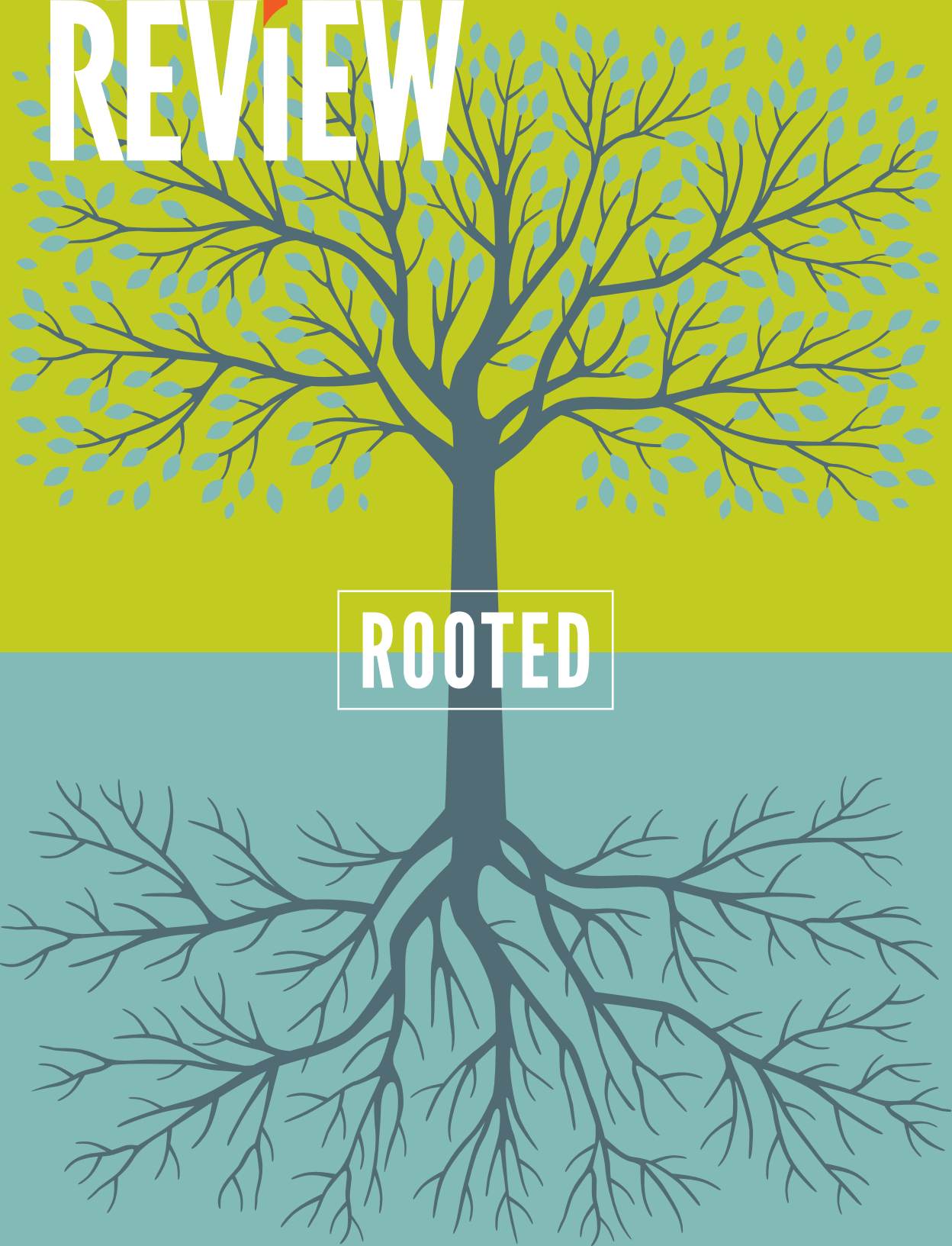


ADVENTIST REVIEW

**FEBRUARY 2023: A HEARTFELT PLEA TO MY
FELLOW ADVENTISTS + UNEXPECTED
TWISTS + TAKE A BREAK + A FORWARD-
LOOKING PEOPLE + A SHARED JOURNEY**

ROOTED



ADVENTIST
WORLD
RADIO
ANNUAL
OFFERING
MARCH 11, 2023



WE CAN'T SHOW YOU HER FACE...

... but this is a photo of a former New People's Army general and assassin preaching an evangelistic series.

With tears in her eyes, she is sharing the love of Jesus in a village where she used to recruit rebel soldiers.

This story began with hardened rebels—in the midst of a 50-year war—who started listening to Adventist World Radio (AWR) as they lay in wait to attack government forces. Now, just a few years later, the war has ended and an entire island has been transformed by the Gospel. And this is just the beginning...

ADVENTIST WORLD RADIO

1-800-337-4297

 awr.org

 [/awr360](https://www.facebook.com/awr360)

 [@awr360](https://www.instagram.com/awr360)

 [@awr360](https://twitter.com/awr360)

 [awr.org/youtube](https://www.youtube.com/awr360)

12501 Old Columbia Pike
Silver Spring, MD 20904 USA

On Sabbath, March 11, be sure to share the AWR Offering video with your church. From Ukraine to the Philippines to Africa to your own back yard, you won't want to miss this thrilling update!



Download the
AWR Offering Packet
for March 11 at
awr.org/offering



AWR360°
BROADCAST TO BAPTISM



FEATURE

ROOTED IN OUR COLLECTIVE HEART | WILONA KARIMABADI

Remembering what we believe



- | | | | |
|----|--|----|--|
| 19 | The Holy Scriptures | 32 | Baptism |
| 20 | The Trinity | 34 | The Lord's Supper |
| 20 | The Father | 35 | Spiritual Gifts and Ministries |
| 21 | The Son | 37 | The Gift of Prophecy |
| 22 | The Holy Spirit | 39 | The Law of God |
| 23 | Creation | 41 | The Sabbath |
| 23 | The Nature of Humanity | 41 | Stewardship |
| 25 | The Great Controversy | 42 | Christian Behavior |
| 25 | The Life, Death, and Resurrection of Christ | 42 | Marriage and the Family |
| 26 | The Experience of Salvation | 44 | Christ's Ministry in the Heavenly Sanctuary |
| 27 | Growing in Christ | 46 | The Second Coming of Christ |
| 28 | The Church | 48 | Death and Resurrection |
| 31 | The Remnant and its Mission | 49 | The Millennium and the End of Sin |
| 31 | Unity in the Body of Christ | 50 | The New Earth |

"I remain crazy excited to see Jesus face to face, but to see [my daughter] again will have an additional deep-heart meaning. I'm ready!"

22

ARTICLES

52 **WILL YOU ENTER THE PROMISED LAND?**

EZRICA BENNETT

There are times we can relate to Israel as we wander through our contemporary deserts.

54 **A HEARTFELT PLEA TO MY FELLOW ADVENTISTS**

JANEL TASKER

We're all family, but even family can sometimes make us want to hide from shame or embarrassment.

58 **LEARNING TO LOVE MYSELF**

GERALD A. KLINGBEIL

The Bible speaks of a love that goes way beyond Valentine's Day.

62 **A FORWARD-LOOKING PEOPLE**

VICTOR MARLEY

The past inspires our future.

62



NEWS | OPINION

- » Caring and Sharing in United Arab Emirates
- » More Than 3,000 United in Worship in Phoenix
- » La Sierra University, Cologne Zoo Partner for Conservation
- » A School Worth the Wait
- » Bert B. Beach Passes to His Rest at 94



EDITORIAL

- 5 **JUSTIN KIM**
CRYSTALLIZING ANGELS

DEPARTMENTS

- 6 **LETTERS**
67 **HOUSE CALL**
70 **CLOSER LOOK**

COLUMNS

- 29 **CLIFF'S EDGE**
CLIFFORD GOLDSTEIN
57 **THE FAITH-FULL LIFE**
BECKY ST. CLAIR
69 **JOURNEYS WITH JESUS**
JILL MORIKONE
72 **IN OTHER WORDS**
BETH THOMAS

FOUNDED 1849. PUBLISHED BY THE
GENERAL CONFERENCE OF SEVENTH-DAY ADVENTISTS®

PUBLISHING BOARD

Ted N. C. Wilson, *chair*
Guillermo Biaggi, *vice chair*
Justin Kim, *secretary*

Audrey Andersson, G. Alexander Bryant, Williams Costa, Paul H. Douglas,
Mark A. Finley, James Howard, Erton Köhler, Peter Landless, Geoffrey Mbwana,
Daisy Orion, Magdiel Perez Schultz, Artur Stele, Maurice Valentine, Ray
Wahlen, Karnik Doukmetzian, *legal advisor*

EXECUTIVE EDITOR/DIRECTOR OF ADVENTIST REVIEW MINISTRIES

Justin Kim

ASSOCIATE EDITORS/DIRECTORS, ADVENTIST REVIEW MINISTRIES

Gerald A. Klingbeil, Greg Scott

COMMUNICATION DIRECTOR/NEWS EDITOR

Enno Müller

DIGITAL PLATFORMS DIRECTOR

Gabriel Begle

ASSISTANT EDITORS

Sandra Blackmer, Wilona Karimabadi, Beth Thomas

FINANCE MANAGER

Kimberly Brown

MARKETING

Jared Thurmon

ART DIRECTION AND DESIGN

Bryan Gray, Ellen Musselman/Types & Symbols

LAYOUT TECHNICIAN

Fred Wuerstlin

COPY EDITOR

James Cavil

OPERATIONS MANAGER

Merle Poirier

EDITORIAL ASSESSMENT COORDINATOR

Marvene Thorpe-Baptiste

EDITORS-AT-LARGE

Mark Finley, John M. Fowler

SENIOR ADVISOR

E. Edward Zinke

AD SALES

Glen Gohlke

CIRCULATION/DISTRIBUTION

Rebecca Hilde, Sharon Tennyson

TO WRITERS: Writer's guidelines are available at the *Adventist Review* Website: www.adventistreview.org and click "About the Review." For a printed copy, send a self-addressed envelope to: Writer's Guidelines, *Adventist Review*, 12501 Old Columbia Pike, Silver Spring, MD 20904.

E-mail: revieweditor@gc.adventist.org

Web site: www.adventistreview.org

Unless otherwise noted, Bible texts in this issue are from the New King James Version. Copyright © 1979, 1980, 1982 by Thomas Nelson, Inc. All rights reserved. Bible texts credited to NIV are from the *Holy Bible, New International Version*. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc. Bible texts credited to NRSV are from the New Revised Standard Version of the Bible, copyright © 1989 by the Division of Christian Education of the National Council of the Churches of Christ in the U.S.A. Used by permission. All rights reserved worldwide. Scripture quotations marked ESV are from *The Holy Bible, English Standard Version*, copyright © 2001 by Crossway Bibles, a division of Good News Publishers. Used by permission. All rights reserved. Scripture quotations marked NASB are from the *New American Standard Bible*, copyright © 1960, 1971, 1977, 1995, 2020 by The Lockman Foundation. All rights reserved.

Unless otherwise noted, all prominent photos are ©Getty Images 2021.

The *Adventist Review* (ISSN 0161-1119) is the general paper of the Seventh-day Adventist® church. It is published monthly by the General Conference of Seventh-day Adventists®, 12501 Old Columbia Pike, Silver Spring, MD 20904. Periodicals postage paid at Silver Spring, MD, and additional mailing offices. Postmaster: Send address changes to *Adventist Review*, P.O. Box 5353, Nampa, ID 83653-5353.

Copyright © 2023, General Conference of Seventh-day Adventists®.

PRINTED IN THE U.S.A.

SUBSCRIPTIONS: Twelve issues of the monthly *Adventist Review*, US\$19.95, plus additional postage outside North America. Single copy US\$2.00 plus shipping and handling.

To order, visit adventistreview.org/subscriptions or send your name, address, and payment to: *Adventist Review* subscription desk, P.O. Box 5353, Nampa, ID 83653-5353

ADDRESS CHANGES AND SUBSCRIPTION QUERIES:

adventistreview@pacificpress.com or call 1-800-545-2449

ADVENTIST REVIEW MINISTRIES OFFICE: support@adventistreview.org

TRENDING

THE MOST SHARED STORIES ON ADVENTISTREVIEW.ORG LAST MONTH:

1



"Get Ready for 2023 and Beyond," by Ty Gibson

2



"GYC 2022: More Than 3,000 Unite in Worship in Phoenix," by Samuel Girven

3



"Mark Finley Response to and Reflection on David Gates Video," by Mark Finley

4



"LLU Cardiologists First in California to Perform Novel Approach," by Lisa Aubry

5



"A Journey to Love," by Kimberly Luste Maran



20
YEARS
**SHARING
HOPE**
FOR ETERNITY
2003-2023

Start the new year with Hope Channel!

Sharing God's good news for a
better life today and for eternity!



Scan here to learn more about
Hope Channel and our
upcoming new programs,
events, and much more!

HopeTV.org





It's a global confrontation between frogs and angels, rabbits and trumpets, and warts and wings.

Crystallizing Angels

My college classmates loved the theoretical and the chalkboard; I gravitated toward praxis, especially in the chemistry laboratory with all the beakers and Bunsen burners. While the pyromaniacs relished the explosions, and the aestheticians awed at the colorful spectrum of reactions, I took special interest in crystallization and purification.

Multiple ingredients created a final product, which ultimately had to be reduced and purified. What a sight to observe numerous starting components mixed, subjected to heat and other chemicals, and ultimately simplified into a singular crystal. The reaction could be reversed by different processes, but for now, here was a crystal that held the essence of its initial parts. Complexity was encapsulated in a crystal.

The heart of the book of Revelation contains two game plans to reach the globe. Revelation 13 is a page from the enemy's playbook, where three entities ally to deceive the whole world (cf. Rev. 16:13-16). Revelation 14 is the counterpart plan from God's playbook, where three angels prepare and warn the same world. Stated differently, it's a global confrontation between frogs and angels, rabbits and trumpets, and warts and wings.

Though the three angels' messages are short, they are quite

dense in significance, resulting in many meanings that we are familiar with, if not fully understanding them. How many times have we heard long expositions on Revelation 14, only to be more confused than before? They do require extensive background information, cross-references, and considerable prophetic context.

Rightfully so, their loud voices call for our utmost attention and best hours of study because they are quintessential to Adventist identity, mission, and experience.* The density and solemnity of the three angels' messages contrast markedly with postmodern flippancy. The challenge remains with the Advent movement to weave the heart of their warnings into our personal and corporate conversations.

If one could subject their components to the features of crystallization, their complexity could be captured as three crystals, if you will. The first angel's message contains the gospel, the judgment, and the Sabbath. Concentrated even further, these three elements point to *worship*: worshipping the God who saved humanity at the cross, who defends us before the unseen worlds, and who creates and will re-create all in the image of restful grace.

The second angel cries that Babylon is fallen and warns of

her immoral wine. This message declares that all deceptions will cease, false Christianity will be exposed, and that every form of oppression of God's people will come to an end. It contains the crystallized hope that *truth* will ultimately be victorious and that the intoxicating effect of deception will finally conclude with complete sobriety.

Though the third angel's message has elements of doom and wrath, emphasis should be placed on free will, the word "if," and the theme of *choice*. The language is dire because the consequences are dire. But, with the first and second angels' messages, provisions have been made available to escape the penalties of deception, selfishness, and rebellion. The gifts of divine power to keep the commandments of God and the faith of Jesus are granted to those who choose them.

Made pithy for mental portability, the three angels' messages can be crystallized as *worship*, *truth*, and *choice*, also the ingredients for love. May we prayerfully embody these three simplified, but not simplistic, essences in all our Advent activity, business, and experience before the world. 🦋

* For more resources and the latest understanding on the three angels, visit threeangels.info or read the newest Ellen White compilation, entitled *The Three Angels' Messages*.

A PATH TO TRUSTING GOD

After reading through “A Path to Trusting God,” by Enno Müller (December 2022), I was reminded of one memorable hiking experience by myself when God made His presence known to me in such a remarkable way never to be forgotten.

After reaching the summit of the Spray Park trail, Mount Rainier, I went off the trail and found myself walking on a shale rocky landscape toward my destination.

As I was photographing my adventure, I was caught in a not-so-surprising weather change, and a heavy fog rolled in.

After 20 minutes or so, the dense fog allowed only 12-inch visibility, and it seemed it would last forever.

Not dressed for any overnight stay in late August, I asked God for His immediate assistance as I waited for the fog to lift. The fog remained, and so I attempted to get out of a serious situation. I prayed for His help to get me out safely, and, walking toward where I thought the trail began, I found myself struggling in waist-high bushes. Visibility was nil.

As I struggled through the bushes, constantly pleading for His help, I immediately found myself standing at the beginning of the trail that I was looking to reach.

That’s not possible! I thought. Instant transportation!

And then I thought, *Yes, it’s very possible.* He can always be relied upon in a time of need. Needless to say, my trek down to Mowich Lake became a journey of praise in words and song.

The lesson learned is that taking chances is not advisable. He may not always answer the way you expect. Be prepared. Have a partner when trekking, and stay safe with the Lord. He is always there.

Robert Rouillard
Lakewood, Washington



THE JUNK COLLECTOR

I have read many, many excellent articles in the *Adventist Review*. “The Junk Collector” (October 2022) is one of the best. The insightful message of living and loving like Jesus is made clear. God created a beautiful world. The evil of Satan brought in the junk. I am thankful that God valued and redeemed us to be His treasures in heaven.

Natalie Dodd
Centerfield, Ohio

TURNING THE WORLD RIGHT SIDE UP

I seem to recall the *Review* used to have short, relevant, thought-provoking thoughts from pastors and speakers. I haven’t seen that feature lately, so maybe it disappeared. Pastor

We are one more Christmas closer to heading home for that glorious celebration around the tree of life.

—BRUCE MCCLAY, BATTLE GROUND, WASHINGTON

Andy Wittenberg was preaching on “That Night in Bethlehem,” and he shared a thought that caught my attention and got me thinking.

December 17: Orchards Seventh-day Adventist Church, Vancouver, Washington. Pastor Andy Wittenberg on that special night in Bethlehem: “Some people say it turned the world upside down. I take exception to that. I think it turned the world right side up.”

I never would have thought we’d still be on this earth in 2023, but we are one more Christmas closer to heading home for that glorious celebration around the tree of life. See you then.

