

Once again I felt so ashamed. So many other things seem to be rushing in on me when I was trying to spend time with God. And so I asked forgiveness as I had the day before with my friend, and I started over again.



“WHY DO YOU RUSH
THROUGH OUR TIME
TOGETHER?”

make a list in your mind of the groceries you need, or think about a dozen other things that need to be done today, while you’re talking to God? He understands. He listens to millions of people all day every day. He can multitask. Why can’t you multitask?” But I know that is not God’s voice talking to me. That is the same voice that deceived Eve in Eden, saying smooth things to undermine God and detract us from our loyalty and relationship with God. Satan told Eve that *“Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil”* (Gen. 3:4-5).

I know the voice I need to listen to and He says *“Be still, and know that I am God.”*

My favorite Christian author, Ellen G. White, says in her book *Desire of Ages*, page 363, “We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God.”

Are you a multitasker? ●●●

But Satan pokes me all the time! There’s always something else more important it seems. He tells me, “You need to get these things done before you talk to God, and maybe later you’ll have time.” Or “Why shouldn’t you



UPLIFT

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“Christ
was treated
as we deserve,
that we might
be treated
as He deserves.

He was
condemned for
our sins, in which
He had no share,
that we might be
justified by His
righteousness,
in which
we had no share.

He suffered
the death
which was ours,
that we might
receive the life
which was His.

‘With His stripes
we are healed.’”

White, E. G. (1898) *The Desire of
Ages*. Mountain View, CA: Pacific
Press Publishing Association. Page
25.2. (Emphasis added)

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Wisdom

*“He that is slow to anger is better than the mighty;
and he that ruleth his spirit than he that taketh a city”
(Prov. 16:32).*

*“Pleasant words are as an honeycomb,
sweet to the soul, and health to the bones”
(Prov. 16:24).*

*“Pride goeth before destruction,
and an haughty spirit before a fall”
(Prov. 16:18).*

*“But I have trusted in thy mercy;
my heart shall rejoice in thy salvation.
I will sing unto the LORD,
because he hath dealt bountifully with me”
(Ps. 13:5-6).*

from God’s Word

UPLIFT

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Be Still and Know

●●● Ronni Trueblood

*“Be still, and know that I am God”
(Psalm 46:10).*

Are you a multitasker? I was born multitasking; I think I was multitasking in the womb.

I was talking with a friend one day on the phone, and she asked me what I was doing. I can’t remember exactly what it was I was doing. I may have been quilting, I may have been cooking supper, I may have been doing dishes or just one of the other tasks that I do when I’m talking on the phone.

When I told her what I was doing, she said, “That’s one of the things that has driven me crazy for 25 years. You are always doing something else when you’re talking with me. It’s almost like you don’t want to just sit and talk to me, like I’m not important enough to just have a conversation with.” That cut me to the core. I

felt so ashamed. I promised her that I would not do that with her again. Now, when I call her, I sit down and focus on her.

The next morning during my devotional time, as I was praying, I suddenly found myself reciting a list of things I had to get done that day. Wash the dishes, vacuum, cook the meals for Sabbath, work outside. There were 1,000 things I wanted to get done and then if I had time maybe I could quilt a little bit or crochet.

Then the Holy Spirit started to speak to me. “Why do you not want to just spend time with me? Am I not important enough to just sit down and spend time with? I’m here, I’m ready to listen to you. You can tell me all the things that you want to get done and I will help you. There is nothing that you can’t talk to me about. Why do you rush through our time together and put other things before me?”

Continued on page 5...

The Kingdom of God on Earth?

●●● Randy's Ramblings by Randy Eastman

In our world today there is a loud and singular call to save the earth; to enact laws and regulations that many in authority tell us are necessary to save our planet and its inhabitants. Both secular and religious voices are sounding the charge. The pope, many protestant leaders, and the political leaders of many of the countries of the world, are at the forefront of this movement. The message is that mankind, through his own efforts, has the power to save himself. The cry is for unity across all fronts. We are being told to give up our individual rights, our minds, and our consciences for the collective good. There is no room for opposite opinions. Climate change and saving the earth has become the new religion of the secular world and the new gospel of the church.

In the book of Genesis we read about another time when men sought, by their own means, to save themselves. Four generations before, God had sent a flood upon the earth so that the wickedness of mankind would be checked. But now, the inhabitants of the post flood world refused to believe in God and His promise to never again destroy the earth by a flood. So they set about to accomplish their own salvation, to ensure their own earthly survival, saying *"...let us build us a city and a tower, whose top may reach unto heaven; and let us make us a name, lest we be scattered abroad upon the face of the whole earth"* (Gen. 11:4).

They were looking for unity. And they set about to accomplish the wicked ambitions of their hearts. But God knew that their unified existence would lead to a rapid increase in wickedness through self dependence. The knowledge of God and of the coming Savior would only be possible through a people who were separated from the influences of those who had chosen to forget God. So God intervened. They were not to be unified, but to be scattered. They were not allowed to fulfill their plan or make themselves a name.

