He loves you.

19 – The True Church (Part One)



1

Suppose I came to you with three pretty boxes and told you that one of them held a priceless diamond. The other two boxes contain common rocks. Which one would you want?

If you are like most people, you would want the box with the diamond. But which one is the right one? The blue, the red, or the green? You can only have one, so you want to choose carefully.

Maybe you would come and take a closer look at these boxes to see if any special marks might tell you what was inside each box. But there is nothing there.

I can imagine that your friends would come to give you advice. One says, “Choose that beautiful green box. I think green is such a beautiful color. That must be the right box.”

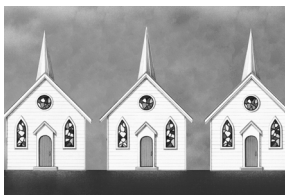
Someone else says, “Oh, red is my favorite color. Take the red one.”

Another friend says, “The diamond is surely in the blue box. Choose that one.”

More and more friends come, offering their opinions. It is very confusing. I can almost hear you saying to your friends, “Stop. You cannot all be right. There is only one diamond, so I don’t want to make a mistake. I don’t want some common rock. I want that diamond.”

Finally, you decide to come to me and ask for my advice. I wonder how I would answer you. [HOLD UP BIBLE] Would I hold up my Bible and say, “Let us look in this book. The answer must be in here?”

Right now, you are probably thinking, “No. That cannot be right. Surely the Bible does not talk about those three boxes. That is not what the Bible is about.” And, of course, you are right. The Bible tells us nothing about those three boxes. It cannot help us decide which box you should choose.



2

Instead it tells us about more important things. It tells us how to choose the right religion. It helps us choose the true church.

There are many religions and many churches in the world. Like those three pretty boxes, churches may look similar on the outside.

If you want to choose the right one you have look carefully. You should see if there are any special marks to show the difference between the false and the true. Then you make your decision.

Other people may say to you, “Here is the right religion,” or “No, that is wrong. Over there, that is the right church.” You hear more and more voices all claiming to be right. It can be very

19 – The True Church (Part One)

confusing. So, you say, “You cannot all be right. There can be only one true religion. There can only be one right church. I don’t want just any church. I want God’s TRUE church.”

If you came to me and asked for my advice, you already know what I would do, don’t you? [HOLD UP BIBLE] You are right. I would hold up my Bible and say, “The answer to your question is here, in God’s holy Word. Here is where we can learn about God’s true church.”

Bible prophecy uses symbols to teach us about true and false churches. Here is what the prophet John saw in a vision about the true church:



3

“Now a great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a garland of twelve stars. Then being with child, she cried out in labor and in pain to give birth....”

“And the dragon stood before the woman who was ready to give birth, to devour her Child as soon as it was born. She bore a male Child who was to rule all nations with a rod of iron. And her Child was caught up to God and His throne” (Revelation 12:1, 2, 4, 5).

In this vision, the woman represents the true church. She looks beautiful, clothed with the bright pure light of the sun, with the moon under her feet. She is wearing twelve stars like a crown on her head.

What about the dragon? Who is he? The prophet calls him:

“that serpent of old, called the Devil and Satan, who deceives the whole world” (Revelation 12:9).

The woman’s Child, of course, is Jesus Himself. He was sent by our Father in heaven to live among men and to die for our sins. He was raised up from death and returned to His Father. He will rule over all the world when the kingdoms of men have come to an end.



4

In John’s vision, he saw that the dragon persecuted the woman, the true church. John wrote:

“Then the woman fled into the wilderness, where she has a place prepared by God, that they should feed her there one thousand two hundred and sixty days” (Revelation 12:6).

That prophetic time period represents one thousand two hundred and sixty years. We have talked about that span of time before, haven’t we? Remember the beast with seven heads that made war

19 – The True Church (Part One)

against God’s people? That beast represented the religious system of Rome and its popes. They dominated the Christian world. They tried to force everyone to accept their religion, based on the customs and traditions of men instead of the Word of God.

According to the vision, the woman would survive in the wilderness through all those years. And that is what happened.

By the time those 1260 years came to an end, millions of Christians had died because they would not accept the false teachings of the Church of Rome. But God had protected His truth, so that it survived that long period of persecution.



5

There is another scene in the prophet’s vision. Listen:

“And the dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ” (Revelation 12:17).

The story of the true church was not finished at the end of the 1260 years. John saw a great battle continuing until the very end of this old world’s history. He saw the dragon waging war against the last offspring of the woman.

Then the prophet gives us just what we need to identify the true church in our own day: The true church teaches obedience to all the commandments of God. And the true church believes the testimony of Jesus – the messages given through His prophets like Daniel and John and others.

There are many sincere Christian people in many different Christian churches. They all want to follow the teachings of God’s Word. But their priests and pastors and teachers have taught them to break some of God’s commandments. For example:



6

In His fourth commandment God says:

“Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God” (Exodus 20:8, 9).

Why is the Sabbath so important to God? Listen:

“For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it” (Exodus 20:11).

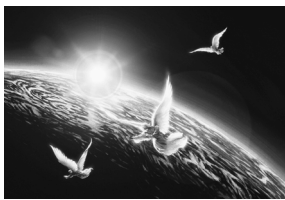
The Sabbath is a holy day. It is a weekly reminder of who made the world, who first formed us and gave us life. It is a day for

19 – The True Church (Part One)

God's people to be close to Him through worship and prayer. By resting from ordinary work on the Sabbath, His true people are refreshed and their friendship with Him is renewed. What a wonderful day!

But most of the Christian world has turned against the Sabbath of God, the Sabbath of Creation. Instead of Saturday, the seventh day of the week, most churches worship on Sunday. The Church of Rome claims to have the authority to change the day of worship. But this is not what the Bible teaches.

The true church is different. John's vision tells us that the true church is marked by observing all God's commandments.



7

In another of his visions, the prophet John saw God's true church represented by angel messengers flying through the sky. They were taking God's Word to the world. Let me read this to you:

“Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth – to every nation, tribe, tongue, and people – saying with a loud voice, “Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water” (Revelation 14:6, 7).

Please remember that the angel is a symbol. He represents God's church. The TRUE church. That's the church that keeps the commandments of God, including the Sabbath commandment.

John's vision of the angel means that God's true church will be telling the world that the end time has come. The vision teaches that the true church will be calling people from every nation, from every tribe, from every language group.

The true people of God, members of the true church, will have a special responsibility. They are the ones who will urge people everywhere to join in the worship of the true God, the Maker of the heavens and the earth and the sea and the springs of water.

Worshiping the Creator means observing His Sabbath, the day He set apart from other days. It is His sign, His mark, His seal.

Friends, I believe that this prophecy is coming true right now. I belong to God's commandment-keeping church, the Seventh-day Adventist Church. Here I am, talking with you about God's true church and inviting you to join me in keeping the Sabbath holy. Thousands of others are doing the same thing, all over the world, in many different languages.

Every day before I begin one of these meetings, I ask God to send His Holy Spirit to help me say only what He wants me to say. I ask Him to send the Holy Spirit to speak to your hearts while I

19 – The True Church (Part One)

Speak to your ears. There is a prayer in my heart right now that your minds will be open to this message.

I'd like to ask you a question: How many of you understand that Saturday, the seventh day of the week, is the day that God set apart as His Sabbath? [WAIT FOR RESPONSE]

Now, please raise your hand if you understand that, according to Bible prophecy, God's true church is made up of people who keep all His commandments, including the Sabbath commandment. [WAIT FOR RESPONSE]

One more very important question: How many of you know in your hearts right now that God is calling you to join me as members of the Seventh-day Adventist Church? [WAIT FOR RESPONSE]

Let's all stand and join our hearts together in prayer.

(Suggested prayer)

Dear Father in heaven,

Thank You for the messages You have sent us through the Bible prophets. Thank you for revealing to us the truth about Your Holy Sabbath and the truth about Your church. You have seen that some of us have already decided to join Your church. And You know the hearts of those who are uncertain because they have unanswered questions. Bless each of these dear men and women. They are my brothers and sisters. They are Your children. Wrap us up together in Your love. Pull us closer and closer to You. Thank You for sending Jesus to be our Savior. Prepare us all to be a part of Your eternal kingdom. In Jesus' name we pray. Amen.

Additional Bible verses for this topic:

Isaiah 51:16

Amos 3:7

Acts 20:28-30

Ephesians 4:4-6

Isaiah 55:2

John 10:16

1 Corinthians 12:25

James 4:4

Jeremiah 6:2

John 13:17

2 Corinthians 11:2

Revelation 17:3-5

Jeremiah 29:13

John 17:21

1 Timothy 3:16

Revelation 18:4

Ezekiel 4:6

Luke 12:15

Ephesians 1:20

Revelation 19:15, 1

19 – Discussion Guide

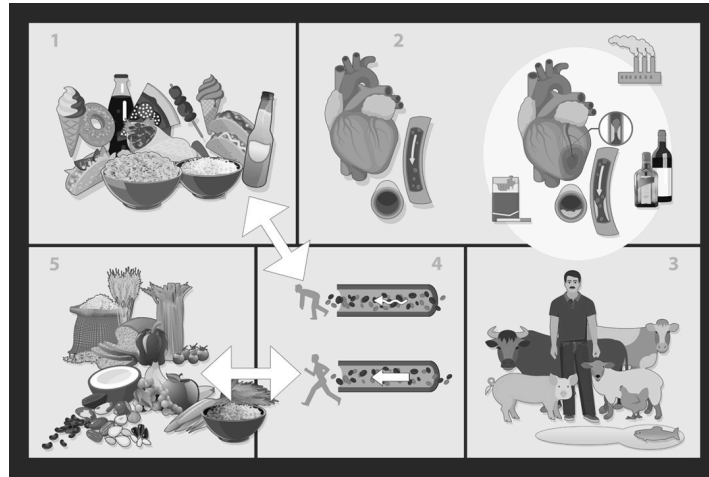
The Life is in the Blood

1. Why is it important to have healthy blood?
2. What causes anemia?
3. Why are women in particular danger of becoming anemic, and how can it be prevented?

The True Church (Part One)

1. The prophet John had a dream of a woman about to give birth. Who does the woman represent?
 - a. Revelation 12:1
2. He saw a dragon ready to devour her child. Who does the dragon represent?
 - a. Revelation 12:9
3. The woman fled from the dragon into the wilderness for how long?
 - a. Revelation 12:6
4. The woman's offspring, God's church, is identified by two features. What are they?
 - a. Revelation 12:17
5. John saw God's true church represented by angel messengers. What is one of their special messages?
 - a. Revelation 14:6, 7

Health Talk #20: Heart Disease - The World's #1 Killer



1. As people move from country living to the city they encounter many lifestyle differences. Streets are packed with vehicles that pollute the air. Crowded houses have indoor plumbing. It is busy and noisy. There is a wide variety of foods and entertainment, but fearsome violence. There are few places to relax and enjoy nature.

All of these affect heart health and lead to chronic Western diseases such as heart disease, diabetes, cancer and depression.

The diet God gave humans to eat when they were created is still the best diet for maintaining a healthy body. Plant foods are especially good for a healthy heart and blood vessels. Even in the animal kingdom, animals that eat primarily greens and grains grow strong and healthy. Most of the animals that people eat are plant eaters.

But many people today do not eat the diet God gave in the beginning. The change from an unrefined, plant-based, country diet to urban fare has caused a decline in health. Urban or Western foods are often processed. Grains are refined, fruits are juiced, sweets are plentiful and inexpensive, meat is readily available and soda pop can be purchased everywhere.

Shifting from a country diet to urban eating habits can lead to the #1 killer disease in the world: Heart and blood vessel disease. The results are heart attacks and strokes.

2. **The life is in the blood**

In cardiovascular disease (CVD), blood flow is restricted, causing shortness of breath, pain in the legs when walking, or chest pain. These are warning signs. Sometimes there is no warning, and the first sign is the heart attack or stroke, then death. CVD causes death in men at an earlier age than women.

There are many lifestyle factors that damage the heart and the circulation of blood:

- Tobacco poisons the blood and causes the blood vessels to clamp down, restricting blood flow.

Health Talk #20: Heart Disease - The World's #1 Killer

- Physical inactivity weakens the heart muscle, slowing down circulation.
 - Alcohol poisons the heart cells, weakening the heart.
 - Diabetes interferes with circulation and damages the structures of the heart.
 - Air pollution caused by factories and vehicle emissions poisons the body, increasing heart attacks.
 - Stress, sadness, depression and anger affect the health of the heart.
 - Unhealthy food impairs heart and blood vessel health.
-

3. Cholesterol

Cholesterol is a waxy, fat-like substance present in all the cells of the body. It has an especially important function in the brain, in the making of vital vitamins and hormones. The body produces just the amount that is needed; any extra is damaging. When flesh foods are eaten, extra cholesterol is consumed. It circulates in the blood stream and sticks to the walls of arteries, clogging and narrowing them.

When this plaque, as it is called, reaches the small blood vessels, it plugs them up, causing a clot and stopping the blood flow. The cells that no longer get blood die. This can happen in the lungs, heart and brain. When it happens in the head, it is a stroke that can paralyze; in the heart, it's a heart attack. Both can end in death.

4. Refined Foods

Nutrients from digested whole plant foods speed swiftly along in the blood, delivering oxygen to cells, along with fuel, vitamins, minerals and phytochemicals. When refined foods that are low in fiber and high in sugar are eaten, the blood is overloaded and becomes thick and slow.

Animal fat and cholesterol from meats cause the same problem. Circulation slows and the cells receive less oxygen. The brain, heart and other organs are starved for food and oxygen, raising the blood pressure and causing further damage to the brain and blood vessel cells. More plaque builds up on the walls of the arteries, and a deadly cycle continues.

Obesity

The urban diet, along with a lack of exercise, has caused an epidemic of obesity in the world. Every pound of extra body fat requires an extra mile of blood vessels, and causes more work for the heart. Obesity is a leading cause of diseases such as disabling diabetes, arthritis, many kinds of cancers, breathing disorders and reproductive organ problems.

Health Talk #20: Heart Disease - The World's #1 Killer

5. God's Diet

God gave us the diet for a healthy weight, healthy circulation and a healthy heart. His diet is whole plants – fruits, vegetables, legumes, nuts and grains. To complete His plan, exercise is necessary.

God loves to help us change bad habits into healthy habits. Pray and ask Him to guide your choices and help you provide healthy foods for your family.

“He causes the grass to grow for the cattle, and vegetation for the labor of man. So that he may bring forth food from the earth... and food which sustains man's heart” (Psalm 104:14,15).

20 – Our Money and Possessions



1

Suppose that you wake up one morning, and right in front of your eyes there is a large basket filled with all kinds of fruit. There is your favorite fruit. And there is also some fruit that you have never seen before, but when you take a bite it tastes delicious. Every piece is just perfect.