Bruce McClay

Battle Ground, Washington

FROM A LONGTIME READER

It is now my privilege in my lifetime to read from a fifth senior editor of the *Adventist Review*. I started to read the *Review* around age 11. My prayer is with Justin Kim and Bill Knott on their new assignments. It has been a thrill, inspiration, and strengthening of my faith in the coming of my Savior.

William Zelenak

Greensboro, North Carolina

FROM FACEBOOK.COM

“O COME LET US ADORE HIM”

Something to think about, and a true reminder of where we are in history!

Dorothy McKinney

“THERE GOES AN ADVENTIST STATESMAN”

I salute and give due respect to Dr. Beach!

Ken Suanzuang

WRESTLING WITH PRAYER

I know when we give God the credit for answered prayer it opens the way for more. But yes, I too struggle with not understanding why some and not others! Praise God another world is promised.

Barb Randall

Such an honest article on an area many of us wrestle with.

Sarah Elizabeth Adams

A MINISTRY TO THE HOMELESS BORN OUT OF AN EXECUTION

We love how this ministry has grown!

Southern Tidings Magazine

HEALTH AMBASSADORS READY TO ROLL OUT ANTI-DIABETES CAMPAIGN

Proud of you! Blessings on your work.

Heidi Abramovich

LEADERS CELEBRATE FILIBERTO VERDUZCO’S DECADES OF SERVICE

Amen and Hallelujah! May Jesus Christ bless us all.

Yustina Desember Sagala

YOUR TURN

We welcome your letters, noting, as always, that inclusion of a letter in this section does not imply that the ideas expressed are endorsed by either the editors of the *Adventist Review* or the General Conference. Short, specific, timely letters have the best chance at being published (please include your complete address and phone number—even with e-mail messages). Letters will be edited for space and clarity only. Send correspondence to Letters to the Editor, *Adventist Review*, 12501 Old Columbia Pike, Silver Spring, MD 20904-6600; Internet: letters@adventistreview.org.



I Want My Church to Grow!

And it all starts with connecting with your community using Adventism's most **robust** and **successful** Bible study platform. With the **Discover Bible School**, it's more than just a Bible study series—it's a **complete system** that gives your church the flexibility to connect with those in your community the way that works best for you.

Sign up today to receive more information and get a FREE BOOK



Track student progress and activity with our **FREE** student records system



Online, print, small group, and correspondence studies



Use any Bible study lesson series you choose

Yes, I want to start learning how to grow my church with a Discover Bible School!

Visit discover.bibleschools.com/start or call **1-866-543-9867** to get your free gift.

**FREE
BOOK!**



**How to Give
a Bible Study**

*Suggestions for finding Bible study interests
and
Effective tips for leading them to Christ*

**Kurt
Johnson**

“The Bible teaches us that there is an inseparable connection between the Sabbath and our concern for our fellow human beings. We ought to be the kindest, most loving, welcoming people on the planet.”

Douglas Na’a, p. 11



Dubai Creekside Community Services had planted dozens of trees as part of the “For Our Emirates We Plant” initiative. PHOTO: MENAUM

want to help keep the earth a safe, clean, and healthy place to live in.”

The 20 children ranging in age from 2 to 15 were gathered behind 12-year-old Sis Dafni on the stage, wearing T-shirts emblazoned with the mission of Dubai Creekside Community Services—“WE CARE, WE SHARE.” Moments later the entire audience was clapping in rhythm as the children sang their song, “I’m Part of God’s Creation.”

The group performed by special invitation in support of EEG, a high-profile organization that focuses on informing and engaging the public on environmental protection and responsibility. The invitation to the children’s choir was more than a program item, however. The environmental group and the Dubai Creekside children share a history.

Most of the children singing that day had been toddlers and some hadn’t even been born in 2017 when Dubai Creekside Community Services contacted various government agencies and offered to participate in volunteer projects for the community. EEG was the first to respond with the prospect of supporting a tree-planting initiative, “For Our Emirates We Plant.”

CARING AND SHARING IN UNITED ARAB EMIRATES

DUBAI CREEKSIDE COMMUNITY SERVICES SHOWS LOVE BY PLANTING TREES.

KATHIE LICHTENWALTER, MENAUM, AND ADVENTIST REVIEW

Sis Dafni de Leon’s young voice was strong and articulate as she introduced the Dubai Creekside children’s choir to the audience of the twenty-second Inter-College Environment Public Speaking Competi-

tion, held in the United Arab Emirates on November 22.

“We are the children of the Dubai Creekside Seventh-day Adventists. We are here to support the Emirates Environmental Group [EEG]. We



The “WE CARE, WE SHARE” theme has prompted the entire church community to get involved in community activities. PHOTO: MENAUM

To participate, groups are required to first collect 4,400 pounds of recyclable paper and 220 pounds of plastic bottles. For more than 10 months Dubai Creekside members and their friends dropped off newspapers, magazines, and plastic bottles at a member’s home, where they were packed and delivered to the EEG office. Tightly packed crates of recyclables became the platform for a productive, collaborative relationship.

On December 17, 2017, the church group was rewarded with six Ghaf trees, UAE’s national tree. Each sapling carried a sign identifying it as a gift of the Dubai Creekside Seventh-day Adventist Church. More than 30 Dubai Creekside members dug holes and set the saplings in place, with even the youngest participants wearing Community Services T-shirts saying, “WE CARE, WE SHARE.”

Since that beginning, Dubai Creekside members have planted dozens of trees in the community as part of the initiative. They’ve also participated in other initiatives EEG has sponsored, such as a medical and dental community clinic, a gift-giving project for blue-collar workers, and general community-building efforts.

In all this the children of Dubai Creekside have been one of the most effective connectors, participating in each project with energy and joy, often singing as they dug holes and filled in dirt under the searing desert sun, local leaders report. “The shovels were often too big and the ground too hard, but their energy and involvement communicated joy that EEG organizers noticed and appreciated.” It was only natural to invite the children to bring their joy to the closing ceremonies of the

EEG-sponsored public speaking competition.

The song that first caught the audience’s attention, “I’m Part of God’s Creation,” told of being made in the image of God with a special work to do, and of God’s plan to bring help to His creation when they didn’t obey His will. The second song they sang, written by church elder Kim de Leon, Sis Dafni’s father, titled “Earth’s Big Smile,” describes the sadness that results when nature is destroyed and animal life is threatened. The song ends with a commitment to care for nature and “put on earth a big smile.” To the delight of the audience, as the children sang the closing verse, they each held up a tiny potted sapling. All this, the song concludes, is in response to the Creator, to whom we owe so much.

For both the Dubai Creekside group and the leaders of EEG, the extraordinary opportunity was more than a stage performance. The environmental concerns the two groups have in common are strengthened by the children’s added message that because God cares for all His creation, there is a responsibility to share His care. “That’s what the Dubai Creekside Community Services group has been demonstrating for years in their theme: “WE CARE, WE SHARE.” “That theme is also what they will continue to live as they look for more ways to demonstrate to their communities why they care,” group leaders said. ▀



Participants brought in the new year with a midnight prayer session on December 31. PHOTO: SAMUEL GIRVEN

MORE THAN 3,000 UNITE IN WORSHIP IN PHOENIX

PARTICIPANTS PRAY FOR COMMITMENT TO SERVICE AND GOD'S MISSION.

SAMUEL GIRVEN, FOR LAKE UNION HERALD

Abe Sendros had an experience at the early-morning United Prayer session during the 2018 Generation. Youth. Christ (GYC) convention that he'll never forget.

"We had arrived after a long travel day. I had never been to the prayer room, but it looked interesting. I asked my daughter to go, but she was very tired." Sendros ended up going to the prayer room with a friend. "We were so moved by what we saw. We saw 800 young people at 5:00 a.m. praying and singing."

Four years later, at the 2022 conference in Phoenix, Arizona, the United Prayer sessions are stronger than ever. Led by Gem Castor, an itinerant missionary based in Berrien Springs, Michigan, participants congregated every day at 6:00 a.m. and lifted their lives and the conference in prayer. The sa-

cred atmosphere that envelops the participants invigorates them for the coming day—and pushes them to develop a more prayer-filled relationship with God.

Keeping in line with long-standing tradition, participants brought in the new year with a midnight prayer session on the evening of December 31. "This is a time to fellowship in God's presence and to give Him the thanksgiving that He so deserves," Castor said.

A DEEPER UNDERSTANDING

On Sabbath, the penultimate day of the GYC convention in Phoenix, speakers called for the more than 3,000 attendees to have a deeper understanding of the seventh-day Sabbath.

"The Bible teaches us that there is an inseparable connection between the Sabbath and our con-

cern for our fellow human beings. We ought to be the kindest, most loving, welcoming people on the planet," the morning's speaker, Douglas Na'a, director of S.A.L.T. institute at Southern Adventist University, said as he concluded his series of messages that detailed the message of Isaiah 58.

"You see, dearly beloved, the Sabbath is not only a memorial that God is our Creator; the Sabbath is also inseparably connected to our concern for the welfare of those less fortunate than ourselves. God is calling for this human-made breach to be repaired. Any kind of Sabbath that causes you to mistreat people is a phony Sabbath."

Sam Walters, the speaker for the main worship service, concurred. "The call to serve is a call to love."

However, Walters continued, the call to serve is also a call for change. "It's easy to get youth to the homeless shelter, but when it comes to Bible studies, it's like [hearing] crickets. There's a cap to how much you can help someone physically if you don't help them spiritually."

"Isaiah 58 makes Seventh-day

Adventists uncomfortable,” Steven Conway, the evening speaker and pastor of the Troy Seventh-day Adventist Church in Michigan, said. “That’s because we don’t want to be confused with the social gospel.”

The social gospel is the belief that Jesus’ coming depends on Christians helping to rid the world of all of its evils, as “Jesus will set up his earthly kingdom here and reign for 1,000 years,” Conway said. “You’ll have to excuse me. That ain’t got nothing to do with Isaiah 58. That is a weak excuse. Should we not talk about the latter rain and the outpouring of the Holy Spirit because some have those concepts twisted? No, brethren.”

GOAL MET WITHIN HOURS

During the Sabbath worship service, Allison Cordova, GYC treasurer, shared that after experiencing a financial shortfall, GYC was in desperate need of US\$100,000.

“GYC has been hit right and left, up and down,” Cordova told the *Lake Union Herald* in a separate interview. After the appeal, participants donated US\$94,000 throughout the day. During the evening service, Cordova said that they were still US\$6,000 short of their goal.

During the time between that appeal and the end of Conway’s presentation, the entire goal was met. “God is so good. I’m so grateful,” Cordova said.

SERVICE OPPORTUNITIES

Like many conventions, GYC has an exhibit hall. The hall allowed

young people to learn more about ways they can spread the three angels’ messages through ministry.

Each exhibit at GYC must “connect young people with resources which challenge and inspire them to take sacrificial initiative for Christ,” according to the GYC website.

The exhibit hall allowed several Lake Union ministries to connect with participants. “For us, it’s contacts,” Greg Morikone, president of Three Angels Broadcasting Network (3ABN), based in West Frankfort, Illinois, said. “A lot of people have heard of 3ABN. To actually get to meet the people, it’s almost like connecting with family.”

“This is our family here. Of course, some people have questions as well,” vice president and chief operating officer Jill Morikone added. “The primary purpose is just connecting with people.”

Adventist Frontier Missions (AFM), which is based in Berrien Springs, Michigan, also exhibited at GYC. “It gives people an opportunity to become aware of mission service opportunities that are available,” AFM human resources director John Baxter said. “There are people who take advantage of that opportunity and go. We need a lot more [people] to go.”

PARTICIPANTS’ REFLECTIONS

After the final day at GYC, several participants reflected on their experiences, and how they made GYC a part of their life.

“It has been reviving, and it has inspired me to go back to my local church and serve. It prepared me for other ministry and roles,” Zanele, from Indianapolis, said. “It was very encouraging. We have to share in such a way that it’s not transactional. Sometimes when you’re serving, you can get so bogged down in the details that you can miss that relational aspect.”

“For me, it’s all about service. That’s what I took away. I’m not here just to have fun. I’m here so others can learn about Christ,” Noma, also from Indianapolis, said.

“I’ve been going to GYC since 2014,” Jhelz Garcia, from Tempe, Arizona, said. “I initially came just because my parents wanted to go. Once I got older, I felt, ‘Why are there so many young people who want to go here? Why do they just want to listen to sermons?’ I had found that boring before. But I saw that there must be something here.

“I remember praying, ‘God, if You want me to hear something in this place, please open my ears.’ God answered that prayer for me. In 2015, when GYC was in Kentucky, I heard the Word of God being preached. I saw the gospel like never before, and I made the decision to be baptized. Since then I’ve just kept coming back.”

“Being a missionary isn’t just being a doctor,” Garcia said, reflecting on the presentations during the convention. “It’s also service, and loving other people.”



Sarah Goymer works with a conservation team at the Cologne Zoological Garden aquarium in Germany. PHOTO: LA SIERRA UNIVERSITY

LA SIERRA UNIVERSITY, COLOGNE ZOO PARTNER FOR CONSERVATION

JOINT PROGRAM IS THE FIRST IN THE U.S. TO PROTECT THE TIGER GECKO.

LA SIERRA UNIVERSITY NEWS

While representatives of countries attending a United Nations summit in early November grappled with the details of a global conservation plan, some scientists were working with their own methods for preventing the decimation of species struggling to survive in pockets of Planet Earth.

These include a contingent of herpetologists from La Sierra University and the Cologne Zoological Garden in Germany who, in November 2022, embarked on a project slated to take place at La Sierra this school year: a conservation breeding program designed to mitigate the extinction of five threatened tiger gecko species native to Vietnam.

This type of project is referred to as a modern ark, said Thomas Ziegler, Cologne zoo aquarium curator and coordinator of biodiversity and nature conservation projects in Vietnam and Laos. The project

will be the first in the U.S. for the vulnerable tiger geckos, which have been bred thus far by Ziegler's team at the zoo and support stations in Vietnam, in an effort to ensure their continued existence.

The ark concept of breeding threatened animals in satellite locations ensures the survival of the species in the event of natural disasters, political unrest, disease outbreak, or other harmful activities in the country of origin, Ziegler said. "Natural habitat preservation is of uttermost importance, sure, but sometimes we are not fast enough, or the circumstances do not allow for proper in situ conservation. But if a species is lost, it is too late—forever," he said.

The Cologne zoo program selected La Sierra University as an ark location for the tiger geckos because of its connection with Lee Grismer, a La Sierra biology professor and world-renowned

authority in gecko research and conservation, Ziegler said. The two scientists have known each other since 2009, have jointly published scientific papers, and are currently involved in a study on threatened reptiles from Myanmar. "We also both advocate for biodiversity research and conservation in Southeast Asia, [and] we both have discovered and described a number of gecko species, among them also new species of tiger geckos," Ziegler said.

The success of the La Sierra University gecko ark hinges on 21-year-old La Sierra undergraduate Sarah Goymer from Paradise, California, whose intense interest in herpetology, love of nature, advocacy for conservation, and keen academic acumen made her a perfect fit for the job, said her biology professors, Lee Grismer and his son Jesse, an assistant biology professor and herpetologist. Goymer's task will be the daily care of 50 beautifully marked tiger gecko offspring. They will arrive at La Sierra's campus in spring 2023.

In preparation for the geckos' eventual arrival, Goymer spent Thanksgiving break at the Cologne zoo under the guidance of Ziegler and his team. She learned how to feed adult and juvenile geckos, care for their eggs, and provide appropriate habitat. She assisted in creating photo identification for every gecko and learned how to keep the fragile eggs, which look like miniature dinosaur eggs, safe from deadly condensation. In contrast,

cages for adult geckos must be sprayed daily with water for moisture.

For Ziegler, the furtherance of conservation is dependent on the involvement of younger generations. “If we want to turn the biodiversity crisis, we must invest in the young generation to become more conservationists. Many of my former students are now working in positions not only in zoos, but in particular in conservation authorities, such as in the Federal Agency for Nature Conservation in Germany, and commit themselves now for improved diversity conservation. I am sure that Sarah will go this way too and certainly will become a passionate diversity researcher and conservationist.”

The Grismers are hoping that Goymer’s work with the Cologne zoo and tiger geckos will launch the creation of a conservation emphasis in La Sierra’s biology program and later a full biology conservation major. They plan to take their herpetology class and Goymer on a field trip to the San Diego Zoo during winter quarter and introduce the Cologne zoo conservation ark project, hopefully piquing interest in a similar partnership.

“We are fortunate and flattered that the Cologne zoo has enough confidence in us” to bring the ark project to La Sierra, Lee Grismer said. “The Biology Department at La Sierra University will now be professionally tied to the Cologne zoo, which is just an amazing conservation place.”



Leaders and members pose for a group photo during the La Tinguiña Seventh-day Adventist School inauguration in Ica, Peru. PHOTO: MVI

A SCHOOL WORTH THE WAIT

MARANATHA AND CHURCH LEADERS INAUGURATE LONG-AWAITED INSTITUTION.

MARANATHA VOLUNTEERS INTERNATIONAL

On December 11, Maranatha Volunteers International leaders participated in a dedication for the brand-new La Tinguiña Adventist School in the town of Ica, Peru. Maranatha constructed an eight-classroom structure called an Education and Evangelism Center, which includes administrative offices and a central meeting space for assemblies.

The joyous day was an exercise in patience for all involved, from the local congregation, which has longed to see their dream come to life for decades, to Maranatha’s in-country crew, which was forced to wait helplessly, starting in 2020, as the site sat idle for months during strict COVID-19 lockdowns.

As restrictions eased, Maranatha’s team began to resume the work, and eventually volunteer groups also were able to visit Ica to help build up the block walls of the structure. After enclosing the campus with a perimeter wall and gate, and providing landscaping, La Tinguiña was ready for dedication.

“This school is a testament to the determination of local church members who have prayed for this day for years,” Maranatha’s vice president of projects, Kyle Fiess, said. “It is especially gratifying for our team in Peru that endured long periods of waiting throughout COVID-19. To finally be able to hand it over to this community is a truly special day.”

The dedication ceremony included Seventh-day Adventist leaders in Peru and featured four baptisms. With the new campus complete, the Adventist Church in Peru looks forward to the connections the school will build with the community. Classes start this March, and school officials report that they are already nearly at full capacity.

From 2004 to 2006 more than 3,000 Maranatha volunteers landed in Peru, constructing nearly 100 churches and schools. In 2019 Maranatha returned to Peru at the request of the Adventist Church in South America. After several volunteer groups served through early 2020, the work was halted when the COVID-19 pandemic locked the country down in March of that year. Maranatha’s in-country crew and volunteers have since resumed the work as conditions improved.

