

# PROLOGUE



# (1) 2 SG 299, 300

## SPIRIT OF PROPHECY

Those who engage in the solemn work of bearing the third angel's message, must move out decidedly, and in the Spirit and power of God, fearlessly preach the truth, and let it cut. They should elevate the standard of truth, and urge the people to come up to it. It has been lowered down to meet the people in their condition of darkness and sin. It is the pointed testimony that will bring up the people to decide. A peaceful testimony will not do this. The people have the privilege of listening to this kind of teaching from the pulpits of the day.

## (2) 2 SG 299, 300

But God has servants to whom he has entrusted a solemn, fearful message, to bring out and fit up a people for the coming of Christ. There is a great difference in our faith and that of nominal professors, as the heavens are higher than the earth. {2SG 299.2}

The people are asleep in their sins, and need to be alarmed before they can shake off this lethargy. Their ministers have preached smooth things. God's servants, who bear sacred, vital truths. should cry aloud and spare not, that the truth may tear off the garment of security, and find its way to the heart.

### (3) ISAIAH 58:1 - 4

#### THE HOLY SCRIPTURES

1 Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.

2 Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

3 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.

4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.



## (4) ISAIAH 58:5 - 8

5 Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?

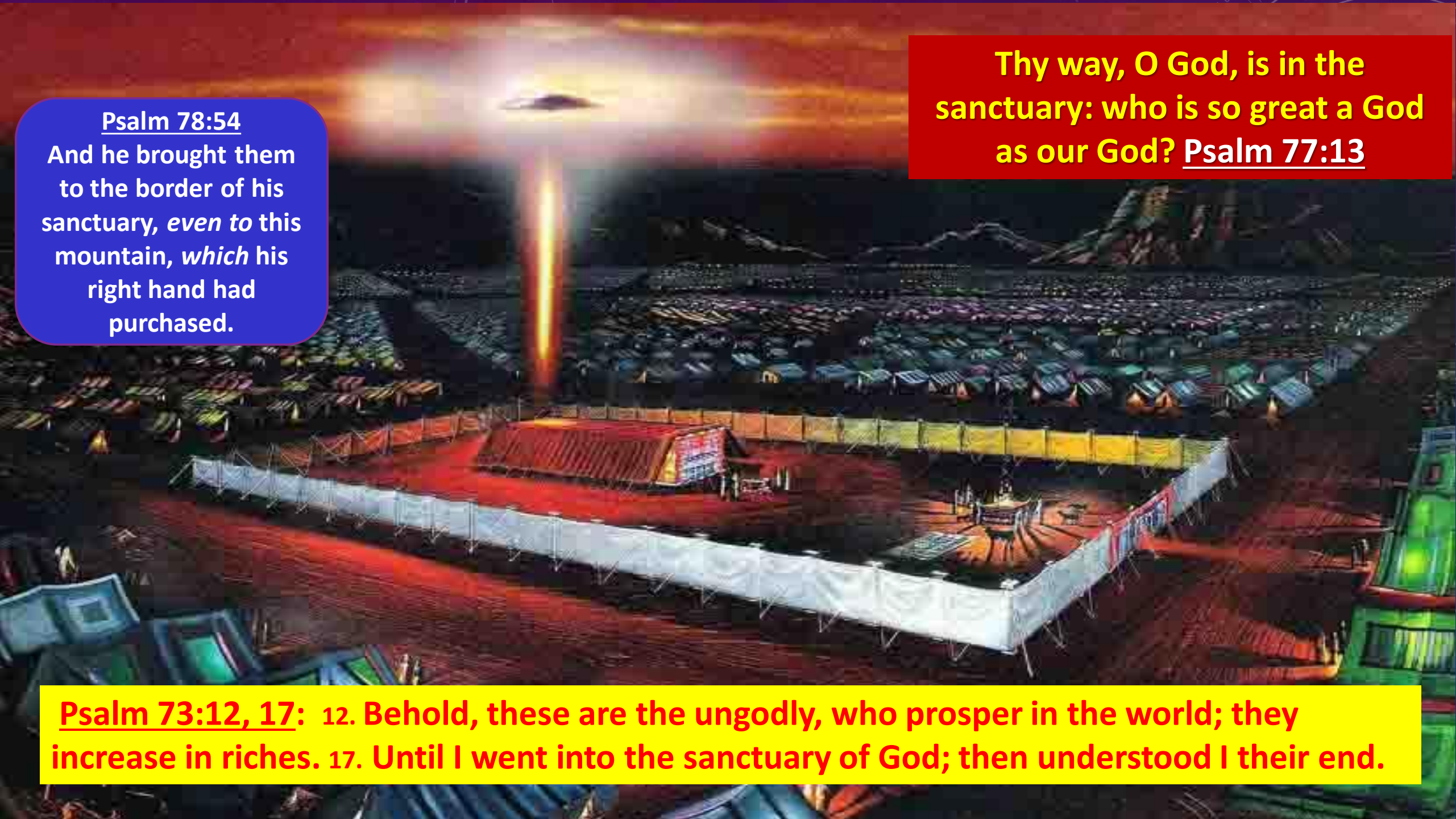
6 Is not this the fast that I have chosen? to **(1) loose the bands of wickedness**, to **(2) undo the heavy burdens**, and to **(3) let the oppressed go free**, and that ye **(4) break every yoke**?