How did such a wonderful basket of fruit get there? What do YOU think? Was it some kind of magic? Did the basket simply appear from nowhere? No. Of course not. That could not happen. Somebody brought that basket of fruit to you.

If you are like most thoughtful, polite people, you will try to find out who gave you such a gift. So, you go from one person to another in the town asking them, “Are you the one who gave me a beautiful basket of fruit?” And when you find the right person you say, “Thank you! Thank you for such a wonderful gift.”

And then, if you have a good heart, you say to yourself, “I wonder what I can do for the person who gave me that basket of fruit. There must be some way I can show my thanks.”

Friends, every day we receive wonderful gifts that are easy to overlook. Every breath we take. Every beat of our hearts. These gifts are blessings from our Father in heaven. He is the source of everything good thing in our lives. We are here on this earth because of Him. Here is a reminder from the Bible:

“In Him we live and move and have our being” (Acts 17:28).

The greatest gift He has given us is His Son, Jesus. The Father sent Him to show us His love for us. He sent Him to pay the price for our sins so that we can have forgiveness. He sent Him to teach us the way to prepare for eternal life in His coming kingdom.

Friends, I am so very thankful for what He has done for me. Without Him I would be a hopeless, lost sinner. Now I have hope. Trusting in God’s promises I look forward to living with Him forever. It can be the same for each of you.

One Bible writer asked, “What shall I render to the Lord for all His benefits toward me” (Psalm 116:12)? What can we do to show Him how grateful we are?



2

In the beautiful Garden of Eden our first parents could see God face to face. That’s right. Before they sinned, they were not afraid of God. They could talk with Him the way that you and I talk to each other. They could tell Him face to face how thankful they were for all that He did for them. They could tell Him face to face how much they loved Him. I wish we could

20 – Our Money and Possessions

do that now, don't you?

The closest we can come to God today is by worshiping Him. You know, we are doing that right now. When we come together to talk about Him – well, this is a kind of worship. Prayer is also worship. Worship is one way of thanking Him for what He has done for us.

We can also show our thanks to God by obeying Him. He has given us rules for living happy and peaceful lives. Just like Adam and Eve in the garden, God gives us freedom to choose. We can obey Him. Or we can choose not to follow His laws. He doesn't force us. Instead, He tries to persuade us. He gives us blessings day after day, proving to us over and over again that He loves us.

Obeying God means that we love and trust Him so much that we want to follow His plan for our lives. And friends, there is no greater happiness than when we follow His plan. It includes every part of our lives, our families, and even our possessions.



3

Of course, everything belongs to God. All that we have is His. He made the world and everything in it. Listen to what He says:

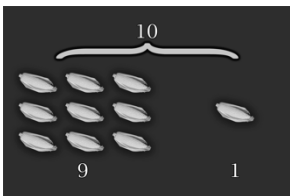
“For every beast of the forest is Mine, and the cattle on a thousand hills. I know all the birds of the mountains, and the wild beasts of the field are Mine” (Psalm 50:10, 11).

Whatever we have that we call our own comes from Him. The Bible instructs us:

“And you shall remember the Lord your God, for it is He who gives you power to get wealth...” (Deuteronomy 8:18).

He has a plan to help us remember this. Here it is:

“And all the tithe of the land, whether of the seed of the land or of the fruit of the tree, is the Lord's. It is holy to the Lord. And concerning the tithe of the herd or the flock, the tenth one shall be holy to the Lord” (Leviticus 27:30, 32).



4

The tithe is one part out of ten. If our garden grows ten ears of corn, they all come as a blessing from Him. He asks us to give Him just one. That one is holy. It is devoted to Him and His work. It is the same if we sell ten goats. The money from one goat belongs to God. It is holy. He promises to bless us when we remember to give Him back His tithe. Listen:

“Bring all the tithes into the storehouse, that there may be food in My house, and try me now in this,” says the Lord of

20 – Our Money and Possessions

hosts, ‘if I will not open for you the windows of heaven and pour out for you such a blessing that there will not be room enough to receive it’” (Malachi 3:10).

To give God one-tenth of what we have might seem like a lot, especially when you don’t have much to begin with. But millions of people like you and me have learned that giving God His tithe brings them His blessings.

Of course, God does not need our money or our corn or our goats. He could create a mountain of money if He needed to. He wants us to return the tithe to Him because He knows that doing it is good for us. It reminds us that He is the Giver of all that we have. It shows that we have chosen to love Him and obey Him. It is a way of saying “thank you” for all that He does for us.



5

How is the tithe used? Well, back in Bible times there were priests who devoted their lives to the work of God at the temple. The tithe was given to them to support their families. The tithe is used in a similar way today.

We don’t have priests to do the work of the church. Instead we have pastors who devote their lives to teaching and preaching and ministering to church members. They are paid from the tithe so they can provide for the needs of their families.

When we give the tithe to God, we are simply returning something that is already His. It is one way of showing our thanks. Another way is to give back even more than one tenth. These additional amounts are called “offerings.” Offerings help the work of the church for spreading the good news about Jesus and His coming kingdom. God’s Word says:

“Give, and it will be given to you: good measure, pressed down, shaken together, and running over...” (Luke 6:38).

Friends, we can never give more to God than He gives to us. The more we give Him, the more He blesses us.



6

Of course, there are some people who do not want to part with any of their money or possessions. Jesus told the story of a man like that. He was a hard-working farmer who had a large harvest. His barns were not large enough to hold all the grain. Should He share His harvest with the poor people? Should he pay extra tithes and offerings? A fight went on in his mind and heart.

Finally, the farmer said “No. This rich harvest in mine, all mine. Didn't I plan carefully? Didn't I work hard for all this?”

20 – Our Money and Possessions

Here is what he decided:

“My barns are too small, so I’ll pull them down and build bigger ones. I’ll store my harvest. It will last for many years. I can live an easy life now. I’ll eat and drink and have a good time without worrying about anything.”

The Bible tells how Jesus finished the story: “But God said, ‘Fool! This night your soul will be required of you; then whose will those things be which you have provided?’

“So is he who lays up treasure for himself, and is not rich toward God” (Luke 12:18-21).

Jesus asked His disciples this question: “For what profit is it to a man if he gains the whole world, and loses his own soul?” (Matthew 16:26).



7

Our lives are a gift from God.

Our health is a gift from God.

Every breath we take is a gift from God.

The food we eat, the clothes we wear, the house we live in, are gifts from God. Everything we have is a gift from God.

When we give back to God, we are saying, "Thank you Lord, for what you have given to me."

Would you like to say “Lord, thank You for all You have given me”? Will you decide, here and now, to return His tithe from your earnings? If that is your decision, will you raise your hand with me as we pray?

(Suggested prayer)

Dear Father in heaven,

We want to recognize You as the One who made all things, and the One who died for our sins. Everything we have comes from You. Thank You! We want to bring our tithes and offerings to You, and we want to give You our time and abilities and energy and health. Please help us to be everything You want us to be. We pray in Jesus’ name. Amen.

Additional Bible verses for this topic:

Genesis 1:28, 29

Psalms 24:1

Matthew 6:21, 26

Acts 10:38

Genesis 2:8, 15, 16-17

Psalms 90:12

Matthew 6:31-33

Romans 12:1

Genesis 14:20

Malachi 3:8, 10

Matthew 16:26

1 Corinthians 4:2, 7

Genesis 28:12, 22

Matthew 4:8, 9

Matthew 23:23

1 Corinthians 9:13, 14

Numbers 18:21

20 – Our Money and Possessions

20 – Discussion Guide

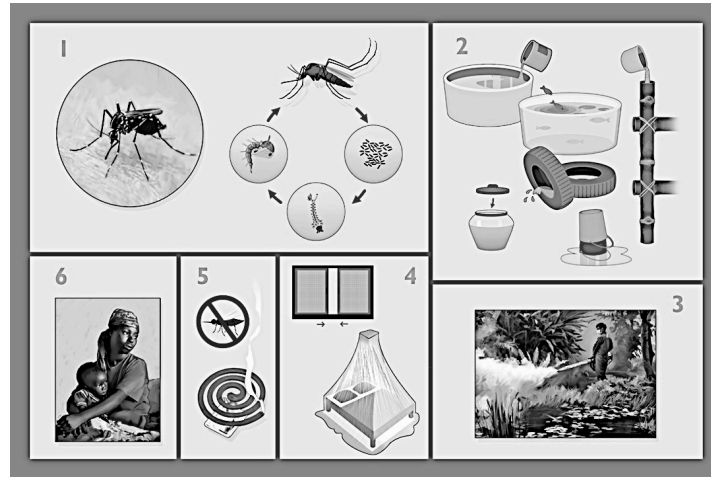
Heart Disease: The World's #1 Killer

1. Eating unhealthy foods can damage your heart. What kinds of foods are not good for the heart?
2. What other lifestyle practices can damage the heart?
3. What foods are part of God's healthy diet?

Our Money and Our Possessions

1. What wonderful gifts do we receive from our Creator every day?
 - a. Acts 17:28
 - b. John 3:16
2. Does anything really belong to us?
 - a. Psalm 5:10,11
 - b. Deuteronomy 8:18
3. What is God's plan to help us remember His part in our lives?
 - a. Leviticus 27:30
 - b. Malachi 3:10
4. What is the reward for those who are generous toward God?
 - a. Luke 6:38
5. What is better, to hoard riches here and lose heaven with God, or to give generously here and have life eternal with God?
 - a. Matthew 16:26

Health Talk #21: Mosquito-Borne Diseases



1. Mosquitoes are one of the deadliest insects in the world. They are more dangerous than lions, mad dogs and elephant herds, and they are harder to control. Of the 3,000 species of mosquitoes, three species carry and spread disease to humans, causing millions of deaths every year.

A mosquito bite is really much more than a bite. Its needle-like proboscis has two channels, one to inject saliva into your skin, the other to suck up your blood. They suck up disease germs when they bite and suck the blood of a sick person. Then they pass them on when they inject their saliva into the next bite victim.

The mosquito can carry many diseases in its saliva – yellow fever, malaria, chikungunya, Zika, West Nile fever, filariasis, encephalitis and dengue fever. Each of these diseases is serious and can be life-threatening, especially for children and the elderly.

How can these diseases be prevented? Unfortunately, there are no simple remedies.

Vaccinations are a partial solution. They are available for yellow fever and dengue fever. One is expected soon for chikungunya. A malaria vaccine is being tested in Africa. Ask your health worker about vaccinations or medications to protect your family if these diseases are in your area.

2. **How to protect against mosquitoes:**

The best prevention is to avoid getting a mosquito bite. The fewer the bites, the less chance of getting a disease.

Outdoors – Eradicate and control breeding

Temperature and rain affect the ability of mosquitos to breed. Any standing water provides a breeding-place for mosquitoes to multiply.

- Destroy watery breeding sites.
- Clear out pits or stagnant ponds, or pour a little oil on the surface to suffocate the growing mosquitoes.

Health Talk #21: Mosquito-Borne Diseases

- Drain pits, cans, old tires, anything that holds water around your house, after every rain. Remove them, or turn them over so they cannot collect water.
 - Fill tops of bamboo posts with sand.
-

3.
 - When outside, wear clothing that covers the arms and legs, and use insecticides on clothing to protect from bites.
 - Cooperate with the malaria control workers when they come to your village to spray. Tell them if anyone in your family has a fever, and get blood work done. Encourage your neighbors to do the same.
-

4. **Indoors - Protect your home from mosquitoes**

- Provide a place to sleep where there are no mosquitoes.
 - Use insecticide-treated mosquito nets for the whole family.
 - Cover baby cradles with a thin cloth or bed netting during the day.
 - Cover windows and doors with screens or treated mosquito netting.
-

5.
 - Burn a mosquito coil late in the afternoon, close the door and wait at least one hour before going into the room to sleep.
 - Before going to sleep each night, shake a cloth under your bed, tables and cupboards where mosquitoes hide. Chase them out and kill them!
 - Avoid being outside from dusk to dawn when mosquitos are most active.

The best remedy is prevention, but if you catch a mosquito-borne illness, get treatment! Common symptoms are fever, chills, aches, headache and joint pain.

6. **Malaria**

Malaria is one of the world's biggest mosquito-borne killers. Over 1,000 children die each day from malaria. Adults living in malarial areas can develop limited resistance to malaria, but children and infants cannot. Malaria puts pregnant women at a high risk for anemia, premature birth or still-birth.

Malaria destroys red blood cells, decreasing the amount of life-sustaining oxygen carried to the cells. Anemia is the result. Without oxygen, the body cells cannot work at their best. The brain is deprived of the oxygen it needs, making development, thinking and learning difficult, especially for children.

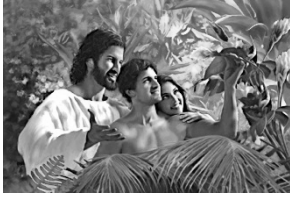
Symptoms of anemia are pale gums, fingernails and skin, and weakness and fatigue. At the first sign of infection, treatment is necessary. Health workers can provide preventive treatments such as anti-malarial medications, folic acid, iron tablets and vitamin pills, and anti-malarial medications during the rainy season.

Health Talk #21: Mosquito-Borne Diseases

The good news is that malaria has been controlled and eliminated in some countries. It is possible to cure this terrible disease by using available prevention and treatment as soon as possible to stop the sickness cycle.

At creation God said that all He had made was good. But sin changed that for both humans and nature. Disease and hardship were not present in the Garden of Eden, and they won't be in the New Earth. God promises He will wipe away every tear from our eyes, and there shall be no more death nor sorrow nor crying. There shall be no more pain, for these things will pass away forever (Revelation 21:4). Wouldn't you like to be there?

21 – The Spirit of Prophecy



1

When our first parents lived in the Garden of Eden they were good and perfect and innocent. They could see God face to face and talk with Him just like you and I can talk together. They could look into His eyes and hear His voice telling them how much He loved them.

The Bible says, “Our God is a consuming fire” (Hebrews 12:29).

But not for Adam and Eve. They were so pure that they could be in that consuming fire, right next to Him. They loved to be in His presence when He came to visit them in the garden every day.

This would not be possible for you or me. We are not pure and innocent, are we? We have a sinful nature, and that makes us like dry grass that can burn in an instant. If we asked God to let us see His face He would tell us just what He told His prophet, Moses:

“You cannot see My face; for no man shall see Me, and live” (Exodus 33:20).



2

What has changed since those wonderful days when Adam and Eve lived in the Garden of Eden? The Bible tells us.

“Your iniquities [your sins] have separated you from your God” (Isaiah 59:2).