Currently Maranatha is working in roughly a dozen countries around the world. Efforts are focused on church and school construction and water wells. A portion of the projects are completed by volunteers participating in short-term mission trips organized by Maranatha.



BERT B. BEACH PASSES TO HIS REST AT 94

**LONGTIME ADVOCATE OF INTERCHURCH RELATIONS
DIED ON DECEMBER 14.**

DAVID NEAL, TOR TJERANSEN, AND ADVENTIST REVIEW

Bert Beverly Beach, a longtime Seventh-day Adventist advocate for building bridges with other faiths, passed to his rest in Silver Spring, Maryland, on December 14. He was 94. For many years he had served as the director of the Public Affairs and Religious Liberty (PARL) Department of the General Conference (GC).

ASSESSING THE RISE OF ECUMENISM

In 1962 Beach was serving as the education and Sabbath School director of the then Northern European Division (later Trans-European Division) of the Adventist Church. During this time the editor of the *Adventist Review*, F. D. Nichol, asked Beach to attend the Second Vatican Council meetings during each autumn from 1962 to 1965. Combined with Beach's longtime interest in education and history, the meetings awakened his interest in religious

liberty and interchurch relations.

Although Beach was born to an American family, his roots were deeply European. Born in 1928 in Berne, Switzerland, he was granted a Ph.D. in history from the Sorbonne, France, and married Eliane, who is Belgian. He spoke six languages fluently, including French, German, and Italian. His appointment to the Northern European Division as education and Sabbath School director fitted his passion for lifelong learning, openness, and inquiry.

Almost a decade later, in 1974, Beach was ready to share his insights into the ecumenical movement. *Ecumenism: Boon or Bane?* was written specifically to help Adventists understand the rapid rise and prominence of the ecumenical movement. The General Conference president at the time, Neal C. Wilson, commended Beach as having "done a superb job." The

Second Vatican Council was indicating significant reform in Roman Catholic thinking and practice, and many mainline Protestants saw this development as potential for denominational walls to fall and boundaries to be blurred.¹

Reflecting the Adventist position, Beach's work applied some critical thinking that said, in essence, "Not so fast." At the same time, Beach was fulsome in his praise for the sincerity of fellow Christians who put a high value on Christian unity and felt aggrieved by sectarianism within Christianity. The book was to be, as long-time friends of Beach, Helen and Mike Pearson, describe it, "a sort of manifesto for his later life and work."

THE CALL TO "MINGLE"

One of the most frequently heard calls in the Adventist community is for Adventists to "mingle" for the sake of sharing the gospel.² This Beach did "with an insatiable appetite for bridge building with others of different traditions as well as his own," the Pearsons noted. And yet, in the area of interchurch relations, bridge building is easily misunderstood as capitulating, an accusation that Beach endured and that his successors in the religious liberty field continue to endure today.

Former GC president Jan Paulsen, who succeeded Beach as executive secretary in the Trans-European Division (TED) in 1980, expressed his appreciation for the life and service of Beach: "Bert Beach, more than any other leader from of our church, pioneered for us the importance of communicating with people whose religious convictions and values differed from ours—important for us to understand them and for us to be understood."

TED president Daniel Duda said, "He was an amazing example of someone who started in the department of education but whose

“Adventists wish to be seed planters—seeds of love, kindness, peace, justice, temperance, health, purity, and brotherhood.”

—Bert B. Beach

usefulness to the worldwide church went vastly beyond that. He will be greatly missed not only as a true friend of TED but also as a senior statesman for the whole Seventh-day Adventist Church.”

“Those wanting to pay tribute to Dr. Beach may well find that he is impossible to categorize,” the Pearsons added. “No label fitted comfortably, because he was unique. He had Adventist blood running richly through his veins. He was deeply loyal to his church in his theology, churchmanship, and administration. And yet there was something fresh about him. Key reasons for his success were his willingness to listen, his sharp intelligence, and his multilingual wit. These skills enabled him to move in very elevated ecclesiastical circles and won him many friends.”³

THE ST. ALBANS CONNECTION

Beach’s tenure serving the church in Europe lasted 18 years, from 1962 to 1980. “Mingling,” for Beach, was not restricted to the far reaches of Europe and at the time West Africa, but was local as well. By the mid-1970s the division office had moved to St. Albans, where Beach also served as an elder of the local church. It was during this time that he took opportunity to nurture a relationship with the then bishop of St. Albans, Robert Runcie (later archbishop of Canterbury, 1980-1991).

Beach invited Runcie to the opening of the new Adventist church building in 1980 opposite the



division offices. Runcie declined—only because he already had a prior engagement with the queen. To this day in the St. Albans church vestry hangs a letter from Runcie offering the warmest of greetings to the local Adventist community on their new building and mission to the city.

OPENNESS AND ENQUIRY

From the *Ecumenism: Boon or Bane?* manifesto delivered in 1974, through the years serving in the area of religious liberty, and in serving on multiple special assignments for the GC post-retirement, Beach has been on a long journey. As the Pearsons reflected: “In his lifelong vocation of making connections on behalf of his beloved church, he delivered on that manifesto in the richest of ways that no other Adventist leader has quite matched.”

Of all the insights that Beach’s 1974 *Ecumenism: Boon or Bane?* provided, perhaps most helpful was a perspective of who the people of his faith community should be as they deal with the tension all

Christ’s followers face, living expectantly in His kingdom between the “now and not yet.”

“Adventism is not a utopian vision of pie in the apocalyptic sky by and by,” Beach wrote. “Adventists wish to be seed planters—seeds of love, kindness, peace, justice, temperance, health, purity, and brotherhood. Take, for example, the whole question of a just and peaceful society. Although such a society will never fully materialize prior to the Parousia, it is the mission of the church to witness and proclaim the coming accomplishment of such a truly new and revolutionary society by standing for justice and peace, and by sowing the right seeds today. ‘True justice is the harvest reaped by peacemakers from seed sown in the spirit of peace’ [see James 3:18, NEB].”⁴

If ever there was a “sower of seeds,” Bert Beverly Beach was that man. And only eternity will reveal the abundant harvest of those seeds. 🌱

¹ See the book review of *Ecumenism: Boon or Bane?* by Kenneth A. Strand in *Andrews University Seminary Studies*.

² See Ellen G. White, *The Ministry of Healing* (Mountain View, Calif.: Pacific Press Pub. Assn., 1905), p. 143.

³ One of the many books written by Bert B. Beach, *Ambassador for Liberty* (Hagerstown, Md.: Review and Herald Pub. Assn., 2012), bears the subtitle *Building Bridges of Faith, Friendship, and Freedom*. The word “bridge” best sums up Beach’s life and ministry.

⁴ Texts credited to NEB are from *The New English Bible*. © The Delegates of the Oxford University Press and the Syndics of the Cambridge University Press 1961, 1970. Reprinted by permission.



IN MEXICO, ADVENTIST LEADERS INAUGURATE NEW REGIONAL OFFICE.

Five years after an 8.2-magnitude earthquake hit the state of Oaxaca, Mexico, killing nearly 100 people and damaging more than 110,000 houses and structures, the Isthmus Conference inaugurated a brand-new headquarters building to minister to the growing church and community during a special ceremony. Since 2012 the Isthmus Conference office had been operating in a house converted into an office building in Juchitán de Zaragoza, which had been declared unsafe after the earthquake.



OFFICE WALKING INITIATIVE GROWS INTO HEALTH MOVEMENT.

A casual daily morning walk by the Adventist Church's Trans-Pacific Union Mission (TPUM) office staff has become a movement and is encouraging church leaders and members throughout the TPUM territory to stay active. TPUM is based in Suva, Fiji. The initiative, now named Walk4Life, started small when TPUM president Maveni Kaufononga invited office staff to join him and his wife each morning from Monday to Friday on a 30-minute walk.



ADVENTIST CYCLING CLUB IN COLOMBIA MOTIVATES YOUNG AND OLD.

Members of the Adventist "I Want to Live Healthy" Cycling Club in the city of Medellín, Colombia, recently invited dozens of their friends and neighbors to get on their bikes and cycle together. The event drew more than 80 cyclists young and old. The initiative promotes the eight natural remedies for living a healthy lifestyle, which include drinking water, keeping a positive attitude, eating fresh vegetables, exercising, resting, avoiding unhealthy foods, eating a better breakfast and fewer dinners, and promoting happiness.



NAD ENDITNOW SUMMIT TACKLES THE PANDEMIC OF ABUSE.

On November 13, 2022, the North American Division hosted its annual virtual enditnow summit on abuse, designed to help create safe churches and communities. The summit was streamed on the NADAdventist YouTube channel. It attracted viewers from around the world, with more than 3,000 views. The summit featured four educational presentations and targeted pastors and other leaders.



FREE DENTAL HEALTH CLINIC FILLS NEED IN U.S. AREA.

The Niles Westside Seventh-day Adventist Church hosted a free dental health clinic on November 6 to meet the needs in the local community in southwest Michigan, United States. More than 50 church members and regular attendees served in roles such as hygienists and dental assistants, nurses, registration assistants, support people in the sterilization area, greeters, spiritual leaders offering pastoral care, attendants in the waiting area and parking lot, and teams for setup and teardown.



IN AUSTRALIA, INDIGENOUS SCHOOL CELEBRATES RECENT GRADUATES.

Mamarapha College held its graduation on November 19, 2022, celebrating the achievements of 28 students. Held at Livingston church in Western Australia, the afternoon service saw 13 students receive a certificate, diplomas, or advanced diplomas, and 15 students receive progression awards. As for the graduating class, many of the students say they are excited about their next steps.



ADVENTIST REVIEW MINISTRIES NEWSLETTER

To receive our weekly newsletter highlighting current news, inspiring stories, thought-provoking commentaries, engaging features, and other media, sign up today.

www.adventistreview.org/newsletter-signup



ROOTED
IN OUR
COLLECTIVE
HEART

*The what and why of
who we are*

When my kids were younger and expressed interest in baptism, one of the things my husband and I emphasized was that taking “studies” with a pastor wasn’t just about knowing Jesus better. The commitment of baptism is a personal one, but when one also joins a movement such as Seventh-day Adventism, it’s important to fully understand what you are signing up for. That may sound blunt, but it’s true. Especially as time marches toward the inevitable and our beliefs become increasingly more questioned, all Adventists need to know the “whats” and “whys.” This “primer” on the 28 Fundamental Beliefs of the Seventh-day Adventist Church is designed to help old and new believers alike discover an easy way to refresh and renew themselves on core beliefs we hold dear as a spiritual movement. We hope you find it useful. —Wilona Karimabadi

WILONA KARIMABADI

01 THE HOLY SCRIPTURES

Official Wording: The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration. The inspired authors spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to humanity the knowledge necessary for salvation. The Holy Scriptures are the supreme, authoritative, and the infallible revelation of His will. They are the standard of character, the test of experience, the definitive revealer of doctrines, and the trustworthy record of God’s acts in history.



Search for Yourself: Psalm 119:105; Proverbs 30:5, 6; Isaiah 8:20; John 17:17; 1 Thessalonians 2:13; 2 Timothy 3:16, 17; Hebrews 4:12; 2 Peter 1:20, 21.

In Conversation: We believe the Bible is the real deal—the Word of God through His influence on the minds and hearts of those who were devoted to Him. Through the Bible, God guides, inspires, teaches, and regulates us. It’s a solid guidebook for life, and we can trust it.

02 THE TRINITY

Official Wording: There is one God: Father, Son, and Holy Spirit, a unity of three co-eternal Persons. God is immortal, all-powerful, all-knowing, above all, and ever-present. He is infinite and beyond human comprehension, yet known through His self-revelation. God, who is love, is forever worthy of worship, adoration, and service by the whole creation.



Search for Yourself: Genesis 1:26, Deuteronomy 6:4; Isaiah 6:8; Matthew 28:19; John 3:16; 2 Corinthians 1:21, 22; 13:14; Ephesians 4:4-6; 1 Peter 1:2.

In Conversation: There is one God, and He is Father, Son (Jesus), and Holy Spirit. He's always with us, will never leave us, knows everything, and our human minds will never be able to fully comprehend how awesome He is. Most of all, He's the personification of love.

03 THE FATHER

Official Wording: God the eternal Father is the Creator, Source, Sustainer, and Sovereign of all creation. He is just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also those of the Father.



PIMBAY / PEXELS

Search for Yourself: Genesis 1:1; Deuteronomy 4:35; Psalm 110:1, 4; John 3:16; 14:9; 1 Corinthians 15:28; 1 Timothy 1:17; 1 John 4:8; Revelation 4:11.

In Conversation: If you've wondered about who God is, He's wonderful. Caricatures you might have in your mind about God as a mean and unforgiving being who is happy to wield punishment aren't true. God is pure love, comfort, wisdom, compassion, and joy. The universe exists because of God.



04 THE SON

Official Wording: God the eternal Son became incarnate in Jesus Christ. Through Him all things were created, the character of God is revealed, the salvation of humanity is accomplished, and the world is judged. Forever truly God, He became also truly human, Jesus the Christ. He was con-

ceived of the Holy Spirit and born of the virgin Mary. He lived and experienced temptation as a human being, but perfectly exemplified the righteousness and love of

God. By His miracles He manifested God's power and was attested as God's promised Messiah. He suffered and died voluntarily on the cross for our sins and in our place, was raised from the dead, and ascended to heaven to minister in the



heavenly sanctuary in our behalf. He will come again in glory for the final deliverance of His people and the restoration of all things.

Search for Yourself: Isaiah 53:4-6; Daniel 9:25-27; Luke 1:35; John 1:1-3, 14; 5:22; 10:30; 14:1-3, 9, 13; Romans 6:23; 1 Corinthians 15:3, 4; 2 Corinthians 3:18; 5:17-19; Philippians 2:5-11; Colossians 1:15-19; Hebrews 2:9-18; 8:1, 2.

In Conversation: Jesus is miraculous in every sense of the word. We believe God came to earth through Jesus Christ, who lived as a human being; therefore, there isn't anything humanity has experienced that He doesn't understand. Because of Him, this life isn't all there is. And because of Him—the Lord who has saved us, redeemed us, and is always rooting for us—we can be with Him in heaven, because He will clean the messes of our lives once and for all time.

05 THE HOLY SPIRIT

Official Wording: God the eternal Spirit was active with the Father and the Son in Creation, incarnation, and redemption. He is as much a person as are the Father and the Son. He inspired the writers of Scripture. He filled Christ's life with power. He draws and convicts human beings; and those who respond He renews and transforms into the image of God. Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth.



Search for Yourself: Genesis 1:1, 2; 2 Samuel 23:2; Psalm 51:11; Isaiah 61:1; Luke 1:35; 4:18; John 14:16-18, 26; 15:26; 16:7-13; Acts 1:8; 5:3; 10:38; Romans 5:5; 1 Corinthians 12:7-11; 2 Corinthians 3:18; 2 Peter 1:21.

In Conversation: The Holy Spirit communicates with us and convicts us. What that means is that humans can't understand how He does what He does when He does it, but He's there. That conviction to do something you never imagined you could? It's the Holy Spirit. That unexplainable comfort and peace in the worst situation? The Holy Spirit. The voice that tells you which way to go? Again, the Spirit. Those who believe find the unexplained often has the Holy Spirit written all over it.

What They Mean to Me

ON PROPHECY

"The gift of prophecy is a reminder to me of one of the most beautiful truths in the universe: God does not leave His people in the dark. The prophets of old demonstrate to us the reality that God desperately wants the world to know the God of love who is calling us out from the darkness into His marvelous light."

—John Gonzalez, Teacher

ON DEATH AND RESURRECTION

"The sudden loss of our wonderful 17-year-old Erin to a brain aneurysm made me really long for heaven as never before. I remain crazy excited to see Jesus face to face, but to see Erin again will have an additional deep-heart meaning. I'm ready!"

—DeWayne Boyer, Retired Teacher

ON CREATION

"I have had the privilege of spending a lot of time in God's creation in many different places, and I am absolutely in awe of our Creator God! I can't imagine not worshipping a Creator and thanking Him for the spectacular beauty and variety we see in the natural world."

—Rick Johns, Pastor

06 CREATION

Official Wording:

God has revealed in Scripture the authentic and historical account of His creative activity. He created the universe, and in a recent six-day creation the Lord made “the heavens and the earth, the sea, and all that is in them” and rested on the seventh day. Thus He established the Sabbath as a perpetual memorial of a work He performed and completed during six literal days that together with the Sabbath constituted the same unit of time that we call a week today. The first man and woman were made in the image of God as the crowning work of Creation, given dominion over the world, and charged with responsibility to care for it. When the world was finished it was “very good,” declaring the glory of God.



Search for Yourself: Genesis 1-2; 5; 11; Exodus 20:8-11; Psalm 19:1-6; 33:6, 9; 104; Isaiah 45:12, 18; Acts 17:24; Colossians 1:16; Hebrews 1:2; 11:3; Revelation 10:6; 14:7.

In Conversation: We believe God created this vast and complex universe in six literal days. And on the seventh day He rested. It’s not that God ran out of energy, but in doing so He set up the seventh day as a much-needed day of rest and remembrance that is just good for us. In His creation of humanity, God made something unique and intrinsically linked to Him forever. Every living thing in this world speaks of how amazing our God is.

“In His creation of humanity, God made something unique and intrinsically linked to Him forever.”

07 THE NATURE OF HUMANITY

Official Wording:

Man and woman were made in the image of God with individuality, the power and freedom to think and to do. Though created free beings, each is an indivisible unity of body, mind, and spirit, dependent upon God for life and breath and all else. When our first parents disobeyed God, they denied their dependence upon Him and fell from their high position. The image of God in them was marred and they became subject to death. Their descendants share this fallen nature and its consequences. They are born with weaknesses and tendencies to evil. But God in Christ reconciled the world to Himself and by His Spirit restores in penitent mortals the image of their Maker. Created for the glory of God, they are called to love Him and one another, and to care for their environment.



Search for Yourself: Genesis 1:26-28; 2:7, 15; 3; Psalm 8:4-8; 51:5, 10; 58:3; Jeremiah 17:9; Acts 17:24-28; Romans 5:12-17; 2 Corinthians 5:19, 20; Ephesians 2:3; 1 Thessalonians 5:23; 1 John 3:4; 4:7, 8, 11, 20.