7 Is it not to **(5) deal thy bread to the hungry**, and that thou **(6) bring the poor that are cast out to thy house**? when thou **(7) seest the naked**, that thou cover him; and that thou **(8) hide not thyself from thine own<sup>s</sup> flesh**?

## (4) ISAIAH 58:5 - 8

8 Then shall:

1. thy light break forth as the morning, and
2. thine health shall spring forth speedily: and
3. thy righteousness shall go before thee;
4. the glory of the LORD shall be thy rereward.



Thy way, O God, is in the  
sanctuary: who is so great a God  
as our God? Psalm 77:13

Psalm 78:54

And he brought them  
to the border of his  
sanctuary, *even to this*  
mountain, *which* his  
right hand had  
purchased.

Psalm 73:12, 17: 12. Behold, these are the ungodly, who prosper in the world; they  
increase in riches. 17. Until I went into the sanctuary of God; then understood I their end.



# THE ANTITYPICAL FAST

**The Most Holy Place  
Experience and  
Overcoming Sin**





## PP CHAPTER 22 – MOSES (*PP PAGES 255 – 257*)

- Moses returned to his father-in-law and expressed his desire to visit his brethren in Egypt. Jethro's consent was given, with his blessing, "Go in peace." With his wife and children, Moses set forth on the journey. He had not dared to make known the object of his mission, lest they should not be allowed to accompany him. Before reaching Egypt, however, he himself thought it best for their own safety to send them back to the home in Midian. {PP 255.3} (256)

## PP CHAPTER 22 – MOSES (PP PAGES 255 – 257)

- A secret dread of Pharaoh and the Egyptians, whose anger had been kindled against him forty years before, had rendered Moses still more reluctant to return to Egypt; but after he had set out to obey the divine command, the Lord revealed to him that his enemies were dead. {PP 255.4}
- On the way from Midian, Moses received a startling and terrible warning of the Lord's displeasure. An angel appeared to him in a threatening manner, as if he would immediately destroy him. No explanation was given; but Moses remembered that he had disregarded one of God's requirements; **yielding to the (256) persuasion of his wife**, he had neglected to perform the rite of circumcision upon their youngest son.

## CONT'D.

- He had failed to comply with the condition by which his child could be entitled to the blessings of God's covenant with Israel; and such a neglect on the part of their chosen leader could not but **lessen the force of the divine precepts upon the people**. Zipporah, fearing that her husband would be slain, performed the rite herself, and the angel then permitted Moses to pursue his journey. **In his mission to Pharaoh, Moses was to be placed in a position of great peril; his life could be preserved only through the protection of holy angels. But while living in neglect of a known duty, he would not be secure; for he could not be shielded by the angels of God.** {PP 255.5}
- In the time of trouble just before the coming of Christ, the righteous will be preserved through the ministration of heavenly angels; but there will be no security for the transgressor of God's law. **Angels cannot then protect those who are disregarding one of the divine precepts.** {PP 256.1}



The people are **asleep** in their sins, and need to be **alarmed** before they can shake off this **lethargy**.

Their ministers have preached **smooth things**; but God's servants, who bear sacred, vital truths, should **cry aloud** and **spare not**, that **the truth** may **tear off the garment of security**, and **find its way to the heart**.