That’s what happened. Adam and Eve sinned. They disobeyed God’s command. They ate the fruit of the forbidden tree. Sin corrupted their very nature. They could no longer live in the presence of God. He had not turned against them. They had turned against Him.

I think it was heartbreaking for God to see them leave the garden. He had created them for fellowship with Himself. He loved them. He loved to spend time with them. Now they were gone. How hard it must have been for Him to let them go.



3

But He could not allow sin to cut Him off from His human children completely. Even without face-to-face visits He could communicate with them through angels, through the guidance of the Holy Spirit, and even through holy men and women called prophets. Listen:

“God has spoken by the mouth of all His holy prophets since the world began” (Acts 3:21).

21 – The Spirit of Prophecy

The Bible tells us this:

“Surely the Lord God does nothing, unless He reveals His secret to His servants the prophets” (Amos 3:7)

Prophets did not make up their own messages. Listen:

“Prophecy never came by the will of man, but holy men of God spoke as they were moved by the Holy Spirit” (2 Peter 1:21).

What kinds of messages has God sent through the prophets? Listen to this, from the Old Testament book of Haggai:

“Then Haggai, the Lord’s messenger, spoke the Lord’s message to the people, saying, ‘I am with you, says the Lord’” (Haggai 1:13).

Wouldn’t you love to hear a message like that from your Father in heaven?

Sometimes the prophets carried a message of warning. Listen:

“I have sent to you all My servants the prophets, rising early and sending them, saying, “Oh, do not do this abominable thing that I hate!” (Jeremiah 44:4).

Other prophets, like Daniel and John, had visions of future events so they could help us prepare for what lies ahead, and so we can see the hand of God working throughout the history of this world.

Although the prophets spoke with different voices, the messages God gave them all fit into one great theme: the love of God for sinners and His plan to save them through the sacrifice of His Son, Jesus Christ.



4

Of course, Jesus Himself was a prophet, and much more than a prophet. He was the perfect Messenger from the Father. He revealed the love of God for sinners as no other could do. His death on the cross is what makes our salvation possible.

When Jesus returned to heaven He left His church to continue the work He had started. He sent the gift of His Spirit to give power to the work of His followers. The Spirit gave the gift of prophecy to the church so that God could continue to send His messages to His earthly children.

Nearly two thousand years have passed since that time. We still

21 – The Spirit of Prophecy

have the messages God sent through His prophets of old. They are right here in the Bible. They are still true today.

Perhaps you are wondering if God stopped sending messages through prophets. Does He have nothing more to say to us? Does He still love us? Or has He forgotten us?

Listen to the message He gave through His prophet, Joel:

“And it shall come to pass afterward that I will pour out My Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions” (Joel 2:28).

In John’s visions of end times he saw Satan as a dragon attacking God’s church.

“And the dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God and have the testimony of Jesus Christ” (Revelation 12:17).

The woman’s offspring is the true church in the end time, our time. And what is “the testimony of Jesus Christ?” An angel told John:

“The testimony of Jesus is the spirit of prophecy” (Revelation 19:10).

So, God’s true church is identified as a commandment-keeping church, and as a church that is blessed with the spirit of prophecy.

Many people have claimed to be prophets. They have claimed to be speaking for God. But what if they are not true prophets. What if their messages are from Satan instead?

Jesus warned His disciples about this. Listen:

“For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect” (Matthew 24:24).

Because we have been warned about false prophets, we have to know how to tell the difference between the false and the true. The Bible says, “Do not believe every spirit, but test the spirits, whether they are of God; because many false prophets have gone

21 – The Spirit of Prophecy

out into the world” (1 John 4:1).

How do we “test the spirits?” The Bible tells us:

A true prophet will believe that Jesus came from heaven as a real human being. (1 John 4:2)

A true prophet’s message will be in complete harmony with God’s Word and His law. (Isaiah 8:20)

A true prophet’s predictions must be fulfilled. (Jeremiah 28:9)

A true prophet’s ministry will build up the church. (1 Corinthians 14:3, 4)

A true prophet’s life will produce good fruit. (Matthew 7:16)



5

Let me share a story with you about how God has blessed His true church with the Spirit of Prophecy in our time.

There was a great religious revival that began nearly two hundred years ago when some sincere students of the Bible focused their attention on the prophecies of Daniel and Revelation. They came to believe that Jesus’ second coming was very near. Their careful study convinced them that Jesus would come with clouds of angels in the year 1844.

They began to preach and teach about this, and huge crowds went to hear them. Thousands upon thousands of people believed their message and prepared for the wonderful day when Jesus would return. But the time came and went, and Jesus did not come.

You can imagine that those people must have been terribly disappointed. They had been certain that they would soon be in heaven with Jesus. Instead, they were still here in this sinful world. Their neighbors all made fun of them and told them they had been foolish to believe that Jesus would really come back.



6

Among the disappointed believers was a young woman named Ellen. God gave her a vision to encourage her and others who had believed in Jesus’ return. She saw God’s people walking along a narrow road high above the world. They were on their way to heaven. Behind them and below them was darkness, but Jesus Himself was shining His light on the road ahead.

Ellen knew what this vision meant. She and the other believers

21 – The Spirit of Prophecy

had come through a dark time. They had been nearly crushed by disappointment. But Jesus was leading them. If they would walk in the light He provided, they would finally reach their heavenly home.

When Ellen shared her vision with others they were greatly encouraged. Many of them understood that God had not forgotten them. He loved them so much that He blessed them with the Spirit of Prophecy. Ellen was God's messenger, and throughout her life He continued to send her visions to share with His people.



7

She married a young Bible student and preacher named James White, and with a small group of others they started our Seventh-day Adventist Church. For more than 70 years Ellen gave sound advice and clear direction to those who became leaders of this church. They printed books, they educated doctors and nurses, they sent missionaries around the world, they built schools and hospitals, all because of the counsel the Lord gave through Ellen White.

She died over a hundred years ago, but her influence continues. Her writings have been published in many languages. Through her books she has reached more people around the world than any other woman in history. She called her writings a “lesser light” pointing to the “greater light,” the holy Bible. Her godly life, her Bible-based teachings, and her accurate predictions of future events all mark her as a true prophet.

Her ministry as a messenger of God helps confirm that the Seventh-day Adventist Church is God's true church for these last days. We talked about this in our last meeting. According to the prophet John, the true church is identified by two marks or signs: keeping all the commandments of God, and having the testimony of Jesus, which is the Spirit of Prophecy.

As a Seventh-day Adventist, I know that I have been greatly blessed by the ministry of Ellen White. You, too, can share in the benefits that have come through the messages God sent to His church through His end-time prophet. Please join me in a prayer of thanks to God for this wonderful gift of prophecy.

(Suggested prayer)

Dear Father in Heaven,

Thank You for loving us enough to stay in communication with

21 – The Spirit of Prophecy

us. Thank You for giving men and women the prophetic gift and, through them, giving us the Bible, Your Word. And thank You that in these last days You still have a message for us – a message that can help us live happier, healthier, longer, and more productive lives.

So, we thank You again for that gift. And we thank You for the way it helps us to identify Your last-day movement. Thank you for the opportunity to know these truths and to be a part of sharing them with the world.

Father, we love You and we want to be a part of Your last-day people. Please give us grace and strength as we continue learning and continue growing in Your truth, for we pray it in Jesus' name, Amen.

(Optional story)

[Tell this story, if possible, rather than read it.]

A number of years ago, in the vast desert wastes of Bechuanaland, South Africa, lived a primitive bushman named Sukuba. He lived an isolated life as a member of a nomadic people. One winter night he crept into his shelter and prepared to sleep. But suddenly the night became brighter than day. A shining being appeared to him and told him to find the people of the “Book.” He must find the people who worshiped God.

Sukuba wasn't sure what that meant. What book? How could he read it if he found it? The language of the bushman contained clicks and guttural sounds that were quite unlike the language of other African tribes. It has never been reduced to writing.

But this “Shining One,” as Sukuba called the angel who appeared to him, had said, “The book talks. You will be able to read it.” Sukuba traveled for days with his family in search of the book. He reached the hut of some Bantu farmers and asked if they knew of the people with the Book.

The tribesman was startled to hear the bushman somehow speaking his Bantu language. He immediately took Sukuba to his pastor. The pastor was deeply moved by Sukuba's story. And he said, “Your journey is over.” Sukuba was very happy. But that night the Shining One appeared to him again. He said that these were not the people he was looking for. He must find “the Sabbath-keeping church and Pastor Moye.” Pastor Moye would have a Book and also “four brown books that are really nine.”

21 – The Spirit of Prophecy

The next day Sukuba prayed for a sign. He needed some direction for his journey. When he did, a cloud appeared in the sky. Sukuba set off after it and followed it for seven days. It disappeared over a certain village.

There Sukuba asked for Pastor Moye and was quickly directed to his home.

After Sukuba told his story in the local dialect, Pastor Moye brought out his worn Bible. “That is it!” Sukuba exclaimed. “That is it! But where are the four books, that are really nine?”

Well, as it turned out, Ellen White, years before, had written nine volumes of instruction to God’s church called Testimonies for the Church. In one of the printings, these had been bound into four volumes, and Pastor Moye had them!

Sukuba’s search was over. He had found the people of the Book. He had found a Sabbath-keeping people, a people blessed with the prophetic gift. Eventually he and his family accepted Christ and were baptized. He became a missionary to his own people.

God is working in marvelous ways today to lead men and women to His end-time message. The fact that you are hearing this story is no accident. Like Sukuba, you are being guided. God is guiding you into His truth. God is giving you courage to face the future.

Perhaps you’ve been searching for truth for years. I believe you’ve been divinely guided to this destination. You, like Sukuba, can exclaim, “This is it! God’s truth!”

Additional Bible verses for this topic:

Genesis 3:28

Numbers 12:6

2 Chronicles 20:20

Proverbs 29:18

Lamentations 2:9

Daniel 8:14

Joel 2:31

Matthew 7:18

Acts 21:9

1 Corinthians 1:7

1 Corinthians 12:28

Ephesians 4:8

Ephesians 4:11-15

Jude 14

Revelation 14:12

21 – Discussion Guide

Mosquito-Borne Diseases

1. Why are mosquitos dangerous?
2. How can you prevent mosquitos from breeding in and near your village?
3. How can you protect yourself and your children from mosquitos inside your house?

The Spirit of Prophecy

1. When they were first created, Adam and Eve could see God face to face. Why can't we?
 - a. Exodus 33:20
 - b. Isaiah 59:2
2. How did God communicate with His people after sin?
 - a. Acts 3:21
 - b. Amos 3:7
3. What kinds of messages did God send through His prophets?
 - a. Haggai 1:13
 - b. Jeremiah 44:4
4. Will God communicate to His people this way in our day?
 - a. Joel 2:28
 - b. Revelation 12:17
5. How can you tell if a prophet is truly from God, or is a false prophet? Do we know any prophets now?
 - a. Matthew 24:24
 - b. 1 John 4:1, 2
 - c. Isaiah 8:20
 - d. Jeremiah 28:9
 - e. 1 Corinthians 14:3, 4
 - f. Matthew 7:16

Health Talk #22: Cleanliness at Home



1. The right use of water can do more good than medicine to prevent and treat disease. Water helps the body fight off infections both inside and outside. Cleanliness protects against dangerous microbe invasions.

Hand-washing is one of the most important ways to prevent the spreading of disease. Hands should be washed before preparing food, eating, or cleaning a wound, and after elimination, touching a sick person, raw meat or an animal.

With clean water, rinse hands, lather with soap and rub palms vigorously together, then scrub the top of each hand and between the fingers. Clean dirt from under the fingernails. Rinse with pure water and air dry.

Follow this method even if there is no soap or if water is limited.

2. **Bathing**

Bathing feels good. It removes sweat and microbes, preventing skin infections, itching rashes and body odor.

Insecticide soaps reduce body lice. Anti-lice shampoos can be used but the eggs of head and crab lice must be removed from the hair with louse combs.

Children should be bathed and dressed in clean clothes daily. They should be taught to wash their hands before eating and before going to bed, and to keep their hands out of their mouths. Their fingernails should be kept short.

Remember, children learn by watching what their parents do.

Clean clothing should be worn after bathing. Dirty clothing contains wastes and microbes that contaminate clean skin.

Laundry should be dried in the sun to kill microbes.

Latrine

To avoid illness, every family needs a clean latrine. A bucket of water, a dipper and soap near the toilet make handwashing after elimination possible. Sanitary supplies and privacy are important for girls and women having their monthly

Health Talk #22: Cleanliness at Home

cycles.

3. **Cleaning Fruits and Vegetables**

Produce that grows near the ground can easily be contaminated with disease microbes and worms, especially if the area has animals, if people use it for a toilet, or if human fertilizer is used. Produce should be rinsed in pure, safe water, and any dirt should be scrubbed off. To protect infants and children, peel or thoroughly cook foods that might be contaminated. Microbes are killed by cooking. Food should be stored covered to protect from flies.

Cutting Meats and Fresh Foods

To reduce food-poisoning microbes, cut fresh fruits on a different surface than meat and chicken. Hands, knives and the cutting surface should be washed after meat has been prepared. Meats should be cooked thoroughly, with no raw or rare spots.

Washing Dishes

Wash dishes in hot soapy water and rinse well. Utensils, cups or plates used by a sick person should be boiled for 1 minute. Do not dry dishes with a cloth; instead place them upside-down on a drying rack in the sun, away from animals and dust.

4. **Cover Coughs**

Coughing spreads germs. People with a cough should cover their mouth and wash their hands often. If there is no tissue, cough into the crook of the elbow. The sick one should sleep away from the family, especially away from children. If the cough is from tuberculosis, children of the family should be vaccinated.

There should be no spitting on the floor in the house. Spitting spreads diseases like tuberculosis.

5. **Clean Your House Often**

A clean home is a healthy home. Keep the floors well-swept and washed with detergents or insecticides to prevent infestations. Fill in the holes and cracks where insects come in. Shake mosquito netting to rid them of dust, dirt and spider webs. Use Insecticide-Impregnated mosquito nets to control mosquitos, and to repel and kill bedbugs and head lice.

Trash and garbage around the house attracts rats and flies. Pick it up, haul it away to a dumping site and/or burn it. Put plant food scraps in the compost pile. Continue adding food and plants in layers to create a rich compost for your garden.

Health Talk #22: Cleanliness at Home

6. External Parasites

There are many different species of bloodsucking parasites. Fleas, lice, ticks and mites live on humans, animals and birds, in clothing and in the home. Bedbugs and head and crab lice do not carry disease, but their bites cause severe itching. Head lice are spread by close contact or sharing of combs. Crab lice are spread by sexual contact.