In Conversation: When God made human beings, they were perfect. Everything about humans was connected to Him as individuals with the power to choose. Sadly, Adam and Eve’s fall set us on the path to humanity as we know it now—flawed, wounded, and destined for death. But through Christ and what He did for us, we have a second chance at what God always intended for us. What is asked of us in return? Only that we love the Lord and one another and to take care of this great big world He created.



08 THE GREAT CONTROVERSY

Official Wording: All humanity is now involved in a great controversy between Christ and Satan regarding the character of God, His law, and His sovereignty over the universe.



This conflict originated in heaven when a created being, endowed with freedom of choice, in self-exaltation became Satan, God's adversary, and led into rebellion a portion of the angels. He introduced the spirit of rebellion into this world when he led Adam and Eve into sin. This human sin resulted in the distortion of the image of God in humanity, the disordering of the created world, and its eventual devastation at the time of the global flood, as presented in the historical account of Genesis 1-11. Observed by the whole creation, this world became the arena of the universal conflict, out of which the God of love will ultimately be vindicated. To assist His people in this controversy, Christ sends the Holy Spirit and the loyal angels to guide, protect, and sustain them in the way of salvation.

Search for Yourself: Genesis 3; 6-8; Job 1:6-12; Isaiah 14:12-14; Ezekiel 28:12-18; Romans 1:19-32; 3:4; 5:12-21; 8:19-22; 1 Corinthians 4:9; Hebrews 1:14; 1 Peter 5:8; 2 Peter 3:6; Revelation 12:4-9.

In Conversation: It's a tale as old as time—that of the battle between good and evil. Satan, once an integral part of heaven, became an enemy and led a good chunk of the angels into downfall. Since then evil has existed. And because of that, humanity is rife with sickness of mind, body, character, and heart. But all is not lost. God's love has already claimed the victory, and while we endure the assaults of the devil, Jesus does not leave us defenseless. We can count on Him to come through in a clutch every time we call out to Him, and it will remain that way until we are with Him in the very end.

09 THE LIFE, DEATH, AND RESURRECTION OF CHRIST

Official Wording: In Christ's life of perfect obedience to God's will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith



accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God's law and the graciousness of His character; for it both condemns our sin and provides for our forgiveness. The death of Christ is substitutionary and expiatory, reconciling and transforming. The bodily resurrection of Christ proclaims God's triumph over the forces of evil, and for those who accept the atonement assures their final victory over sin and death. It declares the Lordship of Jesus Christ, before whom every knee in heaven and on earth will bow.

Search for Yourself: Genesis 3:15; Psalm 22:1; Isaiah 53; John 3:16; 14:30; Romans 1:4; 3:25; 4:25; 8:3, 4; 1 Corinthians 15:3, 4, 20-22; 2 Corinthians 5:14, 15, 19-21; Philippians 2:6-11; Colossians 2:15; 1 Peter 2:21, 22; 1 John 2:2; 4:10.

In Conversation: We believe that Christ came to earth to die for our sins, and His resurrection put the cap on all the evil we could be bombarded with. That is not to say we don't go through moments of great suffering. But through Christ and what He did for us, we have been given the upper hand over Satan. This ultimate power is ours to claim, all because of the love of Jesus Christ. We just have to accept it.



10 THE EXPERIENCE OF SALVATION

Official Wording: In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Saviour and Lord, Substitute and Example. This saving faith comes through the divine power of the Word and is the gift of God's grace. Through Christ we are justified, adopted as God's sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit renews our minds, writes God's law



of love in our hearts, and we are given the power to live a holy life. Abiding in Him we become partakers of the divine nature and have the assurance of salvation now and in the judgment.

Search for Yourself: Genesis 3:15; Isaiah 45:22; 53; Jeremiah 31:31-34; Ezekiel 33:11; 36:25-27; Habakkuk 2:4; Mark 9:23, 24; John 3:3-8, 16; 16:8; Romans 3:21-26; 5:6-10; 8:1-4, 14-17; 10:17; 12:2; 2 Corinthians 5:17-21; Galatians 1:4; 3:13, 14, 26; 4:4-7; Ephesians 2:4-10; Colossians 1:13, 14; Titus 3:3-7; Hebrews 8:7-12; 1 Peter 1:23; 2:21, 22; 2 Peter 1:3, 4; Revelation 13:8.

In Conversation: Salvation is real. You fall because of sin, but through Christ's salvation, you are lifted. That is the whole mission of Christ for us. Faith in God's grace and mercy is what will hold us above the fray. Salvation because of Jesus is powerful and as real as the nose on your face.

11 GROWING IN CHRIST


Official Wording: By His death on the cross Jesus triumphed over the forces of evil. He who subjugated the demonic spirits during His earthly ministry has broken their power and made certain their ultimate doom. Jesus' victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us. Continually committed to Jesus as our Saviour and Lord, we are set free from the burden of our past deeds. No longer do we live in the darkness, fear of evil powers, ignorance, and meaninglessness of our former way of life. In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the church. We are also called to follow Christ's example of compassionately ministering to the physical, mental, social, emotional, and spiritual needs of humanity. As we give ourselves in loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experience.



Jesus' victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us.

In Conversation: Life is not meant to be stagnant. And though we live in a sinful world with “infractions” of our own, Jesus walks beside us to keep us growing and moving forward. He is our example to follow in making the best life decisions that not only honor God but benefit our lives on this earth. We don't have to be stuck—Jesus always offers us a path of forgiveness and growth that in the end prepares us for eternal life with Him. He has freed us from all that could hold us down.

Search for Yourself: 1 Chronicles 29:11; Psalm 1:1, 2; 23:4, 77:11, 12; Matthew 20:25-28; 25:31-46; Luke 10:17-20; John 20:21; Romans 8:38, 39; 2 Corinthians 3:17, 18; Galatians 5:22-25; Ephesians 5:19, 20; 6:12-18; Philippians 3:7-14; Colossians 1:13, 14; 2:6, 14, 15; 1 Thessalonians 5:16-18, 23; Hebrews 10:25; James 1:27; 2 Peter 2:9; 3:18; 1 John 4:4.



“At His return in triumph, He will present her to Himself a glorious church, the faithful of all the ages, the purchase of His blood, not having spot or wrinkle, but holy and without blemish.

12 THE CHURCH

Official Wording: The church is the community of believers who confess Jesus Christ as Lord and Saviour. In continuity with the people of God in Old Testament times, we are called out from the world; and we join together for worship, for fellowship, for instruction in the Word, for the celebration of the Lord’s Supper, for service to humanity, and for the worldwide proclamation for the gospel. The church derives its authority from Christ, who is the incarnate Word revealed in the Scriptures. The church is God’s family; adopted by Him as children, its members live on the basis of the new covenant. The church is the body of Christ, a community of faith of which Christ Himself is the Head. The church is the bride for whom Christ died that He might sanctify and cleanse her. At His return in triumph, He will present her to Himself a glorious church, the faithful of all the ages, the purchase of His blood, not having spot or wrinkle, but holy and without blemish.



Search for Yourself: Genesis 12:1-3; Exodus 19:3-7; Matthew 16:13-20; 18:18; 28:19, 20; Acts 2:38-42; 7:38; 1 Corinthians 1:2; Ephesians 1:22, 23; 2:19-22; 3:8-11; 5:23-27; Colossians 1:17, 18; 1 Peter 2:9.

In Conversation: The church is not a building. It’s not a weekly spot to find people on a Saturday morning. Rather, the church is the collective group of all those who believe that Jesus is our Savior. The church looks only to Jesus—the ultimate authority who is only a prayer away. His love for His church is unfathomable—yeah, it’s that deep.

UNEXPECTED TWISTS

Eva* had been married for 35 years when her husband left her for another woman. “Life,” she said, shaking her head as if to erase the new reality (it didn’t), “sure can take unexpected twists, can’t it?”

It can, and does—which is why we’ve all heard others utter the line (or some version thereof), “Life takes unexpected twists.” And, perhaps, we have uttered it about our own?

Maybe life itself is merely, or even mostly, navigating those twists? Though they can be good, that’s not usually how it works. Some twists come so slowly, so quietly (like an addiction or a forbidden affection), that, without us realizing it, they have put us on a detour that we would not have otherwise chosen. It’s the dramatic events, i.e., divorce, job loss, sudden death, debilitating trauma, or disease: these are the ones that show us how, after even one sunset, we can wake up to a world—filtered through the new perspective caused by the twist—radically different from the day before.

We are, though (forgetting Darwinian mythology), remarkably adaptive beings. Given enough time, life settles down, and the change that the twist has dropped upon us becomes our new reality. And however much we might hate it, and maybe will never be fully reconciled to it—we nevertheless get used to things, don’t we? *It is what it is*, and what it is might not be what we wanted or deserve, but we somehow become our old selves again. Or almost, anyway.

Also, and most important, we cannot forget our God, who has shown us in innumerable ways not only His existence but His love. God is ever present and

remains the one in whom “we live and move and have our being” (Acts 17:28), even when how we live, move, and have our being has been upended by an unexpected and (especially at first) intolerable twist. And for what it’s worth, and for whatever comfort (if any) it might give, however unexpected the twist is to us, it was not to God.

I struggle somewhat with the idea that God allows to fall on us only what He knows we are capable of enduring. (Did God, for instance, just happen to have arranged it so that the hundreds, if not thousands, of Christians who lost loved ones on September 11 were all people He knew could handle it?) But I do know that God loves us, and that if we make a determined effort to focus on that love, and on all the expressions of it (seen most powerfully and undeniably at the cross); and that if we can surrender ourselves to Him, claiming His promises, then we can endure. Sure, who wants merely to endure? But sometimes, with what life throws at us, enduring is the best that we can hope for, at least for a while.

I met Eva for the first time on the morning that her husband walked out. The twist, so unexpected and radical, left her spinning dizzily. In the years since, however, her faith has remained strong, and she’s doing just fine, thank you. ♣

* Not her real name.

Clifford Goldstein is editor of the *Adult Bible Study Guide*.

CLIFF'S
EDGE
CLIFFORD
GOLDSTEIN



I STRUGGLE
SOMEWHAT WITH
THE IDEA THAT GOD
ALLOWS TO FALL ON
US ONLY WHAT HE
KNOWS WE ARE
CAPABLE OF
ENDURING.



We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another.

13 THE REMNANT AND ITS MISSION

Official Wording: The universal church is composed of all who truly believe in Christ, but in the last days, a time of widespread apostasy, a remnant has been called out to keep the commandments of God and the faith of Jesus. This remnant announces the arrival of the judgment hour, proclaims salvation through Christ, and heralds the approach of His second advent. This proclamation is symbolized by the three angels of Revelation 14; it coincides with the work of judgment in heaven and results in a work of repentance and reform on earth. Every believer is called to have a personal part in this worldwide witness.



Search for Yourself: Daniel 7:9-14; Isaiah 1:9; 11:11; Jeremiah 23:3; Micah 2:12; 2 Corinthians 5:10; 1 Peter 1:16-19; 4:17; 2 Peter 3:10-14; Jude 3, 14; Revelation 12:17; 14:6-12; 18:1-4.

In Conversation: There are a lot of people today asking Google if the world is about to explode, taking us with the fallout. So we've got a special mission to help the world understand that this life isn't all there is—something the book of Revelation says a few things about. Thus, as things get increasingly dicey, the way forward is to follow the commandments and hang on to Jesus as though our lives depended on it, and leave our fear behind. He's got this.

14 UNITY IN THE BODY OF CHRIST

Official Wording: The church is one body with many members, called from every nation, kindred, tongue, and people. In Christ we are a new creation; distinctions of race, culture, learning, and nationality, and differences between high and low, rich and poor, male and female, must not be divisive among us. We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality or reservation. Through the revelation of Jesus Christ in the Scriptures we share the same faith and hope, and reach out in one witness to all. This unity has its source in the oneness of the triune God, who has adopted us as His children.



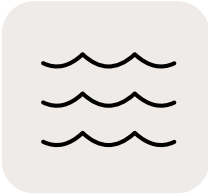
Search for Yourself: Psalm 133:1; Matthew 28:19, 20; John 17:20-23; Acts 17:26, 27; Romans 12:4, 5; 1 Corinthians 12:12-14; 2 Corinthians 5:16, 17; Galatians 3:27-29; Ephesians 2:13-16; 4:3-6, 11-16; Colossians 3:10-15.

In Conversation: In Christ we belong together regardless of how we look, what languages we speak, how we think, and what makes us tick. Our differences are all right because we are part of one family headed by the Father, Son, and Holy Spirit, and we are chosen. We are loved and valued for who we are, just as we are. Thus we should impart that type of love to all those around us.

“Baptism is a public symbol that denotes a deep commitment to a new life with Jesus.

15 BAPTISM

Official Wording: By baptism we confess our faith in the death and resurrection of Jesus Christ, and testify of our death to sin and of our purpose to walk in newness of life. Thus we



acknowledge Christ as Lord and Saviour, become His people, and are received as members by His church. Baptism is a symbol of our union with Christ, the forgiveness of our sins, and our reception of the Holy Spirit. It is by immersion in water and is contingent on an affirmation of faith in Jesus and evidence of repentance of Sin. It follows instruction in the Holy Scriptures and acceptance of their teachings.

Search for Yourself: Matthew 28:19, 20; Acts 2:38; 16:30-33; 22:16; Romans 6:1-6; Galatians 3:27; Colossians 2:12, 13.

In Conversation: While one can become a follower of Christ in their hearts, baptism is a public symbol that denotes a deep commitment to a new life with Jesus. The symbolism of washing away and burying all that held you down before and rising from the water renewed in Christ is very powerful.



ZACH REINER / UNSPLASH

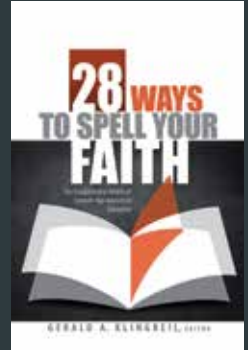
Joyous (Re)Discovery

Doctrines and theology are not just for seminary professors or church administrators. When most of us think about the 28 Fundamental Beliefs of the Seventh-day Adventist Church, we may think of serious discussions, deep thinking, and complex topics. Discussion, profound thinking, and complexity are involved when we study God's Word. But there should be something more. Joy in discovering truth and a compassionate and kind Savior in the pages of Scripture needs to drive all our engagement with God's Word.

If you are ready for some joyful rediscovery of God's big picture for this world and our lives, consider reading *28 Ways to Spell Your Faith*. The book appeared right at the beginning of the COVID-19 crisis in 2020 and contains readable and engaging discussions of all the Fundamental Beliefs of Adventism offered by a diverse group of authors representing the global Adventist Church.

Most of the chapters appeared originally in *Adventist World* and represent the "best-of" category. The volume also frames the web of doctrines to help readers look at big-picture theology and concludes with a helpful summary of how all these elements of Adventist beliefs fit together into a meaningful whole. Above all, the book is meant to invite readers to a joyous journey of discovery and interaction with the One who left His glorious heavenly throne room in order to be with His fallen creation and lay down His life so that you and I could have an eternity of joy ahead of us. Go for joy today!

You can purchase the volume at www.AdventistBookCenter.com or at Amazon.com.



Where to Purchase Your Copy



AdventistBookCenter.com



Amazon.com

16 THE LORD'S SUPPER

Official Wording: The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Saviour. In this experience of communion Christ is present to meet and strengthen His people. As we partake, we joyfully proclaim the Lord's death until He comes again. Preparation for the Supper includes self-examination, repentance, and confession. The Master ordained the service of foot-washing to signify renewed cleansing, to express a willingness to serve one another in Christlike humility, and to unite our hearts in love. The communion service is open to all believing Christians.



Search for Yourself: Matthew 26:17-30; John 6:48-63; 13:1-17; 1 Corinthians 10:16, 17; 11:23-30; Revelation 3:20.

In Conversation: This part of spiritual practice exemplifies the power of remembrance. Through this we follow Christ's example: lowering Himself to wash the feet of those who had many faults; loving and caring for them regardless. Through consuming the bread and juice, we remember that precious and emotionally charged last meal He shared before He went forward to accomplish the bravest thing that could ever be done. Participating in these ordinances is good for the soul, as is remembering the Savior at the root of them.



He has given each person specific and special gifts with which to serve all of humanity. Gifts such as the ability to teach, to be empathetic and compassionate, to preach, to heal, etc.

17 SPIRITUAL GIFTS AND MINISTRIES

Official Wording: God bestows upon all members of His church in every age spiritual gifts that each member is to employ in loving ministry for the common good of the church and humanity. Given by the agency of the Holy Spirit, who apportions to each member as He wills, the gifts provide all abilities and ministries needed by the church to fulfill its divinely ordained functions. According to the Scriptures, these gifts include such ministries as faith, healing, prophecy, proclamation, teaching, administration, reconciliation, compassion, and self-sacrificing service and charity for the help and encouragement of people. Some members are called of God and endowed by the Spirit for functions recognized by the church in pastoral, evangelistic, and teaching ministries particularly needed to equip the members for service, to build up the church to spiritual maturity, and to foster unity of the faith and knowledge of God. When members employ these spiritual gifts as faithful stewards of God's varied grace, the church is protected from the destructive influence of false doctrine, grows with a growth that is from God, and is built up in faith and love.



Search for Yourself: Acts 6:1-7; Romans 12:4-8; 1 Corinthians 12:7-11, 27, 28; Ephesians 4:8, 11-16; 1 Timothy 3:1-13; 1 Peter 4:10, 11.

In Conversation: It's easy to think we exist on this planet in possession of a few basic talents with which we are to live with. But God has a lot more value placed on us than we may understand. He has given each person specific and special gifts with which to serve all of humanity. Gifts such as the ability to teach, to be empathetic and compassionate, to preach, to heal, etc. All of these are given from a loving Creator who equips everyone He calls.