1T 249.1 {GW92 89.3}







**It is too late in the day to feed with milk.** If souls a month or two old in the truth, who are about to enter the time of trouble such as never was, cannot hear all the straight truth, or endure the strong meat of the straightness of the way, how will they stand in the day of battle? Truths that we have been years learning must be learned in a few months by those who now embrace the Third Angel's Message. {1MR 33.4}

# The 3<sup>rd</sup> Angel's Message!

- 9 And the third angel followed them, saying with a loud voice, If any man worship the **beast** and his **image**, and receive his mark in his **forehead**, or in his **hand**,
- 10 The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone *in the presence of the holy angels, and in the presence of the Lamb:\*\*\**
- 11 And *\*\*\*the smoke of their torment ascendeth up for ever and ever:* and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.
- 12 Here is the **patience** of the saints: here are they that **keep the commandments of God**, and the **faith of Jesus**.

# PRESENT TRUTH, PRECIOUS TRUTH

- There are many precious truths contained in the Word of God, but it is "**present truth**" that the flock needs now. I have seen the danger of the messengers running off from the important points of **present truth**, to dwell upon subjects that are not calculated to ***unite the flock*** and ***sanctify the soul***. Satan will here take every possible advantage to injure the cause. {EW 63.1} **Q. What may those be? Answer:**
- But such subjects as **the sanctuary**, in connection with **the 2300 days**, **the commandments of God** and **the faith of Jesus**, are perfectly calculated to ***explain the past Advent movement*** and ***show what our present position is, establish the faith of the doubting, and give certainty to the glorious future.*** **These, I have frequently seen, were the principal subjects on which the messengers should dwell.**

The 3<sup>rd</sup> Angel's message is a part of the PRESENT TRUTH!

2 Peter 1:12 King James Version (KJV)

<sup>12</sup> Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the present truth.





**Revelation  
12:17  
WAR  
WITH THE  
REMNANT  
!!!**

And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.<sup>17</sup>

## REVELATION 19:10

- And I fell at his feet to worship him. And he said unto me, See thou do it not: I am thy fellowservant, and of thy brethren that have the testimony of Jesus: worship God: for the testimony of Jesus is the spirit of prophecy.



# THE FOUNDATION HAS BEEN LAID!



# THE ANTITYPICAL FAST



THE MOST  
HOLY PLACE

THE TEN (10)  
COMMANDMENTS



## THE EARTHLY INFERIOR TO THE HEAVENLY

On the Day of Atonement the high priest, having taken an offering from the congregation, went into the most holy place with the blood of this offering, and sprinkled it upon the mercy seat, directly over the law, to make satisfaction for its claims. Then, in his character of mediator, he took the sins upon himself and bore them from the sanctuary. Placing his hands upon the head of the scapegoat, he confessed over him all these sins, thus in figure transferring them from himself to the goat. **The goat then bore them away, and they were regarded as forever separated from the people.** {GC 420.1}

# CHRIST IS IN THE HEAVENLY SANCTUARY!

Christ is in the heavenly sanctuary, and he is there to make an atonement for the people. He is there to present his wounded side and pierced hands to his Father. He is there to plead for his Church that is upon the earth. He is cleansing the sanctuary from the sins of the people. What is our work?—It is our work **to be in harmony with the work of Christ**. By faith we are to work with him, to be in union with him. {RH January 28, 1890, par. 7}



## HATRED AGAINST THE TESTIMONY OF JESUS

There will be a hatred kindled against the testimonies which is satanic. The workings of Satan will be to *unsettle the faith of the churches in them*, for this reason: Satan cannot have so clear a track to bring in his deceptions and **bind up souls** in his delusions if the **warnings** and **reproofs** and **counsels** of the Spirit of God are heeded.— Letter 40, 1890. {1SM 48.4}

The scripture which above all others had been both the foundation and the central pillar of the advent faith was the declaration: “**Unto two thousand and three hundred days; then shall the sanctuary be cleansed.**” Daniel 8:14 CIHS 87.1<sup>23</sup>



# THE CROSS OF CALVARY



The Sacrifice of Christ as an atonement for sin is the great truth around which all other truths cluster. In order to be rightly understood and appreciated, every truth in the Word of God, from Genesis to Revelation, must be studied in the light that streams from the cross of Calvary. I present before you **the great, grand monument of mercy and regeneration, salvation and redemption,—the Son of God uplifted on the cross**. This is to be the foundation of every discourse given by our ministers.—  
Gospel Workers, 315. {7ABC 457.3}