Other bloodsucking parasites carry and transmit serious diseases. Body lice carry typhus which is highly contagious and often fatal. It can be treated with antibiotics. Mites carry scabies that live in the skin. Rodent fleas carry plague, which can be prevented with a vaccine. Cat and dog fleas carry tapeworm.

These parasites tend to hide and breed in dark, dry places such as bedding, mattresses, rugs, cracks in walls and floors and furniture.

For rodent flea control, eliminate rodents and dust insecticides into their burrows and runways. For pet fleas, use insecticides on clothing and pet fur.

Infant's bedding should be boiled, but no insecticide should be used.

God has provided our planet with water. Using it wisely helps to keep us healthy. It is a gift from God and He promises, "For I will pour out water on the thirsty land and streams on the dry ground; I will pour out My Spirit on your offspring and My blessing on your descendants" (Isa 44:3). Pray to Him and claim this promise. Ask Him for His blessings on your family.

22 – The True Church (Part Two)



1

The prophet John saw a vision of four horsemen mounted on four great horses. These horses and their riders represent the history of the Christian church. By studying this history we can learn why there are thousands of different Christian churches today.

The first horse was white. Its rider carried a bow in his hand and wore a crown.

The second horse was fiery red, and the rider carried a sword.

Next came a rider carrying a pair of scales like a shopkeeper would use. He rode a black horse.

The fourth horse was an ugly, pale color, and its rider was named Death.

What did these four horses and riders represent? They each tell us something about the history of the Christian church. Let's look at them one at a time.



2

John wrote:

“And I looked, and behold, a white horse. He who sat on it had a bow; and a crown was given to him, and he went out conquering and to conquer” (Revelation 6:2).

This represents the church when it was new and unspoiled. Its leaders had known Jesus personally. They had witnessed His ascension to heaven. They believed with all their hearts that He was coming back. They had a pure faith, because they had been with Jesus. They believed what Jesus believed. They taught what Jesus taught.

That is the same kind of faith we need to have today – a simple, pure faith that looks forward to the second coming of Jesus Christ.

The personal testimony of Jesus' disciples was an inspiration to others, and thousands of believers were added to the church.

The Jewish religious leaders were alarmed by the rapid growth of the Christian church. They took some of the disciples by force and put them in prison. They commanded them to stop preaching and teaching about Jesus. Here is how the disciples answered:

22 – The True Church (Part Two)

“We ought to obey God rather than men” (Acts 5:29).

You can tell that there was a strong missionary spirit in the church at that time. The disciples followed His command to take the good news of salvation far and wide. The church grew far beyond its original homeland, even into the greatest cities of the Roman Empire.

Listen to these reports written by Luke, one of the early Christian missionaries:

“And believers were increasingly added to the Lord, multitudes of both men and women” (Acts 5:14).

“And the Lord added to the church daily those who were being saved” (Acts 2:47).



3

Then came a different picture. Listen:

“Another horse, fiery red, went out. And it was granted to the one who sat on it to take peace from the earth, and that people should kill one another; and there was given to him a great sword” (Revelation 6:4).

As the church grew larger it faced strong and violent opposition from traditional pagan religions within the Roman Empire. Government officials, led by the emperors, persecuted the Christians. Now the church was stained with blood. That’s why the second horse was red.

Faithful followers of Jesus were captured and thrown into prison. They were tortured and killed. Some were fed to wild beasts and killed. Many thousands of them lost their lives. They were willing to die rather than deny their belief in Jesus as their Savior.

But the persecution did not destroy the church. It seems that the blood of the Christians was like seed planted wherever they died. As Christians gave their lives for Jesus, more were raised up to take their place.

The persecutions and bloodshed continued until the reign of the Roman emperor Constantine, nearly 300 years after the time of Jesus.

The red horse left John’s vision and the third horse came into view. Listen:

22 – The True Church (Part Two)



4

“So I looked, and behold, a black horse, and he who sat on it had a pair of scales in his hand. And I heard a voice...saying, ‘A quart of wheat for a denarius, and three quarts of barley for a denarius; and do not harm the oil and the wine’” (Revelation 6:5, 6).

Do you remember the first horse – the white one? It represented the original pure Christian church. Now we have a black horse. Just the opposite of white. The black horse tells us that the pure church was defiled and corrupted. It became involved in worldly affairs and was no longer a spiritual power in the world.

Paul, the greatest of the early Christian missionaries, gave this warning:

“For I know this, that after my departure savage wolves will come in among you, not sparing the flock. Also from among yourselves men will rise up, speaking perverse things, to draw away the disciples after themselves” (Acts 20:29, 30).

Many Christian leaders had come out of paganism to join the new church. They brought some of their old beliefs with them. Bible teachings were replaced with false doctrines.

For example, idols and other images were brought into the church as objects of worship. This practice was forbidden in the Commandments God gave to His people thousands of years before. Listen:

“You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them” (Exodus 20:4, 5).

During that same time, the leaders of the church stood firmly against another one of God’s Commandments. They wanted Sunday, the first day of the week, to be the day of worship, instead of Saturday, the seventh day.

But God had told His people, “Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God” (Exodus 20:8-10).

In the time of the black-horse church, people were taught that salvation must be earned by strict obedience to the religious rules made by the leaders. But the Bible teaches that salvation is a gift. We could never earn it. We could never buy it. We could never

22 – The True Church (Part Two)

deserve it, not even by our strictest obedience or our deepest repentance.

The Bible teaches, “For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast” (Ephesians 2:8, 9).

To receive that gift, all we need to do is to invite Jesus into our hearts. Then He forgives us of all our sins. And then He will give us the power to overcome our sinful habits. He will give us the power to walk in His footsteps.

The church of the black-horse years required people to confess their sins to a priest. And they had to pay money for forgiveness. But that is not what the Bible teaches. Listen:

“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).

This was also the church that accepted the false doctrine of the immortal soul. Church members were taught that those who had died were not really dead; instead, their souls had left their bodies and were living either in heaven or in hell.

This doctrine came straight out of pagan religions and corrupted the pure teachings of the Bible. Remember, the Bible tells us that death is like sleep and Christians who have died will not live again until the second coming of Christ.

These and other false teachings of the black-horse church prepared the way for the fourth horse. Listen to the words of the prophet John:

“So I looked, and behold, a pale horse. And the name of him who sat on it was Death, and Hades followed with him” (Revelation 6:8).



5

The time of the pale horse is sometimes called “The Dark Ages.” The church and the government came together to rule the lives of men and the affairs of nations. Religion was tightly controlled. Only the priests had access to the Bible. The common people were not allowed to read it for themselves. The church told them what to believe.

The false doctrines of the black-horse church continued, with more besides. Peoples’ lives were filled with fear and superstition, and any true knowledge of God was nearly lost.

22 – The True Church (Part Two)

But God did not let His truth die out completely. There were still a few people who kept the truth alive. They were the Waldenses. They lived in the mountains in the far north of Italy. They had handwritten copies of the Bible.

They would sew a few pages into hidden pockets in their children's clothes. Then the children would go into the cities, into the schools and into the markets and share those Bible pages with people they met. It was dangerous work though. If they were discovered, they could be arrested and punished with death by fire.



6

As the centuries of the Dark Ages went by, there were a few others who began to recover a knowledge of Bible truth. These were priests and scholars who could read the sacred scriptures. They saw that the church was teaching false doctrines.

This led to the great Reformation, 500 years ago. Courageous men stood up against the Roman Catholic Church. They refused to accept the authority of the popes.

They translated the Bible into the languages of the common people. The printing press made it possible to print thousands of Bibles. Knowledge of the Word of God increased.

The Reformers started new churches, separate from the Church of Rome. They restored the Bible doctrine of salvation through Christ alone. They taught that church members should confess their sins to God, not to some human priest.

The Dark Ages were over. The time of the pale-horse church was past. Light was shining from the Word of God, the Bible. Men were rediscovering old truths.



7

One of those men was William Miller, nearly 200 years ago. He studied the books of Daniel and Revelation carefully. He was convinced that the prophecies pointed to the second coming of Christ, and he believed that it would happen very soon.

He began to preach about it, urging people to be prepared. Others joined him, coming from a variety of different churches. That was called “The Advent Movement.” “Advent” is another word for the coming of Jesus.

Friends of William Miller followed his example of careful Bible study. There was still much to learn. There was much Bible truth that had been buried beneath pagan ideas and human traditions.

22 – The True Church (Part Two)

It was time for them to dig deeper for a better knowledge of God's plan for the human family.

They learned that their loved ones who had died were not in heaven or in hell. Instead, it was as if they were asleep, until the day of resurrection. They believed these words from the Bible:

“For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first” (1 Thessalonians 4:16).

They learned another important truth from their study of God's Word: The true Christian day of worship is Saturday, not Sunday. Sunday keeping is a human custom that started in pagan religions. They remembered Jesus' own words:

“And in vain they worship Me, teaching as doctrines the commandments of men” (Matthew 15:9).

As these special truths were rediscovered in the Bible, these people believed that God had called them to help prepare the world for the coming of Jesus. That is why they eventually formed the Seventh-day Adventist Church.

Friends, I believe that God is calling you, just as He called those first Seventh-day Adventists. The work they began has grown all around the world, but it is not yet finished.

I believe God wants you to be a part of that work. He has something for you to do. There is someone He wants you to share the truth with. It is a matter of their eternal life.

Perhaps it is a friend or family member who could not be here. Some of you can feel in your hearts right now that God is calling you to reach that person.

God has a place for you here and now, just as He has a place for you in His kingdom. How will you answer His call? Will you join His true church and be part of His plan to reach others with the good news of salvation? Please accept His call, and stand together with me as we pray.

(Suggested prayer)

Dear Father in heaven,

Your Holy Spirit is speaking to our hearts right now, calling us each to a place in Your church and in Your work. Help us to

22 – The True Church (Part Two)

hear His voice clearly and to answer His call by surrendering ourselves to Your plan. Teach us and guide us and use us to save others. We pray in Jesus' name. Amen.

Additional Bible verses for this topic:

Exodus 20:11

Amos 3:7

Acts 2:47

Revelation 6:1

Daniel 7:15

Matthew 28:18, 19

Romans 6:3, 4

Revelation 6:7, 8

Daniel 8:12

John 16:12

Colossians 1:23

Revelation 18:2

22 – Discussion Guide

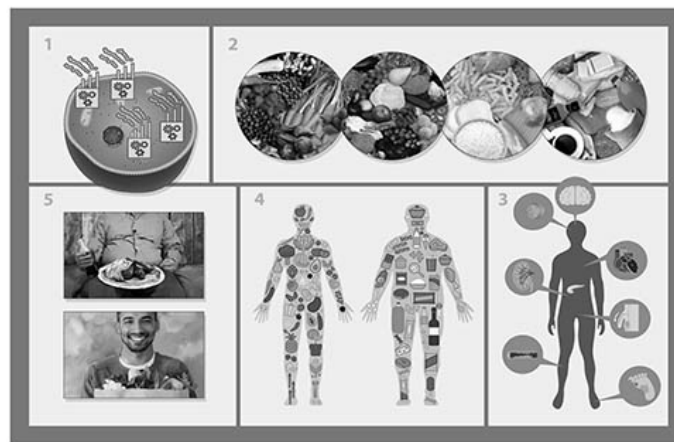
Cleanliness at Home

1. Why is it important to wash your hands and body?
2. Coughing and spitting spread germs. How can you prevent that from happening?
3. What kinds of little animals can carry diseases? How can you protect yourself from them?

The True Church (Part Two)

1. The prophet John had a dream about four horses. What was the meaning of the white horse?
 - a. Revelation 6:2
 - b. Acts 2:47
2. What did the red horse mean?
 - a. Revelation 6:4
3. What did the black horse mean?
 - a. Revelation 6:5, 6
 - b. Acts 20:29, 30
4. What did the pale horse mean?
 - a. Revelation 6:8
5. What was the message William Miller discovered and began to preach?
 - a. 1 Thessalonians 4:16

Health Talk #23: Diabetes - The Destroying Disease



1. The Creator God is a God of order. You can see that in the stars of the sky, in nature and in the design of the human body. Psalms 139:13, 14 says, “You formed my inward parts; You wove me in my mother's womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works...” When we understand God's orderly lifestyle plan for us, and cooperate with it, he blesses us with good health and happiness.

One way we cooperate is by eating the foods God made for good health. Foods are eaten and digested, broken down to their tiniest nutrients, to supply the body cells with energy fuel to keep their little engines working.

Most of this fuel is in the form of glucose and is called “blood sugar.” A controlled amount of glucose sugar circulates in the blood. Glucose is stored in muscle and liver cells for an instant reserve when energy is needed for work or play.

Fat is another nutrient broken down from food. Fat is dense and contains twice as much fuel (calories) as starch or protein. It is used for long-term hard work or heavy exercise. Even a thin person has stores of body fat to be used for sustained work. Excess fuel in the body is turned to fat and stored as body fat.

Protein, while it can supply fuel, is primarily for growth and repair.

-
2. Whole plant foods, the way God made them, contain dietary fiber that is very important in regulating digestion and controlling the timing for fuel to enter the blood and cells. Foods vary in their fiber content:
 1. High fiber – Beans, berries, unpeeled root vegetables
 2. Medium fiber – Fruits and vegetables, whole grains, nuts, seeds
 3. Low fiber – Refined grains, white breads and pasta, juice
 4. No fiber – oil, sugar, coffee, tea, soda pop, alcohol, animal meats and their products

The pancreas is an organ hidden behind the stomach. When food is eaten, messengers made from vitamins, minerals and plant-chemicals are activated and

Health Talk #23: Diabetes - The Destroying Disease

tell the pancreas to get busy. The pancreas makes insulin, a hormone that unlocks receptor doors on muscle cells to allow glucose fuel into the cells to be burned for energy. When there is unwanted fat in the cell, the insulin receptor door locks and won't open, causing the cell to resist glucose entering. The fuel can't get to the cell, but remains in the blood, causing excessive glucose.

When the blood is overloaded with glucose, the cells are starving for fuel but resist letting it in. This condition is called Type II Diabetes. Excess fat in the liver and muscle cells lock the cell receptor doors, insulin can't get the fuel in, and the glucose sugar builds up in the blood, making it sweet and sticky. Sticky blood is sick blood. It moves slowly and the whole body suffers.

Those most susceptible to developing diabetes are people who have thick waists and large middles, are overweight and do not exercise, or have parents who are diabetics.

There are two kinds of diabetes. The symptoms are the same, but the cause is different. Type II Diabetes can be prevented and cured with lifestyle changes. Type I diabetes is caused when the pancreas is damaged and stops making insulin. Children typically get Type I, often in conjunction with drinking milk. Insulin must be supplied through pills or injections throughout life.