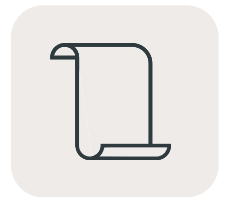




DEN BELITSKY / ISTOCK / GETTY IMAGES PLUS / GETTY IMAGES

18 THE GIFT OF PROPHECY

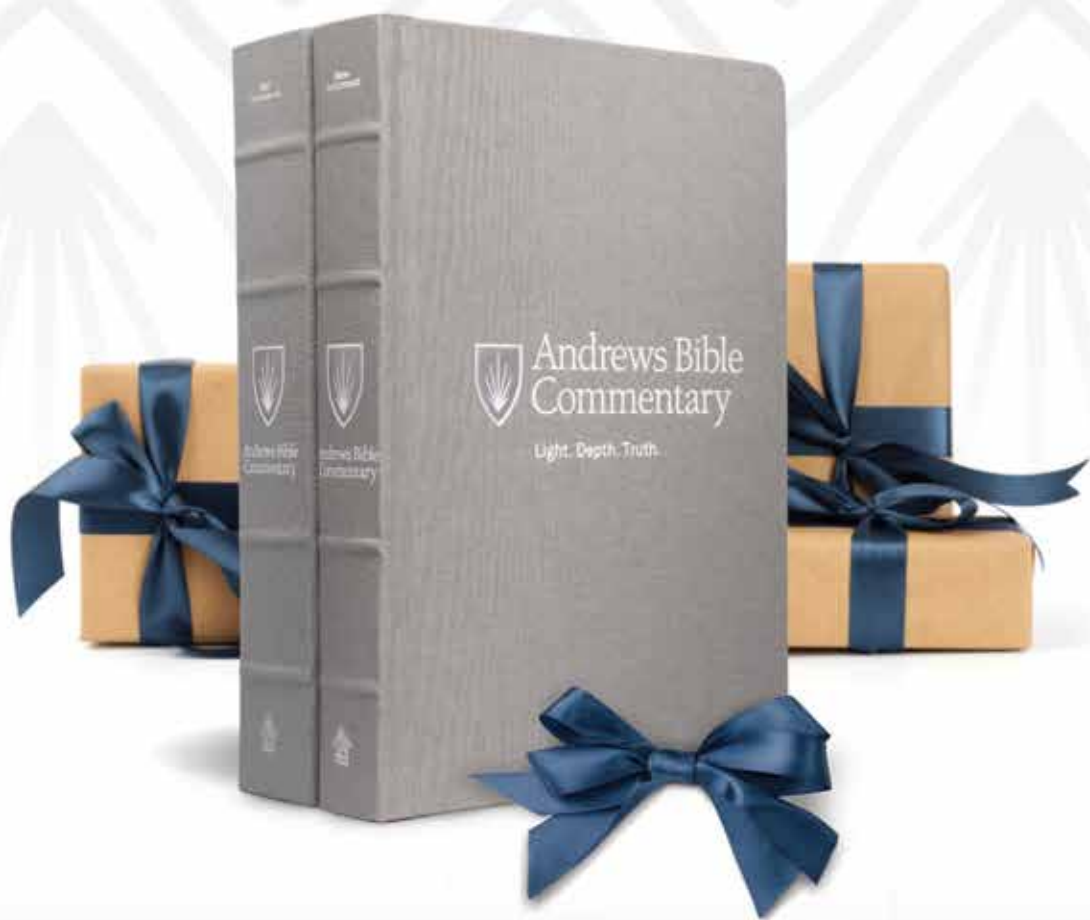
Official Wording: The Scriptures testify that one of the gifts of the Holy Spirit is prophecy. This gift is an underlying mark of the remnant church and we believe it was manifested in the ministry of Ellen G. White. Her writings speak with prophetic authority and provide comfort, guidance, instruction, and correction to the church. They also make clear that the Bible is the standard by which all teaching and experience must be tested.



Search for Yourself: Numbers 12:6; 2 Chronicles 20:20; Amos 3:7; Joel 2:28, 29; Acts 2:14-21; 2 Timothy 3:16, 17; Hebrews 1:1-3; Revelation 12:17; 19:10; 22:8, 9.

In Conversation: Not to be confused with fortunetelling, prophecy has been inherently featured throughout Scripture. And in more modern times, through the ministry of a woman called Ellen White. Through visions given to her from the time she was a young woman, she has been instrumental in shaping and guiding Seventh-day Adventist beliefs. Her ministry provides another resource by which to understand what is to come as we look forward to Christ's return. But the Bible, as the definitive Word of God, will always be the number-one standard by which everything should be held up—something Ellen White repeatedly emphasized in her work.

Give the Gift of Light. Depth. Truth.



The Adventist standard for the next generation

Now complete in two rich and concise volumes
10 years in the making | Written by 60 Adventist scholars

Adventist Book Center: 800-765-6955 Andrews University Press: 800-467-6369

universitypress.andrews.edu



19 THE LAW OF GOD

Official Wording: The great principles of God's law are embodied in the Ten Commandments and exemplified in the life of Christ. They express God's love, will, and purposes concerning human conduct and relationships and are binding upon all people in every age. These precepts are the basis of God's covenant with His people and the standard in God's judgment. Through the agency of the Holy Spirit they point out sin and awaken a sense of need for a Saviour. Salvation is all of grace and not of works, and its fruit is obedience to the Commandments. This obedience develops Christian character and results in a sense of well-being. It is an evidence of our love for the Lord and our concern for our fellow



human beings. The obedience of faith demonstrates the power of Christ to transform lives, and therefore strengthens Christian witness.

Search for Yourself: Exodus 20:1-17; Deuteronomy 28:1-14; Psalm 19:7-14; 40:7, 8; Matthew 5:17-20; 22:36-40; John 14:15; 15:7-10; Romans 8:3,4; Ephesians 2:8-10; Hebrews 8:8-10; 1 John 2:3; 5:3; Revelation 12:17; 14:12.

In Conversation: We believe every one of the Ten Commandments is meant to be taken seriously, and when we do, our lives improve. Through obedience to these laws, our characters grow through Christ's example, and we can become living witnesses to the world, remembering that our salvation comes through the grace of Christ. While we certainly fall short of perfect adherence to the law, it is through our mistakes that the mercy and love of the Savior is shown. The Lord forgives and redeems no matter how much we mess up.



20 THE SABBATH

Official Wording:

The gracious Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath

7

for all people as a memorial of Creation. The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath. The Sabbath is a day of delightful communion with God and one another. It is a symbol of our redemption in Christ, a sign of our sanctification, a token of our allegiance, and a foretaste of our eternal future in God's kingdom. The Sabbath is God's perpetual sign of His eternal covenant between Him and His people. Joyful observance of this holy time from evening to evening, sunset to sunset, is a celebration of God's creative and redemptive acts.

Search for Yourself: Genesis 2:1-3; Exodus 20:8-11, 31:13-17; Leviticus 23:32; Deuteronomy 5:12-15; Isaiah 56:5, 6; 58:13, 14; Ezekiel 20:12, 20; Matthew 12:1-12; Mark 1:32; Luke 4:16; Hebrews 4:1-11.

In Conversation: The Sabbath is a gift. Not only is it a much-needed rest day from our busyness, but it renews our tired spirits and bolsters our faith through worship and time spent with those we love. It is a special 24-hour period that shows the world our commitment to following the commandments and exemplifies our devotion to Jesus, who is the Lord of the Sabbath. It revives us, fortifies us, and strengthens our bond to the Creator.

“Because of the Lord's great love and generosity, we believe it is important to take care of all He has given us and to give back through tithing and blessing others in whatever ways we can.”

21 STEWARDSHIP

Official Wording: We are God's stewards, entrusted by Him with time and opportunities, abilities and possessions, and the blessings of the earth and its resources. We are responsible to Him for their proper use. We acknowledge God's ownership by faithful service to Him and our fellow human beings, and by returning tithe and giving offerings for the proclamation of His gospel and the support and growth of His church. Stewardship is a privilege given to us by God for nurture in love and the victory over selfishness and covetousness. Stewards rejoice in the blessings that come to others as a result of their faithfulness.

Search for Yourself: Genesis 1:26-28; 2:15; 1 Chronicles 29:14; Haggai 1:3-11; Malachi 3:8-12; Matthew 23:23; Romans 15:26, 27; 1 Corinthians 9:9-14; 2 Corinthians 8:1-15; 9:7.

In Conversation: We've been given many blessings from the Lord in the form of physical and mental abilities, material possessions, our physical beings and relationships, and this beautiful earth we live in. Because of the Lord's great love and generosity, we believe it is important to take care of all He has given us and to give back through tithing and blessing others in whatever ways we can.



22 CHRISTIAN BEHAVIOR

Official Wording:

We are called to be a godly people who think, feel, and act in harmony with biblical principles in all



aspects of personal and social life. For the Spirit to re-create in us the character of our Lord we involve ourselves only in those things that will produce Christlike purity, health, and joy in our lives. This means that our amusement and entertainment should meet the highest standards of Christian taste and beauty. While recognizing cultural differences, our dress is to be simple, modest, and neat, befitting those whose true beauty does not consist of outward adornment but in the imperishable ornament of a gentle and quiet spirit. It also means that because our bodies are the temples of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures. Since alcoholic beverages, tobacco, and the irresponsible use of drugs and narcotics are harmful to our bodies, we are to abstain from them as well. Instead, we are to engage in whatever brings our thoughts and bodies into the discipline of Christ, who desires our wholesomeness, joy, and goodness.

Search for Yourself: Genesis 7:2; Exodus 20:15; Leviticus 11:1-47; Psalm 106:3; Romans 12:1, 2; 1 Corinthians 6:19, 20; 10:31; 2 Corinthians 6:14-7:1; 10:5; Ephesians 5:1-21; Philippians 2:4; 4:8; 1 Timothy 2:9, 10; Titus 2:11, 12; 1 Peter 3:1-4; 1 John 2:6; 3 John 2.



In Conversation: One of the highest ideals we can aim for in this life is to be like Jesus. So in our wanting to follow how He lived His life, healthy habits and behavior are key. Since Jesus was not a drinking, smoking, drug-abusing person eating unclean foods and harming His body and spirit, neither should we be. We have nothing to lose from avoiding those things, yet, as we know, a lot to lose when we partake in them. Our bodies and minds run so much better when filled with the good stuff, as Jesus has known all along.

23 MARRIAGE AND THE FAMILY

Official Wording: Marriage was divinely established in Eden and affirmed by Jesus to be a lifelong union between a man and a woman in loving companionship. For the Christian a marriage commitment is to God as well as to the spouse, and



should be entered into only between a man and a woman who share a common faith. Mutual love, honor, respect, and responsibility are the fabric of this relationship, which is to reflect the love, sanctity, closeness, and permanence of the relationship between Christ and His church. Regarding divorce, Jesus taught that the person who divorces a spouse, except for fornication, and marries another, commits adultery. Although some family relationships may fall short of the ideal, a man and a woman who fully commit themselves to each other in Christ through marriage may achieve loving unity through the guidance of the Spirit and the nurture of the church. God blesses the family and intends that its members shall assist each other toward complete maturity. Increasing family closeness is one of the earmarks of the final gospel message. Parents are to bring up their children to love and obey the Lord. By their example and their words they are to teach them that Christ is a loving, tender, and caring guide who wants them



to become members of His body, the family of God which embraces both single and married persons.

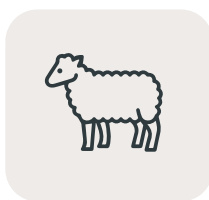
Search for Yourself: Genesis 2:18-25; Exodus 20:12; Deuteronomy 6:5-9; Proverbs 22:6; Malachi 4:5, 6; Matthew 5:31, 32; 19:3-9, 12; Mark 10:11, 12; John 2:1-11; 1 Corinthians 7:7, 10, 11; 2 Corinthians 6:14; Ephesians 5:21-33; 6:1-4.

In Conversation: We believe in marriage between a man and a woman united in the same faith for a lifetime. Marriage can be hard, and so this union is something to take very seriously. The Lord knows the effects sin has on our relationships, so He is always ready to help. The family is a very important unit—a gift that figures into the spreading of the gospel, and so we seek to raise our children in the faith through the example and exposure to the loving nature of Jesus. That said, all members of God’s family, regardless of whether they are married or single, are highly treasured, valued individuals.

Christ ministers on our behalf, making available to believers the benefits of His atoning sacrifice offered once for all on the cross.

24 CHRIST'S MINISTRY IN THE HEAVENLY SANCTUARY

Official Wording: There is a sanctuary in heaven, the true tabernacle that the Lord set up and not humans. In it Christ ministers on our behalf, making available to believers the benefits of His atoning sacrifice offered once for all on the cross. At His ascension, He was inaugurated as our great High Priest and began His intercessory ministry, which was typified by the work of the high priest in the holy place of the earthly sanctuary. In 1844, at the end of the prophetic period of 2300 days, He entered the second and last phase of His atoning ministry, which was typified by the work of the high priest in the most holy place of the earthly sanctuary. It is a work of investigative judgment which is part of the ultimate disposition of all sin, typified by the cleansing of the ancient Hebrew sanctuary on the Day of Atonement. In the typical service the sanctuary was cleansed with the blood of animal sacrifices, but the heavenly things are purified with the perfect sacrifice of the blood of Jesus. The investigative judgment reveals to heavenly intelligences who among the dead are asleep in Christ and therefore, in Him, are deemed worthy to have part in the first resurrection. It also makes manifest who among the living are abiding in Christ, keeping the commandments of God and the faith of Jesus, and in Him, therefore, are ready for translation into His everlasting kingdom. This judgment vindicates the justice of God in saving those who believe in Jesus. It declares that those who have remained loyal to God shall receive the kingdom. The completion of this ministry of Christ will make the close of human probation before the Second Advent.



Search for Yourself: Leviticus 16; Numbers 14:34; Ezekiel 4:6; Daniel 7:9-27; 8:13, 14; 9:24-27; Hebrews 1:3; 2:16, 17; 4:14-16; 8:1-5; 9:11-28; 10:19-22; Revelation 8:3-5; 11:19; 14:6, 7, 12; 20:12; 22:11, 12.

In Conversation: Christ is working in the heavenly sanctuary much like the high priest would have in the sanctuary of the Old Testament. But now Jesus is working through all of humanity by putting together the gathering of His people. Through this work in the heavenly sanctuary, He is making certain that those who love Him, keep the commandments, and hold fast to the faith He exemplified on this earth will be counted when He returns to take us to heaven. While the word “judgment” can be a negative term, in this case it’s all about the pulling together of Christ’s beloved—a labor of love, if you will.





The almost complete fulfillment of most lines of prophecy, together with the present condition of the world, indicates that Christ's coming is near.

25 THE SECOND COMING OF CHRIST

Official Wording: The second coming of Christ is the blessed hope of the church, the grand climax of the gospel. The Saviour's coming will be literal, personal, visible, and worldwide. When He returns, the righteous dead will be resurrected, and together with the righteous living will be glorified and taken to heaven, but the unrighteous will die. The almost complete fulfillment of most lines of prophecy, together with the present condition of the world, indicates that Christ's coming is near. The time of that event has not been revealed, and we are therefore exhorted to be ready at all times.



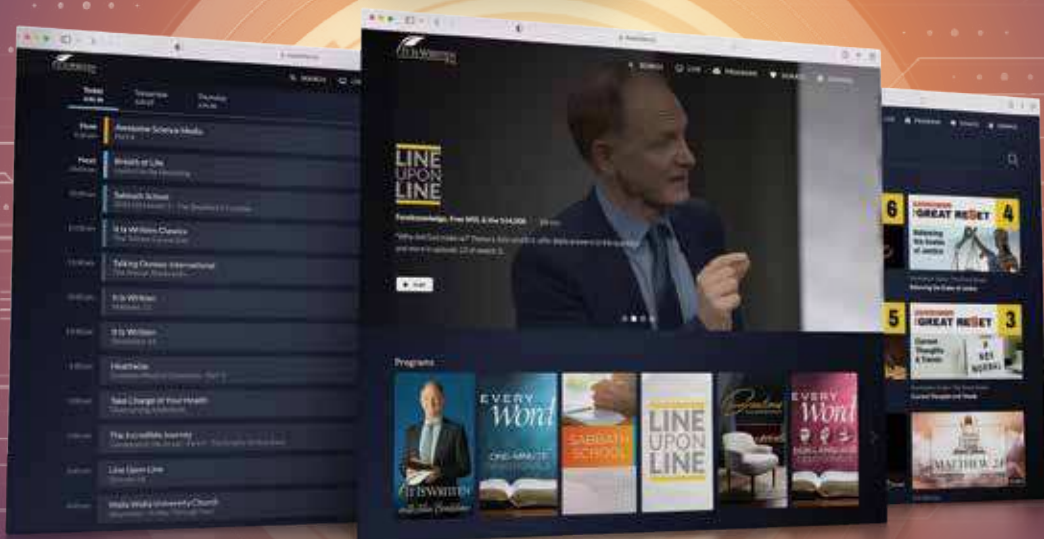
Search for Yourself: Matthew 24; Mark 13; Luke 21; John 14:1-3; Acts 1:9-11; 1 Corinthians 15:51-54; 1 Thessalonians 4:13-18; 5:1-6; 2 Thessalonians 1:7-10; 2:8; 2 Timothy 3:1-5; Titus 2:13; Hebrews 9:28; Revelation 1:7; 14:14-20; 19:11-21.

In Conversation: Life on Planet Earth is temporary, and soon all the pain, suffering, and sorrow will finally be over when Jesus returns. But His coming won't be a quiet incident. Every living being on earth will see it, hear it, and feel it. All those who have loved and lived for Him and died in the knowledge of His return will be resurrected. Broken families will be reunited, and those we have lost will be with us again. Everything that prophecy has pointed to regarding this moment will be fulfilled. Because only the Father knows this time, it's important to live in readiness.

DOVARI / ISTOCK / GETTY IMAGES PLUS / GETTY IMAGES



IT IS WRITTEN TV[®]



The It Is Written 24/7 Channel Live and On Demand

Enjoy our extensive lineup for free online and on your favorite device: the award-winning *It Is Written* series; inspirational programs such as *Sabbath School*, *Conversations*, and *Line Upon Line*; Spanish-language programs including *Escrito Está*; *It Is Written Classics* with founder George Vandeman; and other high-quality programs. New content is added regularly.