The Bible says that our world is once again slated for destruction, and that humans will again ignore or reject the Word of God. *"Knowing this first, that there shall come in the last days scoffers, walking after their own lusts, And saying, Where is the promise of his coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation. For this they willingly are ignorant of, that by the word of God the heavens were of old, and the earth standing out of the water and in the water: Whereby the world that then was, being overflowed with water, perished: But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men... But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up"* (II Peter 3:3-10).

Many religious leaders today are seeking to build the kingdom of God here on earth. But Jesus said *"My kingdom is not of this world"* (Jn. 18:36). In describing heroes of faith, the author of Hebrews states, *"[they] confessed that they were strangers and pilgrims on the earth... But now they desire a better country, that is, an heavenly"* (Heb. 11:13-16). John tells us *"And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever"* (1 Jn. 2:17).

As Christians, our first duty is to do the will of God, to fulfill the great commission to *"Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you"* (Matt. 28:19-20), and *"Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters"* (Rev. 14:7).

Mankind will not unify and save his planet in our day, any more than he could build a civilization and a monument to himself on the Plain of Shinar. The builders of Babel could not be the authors of their own salvation, nor will we. As He did then, so now in our day, God will soon intervene.

"Unity" has become the byword for all that the world desires. It has the ring of all things positive and good. But God in His wisdom well knew how destructive it would have been for the wicked inhabitants of Babel. Today He knows how destructive it would be for His people to unify with a world engulfed in sin. How can the followers of Christ partner with the followers of this worldly system? The apostle Paul states *"for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? Wherefore come out from among them, and be ye separate"* (2 Cor 6:14, 17). The apostle James tells us, *"the friendship of the world is enmity with God"* (James 4:4). Jesus Himself stated, *"Suppose ye that I am come to give peace on earth? I tell you, Nay; but rather division"* (Lk 12:51). These statements make the realization of a successful union between the Christian and the non Christian very bleak. Indeed, as the prophet Amos wrote, *"Can two walk together, except they be agreed"* (Amos 3:3).

Dear friend, we must care for nature. God set it up that way in the

beginning (Gen. 1:28, 2:15), but ultimately we cannot save our planet or ourselves. *"Lift up your eyes to the heavens, and look upon the earth beneath: for the heavens shall vanish away like smoke, and the earth shall wax old like a garment, and they that dwell therein shall die in like manner: but my salvation shall be for ever, and my righteousness shall not be abolished"* (Is .51:6).

The hope of this world and that of mankind is in the life, death, and resurrection of Jesus Christ of Nazareth (Acts 4:10-12). The followers of Jesus should be looking for a new heaven and a new earth, not looking for salvation by their own efforts in endeavoring to prop up the old one. We should take God at His Word. In the book of Revelation the aged apostle John, exiled and lonely on the Isle of Patmos, received a vision from his Lord and Savior, Jesus Christ, in which he records, *"And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away"* (Rev. 21:1). *"He which testifieth these things saith, Surely I come quickly. Amen. Even so, come, Lord Jesus"* (Rev. 22:20). ●●●

"WE MUST CARE FOR, BUT
WE CANNOT SAVE OUR
PLANET OR OURSELVES."



Food Pride

●●● Lyle Keeney

We all have our favorite foods, or favorite styles of food, and that's fine. However, throughout history we have had a tendency to make our food into a part of our self identity, or pride. Although it may bring us great pleasure and warm feelings, the attachment of pride and ego to our food can result in serious problems. Along with food pride there can also be food shaming, whereby we might make a sport of criticizing other people for the foods they eat.

But the one true purpose of eating is the nourishment of the body, and that simple fact can be easily lost in all of the pleasure, culture and hoopla surrounding food. Everyone wants a healthy body, which supports a healthy mind, but very often our food pride gets in the way of proper nourishment. Often we'd rather be entertained and have our self identity or ego uplifted by our food than to be properly nourished by it, and that can lead to any of a number of chronic diseases.

One of the missions of the Adventist Church is what we call health ministry, and a big part of health ministry is proper diet. As Christians, we naturally look to the Word of God for direction, and the Bible says that the original human diet in Eden was entirely plant based: fruits, nuts, grains and seeds (Gen. 1:29, 30) and then vegetables (Gen. 3:18).

After the great flood, when the earth was wrecked, Noah and his people were given animal flesh to supplement their diet in that desperate situation. As you will notice however, that time is when the human lifespan began to shorten significantly.

Diet as relates to health is of course an entire field of study, and this article serves only as an introduction, and a warning, and a hope for so many who suffer from chronic, diet-related afflictions. As an avid hunter, I was highly skeptical of a plant



based diet at first, but the more I learned about it, the more I tried it. Seeing and feeling the results made me a believer! I now often shop at what I call the "hippie section" in the supermarkets, where the natural, whole foods are found. Also, you will find that many Adventists are avid gardeners!

For more information please see Daniel 1 and <https://adtv.watch/series/healthy-lifestyle-secrets>.

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's" (1 Cor. 6:19,20).

"Through wisdom is an house builded; and by understanding it is established: And by knowledge shall the chambers be filled with all precious and pleasant riches" (Prov. 24:3-4).

Let us replace all pride with gratitude. ●●●