3. Symptoms of diabetes

When body cells become resistant, the excess blood glucose requires extra water to dilute it, causing excessive thirst. The kidneys work overtime filtering out the extra glucose, making excess urine that is sweet from the blood sugar. The eyes, sensitive to excess glucose, are damaged and blinded. The brain gets confused and thinking is slowed. Nerves are irritated, causing tingling, numbness and pain in feet and hands. The heart overworks and the blood vessels stiffen, making blood pressure go up, which can lead to a heart attack. Slowed circulation causes impotence in men.

Anyone with these symptoms should be tested for diabetes and treated immediately by the health worker. The urine of a diabetic tastes sweet. This is one method of diagnosing the disease. Diabetes is a miserable, debilitating disease, causing a slow, painful death at an early age.

4. Within three hours of eating a high fat meal, the blood thickens, cells rebel and become resistant, and the locks on the cell doors close.

Cell resistance comes from three lifestyle causes:

1. Food fat -grease, meat, cheese and dairy products are easily stored as body fat.
2. Fiber-free, refined starches and sugars not used for energy are converted into body fat.
3. Excess body fat. Fat cells get larger as they store surplus fat; the excess fat circulates in the blood, causing muscle cells to become resistant to glucose

Health Talk #23: Diabetes - The Destroying Disease

fuel.

5. Lifestyle adjustments can improve Type I Diabetes, and can reverse most II Diabetes!!!
 1. Exercise: It effectively clears fat out of cells and opens receptor doors to insulin.
 2. Avoid dietary animal fat from grease, meat, cheese and dairy products.
 3. Eat full-fiber fruits, vegetables, legumes and nuts.
 4. Eat whole, rather than refined, grains.
 5. Do not overeat! Fill your plate half full of vegetables and legumes, and don't overdo starchy corn, rice, or root vegetables.
 6. Avoid fizzy drinks and sweet foods. The Bible says, "Do you like honey? Don't eat too much, or it will make you sick" (Proverbs 25:16).

23 – The Seven Last Plagues



1

God called one family to be His special messengers to the world. First came Abraham, next came his son Isaac, and then Isaac's son Jacob. God changed Jacob's name to Israel. Each of Israel's twelve sons became the leader of his own tribe. God promised to bless these twelve tribes. The Bible calls the people of these tribes the children of Israel.

They went to live in Egypt because there was a famine in their homeland. At first the Egyptians were friendly, but eventually that changed. The leaders of Egypt turned against them and forced them into slavery. As the long years passed, the children of Israel suffered under cruel Egyptian slave-masters. They cried out to God for help. Listen:

“Then the children of Israel groaned because of the bondage, and they cried out; and their cry came up to God because of the bondage.

“So God heard their groaning, and God remembered His covenant with Abraham, with Isaac, and with Jacob” (Exodus 2:23, 24).



2

God chose a man named Moses to deliver the children of Israel from slavery so they could leave Egypt and go to a land God had promised them. With his brother, Aaron, Moses went to see Pharaoh, the king. They told him God's command.

“Thus says the Lord God of Israel, ‘Let my people go’” (Exodus 5:1).

Pharaoh answered them:

“Who is the Lord, that I should obey His voice to let Israel go? I do not know the Lord, nor will I let Israel go” (Exodus 5:2).

Pharaoh had no intention of losing his slaves. He ordered the slave-masters to make the slaves work even harder. God sent Moses and Aaron with a message to Pharaoh, asking him again to let the children of Israel go.

“Thus says the Lord: ‘By this you shall know that I am the Lord’” (Exodus 7:17).

And then, to prove the power of God, Aaron held his rod out over the river. The water turned to blood. Listen:

“The fish that were in the river died, the river stank, and the Egyptians could not drink the water of the river. So there was blood throughout all the land of Egypt” (Exodus 7:21).

If you and I had been there, in Pharaoh's place, I'm sure we would have said, “Stop this terrible plague! No more bloody water, please! Take the children of Israel and leave Egypt at

23 – The Seven Last Plagues

once!”

But not Pharaoh. No. His heart was hard. His mind was made up. He wanted to keep the children of Israel as slaves, no matter what.

So God sent more plagues upon Pharaoh and his people. Ten plagues in all. Before each plague fell, Moses and Aaron warned Pharaoh of the judgment to come, hoping he would choose to release the children of Israel. But each time God gave him opportunity to change his mind, Pharaoh chose instead to harden his heart.



3

Next, a plague of frogs infected the land. Millions and millions of them! They were in the food, in the beds, everywhere! Then came a plague of lice. Three plagues were past. Everyone in the land suffered. Even the children of Israel.

But the last seven plagues were for the Egyptians only. God sent a message to Pharaoh.

“I will set apart the land of Goshen, in which My people dwell.... I will make a difference between My people and your people” (Exodus 8:22, 23).

Then flies came and filled the land of Egypt, except for Goshen, where the children of Israel lived. Can you imagine it? Flies everywhere. The Egyptians could hardly open their mouths without flies getting in.

Next came a dreadful disease that killed the livestock of the Egyptians. Horses, donkeys, cattle, camels, and even sheep. But none of the animals belonging to the children of Israel died.

The sixth plague brought boils upon man and beast, but still the obstinate monarch refused to release the children of Israel.

Before the seventh plague Moses warned the Egyptians to protect themselves. It would be a terrible storm of hail mingled with thunder and lightning. Those who heeded the warning were safe, but the others who did not prepare were killed by the storm.

Moses warned Pharaoh that if he still refused to let the children of Israel go, the next plague would be a swarm of locusts. Pharaoh’s counselors pleaded with him to let the slaves go, but the king still refused. God sent an east wind that carried a gigantic cloud of locusts into Egypt.

The Bible pictures it this way:

“They covered the face of the whole earth, so that the land was darkened; and they ate every herb of the land and all the fruit of the trees which the hail had left. So there remained nothing green on the trees or on the plants of the field throughout all the land of

23 – The Seven Last Plagues

Egypt” (Exodus 10:15).

Then came the ninth plague: three days of darkness so intense it could be felt. But foolish Pharaoh continued to defy the God of heaven.



4

Moses warned that one more plague would be poured upon the Egyptians. A destroying angel would pass through the land at midnight and would kill all the firstborn in Egypt – both of man and of beast.

Again, the children of Israel would be spared, but only if they followed God’s instructions. Each family was to kill a lamb and sprinkle some of its blood on the doorpost of their house. Here is God’s promise:

“And when I see the blood, I will pass over you; and the plague shall not be on you to destroy you when I strike the land of Egypt” (Exodus 12:13).

The Bible records what happened that terrible night: “And it came to pass at midnight that the Lord struck all the firstborn in the land of Egypt, from the firstborn of Pharaoh who sat on his throne to the firstborn of the captive who was in the dungeon, and all the firstborn of livestock” (Exodus 12:29).

You can imagine what it was like in Egypt when the sun came up the next morning. Death had struck from the highest class of people to the lowest. The cries of mourners could be heard throughout the land.

In the homes where the blood had been sprinkled on the doorposts, not one firstborn had been touched!

Pharaoh finally realized what a terrible mistake he had made. He sent for Moses and Aaron and urged them to take the children of Israel out of Egypt immediately. God’s people were set free! They were on their way to the land God had promised to their ancestors!

Friends, how would you feel if I told you that God will once again send plagues upon the earth? Not just on Egypt, but on the whole world. Would you believe it?

The book of Revelation predicts that Seven Last Plagues will fall upon the earth just before the return of Jesus. And just as in Egypt long ago, God’s people will be protected.

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5

Before that happens, God’s people will complete the work He has given them to do. The prophet pictures them as angel messengers, sent by God to prepare the world for the coming of Jesus. Listen:

“Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth – to every nation, tribe, tongue, and people” (Revelation 14:6).

“And another angel followed, saying, ‘Babylon is fallen, is fallen...’” (Revelation 14:8).

In this prophecy, Babylon is a symbol of the world’s false religions.

There is more. Listen: “Then a third angel followed them, saying with a loud voice, ‘If anyone worships the beast and his image, and receives his mark..., he himself shall also drink of the wine of the wrath of God’ (Revelation 14:9, 10).

“The wine of the wrath of God” is symbolic language, of course. It refers to the terrible punishments that will fall on all those who, like Pharaoh, reject God’s message and ignore His warnings. For those people there will be no more warnings, no more invitations to accept Jesus as their Savior. For them, the door of God’s mercy will be forever closed.

What about God’s people during that terrible time? They will be right here on earth until the end! They will be protected during the plagues, but they will not be free from difficulties and suffering. It will be a time of trouble for everyone.



6

Here is what the prophet wrote:

“Then I saw another sign in heaven, great and marvelous: seven angels having the seven last plagues, for in them the wrath of God is complete” (Revelation 15:1).

“Then I heard a loud voice from the temple saying to the seven angels, ‘Go and pour out the bowls of the wrath of God on the earth’” (Revelation 16:1).

“So the first went and poured out his bowl upon the earth, and a foul and loathsome sore came upon the men who had the mark of the beast and those who worshiped his image” (Revelation 16:2).

“Then the second angel poured out his bowl on the sea, and it became blood as of a dead man; and every living creature in the sea died” (Revelation 16:3).

“Then the third angel poured out his bowl on the rivers and springs of water, and they became blood” (Revelation 16:4).

23 – The Seven Last Plagues

This sounds terrible, doesn't it? But the holy angels see that God is fair and just through it all. The prophet heard one angel saying this:

“You are righteous, O Lord . . . because You have judged these things. For they have shed the blood of saints and prophets, and You have given them blood to drink” (Revelation 16:5, 6).

The story continues:

“Then the fourth angel poured out his bowl on the sun, and power was given to him to scorch men with fire. And men were scorched with great heat, and they blasphemed the name of God...” (Revelation 16:8, 9).

“Then the fifth angel poured out his bowl on the throne of the beast, and his kingdom became full of darkness; and they gnawed their tongues because of the pain...” (Revelation 16:10).

“Then the sixth angel poured out his bowl on the great river Euphrates, and its water was dried up, so that the way of the kings from the east might be prepared. And I saw three unclean spirits like frogs...which go out to the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty” (Revelation 16:12-14).

With those words the prophet pictured all the evil powers of the world gathering together to fight against God and His people. The stage was set for the final plague.

“Then the seventh angel poured out his bowl into the air, and a loud voice came out of the temple of heaven, from the throne, saying, ‘It is done!’

“And there were noises and thunderings and lightnings; and there was a great earthquake.... Then every island fled away, and the mountains were not found.

“And great hail from heaven fell upon men.... Men blasphemed God because of the plague of the hail, since that plague was exceedingly great” (Revelation 16:17, 18, 20, 21).

The voice from the throne said, “It is done!” Those words mean that at last the empires and kingdoms of this world are finished. Forever. Jesus comes back for His people, and His kingdom will never end.



Friends, do you want to be assured of God's protection when that great time of trouble comes? There is only one way.

Remember when that last, terrible plague fell on the people of Egypt. The firstborn sons throughout the land were killed. But not in the homes where the blood was sprinkled on the

23 – The Seven Last Plagues

7 doorposts. Those homes were protected.

At the end of time it is the blood of the Lamb that will protect us. Jesus, the Lamb of God, gave His life to save us. When we accept Him as our Savior, His blood cleanses us from sin. The Father accepts us as His children. We can claim the promise of His Word. Listen:

“You shall not be afraid of the terror by night,
Nor of the arrow that flies by day,
Nor of the pestilence that walks in darkness,
Nor of the destruction that lays waste at noonday.

A thousand may fall at your side,
And ten thousand at your right hand;
But it shall not come near you.
Only with your eyes shall you look,
And see the reward of the wicked.

Because you have made the Lord, who is my refuge,
Even the Most High, your dwelling place,
No evil shall befall you,
Nor shall any plague come near your dwelling;
For He shall give His angels charge over you,
To keep you in all your ways” (Psalm 91:5-11).

Now is the time for each of us to make sure we are safe in Jesus. Ask Him to be your own Savior. Ask His Holy Spirit to come into your heart. He will show you your sins and give you true sorrow for them. He will lead you to confess them, and He will forgive you and give you a new, clean heart and mind. By His power you will put away your harmful habits and live a new life.

As you see God changing your heart, you will love Him more. You will trust Him and have confidence in His goodness. You will want to tell everyone what He has done for you, and what a wonderful Savior He is!

If you want that experience today, will you please stand with me for our prayer?

(Suggested Prayer)

Dear Father in Heaven,

Thank You for giving us the promise of protection when the great time of trouble comes on this world. We want to be sure that no sin in our lives will separate us from You. Give us victory over sin. Help us to fully surrender to Your will and Your plans for us. Increase our faith and confidence in Jesus as our Savior. May we each find refuge in a saving relationship with Him. This is our prayer in Jesus' name. Amen.

Additional Bible verses for this topic:

23 – The Seven Last Plagues

Exodus 7:22
Exodus 9:7
Psalms 91:1, 4

Isaiah 33:16
Jeremiah 8:20
Daniel 12:1

Revelation 16:11
Revelation 16:16
Revelation 19:11

Revelation 19:14-15
Revelation 22:11

23 – Discussion Guide

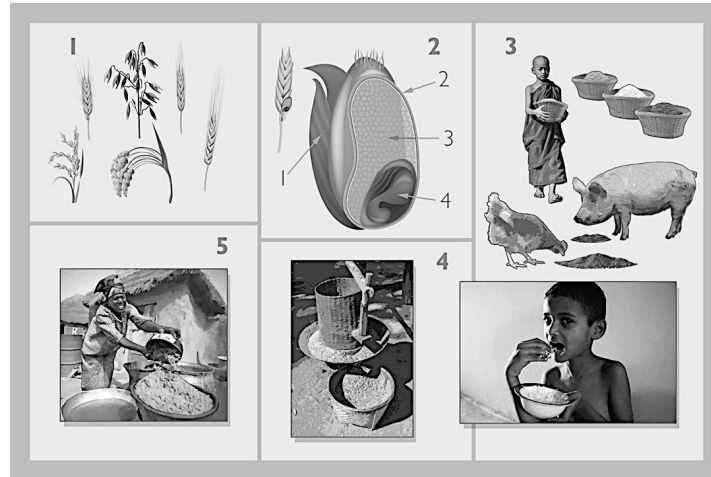
Diabetes: The Destroying Disease

1. What are some of the effects of diabetes on the body?
2. What makes a person susceptible to contracting diabetes?
3. Can diabetes be reversed? If so, How?