Find It Is Written TV
on these platforms:



itiswritten.tv

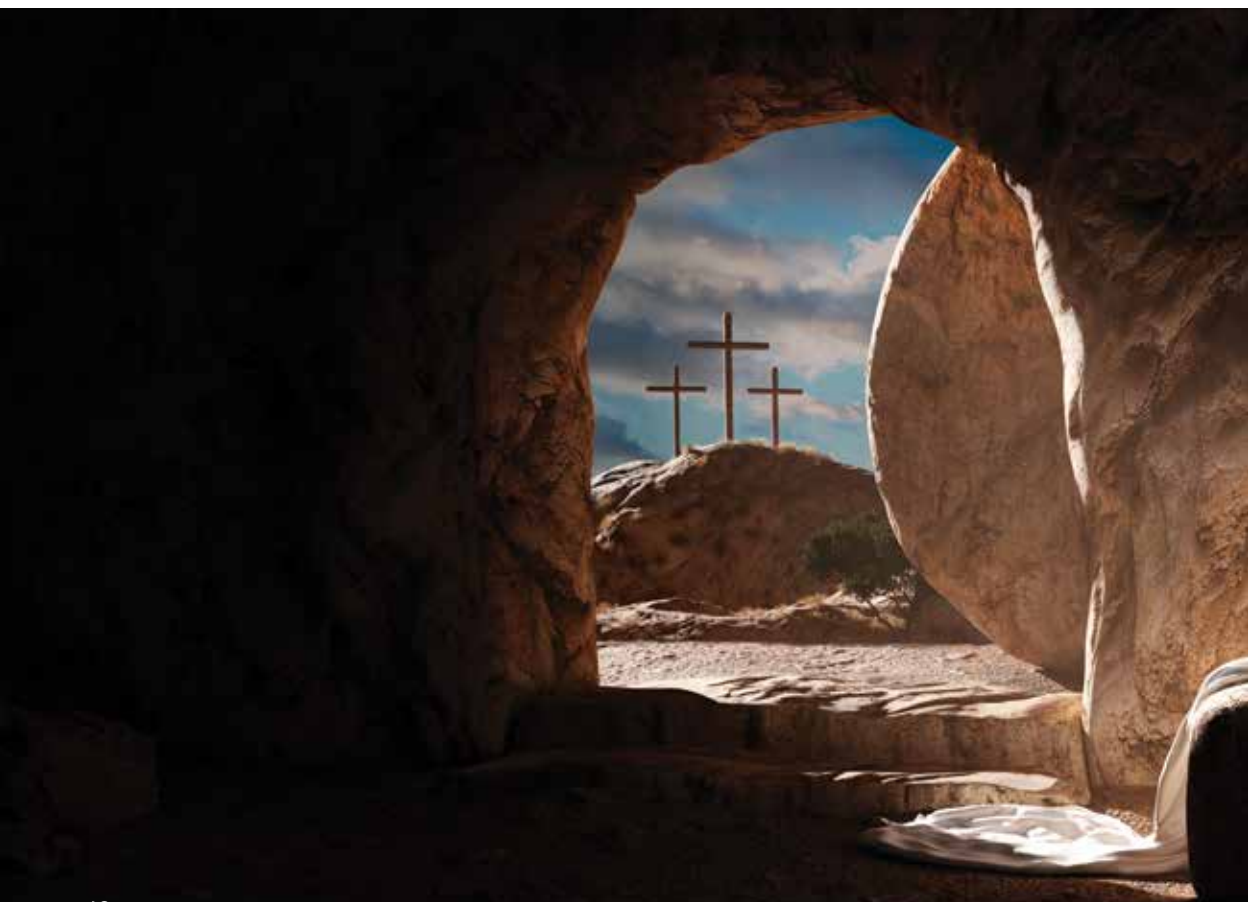
26 DEATH AND RESURRECTION

Official Wording: The wages of sin is death. But God, who alone is immortal, will grant eternal life to His redeemed. Until that day death is an unconscious state for all people. When Christ, who is our life, appears, the resurrected righteous and the living righteous will be glorified and caught up to meet their Lord. The second resurrection, the resurrection of the unrighteous, will take place a thousand years later.



Search for Yourself: Job 19:25-27; Psalm 146:3, 4; Ecclesiastes 9:5, 6, 10; Daniel 12:2, 13; Isaiah 25:8; John 5:28, 29; 11:11-14; Romans 6:23; 1 Corinthians 15:51-54; Colossians 3:4; 1 Thessalonians 4:13-17; 1 Timothy 6:15, 16; Revelation 20:1-10.

In Conversation: This belief is filled with so much hope. Death isn't the end of the story for those who claim Jesus as their Savior. It's a pressing of the pause button on life. Then, when Christ comes back for us, the play button is pressed again, and a new life in Christ will emerge better than ever to live in joy in heaven with Jesus.



27 THE MILLENNIUM AND THE END OF SIN

Official Wording: The millennium is the thousand-year reign of Christ with His saints in heaven between the first and second resurrections. During this time the wicked dead will be judged; the earth will be utterly desolate, without living human inhabitants, but occupied by Satan and his angels. At its close Christ with His saints and the Holy City will descend from heaven to earth. The unrighteous dead will then be resurrected, and with Satan and his angels will surround the city; but fire from God will consume them and cleanse the earth. The universe will thus be freed of sin and sinners forever.

1000

Search for Yourself: Jeremiah 4:23-26; Ezekiel 28:18, 19; Malachi 4:1; 1 Corinthians 6:2, 3; Revelation 20; 21:1-5.

In Conversation: While this might sound like the plot of a Hollywood sci-fi blockbuster, there are no actors or special-effects gurus to be found. In real life the saved in Jesus will be safe in heaven with Him, while Satan and his angels—no longer able to touch us—will be running amok on a ravaged Planet Earth. But at the close of 1,000 years we will descend with Christ from heaven, where fire from God will consume all evil and cleanse the earth forever. Sin and sinners? Never again.

LIGHTSTOCK

“This belief is filled with so much hope. Death isn’t the end of the story for those who claim Jesus as their Savior.”



JACOB BUCHHAYE / UNSPLASH

“There is no more battle between good and evil, for the Lord has won and shall never be challenged again.”

28 THE NEW EARTH

Official Wording: On the new earth, in which righteousness dwells, God will provide an eternal home for the redeemed and a perfect environment for everlasting life, love, joy, and learning in His presence. For here God Himself will dwell with His people, and suffering and death will have passed away. The great controversy will be ended, and sin will be no more. All things, animate and inanimate, will declare that God is love; and He shall reign forever. Amen.



Search for Yourself: Isaiah 35; 65:17-25; Matthew 5:5; 2 Peter 3:13; Revelation 11:15; 21:1-7; 22:1-5.

In Conversation: And finally, we will come to the best of the best, where the peace and joy we’ve longed for is all we will know for eternity. The earth made shiny and new will be the perfect place for God’s people to live in joy—completely free of suffering, death, and pain. There is no more battle between good and evil, for the Lord has won and shall never be challenged again. And everything—every last thing—will tell the story that God is, and has always been, love. ♣



Invest in a Young Refugee

After graduating high school, refugees in Rwanda face the challenge of finding a job. Impact Hope's vocational training program empowers young adults to launch their careers!

The Center for Hope

The Center for Hope provides vocational and entrepreneurial skills to start a business and become self-reliant. This year-round program offers trades in tailoring, hairdressing, culinary arts, agriculture and more!

How YOU can help:

\$50 a month gives the opportunity for a young man or woman to pursue a trade at the Center for Hope.

Make a monthly donation and learn more at:

www.Impact-Hope.org





PHOTO BY KARL FREDRICKSON ON UNSPLASH

the home that was promised to them? But if we reflect on the prayers in our lives that we feel God has left unanswered for far too long, we may better understand the experience of the Israelites.

DRILLING DOWN

A closer analysis of the Israelites' response at the edge of the Promised Land highlights the very human experience of trauma or repeated disappointment. For many years Israel had lived in Egypt as slaves. Their lives were not their own. They didn't control their own destinies. Daily they encountered human beings that weren't giants in stature but still lorded over every movement and moment of their lives. I imagine that the Israelites prayed for deliverance—year after year, generation after generation. They heard stories of their forefather Joseph saving the land from famine, and perhaps they wondered how God had used him to save the land that was now destroying them. Perhaps they prayed for the same abundance Joseph and his immediate descendants received, but year after year, generation after generation, they lived and died with that request unanswered.

After years of bondage, the narrative in the Israelites' minds was one of oppression. Disappointment had become deeply ingrained in the fiber of their being and the fabric of their culture. "Slave" had become their identity, disappointment their expectation.

SOMETHING NEW

I'm sure it came as a great shock when they tasted freedom for the first time. And although

WILL YOU ENTER THE PROMISED LAND?

Trusting God in spite of disappointments

"For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory" (2 Cor. 1:20, ESV).

EZRICA BENNETT

When the children of Israel came to the edge of the Promised Land, they sent spies to scope out the area and take stock of what was awaiting them. They discovered beauty unimaginable and resources beyond comprehension, but they were also faced with the imminent threat of giants. The fear that filled their hearts became larger than the giants themselves, and they refused to enter the land that was already theirs. They were left to wander in the wilderness for nearly 40 more years because of their unbelief. It almost seems wasteful. Why would they not enter

freedom was what they always desired, I can't help wondering: How easy would it be for their minds to reconcile the pain of a lifetime with the deliverance of that moment? Were their hearts filled with reverence after witnessing the plagues and the parting of the Red Sea, or did they question where this Deliverer had been all along? Did they wonder how the same God who had allowed them to live in bondage and oppression for hundreds of years only now presented them with a new home? Could this gift truly be theirs? When they discovered giants in the land—people capable of oppressing and enslaving them—did it trigger their deepest pains and fears?

It's impossible to know exactly what the Israelites thought as they stood at the edge of the Promised Land, but it's evident that although God intended to bless them, to their fearful and distrustful hearts it may have felt like a trap. They chose not to enter the land and witness the answer to their prayers. It was clear from their decision that while they had gained their physical freedom, their hearts and minds were still in bondage.

WHAT ABOUT US?

It's easy to look at Israel with contempt, but if you have ever prayed for the same thing for an extended period of time, you will know how difficult it is to keep trusting God after being disappointed repeatedly. It's also difficult to trust God with the areas of our lives in which we have experienced deep trauma and pain. Sometimes we unknowingly view God through the lens of the emotions we feel and the experiences we have or had. We attribute our discomfort to Him, and we judge His heart toward us based on our external circumstances. The children of Israel were no different. They didn't trust God to give them a safe home, because for hundreds of years that was exactly the thing they didn't have. There, at the edge of the Promised Land, we see a broken people, required to pick up their courage and believe that this time God would do for them what they had never seen Him do before.

This is exactly where God desires to meet us. God isn't impervious to the obstacles that litter our paths. He isn't unaware of the anxiety and consternation we feel about our future, or blind to the pain and brokenness of our past. But God is a Redeemer, and He wants to meet us in the place of our greatest disappointment and pain.

The failures and disappointments of our past in no way point to any ill intention of God, despite what our hearts may say.

He wants to rewrite the story, but only if we entrust that part of our lives to Him.

Do you find yourself praying once again for the same breakthrough, blessing, or miracle? Do you feel as if your hope has betrayed you? Do you cry out, *God, why should I trust You when I've trusted You before, only to be met with disappointment, rejection, or pain?* You are exactly where you need to be! God's response to your disappointed hopes is *I don't just want you to trust Me; I want to do more for you than you could ever imagine.* When we trust God with our deepest desires, He will redeem the years of pain we may have experienced. In His time He will make all things new. What the children of Israel were unable to see is that God will fulfill His promises to us even if it seems impossible from our vantage point. It may seem as if we've wasted years or months praying or seeking while God was moving on our behalf the entire time.

GROWTH THROUGH DISAPPOINTMENT

The failures and disappointments of our past in no way point to any ill intention of God, despite what our hearts may say. God has not forgotten the promises He made to us, but He will not force us to trust His goodness either. Right now we may be on the edge of a breakthrough, but our fear and anxiety cripple us. Maybe the stories of our disappointments are busy replaying in our mind? We can take comfort in knowing that God is tender with our broken hearts. When we come face to face with the disappointments that have enslaved us and we choose once again to trust God with them, we've chosen to enter our "Promised Land," and we will be able to truly recognize His goodness. Despite the pain of being disappointed again and again, don't let those disappointments behind you prevent you from entering the Promised Land before you. 📌

Ezrica Bennett is a young adult leader at the Loma Linda University church in southern California.



A HEARTFELT PLEA TO MY FELLOW ADVENTISTS

*Keep Jesus front and center
when witnessing.*



JANEL TASKER

My friend Carrie called me today to tell me about a health expo she attended, put on by Adventists in her hometown. I should have been overjoyed to hear that my friend, not a member of the Adventist faith, had attended and even helped at this event. And believe me, I was happy she had gone, and that my fellow Adventists had found this way of reaching their community. But I was also concerned. What had her experience been like? Had it been a faith-building, encouraging time for her? Or had it been like too many other times?

LOOKING BACK

You see, I feel a little protective of Carrie. I first met her several years ago in a small town in another country. She was a homesick Canadian and I was a homesick American, both struggling with the day-to-day challenges of raising toddlers. We met through a mutual friend who assumed that since we both spoke English with similar accents and seemed to be religious types, we must be basically the same. Carrie was a devout member of her religious group. I was a lifelong Adventist.

During the next several months and years we, along with our husbands, began a long journey of deep discussions and study. As a result of our shared journey, Carrie and her husband both came to the conclusion that the religious group they had previously identified with was promoting some serious errors. They made the agonizing decision to leave, knowing it would be very hard for their family to accept. They left the supportive and dignified religious community they had loved for many years, exchanging it for our very small, rural Adventist church.

Things started out well enough there. The Adventist members welcomed them with open arms. And even though the

singing might not have been exactly on key and the discussions might have at times been lacking in theological brilliance, Carrie and her husband appreciated the obvious sincerity of the people.

Carrie and I continued to study together, and a whole new world opened before her eyes. She began to fall in love with Jesus and with the beautiful picture of God's character that she found in the teachings of Adventism: a God who loves us unconditionally, despite what we do or don't do; a God who knows our need for rest and offers us a "sanctuary in time" every seven days; a God who longs to restore the intimacy of Eden, and who will come to take us home to live with Him forever; a God who is both mighty and transcendent, yet intimate and personal at the same time.

PAINFUL EXPERIENCES

Carrie began to consider joining the Adventist Church, but because of her past religious experience, she shied away from making a formal commitment to a human organization. She continued to attend church, study her Bible, and ask questions.

Then, suddenly, life took some unexpected turns. In the space of a few months my family moved across the country, and Carrie's moved back to Canada. As she visited a variety of Adventist churches looking for a church that felt like "home," here are some things Carrie experienced that left her bewildered and me with a growing concern.

- A Sabbath School class in which the focus was entirely on politics—while both the Sabbath School quarterly and the Bible stayed firmly closed.
- Comments about how silly evolutionists are. Carrie's husband currently believes in evolution, and would have

Show others what it feels like to have a vibrant relationship with Jesus.

appreciated a candid and respectful discussion of the topic.

- In a tiny congregation Carrie's family attended for several weeks, a very pointed sermon about "people who sit on the fence," while the speaker continued to glance directly at Carrie and her family at regular intervals.
- Discussions about the COVID-19 vaccine being the mark of the beast. Carrie's husband is a doctor who recommends the COVID-19 vaccine to his patients, and comments to this effect left them both upset.
- During the height of the pandemic, a church where not one person was wearing a mask despite a government mandate to do so. These well-meaning advocates of personal freedom may have felt they'd gained a victory, but they lost an opportunity to minister to Carrie, who quietly left, not wanting to expose her family and her husband's elderly patients to a bug she picked up at church.
- Discussions about food from both sides, with some Adventists advocating an organic whole plant food diet, and others telling her there was no reason not to eat pork and drink alcohol.
- Music so loud and lighting so dark that she felt she was back in the nightclubs she used to frequent before she joined her original religious group.
- Impassioned appeals to sell everything and move to the mountains and live off the grid to avoid the upcoming Sunday laws.

TIME TO REFOCUS?

Given this background, you can imagine why I was a little apprehensive when Carrie called to tell me about the health expo. How had it gone for her? What had her interactions with Adventists been like? Surely this outreach must have been a positive experience.

As it turned out, there were some positive elements. She thought the idea was wonderful, and she was glad she could volunteer at an event that

would help the community. But three things stood out that left her scratching her head:

During setup everyone was scrambling, and things seemed disorganized. Carrie suggested to the leader that they pray and ask for God's presence—but was told hurriedly that they didn't have time to stop and do that. They needed to keep working.

During the event an Adventist woman sought her out and insisted that she and her family needed to move to the country immediately to avoid the "time of trouble." The woman was very insistent and kept coming back even though Carrie politely declined to continue the conversation.

Another Adventist told her that Ellen White had predicted September 11 and insisted that this was vital information she needed to be aware of right now.

She then told me, with sadness in her voice, that she and her husband are planning to join a Bible study with a group of Christian professionals that meets each Sunday. She is convicted about the Sabbath and will continue keeping it at home. She also admires the Adventist understanding of Scripture, but her family won't be attending an Adventist church anymore. It's just too confusing and painful, and they need some support from Christians whose main focus is Jesus.

I wanted to weep. Not because I think Carrie is lost, but because, in a sense, I fear that we are. How have we lost our focus on the essentials?

My fellow Adventists—members of the church I love—we can do better. We *must* do better. There is a Carrie in your church right now—and also in mine. Someone who is seeking to understand the teachings of the Bible, who wants to know what it looks like and feels like to have a vibrant relationship with Jesus, who needs to hear the good news that Jesus is coming back to restore all that has been lost through sin. This is the message the world needs to hear, and it's also the message we have been entrusted with as Adventists. Anything else is a distraction from what we have been called to share.

I implore you—point Carrie to Jesus. Show her what it looks like to live a life of faith: to trust Jesus with our time, our finances, our relationships, all that we have and are—now, in the end-times, and throughout eternity. ▀

Janel Tasker has recently returned to the United States after living in Australia for 14 years. She and her husband and their two children make their home in Florida.

A SHARED JOURNEY

The Pacific Crest Trail (PCT) is a 2,600-mile hiking trail that closely follows the Cascade and Sierra Nevada mountain ranges through California, Oregon, and Washington. More than 9,000 people have hiked the entire trail between Mexico and Canada, which takes approximately five months.

PCT culture is fascinating. For one thing, what these hikers eat is sometimes laughable. They'll fill their backpacks with not only instant oatmeal, dried fruit, and anything you can wrap up in a tortilla, but also piles of chocolate bars and other high-fat treats. When you're burning 3,000-4,000 calories in a day, piling on the energy provided in a chocolate bar (or three) is necessary.

Each PCT hiker also has a trail name. Here are actual examples: Chief, Blind Rooster, Lizard King, Shortcake, Cinnamon, Torch, Cowabunga, Bubbles, Iron Duchess, U-Turn, and Tortuga. The way they get these names is as varied as the names themselves, and it gives them a unique identifier to put in milestone logbooks along the way. When they cross paths with another hiker, they often recognize one another's trail names.

As you can imagine, finding clean, drinkable water at regular intervals along the trail is essential, so in some cases, where natural sources are not readily available, "trail angels" regularly deliver cases of bottled water to specific spots. As hikers discover these things, sometimes they will mark the trail with pebbles or pinecones to let other hikers know where to find them.

Along the PCT are stopping points where most hikers spend a day or two recovering by sleeping in an actual bed, showering, and eating food they can't get on the trail (burgers, ice cream, potatoes, etc.). In some cases these are also places where the hikers can

receive mail, or where friends and family ship boxes of supplies for the next leg of their trip.

Reading or watching accounts of hikers meeting each other at these stopping points is incredibly endearing. Most of them have never before met, but as soon as they sit down at a table together they talk like old friends. They laugh while sharing stories. They groan together over particularly grueling sections of the trail or stupid mistakes that cost them a meal or a shoe or a dry sleeping bag. They open their packages together and cheer at the contents.

PCT hikers connect on a level most of the world will never understand because of one thing: a shared experience. When they meet, they know instantly that the other person understands where they've been, what they've seen, how hard it's been, and also how glorious. Without words, there's a camaraderie that binds them together and fills them with the energy, determination, and courage they need to pick up that pack and hit the trail again the next day. Because they've been reminded that they're not alone on their journey.

The same is true of our personal faith journeys. Whether it's with a spiritual study partner, a small group, or an entire congregation of churchgoers, we all need that regular reconnection with others sharing the journey with us. And we all recognize a fellow traveler. There's a camaraderie that binds us together and gives us the energy, determination, and courage we need to pick ourselves up and begin again, because we've been reminded that we're not alone on our journey. 🦋

Becky St. Clair is a freelance writer living in California with her husband and three children. She has a decade of experience in public relations for the church, and currently writes and copyedits for various church entities around the world.

THE FAITH-FULL LIFE
BECKY ST. CLAIR



WE ALL NEED THAT
REGULAR
RECONNECTION
WITH OTHERS
SHARING THE
JOURNEY WITH US.



LEARNING TO LOVE MYSELF

(and my neighbor, too)

The recent years have seen a deluge of articles and social media posts focusing on self-love. From “7 Ways to Practice Self-Love”¹ to “8 Powerful Steps to Self-Love,”² or, perhaps more comprehensively, “34 Ways to Practice Self-Love and Be Good to Yourself”³—self-love has been in the news and in current conversations.

Some Christians—including Adventists—may feel a bit uneasy about this trend.⁴ Doesn’t the Bible speak about denying oneself and taking up one’s cross (Luke 9:23)? Didn’t Paul warn young Timothy about people who will—among other things incompatible with Christian values and a Christlike character—be “lovers of self” (2 Tim. 3:2, ESV)? Is self-love just a convenient cover for narcissism and self-centeredness reflecting the root of sin and pride that caused Lucifer to rebel against God in a perfect universe? And what does it really mean to “deny oneself” and take up one’s cross? Should Adventists love their spouses and children, the world, their enemies—but not themselves?

Self-denial has often led to some sort of self-hate—in the past as well as today. In the Middle Ages many “denied” themselves, wore special clothing that constantly irritated the skin, or practiced self-flagellation in order to somehow “please” God and attain merits. Today we talk of self-hate or self-loathing. Self-loathing is often associated with a low self-esteem, a sense of continual inadequacy, or guilt.⁵ Psychologists and other caregivers have seen an increase in self-loathing among teenagers and young adults who have experienced body shaming, suffer from depression or anxiety, or struggle with other mental illnesses. This self-loathing can also be deeply rooted in past trauma or abuse. Clearly, denying oneself cannot mean hating or loathing ourselves—especially if we consider our lives and bodies to be part of God’s ongoing creation, which are, as David put it, “fearfully and wonderfully made” (Ps. 139:14).

WHAT AM I WORTH?

Our sense of self-worth seems to be intricately connected with how we relate to ourselves and to the world surrounding us. Part of growing up involves stages during which a teenager wonders *who* he or she really is and where his or her place in this world is. That’s normal—and yet, it seems as if many get stuck in this phase.

Joseph’s story offers some surprising insights

into the crucial question of our self-worth. The Bible tells us that he was Daddy’s favorite because he was a latecomer and the son of Jacob’s favorite wife (Gen. 37:3). Jacob honored Joseph by gifting him a special robe that distinguished him from his brothers. This special status didn’t endear him to his brothers, but it sure felt good.

Imagine the shock on Joseph’s system when he found himself bound and on his way to Egypt, where he was sold as a slave. Suddenly he was a nobody—someone who could be bought or sold at will. Joseph had to quickly learn a lesson that we all need to learn at one point or another: *If we are dependent on others to tell us what we are worth, then we will be in for a rough ride and be horribly confused.* This confusion and pain will wreak havoc with our relationships. We need to find our self-worth in what God thinks of us—how God sees us and not in the roles that we currently have. We are not important or valuable because of a title, an academic degree, a seven-figure investment account, or the way we dress or look.

God looks at each of us with glasses tinted with grace. He sees potential, beauty, talent that we can’t even imagine. Ultimately He was prepared to die for us so that we could get the opportunity to become all we were created to be. Now, that’s an intact self-esteem.

Joseph’s roller-coaster experience in Egypt prepared him to be the person God wanted him to be and to ultimately say to his brothers: “I am Joseph your brother, whom you sold into Egypt. But now, do not therefore be grieved or angry with yourselves because you sold me here; for God sent me before you to preserve life” (Gen. 45:4, 5). When we know who we are in God, we can begin to project this healthy self-worth to others. That lies at the center of a conversation Jesus had with a Pharisee in Matthew 22:34-40.

LOVE GOD, OTHERS—AND YOURSELF

The lawyer asks a seemingly innocent question: *What’s the most important command?* The question reflects a hotly debated issue in first-century Judaism and, having listened to some of Jesus’ statements about the law, the questioner must have hoped for a response that would damage Jesus’ reputation or even endanger His life.

Jesus quotes two Old Testament texts. The first one, “You shall love the Lord your God with all

This value is not based on our achievements or even actions. It's simply based on the fact that we can call Him "Abba."

your heart, with all your soul, and with all your mind," comes straight from Deuteronomy 6:5 and is part of the Shema, the statement of faith that any Jew would recite daily. *God is first*, Jesus says, *always*. Devotion to God must be complete.

But then Jesus continues, this time quoting from Leviticus 19:18: "You shall love your neighbor as yourself." Jesus underlines that both commands are equal in their importance. We love God, and because we love God, we can love our neighbor—and ourselves. Jesus' answer to the lawyer's question about the hierarchy of God's law pulled the rug from under the feet of the rabbis and scholars who loved debating that hierarchy. Instead, Jesus points us back to motivation and heart attitude. Loving God must be the basic and underlying reason we keep the Sabbath, love a neighbor, pay God's tithe, live a healthy life, or respect the sanctity of another person's marriage. Loving God leads to loving others, including ourselves. In fact, we can love God and others only because we know the God who offers Himself as a sacrifice to atone for our sins.

While Jesus didn't include a complete interpretation of the text from Leviticus, a closer look at that entire chapter that focuses on holiness and morality helps us catch a significant nuance. The chapter contains a series of repetitions that tie the different sections together.⁶ The reference to loving a neighbor in Leviticus 19:18 needs to be read together with its parallel occurrence in Leviticus 19:34, where Israel is commanded to love "the stranger [or foreigner] who dwells among you." Neighbor and stranger are to be loved equally—recognizing that we too are loved unconditionally by the Creator and Savior of the universe! The recognition of God's great love for us gives us the freedom to love others—as ourselves.

Jesus' final statement to the lawyer in Matthew 22:40 helps us grasp the importance and priority of the principle of love. "On these two commandments hang all the Law and the Prophets." By

focusing on this principle, Jesus invites us to apply love—God's love and our love—to every relationship, challenge, or situation we encounter.

ON SAFE GROUND

Jesus' straightforward and ingenious answer to a carefully laid trap helps us understand the pivotal importance of love. This love goes way beyond the Valentine Day's kind of love of red hearts, cute cards, and plenty of gifts. It offers us the foundation to extend this love to those around us, also including ourselves. If God really loves us that passionately, how can we question our own worth and wonder about our own value?

This value is not based on our achievements or even actions. It's simply based on the fact that we can call Him "Abba"—our good Father who is merciful, compassionate, kind, just, righteous, forgiving, and so much more. I love the way Ellen White describes what God sees in each one of us: "The value of a soul, who can estimate? Would you know its worth, go to Gethsemane, and there watch with Christ through those hours of anguish, when He sweat as it were great drops of blood. Look upon the Saviour uplifted on the cross. Hear that despairing cry, 'My God, my God, why hast thou forsaken me?' Mark 15:34. Look upon the wounded head, the pierced side, the marred feet. Remember that Christ risked all. For our redemption, heaven itself was imperiled. At the foot of the cross, remembering that for one sinner Christ would have laid down His life, you may estimate the value of a soul."⁷

That's convincing enough for me. ▀

¹ Barbara Field, "7 Ways to Practice Self-Love," *VeryWellMind.com*, see <https://www.verywellmind.com/ways-to-practice-self-love-5667417>.

² Melanie Greenberg, "8 Powerful Steps to Self-Love," *Psychology Today*, June 29, 2017, <https://www.psychologytoday.com/us/blog/the-mindful-self-express/201706/8-powerful-steps-self-love>.

³ Jade Nyx, "34 Ways to Practice Self-Love and Be Good to Yourself," *Lifehack.org*, <https://www.lifehack.org/articles/communication/30-ways-practice-self-love-and-good-yourself.html>.

⁴ See, for example, "Self Love and Christianity: Are They Compatible?" <https://www.beardedapologetics.com/blog/2020/12/26/self-love-and-christianity-are-they-compatible>.

⁵ "Self-Hatred," *Psychology Today*, <https://www.psychologytoday.com/intl/basics/self-hatred>.

⁶ Such as, for example, "You shall keep my Sabbaths" (Lev. 19:30), or "You shall . . . fear your God" (verses 14, 32). Cf. Stephen K. Sherwood, *Leviticus, Numbers, Deuteronomy*, Berit Olam (Collegeville, Minn.: Liturgical, 2002), pp. 74-77.

⁷ Ellen G. White, *Christ's Object Lessons* (Washington, D.C.: Review and Herald Pub. Assn., 1900, 1941), p. 196.

Gerald A. Klingbeil serves as associate editor of *Adventist Review Ministries*.

New Year's Resolutions Falling Flat?



Get a boost from
Lifestyle
Magazine
www.Lifestyle.org



Healthy Living Is More Than Physical... It's Mind, Body & SOUL

- Find resources to keep you motivated and focused at www.Lifestyle.org/life-blog
- Sign up to receive weekly "Life Tips" from Lifestyle Magazine



Scan Here to Get Tips Now

A FORWARD- LOOKING PEOPLE



VICTOR MARLEY

We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.”¹

Ellen White wrote this statement as she looked back on her life and thought about the future of the fledgling movement to which she had given so much. It was not a backward-looking statement, however; rather it was an encouragement to the Adventist Church to keep moving forward into the unknown.

The world is changing rapidly, and recent events have only contributed to the sense of foreboding many people feel. In meeting the needs of people living in a world of comprehensive change, the church also faces huge challenges. Ellen White’s stirring message is more relevant now than ever before. It points us to hope, the future, and to what we must do as God’s people.

HISTORICAL PRECEDENT

In reminding readers to remember, she is doing what a long line of God’s messengers have done. In fact, God Himself ordered the building of the very first historical monument as the children of Israel stepped, for the first time, onto the shores of the Promised Land. “When your children ask you, ‘What do these stones mean?’ tell them that the flow of the Jordan was cut off before the ark of the covenant of the Lord. . . . These stones are to be a memorial to the people of Israel forever” (Joshua 4:6, 7, NIV).

As God’s people faced the giants and the walls of the Promised Land, it would be important for them to remember the way the Lord had led them. For 40 years they had been trapped in the desert of fear and regret. They had been freed as slaves, and yet they had been unable to possess the life God had in store for them.

The problem with fear is that it hinders us from experiencing the life or achieving the potential God has in store for us. Many of us are fearful. Some are fearful of present world events and end-time scenarios. Others are fearful of change, creativity, or having to move out of their comfort zone. Some are fearful of losing power. I have met Adventists who are fearful of openness and honesty. Some fear emotions. Others fear even the Holy Spirit. Many are fearful of sharing their faith or taking a friend to church. I wonder if too many of us are trapped in the spiritual desert of

fear, freed from “Egypt” (or should we say Babylon?), but unable to take possession of the Jesus-filled life to which we are called.

SEEING THE BIGGER PICTURE

Ellen White says we have nothing to fear. In her own day she observed church leaders who, when faced with opportunities or challenges for which they felt unprepared, failed “to move out and venture something in the cause and work of God.” “Someone must advance,” she wrote. “Someone must venture in the fear of God, trusting the result with Him.”² Her call was for what modern leadership theorists would call “adaptive leadership,”³ the ability to adapt and thrive in challenging situations.

This kind of leadership involves the ability to see the bigger picture, stretching always toward the finish line with disciplined action. It requires the ability to listen to those around us to discern how to share the gospel today, in new and innovative ways. Adaptive leadership sees what needs to be changed and the pace at which change can happen. It also encourages visionary young people to step up.⁴ As society and culture change rapidly, we need adaptive leadership in our churches as never before. Otherwise, we will end up speaking only with ourselves about issues only we understand.

How do we communicate the message of God’s love and of Jesus’ return to our post-Christian, secular, atheist friends, and even our own young people who grow up with this culture all around them? Many of us, at a loss as to what to do, believe that the responsibility lies with the pastors, who try variations of what has succeeded in the past, but feel discouraged by the lack of results and lack of enthusiasm from church members.

Our administrators, under pressure themselves, urge employees to keep trying, perhaps to try harder—to do the same things better. At the same time, decline in membership and pastoral staff means that more and more is expected of fewer and fewer. Sociologists of religion would suggest that this is the norm and that every religious movement dies out in the end. Other researchers claim that this end is not inevitable, but that there comes a point where, in order to survive, a church needs to rediscover its mission and what that mission looks like in the present culture.⁵

A part of remembering is to recall “His teaching in our past history.”

CHANGING OUR THINKING

We are encouraged to remember, therefore, not to copy what was done in the past, but to be inspired to inquire of God, who led us so well in the past. God is calling us today to think big, think new, think together with Him, about what it means to be an Adventist—a bringer of hope and announcer of good news—in today’s world.

In understanding how God wants us to conduct His mission today, our young people are among our greatest assets. They understand the culture in which we are operating. We wonder why our young people leave the church. I know that some leave because they have never had the opportunity to use their abilities and insights for God, and have never experienced serving alongside Jesus Christ.

God used young people in the past, so we can assume He will use young people now and into the future. Are our fears, policies, routines, and traditions holding back the “army of youth”⁶ that Ellen White believed in so much? We who are older need to engage our young people in creative, innovative thinking, and we need to listen to them, advise them, and support them in doing great things for God.

This doesn’t mean we change who we are as Adventists. A part of the remembering, Ellen White urges us, is to recall “His teaching in our past history” We are heirs of the Reformation, believing in the Bible as God’s Word, and in salvation through faith in Jesus Christ alone. We are also heirs of the First Great Awakening, with its emphasis on the importance of a personal relationship with God. We grew directly out of the Second Great Awakening, with its renewed interest in Jesus’ second coming, and when that little group of Adventist believers were disappointed, they searched the Scriptures again.

They came to understand the theme of the great controversy over God’s character, the truth of Jesus’ high-priestly ministry, the gift of the Sabbath, and the state of the dead. Our message is of a loving God who never gives up on His creation and who is coming back very soon. It is a message of hope in a world without hope.

Arthur White, writing in *Ministry*, reminds pastors and leaders of the church of his grand-

mother’s encouraging words: “We have nothing to fear for the future . . .”

“Adventists are a forward-looking people, but there are times when it is appropriate to look back—not fearfully to see if we should have taken some other path, or to make sure that the foundations are securely laid. No! No! But to gain strength and renewed confidence, through the clear assurance of the testimony of past experience, that truly this is God’s work. He has led us, and He will lead us safely through the difficult days before us.”⁷

We too can find great encouragement from remembering. From obscurity and weakness came publishing houses sending out hundreds of thousands of publications every month. One of the largest health systems in the world was developed. Lifestyle medicine research saved countless lives. A huge educational system was developed. Missionaries were sent throughout the world.

The church was organized in an entirely new and innovative way, and membership has grown to many millions. The first Seventh-day Adventists had no pattern to follow, no policy book to fall back on, but in faith they moved creatively forward, showing real adaptation to the new situation they were in and to the world around them.

The role of looking back is not to do what we have always done, or to do what is easier. No, the role of looking back is in order to look forward. Remembering is not to stop going forward, but to give us the courage to go on, to make difficult decisions, to meet new challenges, to step out in faith and find new ways to take the Adventist message to the world. ■

¹ Ellen G. White, *Life Sketches* (Mountain View, Calif.: Pacific Press Pub. Assn., 1915), p. 196.

² Ellen G. White, *Testimonies for the Church* (Mountain View, Calif.: Pacific Press Pub. Assn., 1948), vol. 3, p. 14.

³ <http://cambridge-leadership.com/adaptive-leadership/>

⁴ R. A. Heifetz and D. L. Laurie, “The Work of Leadership,” *Harvard Business Review* 75, no. 1 (1997): 124-134.

⁵ A. J. Roxburgh and F. Romanuk, *The Missional Leader: Equipping Your Church to Reach a Changing World* (San Francisco: Jossey-Bass, 2006).

⁶ Ellen G. White, *Education* (Mountain View, Calif.: Pacific Press Pub. Assn., 1903), p. 271.

⁷ Arthur L. White, “Except as We Shall Forget,” *Ministry*, January 1941, pp. 16-18.

At the time this article was submitted, **Victor Marley** was president of the Norwegian Union Conference of Seventh-day Adventists.

Exciting New Magazine

About the **Three Angels' Messages!**

Perfect for Sharing
and Mass Mailing!

EARTH'S FINAL WARNING

THE THREE ANGELS OF REVELATION

This captivating, beautifully designed, full-color magazine makes essential end-time prophecy easy to understand and is the perfect resource for sharing with friends, family, and neighbors!