The Seven Last Plagues

4. When Egypt's king refused to respect God's wishes, God sent 10 terrible plagues on the land by the hand of Moses. What were some of them?
 - a. Exodus 7:21
5. How many plagues affected only Egypt, but not Goshen, where the Israelites lived?
 - a. Exodus 8:22,23
6. After the 10th plague, what happened to the king, and what happened to Israel?
 - a. Exodus 12:29
7. God sent angel messengers to warn earth's people of more plagues to come. How many will come, and what will they be like?
 - a. Revelation 16:1-21
8. How can you be protected from receiving those plagues?
 - a. Psalm 91

Health Talk #24: Starches - High-Energy Food



1. There are over 50,000 edible plant species, but only 15 traditional foods provide high energy starchy fuel needed by our body cells. These commonly-eaten plants are: rice, wheat, maize (corn), millet, sorghum, roots and tubers (potatoes, cassava, yams and taro), and legumes.

Whole grains top the list. The most-used grains are rice, wheat and corn (maize).

The whole seeds of these grains are planted to bring forth life, and God designed our bodies to use the whole seed to give us life and health. In Genesis 1:29 and 3:18, God reminds us that He gave us every seed-bearing plant on the face of the whole earth, and every tree that has fruit with seed in it, and the plants of the fields for our food.

-
2. In this kernel of wheat, you can see the four main parts (other grains are similar):
 1. Chaff (husk) – The tough, inedible part that surrounds the grain.
 2. Bran – The outer layer, rich in fiber, vitamins, phytochemicals, and minerals.
 3. Endosperm – In the middle, the largest layer, mostly carbohydrates, with some protein.
 4. Germ – The rich, inner part, containing healthy fats, vitamins, and phytochemicals.

A kernel of grain is a perfect nutrition package to promote growth and good health. When refined, most of the bran and germ are milled off, removing from 20-90 % of the life-giving protein, fiber, vitamins, minerals, and plant-chemicals that give color and flavor. Wheat loses more nutrients than rice; corn loses over half. These nutritious parts, which everyone, especially growing children, need to prevent malnutrition and disease, are usually fed to chickens and other animals.

All that's left – the white starchy endosperm – has very little fiber to nourish the good microbes in the gut and keep the gut walls healthy. Fiber gives a sense of fullness and keeps you from feeling hungry and overeating, leading to overweight. It helps prevent Western diseases like cancer, diabetes and heart disease, which develop from a diet low in plant fiber and high in fiber-free meat, milk and eggs.

Health Talk #24: Starches - High-Energy Food

3. You might wonder why people eat refined grains, since they don't promote health?
 1. They can be stored for a long time without spoiling because bugs and mice don't like them. Food companies like that!
 2. Refined grains are often made very tasty by mixing them with salt, sugar and fat. But this combination is especially dangerous for health. It leads to dental cavities, overweight, and the development of many diseases. These refined foods, along with greasy, high-fat foods, slow down the flow of blood in the body, which can cause diabetes, heart disease, strokes and cancer.
 3. Whole grains are believed to be the food of poor country people, although some of the richest, most educated people in the world prefer the whole grains because they understand their superior nutritional value.
 4. Refined grains might appear to be more economical because they cook faster than whole grains, saving on fuel costs. This problem can be solved by searing the grains in a hot skillet or eating par-boiled rice. Soaking grains overnight shortens cooking time and increases digestibility. It also increases protein, vitamins, iron and zinc absorption. Fuel can be saved by covering pots while cooking. Fireless cookers can preserve fuel: Set a covered, heavy boiling pot in a container and surround with densely packed dried plant material for insulation.
-

4. **Corn Treatment**

Maize should always be soaked before cooking. Add a small amount of hardwood ash, or for 1 Kg of shucked corn add 1 Tablespoon ground slack lime (Calcium oxide) to 1 cup hot water. Stir. Add to 2 liters boiling water, cover and cook 20 minutes. Turn off the heat and let soak overnight, rinse and cook in fresh water. Soaking also removes dangerous microtoxins produced by fungi that contaminate maize crops. Maize treated like this is called hominy.

Rice Treatment

If you are fortunate enough to grow your own rice, don't cheat yourself. Remove only the chaff. Eat the whole grain and preserve the life that is in the grain, with its precious vitamins, minerals, phytochemicals and fiber that will help your family improve their health and stay well.

5. If your family is used to refined grains/white rice, they might need some encouragement to try whole grains/brown rice. You might start with par-boiled grain first. Parboiling the whole grain before it is polished drives the nutrients deeply into the kernel. Then when the bran and germ are removed, more nutrients remain in the white kernel.

The basic steps to parboil your own rice are soaking, steaming and drying.

Health Talk #24: Starches - High-Energy Food

Use clean paddy rice, still in the husk

1. Soak in cold water for 36–38 hours
2. Put in parboiling container with fresh cold water
3. Boil until the rice kernels begin to split
4. Cool and dry on woven mats
5. Polish by hand or machine (remove the outer layers).

These steps boost the nutritional value of the grain/rice, making it drier and fluffier to cook.

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1

I never get tired of telling you about God’s plan to overthrow all the kingdoms of this world and replace them with His own eternal kingdom. Then His people, who have accepted His Son Jesus as their Savior, will live with Him forever. I want to be in that kingdom, don’t you?

Today we will see how the Bible describes the end of this sinful world. It is a frightening but thrilling picture for us to think about. If we are truly part of God’s family on earth, we have nothing to fear.

When He left His disciples and returned to heaven, two angels delivered an encouraging message. Listen:

“This same Jesus, who was taken up from you into heaven, will so come in like manner as you saw Him go into heaven” (Acts 1:11).

Paul, the great missionary of the early church, wrote about the return of Jesus this way:

“For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God” (1 Thessalonians 4:16).

[POINT TO PICTURE ROLL] This a beautiful image from the creative mind of the artist, but the actual event is far beyond human imagining. Listen:

“They will see the Son of Man coming on the clouds of heaven with power and great glory. And He will send His angels with a great sound of a trumpet, and they will gather together His elect from the four winds, from one end of heaven to the other” (Matthew 24:30, 31).

This is when the first resurrection happens. That’s right. The FIRST resurrection. We will talk about another resurrection in just a bit. Right now let us listen to the words of Paul:

“The dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air” (1 Thessalonians 4:16, 17).

At that time, all the redeemed children of God, from Adam’s day down to the end, are together. They rise through the air to join Jesus and the angels in a great, glorious cloud. The earth is left far behind as they fly to heaven with Jesus. This will fulfill the promise He made to His disciples. Listen:

“I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also” (John 14:2, 3).

According to the prophet John, “they shall be priests of God and of Christ, and shall reign with Him a thousand years” (Revelation

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20:6).

Perhaps you are wondering what will happen to this world when Jesus takes His people to heaven. Let me tell you.

First, remember that only “the dead in Christ” are raised in the first resurrection. John tells us, “But the rest of the dead did not live again until the thousand years were finished” (Revelation 20:5). So, they are still dead while the people of God are with Jesus in heaven.



2

What about the enemies of God who live to see the second coming of Jesus? What happens to them? John tells us:

“Now I saw heaven opened, and behold, a white horse. And He who sat on him was called Faithful and True, and in righteousness He judges and makes war.

“His eyes were like a flame of fire, and on His head were many crowns.

“Now out of His mouth goes a sharp sword, that with it He should strike the nations” (Revelation 19:11, 12, 15).

John goes on to tell us about the great battle when the forces of evil fight against Jesus, the one who is called “Faithful and True.” The great beast and his allies are captured and destroyed. John wrote, “And the rest were killed with the sword which proceeded from the mouth of Him who sat on the horse” (Revelation 19:21).

Let us imagine what this world will look like during the one thousand years while the redeemed people of God are in heaven.

First of all, there will be no people alive here. The earth will be one vast graveyard.

Second, all the great civilizations of man will be devastated. Remember the Seven Last Plagues? The earthquakes and huge hailstones of the seventh plague will turn the surface of the earth into smoldering ruins.

But there is another important thing to say about what this world will be like during that thousand-year period. Listen to the prophet’s words:



3

“Then I saw an angel coming down from heaven, having the key to the bottomless pit and a great chain in his hand. He laid hold of the dragon, that serpent of old, who is the Devil and Satan, and bound him for a thousand years; and he cast him into the bottomless pit, and shut him up, and set a seal on him, so that he should deceive the nations no more till the thousand years were

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finished” (Revelation 20:1-3).

The “bottomless pit” is symbolic language for this world in its ruined, desolate condition after the plagues and the second coming of Jesus. The earth will be Satan’s prison for a thousand years. With no human beings alive here, he will have no one to deceive or tempt or harm. Together with his evil angels, he will be a captive here. He will pass the time in misery, waiting for his final judgment. All the while, the people of God will be in heaven.



4

Are you wondering what they will be doing up there? Aside from the unspeakable joy of fellowship with Christ and His followers, John tells us more. Listen:

“And I saw thrones, and they sat on them, and judgment was committed to them” (Revelation 20:4).

The all-wise, all-powerful God of the universe has included feeble men and women in the solemn work of judging fallen angels and the unsaved.

Paul, the great Bible writer, asks:

“Do you not know that the saints will judge the world?... Do you not know that we shall judge angels” (1 Corinthians 6:2, 3)?

For thousands of years Satan has claimed that God is unfair, unloving, and dishonest. During the thousand years we will all have the opportunity to see that God is just and loving and honest.

But why would we need to judge the evil angels and the wicked sinners? Haven’t they been judged before Christ comes?

True, but have you ever wondered what your reaction might be if you looked for someone in heaven whom you expected to find there – only to discover he or she is lost forever? You might question the fairness of God’s justice.

During the thousand years, the records of the lost will be opened. The secrets and motives of each one will be exposed. In the end, there will be no more questions about God’s love and justice. We will all have the same response: “Lord God Almighty, true and righteous are Your judgments” (Revelation 16:7).



5

At the end of the thousand years, something wonderful happens. Listen:

“Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God” (Revelation 21:2).

Jesus and His redeemed people will return to earth after the

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thousand years. His glorious capital city, the New Jerusalem, will be here. John heard a voice saying, “Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people” (Revelation 21:3)

But something else, not so wonderful, happens. The prophet tells us:

“...Satan will be released from his prison and will go out to deceive the nations which are in the four corners of the earth...to gather them together to battle, whose number is as the sand of the sea” (Revelation 20:7, 8).

This is the terrible time of the second resurrection. All the sinful, lost people of earth will be raised to life. There is no heaven for them. They made their decisions long ago and placed themselves under Satan’s flag. All their hateful, horrid, and wicked thoughts will blend together to support Satan’s plans. He will be free to deceive them once again. With him as their leader, they will prepare for one final battle against God. Here is how the prophet saw it:



6

“They went up on the breadth of the earth and surrounded the camp of the saints and the beloved city. And fire came down from God out of heaven and devoured them” (Revelation 20:9).

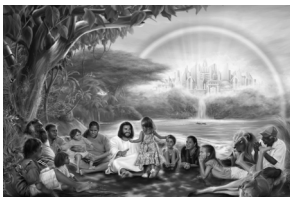
The battle is over! How sad when it could have been so different! What happens to the devil? The Bible tells us:

“The devil, who deceived them, was cast into the lake of fire and brimstone.... And anyone not found written in the Book of Life was cast into the lake of fire” (Revelation 20:10, 14, 15).

Satan, his evil angels, and sinners will then be forever gone! We may have relatives, friends, or acquaintances whom we love dearly who will be gone forever. Of course, we will cry. How could it be otherwise?

But here is some good news:

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away” (Revelation 21:4).



7

Our minds are too small to imagine the glory and beauty of the paradise that God is preparing for those who love Him and are willing to follow Him! And to think that all of this, the wicked could have enjoyed, but the price seemed too high! They were unwilling to choose Christ as their Savior and Lord.

Where will you be when that day comes? You cannot wait until

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then to choose. The only way to be absolutely sure that you are with Jesus in His eternal kingdom is to give your heart and life to Him now – TODAY! Is there anything in this world more important than that?

Is the Spirit of God speaking to your heart right now? Maybe something in your life has been holding you back from choosing Jesus. But now, as you think of the joys of eternity in a perfect world, you know in your heart that you want to give yourself to Him. If that is what you want, please come and stand together with me.

Today I want to have a special prayer for those who are making decisions. Some of you are choosing to dedicate your life to Jesus and be baptized. I want to have prayer for you right here at the front.

If you've sensed God's voice calling you to follow Him all the way in Bible baptism, just come join me here before we pray. Don't put off such an important decision. Now is the time to choose where we will be during the thousand years. In our graves, or in heaven with Jesus.

When we decide to follow Christ, we're saying, "Jesus, I'm Yours. Jesus, I want to follow You. Jesus, I love You with all my heart. I want to be a part of Your commandment-keeping, Sabbath-keeping people. I want to unite with those around the world who are making this decision. Lord this is my desire, this is my heart cry, this is my plea."

I believe there are some here who are thinking about this decision. It's a decision you are struggling with. You sense God leading you, but it's hard to step out. If you are not quite ready to make that decision, but you want me to pray for you, just come forward.

There are some of you who have a problem in your life -- it's too big and you don't know how to deal with it. Perhaps you feel it stands between you and making the decision you know is the right decision. I want to pray for you tonight. Just come forward and join us as we pray.

(Suggested prayer)

Dear Father in heaven, we come to You today with our hearts open to Your Spirit. There are some here who have already made their decision to surrender to Your will and be baptized. They have decided to join Your church, to keep Your commandments and keep holy Your Sabbath day. Oh Father, bless them with peace in their hearts and strength to act upon their decisions.

There may be others who are struggling against some obstacle that is keeping them from You. Perhaps it is some favorite sin in

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their life. Perhaps it is some doubt or fear. There may even be some here who think that their sins are so great or their hearts are so evil that You cannot or will not forgive them. Father, send Your Spirit into their hearts with a message of hope. Let them know that no sin is too great and no heart is too wicked. Help them see that You love them. Tell them that Jesus took all their sins and all their wickedness upon Himself. He died for them on the cross.

Lord, melt the hard hearts of those who are resisting Your call. I know that You want everyone here to be with You in heaven during the thousand years. You want every one of us to be part of Your eternal kingdom. So move upon our hearts. Stir our minds. Draw us each closer and closer to You. We pray all this in the precious name of Jesus. Amen.

Additional Bible verses for this topic:

Jeremiah 4:23-26

Jeremiah 25:33

Isaiah 26:19

Matthew 25:31

John 5:25

John 5:28, 29

John 11:25

2 Peter 3:10

24 – Discussion Guide

Starches: High-Energy Food

1. What are the four parts of a grain?
2. Why are refined grains not the best food?
3. Do the people in your village prefer white grains? Would you be willing to try whole grains?

The Millennium

1. When Jesus returned to heaven, He gave a message to His followers. What was it?
 - a. Acts 1:11
 - b. John 14:2,3
2. What will the coming of Jesus be like?
 - a. I Thessalonians 4:16,17
 - b. Matthew 24:30,31
3. How long will earth rest, and saints judge, after Jesus takes His people to heaven?
 - a. Revelation 20:5,6
4. How do Satan and the saved spend those thousand years?
 - a. Revelation 20:1-4
 - b. I Corinthians 6:2,3
 - c. Revelation 16:7
5. What happens at the end of the thousand years?
 - a. Revelation 21:3,4
 - b. Revelation 20:7-15

Health Talk #25: Depression - The Deep Pit



1. Are you, or is someone you know, feeling deep sadness, discouragement or worthlessness? Are you overwhelmed with life? Overly tired and lacking energy? Want to escape and sleep endlessly? Feeling mentally slow, forgetful or confused? Losing interest in life's activities? Having thoughts of ending your life?

These feelings can be normal in a crisis. But they should go away after the crisis is past. If several of these feelings exist when there is no crisis, and persist for over two weeks, it is called Depression. Depression can occur at any age, even in childhood.

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2. Depression is a brain sickness. The frontal areas of the brain deteriorate and shrink due to inactivity. This affects recall and judgment, and the emotions associated with sexual interests, stress reactions, anger and fear. When the brain is sick, the immune system is weakened, increasing the risk of illness and premature death.

Depression is more likely to happen to people born into families plagued with depression. It is more common among those who grow up in unloving homes, in single parent families or who are sexually abused. These factors from the past can't be changed, but lifestyle choices in the present can promote recovery from depression, and a healthy life.

The brain is always changing. Old habit pathways can be broken, new cells can grow and the brain can heal. Many factors affect the growth or destruction of brain cells, changing the brain for better or worse. It takes about five months for permanent brain changes to take place, but after just one week of lifestyle changes, a person can start to feel better.

Lifestyle behaviors that can heal the brain are presented in detail in the Exercise lesson and other lessons. Learn them, apply them to your life, and you will be enabled to prevent and overcome depression.

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3. **FACTOR #1: Nature Heals**

Oxygen Heals the brain.

Health Talk #25: Depression - The Deep Pit

Stand straight and tall; take deep breaths. Slowly inhale, hold to the count of 5. Slowly exhale. Breathe this way for 15 minutes, 3 times a day.

Outdoor Exercise Heals the brain.

Daily: Exercise vigorously for one minute, making your heart beat fast. Then exercise gently for half a minute. Repeat until you are tired. This will flood purifying oxygen into your blood, strengthening your heart, lungs and brain. If depression takes away your motivation to move, invite a friend to exercise with you.

Sunlight and Sleep Heal the brain.

Exercise in the sunshine in early morning and late afternoon changes brain chemicals. It helps insomnia, promotes a deep, lasting sleep and prevents unwanted early-morning awakening.

4. **Factor #2: Attitude Heals**

What you think changes your brain. Positive thinking, with corrected thoughts, can change a negative attitude.

Here are some suggestions:

#1 Every day count your blessings. Be grateful, even for small things. Nothing promotes health of body and soul more than a spirit of gratitude and praise.

#2. For two weeks do not criticize. If you do, start the two weeks over again. You can retrain your brain with positive new thinking habits.

#3 Do an unexpected kind deed for someone. “We that are strong ought to bear the infirmities of the weak, and not to please ourselves” (Romans 15:1). Serving others is God’s way of healing.

#4. Dwell on Jesus and His life instead of your own problems. Jesus said, “It is more blessed to give than to receive.”

5. **Factor #3: Nutrition Heals**

Foods that are good for your body are good for your brain. Whole plant foods heal the brain and provide it with powerful nutrients. Colorful fruits, berries, vegetables, especially leafy greens, and beans are rich in folate and vitamin C, which prevent fatigue, confusion and memory loss. Ground or soaked flaxseeds (linseed) or chia prevent and reduce depression. Use 1 tablespoon for prevention, 4 tablespoons for treatment.

Animal fats and cholesterol plug blood vessels and reduce oxygen, promoting depression.

Sugar and refined grains lack the “happiness-producing” B-vitamin nutrients,

Health Talk #25: Depression - The Deep Pit

which are abundant in whole grains, beans and greens.

Vitamin B-12 tablets help to prevent depression, and maintain memory and the ability to think.

6. **Factor #4: Toxins - Substances that Destroy**

Tobacco, illicit drugs and caffeine in coffee, black tea and cola drinks overstimulate the brain, contaminate it with poisons, and reduce oxygen to the cells, causing anxiety and confusion. Depression is common in tobacco and marijuana smokers.

Alcohol anesthetizes the brain, destroys cells, and reduces the ability to think clearly, leaving people depressed and wanting another drink.

Chemicals such as arsenic, pesticides and petroleum, and metals like mercury and lead, damage brain cells. They are difficult to remove from the body.

These toxic substances should be avoided. They are especially harmful for children, and can cause learning disabilities, deep sadness and behavior problems.

The best protection against depression is a healthy frontal lobe. The frontal lobe is the part of the brain that decides right from wrong, that promotes good judgment and aids in planning and doing. It is the part of your brain that communicates directly with God in prayer and Bible study. Depression can shrink it, but positive lifestyle changes and a trusting relationship with God can heal it.

25 – The New Earth



1

In our last meeting, we talked about the period of one thousand years when those who are saved will be with Jesus in heaven. We talked about the work they will do preparing for the final judgment of all who turned against God. We talked about the destruction of Satan and everyone who took his side.

Today we will put all that aside and look even further into the future. We will have to use our imaginations to discover what life will be like in God's eternal kingdom. The prophet John heard the voice of God. Listen:

“Behold, I make all things new” (Revelation 21:9).

Here is what Paul wrote about it:

“Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him” (1 Corinthians 2:9).

[HOLD UP BIBLE] Today we will let this Book be our guide. It will paint wonderful word pictures of things that will seem too good to be true. We begin with the words of God Himself, which He spoke through the prophet Isaiah:

“For behold, I create new heavens and a new earth; and the former shall not be remembered or come to mind” (Isaiah 65:17).



2

John saw the fulfillment of Isaiah's prophecy.

“Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also there was no more sea. Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband” (Revelation 21:1, 2).

Can you picture that in your own mind? Our earth will be made new by the Creator Himself. All the traces of human kingdoms will be gone. There will be nothing touched by sin. There will be no sign of evil. The new world will be so perfect that the old world will be forgotten.

The holy city, New Jerusalem, will fly all the way down through the stars and come to rest here on our world. Artists have tried to capture that scene in their beautiful paintings, but it will be greater and more glorious than even they can imagine. It will be the capital city of the entire universe.

25 – The New Earth



3

Here is how the prophet described the city:

“And he who talked with me had a gold reed to measure the city, its gates, and its wall. The city is laid out as a square; its length is as great as its breadth. And he measured the city with the reed: twelve thousand furlongs. Its length, breadth, and height are equal” (Revelation 21:15, 16).

Twelve thousand furlongs is nearly 2400 kilometers around the outside of the wall. The New Jerusalem is gigantic!

There is more:

“Her light was like a most precious stone, like a jasper stone, clear as crystal” (Revelation 21:11).

“The twelve gates were twelve pearls: each individual gate was of one pearl. And the street of the city was pure gold, like transparent glass” (Revelation 21:21).

“The city had no need of the sun or of the moon to shine in it, for the glory of God illuminated it. The Lamb is its light” (Revelation 21:23).

“And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each tree yielding its fruit every month” (Revelation 22:1, 2).

“There shall be no night there” (Revelation 22:5).

“And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away” (Revelation 21:4).

The prophet Isaiah gives us more details:

“Violence shall no longer be heard in your land, neither wasting nor destruction within your borders” (Isaiah. 60:18).

In the new earth, there will be no war and no crime of any kind. Everyone will be at peace with everyone else. There will be no need of weapons or police or armies.



4

But that isn't all that the prophet can tell us. Listen:

“The wolf also shall dwell with the lamb,
The leopard shall lie down with the young goat,
The calf and the young lion and the fatling together;
And a little child shall lead them” (Isaiah 11:6).

So, there will be peace even in the animal kingdom.

Better yet, everyone in the new earth will be completely healthy

25 – The New Earth

forever. Listen:

“And the inhabitant will not say, ‘I am sick’” (Isaiah 33:24).

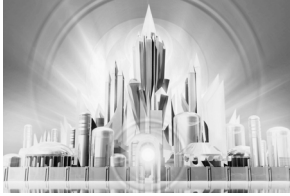
“Then the eyes of the blind shall be opened,
And the ears of the deaf shall be unstopped.
Then the lame shall leap like a deer,
And the tongue of the dumb sing” (Isaiah 35:5, 6).

Even the surface of the new earth will be changed.

“The wilderness and the wasteland shall be glad for them,
And the desert shall rejoice and blossom as the rose;
It shall blossom abundantly and rejoice...” (Isaiah 35:1).

What a beautiful place the new earth will be! What will we do in such a perfect world? Listen:

“They shall build houses and inhabit them;
They shall plant vineyards and eat their fruit.
They shall not build and another inhabit;
They shall not plant and another eat...
And My elect shall long enjoy the work of their hands” (Isaiah 65:21, 22).



5

The new earth will be a happy, joyful place.

“And the ransomed of the Lord shall return,
And come to Zion with singing,
With everlasting joy on their heads.
They shall obtain joy and gladness,
And sorrow and sighing shall flee away” (Isaiah 35:10).

“‘And it shall come to pass that from one New Moon to another, and from one Sabbath to another, all flesh shall come to worship before Me,’ says the Lord” (Isaiah 66:23).

It will be a wonderful, joyful celebration every Sabbath, as God’s people come to worship Him in person. Yes, God Himself will be there. Listen to the words of John:

“And I heard a loud voice from heaven saying, ‘Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God’” (Revelation 21:3).



Friends, this is what God wanted when He created Adam and Eve. He loved to be with them, to walk and talk with them. He wanted to be their very best Friend forever. When they turned away from Him, He was heartbroken. He could no longer have face-to-face fellowship with them.

25 – The New Earth

6 Sin separated them from Him and robbed them of eternal life. His plan of salvation is all about restoring the relationship between Himself and His human children so that He can give them eternal life.

What could be better than living forever in a perfect world? Jesus, our Savior, will be there. He will walk and talk with us, just as He did with Adam and Eve in the Garden of Eden. I know that I want to be there. What about you? I'm sure there is a place for you there.

Jesus will be there to open to us the mysteries of Creation. We will always be learning new things. We will be able to travel any time we wish. We will have time to be with our friends and loved ones. And each Sabbath we will be praising God and singing with the angels and Jesus—our special time to fellowship with our Lord.

I know that I want to be there. What about you? I'm sure there is a place for you there.



7

Perhaps you would like to say, “Yes, Lord, I want to be with You. I long to be with You forever and ever!”

You can be a part of God's wonderful eternal future. Accept Jesus as your Savior today. Invite His Spirit into your heart. Then you can be sure of a home in the new earth, where there will be peace and love and joy forever.

Before we pray together, let me ask you an important question: Is the Spirit of God speaking to your heart? Maybe you've been hesitating, putting off a decision to accept Jesus as your Savior. Maybe you are thinking about baptism, and God is calling you to make up your mind today. Maybe you are holding back because of some sin in your life that you don't want to give up.

This is an important time right now. Your eternal life may depend on what you decide here today. If you have made the decision to follow Jesus and be baptized, and you want to look forward to being baptized soon, I want to pray for you. If you want to look forward to baptism soon, just lift your hand wherever you are. [As hands are lifted, say “God bless you, God sees your hands.”]

Perhaps you have been struggling with a decision to accept Jesus Christ as your Savior. Please don't put it off. Now is the time to say, “Lord Jesus, I have decided. I need You in my life. Please forgive my sins and accept me into Your kingdom.” If that is your heart's desire today, just raise your hand right now.

I know there may be somebody here who has some habit or some sin in your life that is holding you back – and you want to

25 – The New Earth

say, “Lord, I want to want to give it up. I’m willing for You to make me willing. I’m asking you to take it from me because I cannot give it.

“I need you to give me a new heart, because I cannot let go of the old one on my own. I am Yours. Make of me what You will. I want to be in the new earth with You.” Just raise your hand. God bless each one of you. God sees each hand, God sees each heart. Let’s pray together just now.

(Suggested Prayer)

“Father in heaven,

Thank You for Jesus, thank You for His love, thank You for His grace, thank You for His power. We want to say tonight that we love You. We want to be with You in Your eternal kingdom.

Father, please move upon our hearts deeply tonight. Help us to open our hearts to Your amazing love. Help us to surrender our hearts to You completely. We look forward to being with You forever. May not one of us be missing. We pray in Jesus’ name. Amen.”

Additional Bible verses for this topic:

Genesis 3:15

Genesis 6:5

Genesis 12:1-2

Isaiah 60:18

Isaiah 66:22

Matthew 5:5

Matthew 6:10

Galatians 3:29

Romans 6:16

1 Corinthians 2:10

2 Peter 1:19

Hebrews 11:9-10

Hebrews 11:13, 16

Revelation 3:20-21

Revelation 21:12, 17

Revelation 22:3

Revelation 22:17

25 – Discussion Guide

Depression

1. What are some ways that nature can help heal depression?
2. Name some foods that are good for your brain.
3. What is the best protection against depression?

The New Earth

1. What did the prophet John see coming down from heaven?
 - a. Revelation 21:1, 2
2. The Holy City is huge! It is also beautiful! What are the gates and streets made from?
 - a. Revelation 21:11, 21
3. What will we eat there?
 - a. Revelation 22:1, 2
4. What wonderful things can you and I look forward to in the new earth?
 - a. Revelation 21:3, 4
 - b. Isaiah 60:18
 - c. Isaiah 11:6
 - d. Isaiah 33:24
 - e. Isaiah 35:1, 5, 6, 10
 - f. Isaiah 66:23

Health Talk #26: Daniel - God's Lifestyle for Good Health



1. Imagine that one day you hear an army of soldiers marching toward your village. They are breaking into homes and capturing young people, tying their hands to a long rope and marching them off to a foreign land. No one can stop them. Can you imagine such terror and misery?

The book of Daniel tells us that this happened to the city of Jerusalem. Nebuchadnezzar, King of Babylon, conquered Israel and seized the best, the brightest, and the strongest young people, the royal youth, to become his personal servants.

Among those captured were Daniel and three of his close friends. They came from families that loved and revered God and His word. The boys had been taught to love God and to be thankful, kind and obedient in every circumstance. It was their habit to obey God's Word, and they refused to compromise their convictions. In the land of their captivity, they honored God and lived their lives His way. In return, God honored them.

-
2. Babylon was a magnificent, rich city filled with glamour and temptation. The king wanted the captives to be his loyal subjects, so he showered them with attention and special favors in his luxurious and corrupt court. They were given the richest food from his table and the finest wines.