Now available at great bulk pricing—so stock up today! And please call us at 800-538-7275 for more information about tax-deductible mass-mailing opportunities.

BK-3AMR ... \$2.95



BULK PRICING:

10+ \$2.45 ea.	250+ \$1.20 ea.
25+ \$2.10 ea.	1,000+ \$1.10 ea.
50+ \$1.95 ea.	5,000+ \$1.05 ea.
100+ \$1.50 ea.	



Order now at **afbookstore.com**.
Or call **800-538-7275**, Mon–Thu, 8:30 AM – 6:00 PM PT.

AMAZING FACTS
INTERNATIONAL



HIS Impact On Me



Finding Wholeness

Nathaniel is a senior at Holbrook Indian School (HIS) and one of three siblings from the Greyeagle family to have attended HIS. On May 2021, the entire family was baptized together during one of the school's Sabbath services. Before their family baptism, Nathaniel says their family was not Christian. Nathaniel's dad was battling drug addiction, and Nathaniel says he struggled with depression.

It was through the recovery program hosted by the Chinle Seventh-day Adventist church located on the Navajo Nation that Nathaniel and his family were first introduced to Holbrook Indian School.

What made me want to come to HIS was my poor mental health and my low grades. I was feeling trapped, I wanted to try a new school. I heard about HIS through my cousin Charles' mom.

After hearing the message of others who had come here before me and how it had changed them, I wanted that experience. I wanted to see how healthy it was to be here.

When I was here, I learned more about the Bible, Jesus, and God and thought it over and thought yeah, I do want to be baptized.

My experience at HIS has helped me by providing a place for me to talk about my experiences and opening me up to others who are experiencing similar issues. I did not have this at my previous school.

You can help other students like Nathaniel find wholeness, despite their circumstances.
To to make a gift, visit HolbrookIndianSchool.org/donate.



**HOLBROOK
INDIAN SCHOOL**

Development Department
P.O. Box 910
Holbrook, Arizona 86025-0910
(928) 524-6845 (Ext. 109)
Development@hissda.org



PETER N. LANDLESS ZENO L. CHARLES-MARCEL

TAKE A BREAK

It's good for your health.

For optimal brain functioning, we need both focus and unfocus.

Q: I am a writer/graphic designer and telework three days a week. My supervisor projects her “workaholic” on us. I feel apologetic when I take a break or request vacation time. At my company, breaks and vacations seem to be tolerated because it’s the law. Are vacations and breaks healthy or shirking responsibility?

A: Taking a break, legitimately, is *not* “idleness” or “a waste of time”; nor is it shirking responsibility. Taking a break from time to time appears to be an essential component of brain health and hygiene. This is part of self-care, yet many people in the United States leave their vacation time unused.¹

It’s impossible to avoid some people with lazy habits and those who lack integrity and take advantage of working from home, using it as an extended staycation. Research showed, however, that early in the pandemic lockdowns, business productivity actually increased by 47 percent. This increase was attributed to working from home.²

Many managers and workers alike see this *increased work-related productivity in themselves and their peers* as being a result of fewer distractions and more autonomy in creating a feasible work schedule. Nonetheless, in another survey in 2022, employees expressed missing out on office socialization and peer interaction, other significant factors in brain health.³

When we take a break, the brain does not go into “park” or “idle”; rather, it enhances activity in a special “unfocus network,” or “default mode network” (DMN). Some scientists reapplied the initials to stand for “Do Mostly Nothing.” The DMN, however, uses 20 percent of the body’s energy while we’re at rest! Intense focus increases energy usage by only another 5 percent.

When we turn our focus brain “off” and take a break, the DMN takes over and retrieves memories, organizes and rehearses what you are going to say

in an upcoming important conversation, or creates links among previously unassociated ideas. It also processes previous actions and interactions and compares them with our “ideals,” and so it’s involved in helping us understand and represent the *self*. Moreover, the DMN helps us understand how others are thinking and how to model their minds; it even improves our perception and discernment—essential components for good planning and forecasting.

HERE ARE SOME WAYS TO TAKE A BREAK AND ACTIVATE THE DMN:

- » A 10-minute nap sharpens thinking.
- » A 90-minute nap increases innovation and productivity.
- » Physical exercise activates DMN function and decreases brain atrophy.
- » Walking (especially outdoors) improves fluency, flexibility, and novelty of thinking.
- » Positive Constructive Daydreaming (e.g., enjoying the warmth and beauty of the day) increases creativity.

Training the mind to focus on tasks or problem-solving is important for navigating life; yet, for optimal brain function, we need both focus and *unfocus*. So, without apology, let’s follow Jesus’ advice to His disciples: “Come apart and rest awhile” (see Mark 6:31, KJV). Let’s build *unfocus* times into our days, weeks, months, and years for our brains’ sake. ▀

¹ Workers’ access to and use of leave from their jobs in 2017-2018, U.S. Bureau of Labor Statistics, <https://www.bls.gov/news.release/pdf/leave.pdf>.

² <https://www.businesswire.com/news/home/20200519005295/en/>

³ *Frontiers in Psychology*, Nov. 17, 2022, 13:1034454.

Peter N. Landless, a board-certified nuclear cardiologist, is director of Adventist Health Ministries at the General Conference. **Zeno L. Charles-Marcel**, a board-certified internist, is an associate director of Adventist Health Ministries at the General Conference.

Make your church a **CENTER OF COMPASSION** in your community

Our communities need compassion and support as they navigate today's unique challenges. *Faith For Today* is here to help your church meet your community's needs just as Christ did when He mingled amongst us.

The GRIEF SESSIONS: Facing Loss and Finding Peace

If you are grieving or know someone who is, this curriculum is for you.



Scan here to
learn more

EMOTIONAL HEALTH: Unlock Your Best Life

A six-session curriculum designed to help us become emotionally healthier and stronger



Scan here to
learn more



Engaging the Mind • Touching the Heart

P.O. Box 1000 • Thousand Oaks, CA 91359 • (888) 940-0062 • www.FaithForToday.com



WARPED AND DUSTY

It was just an old piano, sitting in the corner, collecting dust. It no longer held its tune, and the wood of the piano had warped and aged. It was good for nothing. We even had it appraised, and the expert said it was worth what it would bring for the wood, if that. Nobody even took the time to list it for sale. It was worthless.

It was an easy job. Others said it was easy, as they had seen it done before. How hard could it be to gut a piano and place a keyboard inside? The aesthetics of a baby grand piano on television look amazing, and there would be no more piano tuning, plus no bleed from the piano mics into the vocalist's mic, since it would actually be a keyboard inside. It was a win-win.

Our carpenter had a few words to say about the ease of making this happen, but he eventually determined it could be done safely. I had confidence in his ability: if anybody could transform a piano into a keyboard while maintaining the look of the piano, he was the one. I was just relieved the piano would no longer clutter up the corner. Somebody had found a purpose for it after all.

The process began with transporting the old piano to 3ABN's workshop. The keyboard was inserted, and it was time to drill a hole in the side of the piano for the cable. That's when someone on the team noticed the model of the piano and the serial numbers inside. News travels

fast in any organization, and it was only moments later that someone knocked on my door. "Jill, that old piano? The worthless one we're gutting and repurposing for the set? It could be worth a great deal."

All progress halted while we investigated the legitimacy of the rumor. It was true. Even with the piano warped, even though it couldn't hold a tune, even though we had deemed it worthless, it actually had value.

Part of my job at 3ABN is overseeing the operations and personnel of this ministry. How often is someone tucked into a corner, collecting dust, when they could truly shine? Why is our worth determined by whether we've been warped by life or if we stay in tune? How do I learn to recognize another's worth and discover where they can truly flourish and thrive?

What about my own life? Have you heard the voices? *You're not good enough. You can't even hold a tune. Aren't you starting to warp?* The value of the piano came from the name and number of its maker, not from how it looked or even sounded. Even if I'm warped and dusty, that doesn't matter. All that matters is the name of my Creator.

Maybe I can be repurposed after all. 🎹

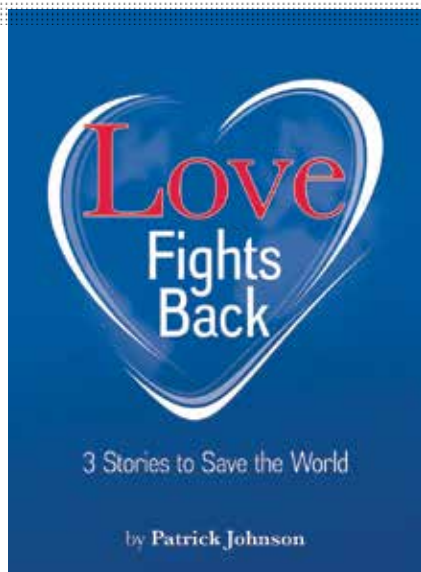
Jill Morikone is vice president and chief operations officer for Three Angels Broadcasting Network (3ABN), a supporting Adventist television network. She and her husband, Greg, live in southern Illinois and enjoy ministering together for Jesus.

JOURNEYS
WITH JESUS
JILL
MORIKONE



HAVE YOU HEARD
THE VOICES? YOU'RE
NOT GOOD ENOUGH.
YOU CAN'T EVEN
HOLD A TUNE.

CLOSER LOOK



The Story Everyone Should Hear

Patrick Johnson, *Love Fights Back: 3 Stories to Save the World* (Grantham, Lincolnshire, England: Stanborough Press, 2022), 225 pages (available on Amazon.com). Reviewed by Mack Tennyson, associate treasurer, Trans-European Division.

During the COVID-19 lockdown in the United Kingdom, I slipped into our closed office to make photocopies. Coincidentally, Patrick Johnson was there on the same mission. I asked him what he was doing to fill his days of lockdown. He said he was writing a book about Revelation's three angels' messages. To myself I thought, *Couldn't he find something more optimistic and upbeat than "The hour of [God's] judgment has come"? Or "Fallen, fallen is Babylon"? And "If anyone worships the beast . . ."? I thought lockdown was getting to this guy.*

Months later my heart sank when Stanborough Press released the book. Now I had to read it. Dutifully and begrudgingly I picked it up.

Within pages I discovered that this is a quintessential

The Gift: What the Sabbath Means to Me

Nikolaus Satelmajer, Sheryl Beck, Steve D. Cassimy, Abraham J. Jules, Ainsworth K. Morris, and Ruth I. (Nutter) Satelmajer, editors, *The Gift: What the Sabbath Means to Me* (Nampa, Idaho: Pacific Press Publishing Association, 2022), 206 pages; US\$17.99. Reviewed by Susan Phelps Harvey, author and former vice president for marketing, Pacific Press.

This collection of highly personal views of the Sabbath comes from an astonishing 168 different individuals. Six editors compiled the work of writers from 25 countries. The essays are short, punchy, and easy to digest. The roster of contributors reads mostly like a Who's Who of Adventist leadership, although chapters by nonchurch leaders, including a few teenagers, are also included. The youngest contributor is 12 years old. You'll likely find familiar names among this list.

While some contributors—mostly pastors and church officials—have presented thoughtful mini sermons on Sabbathkeeping, most participants have taken the subtitle, "What the Sabbath Means

Adventist book. All Adventists should read it. It's almost cliché to refer to our movement as the three angels' messages. We do it without considering how that name integrates our identifying Adventist doctrines with justification by faith alone and friendship with Christ. This book does precisely that.

The book paints an engaging picture of how the angels' messages beautifully capture Adventist identifying doctrines (i.e., the Sabbath, the pre-Advent judgment, the law, the Second Coming, and the last judgment). But its most import-

to Me,” literally, and have shared their personal stories. Many are nostalgic, some heartbreaking; all detail their individual experiences with Sabbathkeeping.

An entire section is devoted to “Sabbath witness” and is filled with stories on such topics as a lost job, a missed exam, a soccer game not played, and how those circumstances led to opportunities to share one’s Sabbathkeeping convictions with others. It occurred to me as I read these accounts that people are often called to witness for the Sabbath—whether they want to or not—when circumstances challenge them to take a stand. God works in mysterious ways!

The nostalgia aspect appears in the writers’ descriptions of Sabbath memories: in a backyard paradise in Loma Linda, California; on a hilltop overlooking the city of Kingston, Jamaica; at a picnic table beside a beautiful lake; in a landlady’s kitchen; in a busy hospital emergency room; at the Jerusalem Wailing Wall; in a pigpen with dirty, smelly pigs; and 200 miles north of the Arctic Circle—to name a few. These stories spoke to my heart and reminded me of the beauty and power of the Sabbath and how it enriches our relationship with God. In this wide range of places and



settings, I felt the strong sense of community that Sabbathkeeping brings to our church family, and how precious that connection is.

The editors’ enthusiasm for this project is evidenced not only by the large number of contributors they involved but also by the several pages of endorsements they’ve gathered, which appear in the front of the book. I suggest skipping over them and going directly to the meat of the volume. Then when you’ve finished, go back and read these endorsements. I think you’ll find more food for thought there and much to agree with. ♣

ant contribution is the description of how the angels integrate them in the motif of righteousness by faith alone and our special friendship relationship with God.

Starting off isn’t too easy. The first chapter, “Laying the Foundations,” recounts Patrick’s journey searching for the Adventist identity. It felt almost apologetic about the topic. The personal touch was nice, but the chapter should have launched readers quickly, confidently, and unapologetically into the rest of the book.

I noted a weakness in this chapter when it dismissed the value of the book to a non-Adventist audience. The only thing that makes it not a fan-

tastic book for non-Adventist readers is its apology for not being a fantastic book for non-Adventists.

It has been a long time since I have read such a good book explaining Adventism so well to non-Adventist Christians. After reading the volume, I realized that the book does a marvelous job of explaining Adventist beliefs in the context of hope and God’s love. Consequently, my strongest impulse was to get copies for my non-Adventist Christian friends.

If you are wondering why it’s crucial to be an Adventist in this time, Johnson’s book offers a worthy read. ♣

HOW'S YOUR HEART?

Grandpa is going in for his procedure this week," my mother shared quietly as we sat together on the couch. My elderly grandfather was going in for a second carotid artery stent, a relatively routine procedure but one his surgical team took seriously. "We need to pray it goes smoothly," she finished. Any cardiovascular procedure is concerning, but especially so for someone in fragile health.

A few days later Papa was out of surgery and recovering well. The doctor just wanted to keep him a little longer for observation. When I called him, his cheerful voice betrayed the fact that he'd just undergone a significant operation. He was looking forward to going home.

The next morning I woke up to a frantic text from my mom. My grandpa had taken a turn for the worse. His heart rate was out of control, dangerously high, then alarmingly low. The surgical team had taken him off an important medication without looking at his medical records, resulting in erratic blood pressure and heart rate. When they realized their error, the nurses quickly adjusted his medications and stabilized him.

The Center for Disease Control states that heart disease is the leading cause of death in the United States, with one person dying every 34 seconds from cardiovascular complications.* Fortunately, my grandpa wasn't one of those statistics. The issue is so significant that February was set aside as American Heart Month—28 days of bringing awareness to and educating the American people on the dangers of cardiovascular disease.

If you're reading this, you're likely a Seventh-day Adventist—one of the

longest-living people groups on earth. It may surprise you that even Adventists are at significant risk. We may exercise regularly, abstain from tobacco and alcohol, practice Sabbath rest, and enjoy a plant-based, whole-food diet, but we are still fighting an insidious disease that threatens to rob us of health and life. In spiritual terms, we are talking about the disease of sin.

Jesus warned us of our spiritual heart-sickness, that "out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander" (Matt. 15:19, NIV). Every problem on our dying planet issues from sin-sick hearts lashing out at others with the malicious poison of selfishness. Every war, every abused child, every act of immorality.

We need more than a simple routine procedure, such as the stent my grandpa received. We need a full heart transplant. God offers it freely to those who desire it. Ezekiel 36:26 promises that when the sin-hardened heart is removed, a new heart (with new thoughts, new emotions, new character and habits) is put in its place.

Yes, February is American Heart Month. But it would do us well to remember every day that we have two choices: live with an unrenewed heart, which is deceptive in its wickedness and incurable even with the best doctors (see Jer. 17:9), or receive a new heart, effusive with the joy and peace that comes only from above.

It's time for our checkup. Thankfully, the Doctor is in. 🍷

* <https://www.cdc.gov/heartdisease/facts.htm>

Beth Thomas serves as an assistant editor of Adventist Review Ministries.

**WE NEED MORE THAN
A SIMPLE ROUTINE
PROCEDURE, WE NEED
A FULL HEART
TRANSPLANT.**

“Giving makes an

eternal difference—

for yourself and others.”

—Olan Thomas

Planned Giving Director, *It Is Written*



Planned Giving
& Trust Services



Experience the joy of giving • willplan.org

Exciting New Magazine About the Three Angels' Messages!

BRAND
NEW FROM
AMAZING
FACTS

Perfect for Sharing and Mass Mailing!



Earth's Final Warning: The Three Angels of Revelation

This captivating, beautifully designed, full-color magazine makes essential prophecy easy to understand and is the perfect resource for sharing with friends, family, and neighbors!

This attention-grabbing magazine, as well as Amazing Facts' 11 other sharing magazines, are available at great bulk prices—so stock up today! Please call us at 800-538-7275 for more information about tax-deductible mass-mailing opportunities!

BK-3AMR ... \$2.95

BULK PRICING:

10+ \$2.45 ea. | 25+ \$2.10 ea. | 50+ \$1.95 ea. | 100+ \$1.50 ea. | 500+ \$1.20 ea. | 1,000+ \$1.10 ea.

Or you can check out our ...

MASS-MAILING OPPORTUNITY

Mass mail *Earth's Final Warning: The Three Angels of Revelation* for as low as \$1.26 per home.*

Now you or your church can share the truth in every home in your community for a low price. Reach more people with less expense by mass mailing *Earth's Final Warning: The Three Angels of Revelation!*

MASS-MAILING DISCOUNTS

Our mass-mailings offer the same product prices as buy-in-bulk; the prices below also include shipping costs to homes:

500+ homes, approx. \$1.88 per home*

1,000+ homes, approx. \$1.56 per home*

5,000+ homes, approx. \$1.26 per home*

*Prices are subject to change. Please call 800-538-7275 for current prices.
Price per home includes both material and postage.



AMAZING FACTS
INTERNATIONAL

ORDER NOW at afbookstore.com.
Or call 800-538-7275, Mon–Thu, 8:30 AM – 6:00 PM PT.