This was an important test. Daniel and his friends remembered the lessons from home and made a special request. They asked if, instead of the king's rich foods, meats and wine, they might be given God's simple plant foods to eat, and pure water to drink. This was an unusual request, but their excellent behavior and diligence had won them favor in the king's court, and their request was granted. God was protecting and providing for them.

God blessed their faithfulness, and after just ten days eating God's way, the boys were healthier, had better skin color, and were mentally sharper than all the other young captives. They were allowed to eat plant foods for the next three years while they studied in the king's royal school with the other captives.

-
3. The king's education included the most advanced studies in science, mathematics, history, languages and government. At the end of the course, the king called for

Health Talk #26: Daniel - God's Lifestyle for Good Health

the students to be tested. Daniel and his friends were ten times wiser than all the other students. The Bible says, “Them that honor Me I will honor” (1 Samuel 2:30), and that is exactly what happened. God blessed them and gave them knowledge and skill in all learning.

The most prominent people in the land were not as advanced in wisdom and understanding, mental clarity, erect posture, strong bodies, and natural gifts as Daniel and his three friends. The king recognized that God had been their teacher, and he honored all four young men with high positions in his government, where they served faithfully for many decades.

4. Bible stories tell of the past but they also teach God's will for our lives today. God is as anxious to bless us now as he was in the days of Daniel and his friends. In this series of health lessons, we have learned what science and the Bible teach about good health. The principles that Daniel and his friends followed will also give us and our children strong bodies, clear minds and hearts to love God.

Let's review the Bible teachings about God's health-promoting lifestyle choices.

5. **Nutrition:**

The healthiest diet is composed of plant foods, fresh from the garden in their natural, whole state, unrefined, and without added sugar or fat. Breastfeeding is best for babies during the first two years, adding whole plant foods after baby is six months old.

Animals and animal products are not the best food for people. They can cause diseases and lead to poor health.

Beverages:

The best drink is pure, clean water. Water washes toxins from the blood, and keeps the body and brain working at their best. Beer, alcohol, soda pop, coffee, and black tea injure the body and use up vitamins and minerals needed for growth and good health.

Fresh air, Sunshine and Exercise:

Life is in the blood. God's gifts of fresh air, sunshine and exercise purify the blood and build a strong immune system that can fight and overcome disease. These gifts are free and should be enjoyed every day. They give health to the body and help produce brain chemicals that make us happy and content, and promote sound sleep.

Sanitation and Cleanliness:

A clean body, home and environment reduce the numbers of harmful microbes, worms and parasites that cause illnesses. Cleanliness protects the body from being

Health Talk #26: Daniel - God's Lifestyle for Good Health

overcome with disease and sickness.

Poisons:

Satan is a master at capturing people's minds. One of his most effective means is with toxins found in tobacco, alcohol and drugs. These are destroyers and should be avoided. They damage mental and physical health; they bring misery to the users and dishonor to God. With God's help, you can say no to these poisons. Ask Him.

6. Love and the Home:

In the beginning, God created man and woman to complement each other in the fulfilling union of marriage. But too often selfishness and lack of self-control disrupt marriages and lead to disease and misery for the whole family. Through love for Jesus and dedication to Him, families can receive God's special blessings, each member giving and receiving love.

As you choose to follow Jesus with your lifestyle, the blessings given to Daniel will also be yours. God says, "Beloved, I wish above all things that thou may prosper and be in good health, even as your soul prospers spiritually" (3 John 1:2).

26 - The United States in Prophecy



1

Today I want to talk to you about three great beasts. They are monsters, really. One of them came from the sky, one from the sea, and one from dry land. These three together represent the enemies of the true God and all who believe and trust His Word.

You have already met these three monsters earlier in our meetings, but today you will see them in a new light. You will see that they all have the same motive: they want everyone on earth to accept a false religion and worship a false god. Their story is all about worship.

The beast from the sky is, of course, the dragon. Listen:

“And another sign appeared in heaven: behold, a great, fiery red dragon having seven heads and ten horns, and seven diadems on his heads” (Revelation 12:3).

I’m sure you remember that the dragon is Satan himself. He and the angels who followed him were thrown out of heaven. They are responsible for all the trouble here on earth.

The prophet saw a beautiful woman who was clothed with the brightness of the sun. She was a symbol of God’s faithful people. Listen:

“Then being with child, she cried out in labor and in pain to give birth” (Revelation 12:2).

The dragon knew who the woman’s child would be: Jesus, the Son of God. The prophet tells us what happened:

“And the dragon stood before the woman who was ready to give birth, to devour her Child as soon as it was born” (Revelation 12:4).

Satan, the dragon from the sky, is the chief of the evil angels. He has always used human beings to do his work. He was behind the pagan religions of the Roman Empire. He inspired the emperors of Rome to persecute the early Christians.

His most important target was our Lord Jesus Himself. Not long after He was born, the dragon inspired Roman officials to try to kill Him. God sent an angel to warn Jesus’ parents to flee to Egypt, where the Child would be safe.

Later, when Jesus was about to begin His teaching and healing ministry, the dragon tried another approach. He wanted to trick

26 - The United States in Prophecy



2

Jesus into worshiping the false god. Listen:

“...the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. And he said to Him, ‘All these will I give You if You will fall down and worship me’” (Matthew 4:8, 9).

Friends, Satan does the same thing to us today. He tries to convince us to turn away from God and serve him instead. We need to do what Jesus did.

“Then Jesus said to him, ‘Away with you, Satan! For it is written, ‘You shall worship the Lord your God, and Him only you shall serve’”” (Matthew 4:10).

The dragon’s final attack against Jesus was the crucifixion. Jesus died on the cross under the power of imperial Rome. It seemed that the dragon had won a great victory in his war against God. But then Jesus rose from the dead, shattering the dragon’s power.

After Jesus ascended to heaven, the dragon turned his attention to those who believed in Jesus and who carried His message to the rest of the world. Once again, the dragon worked through the Pagan Roman Empire.

Here is something important you should know about the Romans: for them, religion was part of government. The two were inseparable. Church and state were united. Worship of the Roman gods was part of being a good citizen.

So, it is easy to understand why Rome had a problem with Christians who chose to worship the God of heaven. Emperors tried to force them to accept the state religion of Rome. Many refused, and paid for it with their lives. This was the work of the dragon.

Like all the great empires of the world, the Roman Empire eventually fell apart. It was a long, slow death, and in the process, some of the emperors decided to make Christianity the official religion.

At first, this might seem like a great victory for God’s church. But no! They blended Christianity with paganism, and the true religion was distorted. Satan, the great dragon, was not finished.

26 - The United States in Prophecy



3

This is where the second beast comes into our picture. Listen to the words of the prophet John:

“And I saw a beast rising up out of the sea, having seven heads and ten horns...and on his heads a blasphemous name” (Revelation 13:1).

In Bible prophecy, the sea represents “peoples, multitudes, nations, and tongues” (Revelation 17:5). So, this sea beast does not represent something entirely new. It arises from among the nations that existed before it. Its appearance tells us that it is related to the dragon. They both have seven heads and ten horns. And listen to this:

“The dragon gave him his power, his throne, and great authority” (Revelation 13:2).

So, the sea beast represents a new kind of Roman empire. It is the religious empire we know as the Church of Rome or the Roman Catholic Church. This religious empire, papal Rome, took the place of the pagan empire of Rome. Its “blasphemous name” marks it as a false religion in opposition to the true God.

The prophet wrote:

“And all the world marveled and followed the beast. So they worshiped the dragon who gave authority to the beast; and they worshiped the beast, saying, ‘Who is like the beast? Who is able to make war with him’” (Revelation 13:3, 4).

The true nature of the sea beast is shown in two of the words I just read. “Worship” and “war.” Like the Pagan Roman Empire before him, he unites religion and government. Church and state. The leader of this new empire is the bishop of Rome, otherwise known as the pope. He has both religious and political power.

Friends, when the church and the state are united, terrible things can happen. Pagan Rome persecuted and killed thousands and thousands of Christian believers who would not worship the gods of the emperors. Now the sea beast empire inherits the same church-state system from the dragon.

The prophet tells us that the sea-beast “was given authority to continue for forty-two months” (Revelation 13:5).

“It was granted him to make war with the saints and to overcome them” (Revelation 13:7).

26 - The United States in Prophecy

In earlier meetings, we talked about this period of forty-two months. It is the same as three and one-half years, or 1260 days, in prophetic time. Each day in prophecy stands for a year in real time. This tells us that the sea beast had the authority to persecute the saints, the people of God, for 1260 years.



4

The Church of Rome, represented by the sea beast, inherited its territory from the Roman Empire. And like the Roman Empire, it did the work of the great dragon, Satan. Church leaders had great political power. They could wage war in the name of religion. They could force people to obey its priests. They could punish people who refused to believe its doctrines.

After the fall of the Roman Empire, the Church of Rome persecuted God-fearing Christians who refused to accept the authority of the Catholic bishops and the pope. This went on for many centuries. The church sent armies to fight against sincere, honest-hearted people who disagreed with the teachings of the Roman church. It was a sad, bad, bloody time.

The 1260 years of church domination came to an end in the year 1798, when the pope of Rome was captured and sent into exile. For the sea beast of the prophecy, that was a deadly wound. Hear the words of the prophet:

“And I saw one of his heads as if it had been mortally wounded, and his deadly wound was healed” (Revelation 13:3).



5

It is now time to look at the last of the three monsters. Listen:

“And I saw another beast coming up out of the earth, and he had two horns like a lamb and spoke like a dragon” (Revelation 13:11).

This land beast represents a world power that came to life at the end of the 1260 years of Roman Catholic domination. It arose far from the “peoples, multitudes, nations, and tongues” of previous empires. Its appearance reminded the prophet of a little lamb. But when the beast spoke it had the voice of a dragon.

History tells us of only one great nation fitting that description. It can only be the United States of America. It was planted in what was commonly referred to as “the New World.”

The people who founded the United States wanted to be free. They had seen too much suffering caused by religious intolerance.

26 - The United States in Prophecy

They wanted to follow their own consciences.

They based their government on the principle of the separation of church and state. They believed that religion should be a personal matter, not a matter of law. The United States of America has been known as “the land of the free.”

So far today we have been talking about prophecies that have already been fulfilled. History has proven these prophecies to be true. But now we will look into the future to the role the United States will play in the final crisis before the second coming of Jesus.



6

Listen to what the prophet wrote about that land beast, the one with two horns like a lamb and a voice like a dragon:

“And he exercises all the authority of the first beast in his presence, and causes the earth and those who dwell in it to worship the first beast, whose deadly wound was healed” (Revelation 13:12).

According to this, the land beast, America, will take up the authority and the work of the sea beast, the papal power. It will set up laws that restrict religious freedom. The United States, the most powerful nation on earth, will force people into a false religion.

According to the prophet, that false religion will be modeled on the religion of the sea beast, which is the Church of Rome. Listen:

“He deceives those who dwell on earth..., telling those who dwell on earth to make an image to the beast who was wounded by the sword and lived” (Revelation 13:14).

Let me ask you something: Do you think the world would be a better place if everybody had the same religion? If everybody, small and great, rich and poor, belonged to the same church?

Would that solve the problems of the world? [WAIT A FEW SECONDS WHILE PEOPLE THINK]

It is hard to answer that, isn't it? The answer would depend on what kind of religion, or what kind of church, we are talking about. Am I right?

This prophecy tells us that the United States will take the lead in setting up a world-wide religion. This religion will be an image, or likeness, of the sea beast. It is the religion of the dragon. It is a

26 - The United States in Prophecy

religion of power. It is a religion that denies individual liberty of conscience.

Listen to more about the land beast:

“He was granted power to give breath to the image of the beast, that the image of the beast should both speak and cause as many as would not worship the image of the beast to be killed” (Revelation 13:15).

Friends, is that the kind of religion that would make the world a better place? I don't think so.

Let me review what we have learned about this land beast, the prophetic symbol for the United States of America:

We know it came to life at the end of 1260 years of Roman Catholic domination.

We know that it did not arise among other nations, but in a new part of the world.

These things we know from history. Now, here is what we expect will happen soon:

Although the United States originally offered religious freedom to its people, in the future that will change.

We expect that it will speak as a dragon, with the religious authority of the sea beast that went before it.

The United States will call on the entire world to join together in a single religion based on the principles of the Church of Rome.

There is no question about the power and influence of the United States today. It is a great nation, and it has done a lot of good things in our world. But I believe that such power can and will be used for evil purposes.

If the nations of the world join the United States in establishing a single, universal religion, what will you do?

If this one world religion rejects God's Ten Commandments, what will you do?

If it rejects the Sabbath of the Fourth Commandment, and requires you to worship on another day, what will you do?

26 - The United States in Prophecy

Friends, our great enemy is the dragon, Satan. He wanted Jesus to worship him, and that's what he wants from us, too. He has used empires and armies, churches, popes and priests to turn us away from truth to error, from God to himself.



7

The final test for God's people will be a test of trust. Will we trust our heavenly Father to care for us, to protect us from the power of the dragon, the sea beast and the land beast? If we trust Him completely, we can be among the redeemed of all ages who will welcome Jesus when He comes again. We can be sure of a place in His eternal kingdom.

Are you willing, today, to put yourselves and your families in God's hands? Will you trust Him to care for you in this life and in the life to come? If you will, please stand with me while we pray.

Dear Father in heaven,

As we have looked into Your Word today we have seen how Your great enemy has been working down through the ages. We can see that we are living at the end of that long story. We may soon see the nations of earth coming together under one false religion. But we want to worship You alone. There may be difficult times ahead for those of us standing here today. Father, strengthen us and protect us. Help us to trust You completely. May our lives be brightened by the blessed hope of the soon return of our Savior, Jesus Christ. We pray in His name. Amen.

Additional Bible verses for this topic:

1 Thessalonians 2:4 *Revelation 14:9-12*
Revelation 13:8 *Revelation 15:2-3*
Revelation 13:14 *Revelation 18:4*
Revelation 13:16-17

26 - Discussion Guide

Daniel: God's Lifestyle for Good Health

1. What kinds of foods were offered to Daniel and his friends?
2. How did God bless their faithfulness to His ways?
3. How did the king honor Daniel and his friends?

The United States in Prophecy

1. Who is the dragon of Revelation 12?
 - a. Revelation 12:3
2. How did the dragon try to destroy the seed of the woman – Jesus?
 - a. Revelation 12:4
 - b. Matthew 4:8-10
3. Who is represented by the beast from the sea, how long did it have power, and how did it lose its power?
 - a. Revelation 13:2-7
4. A beast that rose from the earth after the sea beast, having all the authority of the sea beast. What nation does this represent, and what kind of laws will it make?
 - a. Revelation 13:14
5. Are people who love God safe from being persecuted or killed because of their beliefs?
 - a. Revelation 13:15