**Preaching the Sanctuary Doctrine Endorsed by Holy Spirit**—For more than half a century the different points of present truth have been questioned and opposed. New theories have been advanced as truth, which were not truth, and the Spirit of God revealed their error. As the great pillars of our faith have been presented, the Holy Spirit has borne witness to them, and especially is this so regarding the truths of the sanctuary question. Over and over again the Holy Spirit has in a marked manner endorsed the preaching of this doctrine. But today, as in the past, some will be led to form new theories and to deny the truths upon which the Spirit of God has placed His approval.—Manuscript 125, 1907. {Ev 224.2}



**False Theories Regarding the Sanctuary**—In the future, deception of every kind is to arise, and we want solid ground for our feet. We want solid pillars for the building. Not one pin is to be removed from that which the Lord has established. The enemy will bring in false theories, such as the doctrine that there is no sanctuary. This is one of the points on which there will be a departing from the faith. Where shall we find safety unless it be in the truths that the Lord has been giving for the last fifty years?—The Review and Herald, May 25, 1905. {Ev. 224.3}

**Seriousness of Sanctuary Truth**—While Christ is cleansing the sanctuary, the worshipers on earth should carefully review their life, and compare their character with the standard of righteousness.—The Review and Herald, April 8, 1890. {Ev. 224.1}

If Seventh-day Adventists practiced what they profess to believe, if they were sincere health reformers, they would indeed be a spectacle to the **world**, to **angels**, and to **men**. And they would show a far greater zeal for the salvation of those who are ignorant of the truth. {CH 575.1}

- **Greater reforms** should be seen among the people who claim to be looking for the soon appearing of Christ. **Health reform is to do among our people a work which it has not yet done.** There are those who ought to be awake to **the danger of meat eating,** who are **still eating the flesh of animals,** thus **endangering the physical, mental, and spiritual health.** Many who are now only **half converted** on the question of meat eating **will go from God's people, to walk no more with them.** {CH 575.2}

# THE MOST HOLY PLACE

**James  
2:10, 12**

**THE TEN (10)  
COMMANDMENTS**





# AA 560 PRACTICAL GODLINESS

- Character Purified
- Character Elevated
- Character Ennobled
- Character Glorified



Pure doctrine - Works of righteousness.  
Heavenly precepts - Holy practices.

## VERSE 23 - EGW COMMENTS

- The children of God are called to be **representatives of Christ**, showing forth the **goodness and mercy of the Lord**. As Jesus has revealed to us the true character of the Father, so we are to reveal Christ to a world that does not know **His tender, pitying love**. {SC 115.1}
- Christians are set as **light bearers** on the way to heaven. They are to reflect to the world the light shining upon them from Christ. **Their life and character should be such that through them others will get a right conception of Christ and of His service**. {SC 115.2}



# A COMPANY OF SOLDIERS



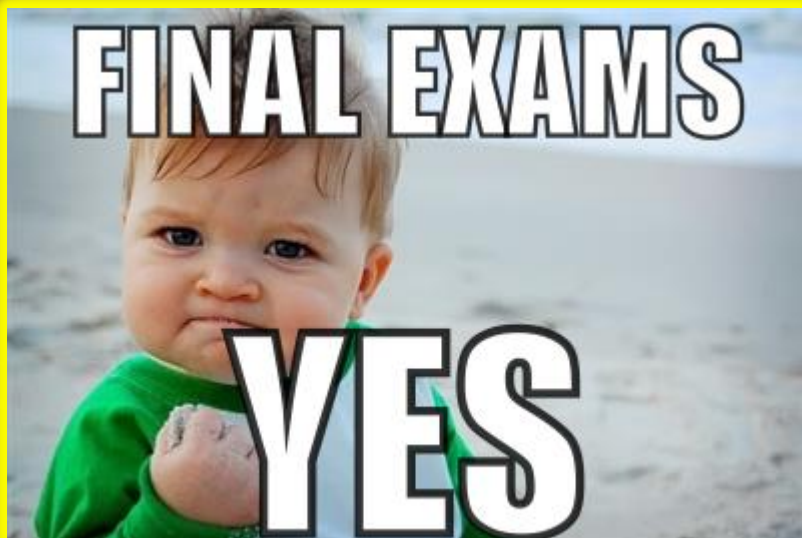
Said the angel, "List ye!" Soon I heard a voice like many musical instruments all sounding in perfect strains, sweet and harmonious. It surpassed any music I had ever heard, seeming to be full of mercy, compassion, and elevating, holy joy. It thrilled through my whole being. Said the angel, "Look ye!" My attention was then turned to the company I had seen, who were mightily shaken. I was shown those whom I had before seen weeping and praying in agony of spirit. The company of guardian angels around them had been doubled, and they were clothed with an armor from their head to their feet. **They moved in exact order, like a company of soldiers.** Their countenances expressed the severe conflict which they had endured, the agonizing struggle they had passed through. Yet their features, marked with severe internal anguish, now shone with the light and glory of heaven. **They had obtained the victory, and it called forth from them the deepest gratitude, and holy, sacred joy.** {CET 176.3}

“Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost.” {CET 189.2}





Sir Please Sir Please  
Sir bus 2 minute  
dedain Sir Plz:-(



It is in a crisis that character is revealed. When the earnest voice proclaimed at midnight, "Behold, the bridegroom cometh; go ye out to meet him," and the sleeping virgins were roused from their slumbers, it was seen who had made preparation for the event. Both parties were taken unawares; but one was prepared for the emergency, and the other was found without preparation. So now, a sudden and unlooked-for calamity, something that brings the soul face to face with death, will show whether there is any real faith in the promises of God. It will show whether the soul is sustained by grace. The great final test comes at the close of human probation, when it will be too late for the soul's need to be supplied. {COL 412.1}

## COL 412.2



The ten virgins are watching in the evening of this earth's history. All claim to be Christians. All have a call, a name, a lamp, and all **profess** to be doing God's service. All apparently wait for Christ's appearing. But five are **unready**. Five will be found surprised, dismayed, outside the banquet hall.  
{COL 412.2}



## AA 306.3

The apostle plainly outlined the result of turning from a life of purity and holiness to the corrupt practices of heathenism. “Be not deceived,” he wrote; “neither fornicators, nor idolaters, nor adulterers, ... nor thieves, nor covetous, nor drunkards, nor revilers, nor extortioners, shall inherit the kingdom of God.” He begged them to control the lower passions and appetites. “Know ye not,” he asked, “that your body is the temple of the Holy Ghost which is in you, which ye have of God?” {AA 306.3}

# THE ANTITYPICAL FAST

## The Most Holy Place

### Experience and Overcoming Sin





# THE ANTITYPICAL FAST

Leviticus 16:

29 And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you:

30 For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord.

31 It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever.

## LEVITICUS 23:

26 And the Lord spake unto Moses, saying,

27 Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the Lord.

28 And ye shall do no work in that same day: for it is a day of atonement, to make an atonement for you before the Lord your God.

29 For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people.

## THE ANTITYPICAL FAST

30 And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people.

31 Ye shall do no manner of work: it shall be a statute for ever throughout your generations in all your dwellings.

32 It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.

THE PROPHET OF THE REMNANT CHURCH:  
COMMENT ON VV. 29 - 31

Every man was required to afflict his soul while this work of atonement was going forward. All *business was to be laid aside*, and the whole congregation of Israel were to *spend the day* in solemn humiliation before God, with prayer, fasting, and deep searching of heart. {GC 419.3}



## LET'S LOOK AT THE CONTEXT OF THE QUOTE

The whole ceremony was designed to impress the Israelites with the holiness of God and His abhorrence of sin; and, further, to show them that they could not come in contact with sin without becoming polluted.

## LET'S LOOK AT THE CONTEXT OF THE QUOTE

Important truths concerning the atonement are taught by the typical service. A substitute was accepted in the sinner's stead; but the sin was not canceled by the blood of the victim. A means was thus provided by which it was transferred to the sanctuary.

## LET'S LOOK AT THE CONTEXT OF THE QUOTE

By the offering of blood the sinner acknowledged the authority of the law, confessed his guilt in transgression, and expressed his desire for pardon through faith in a Redeemer to come; but he was not yet entirely released from the condemnation of the law.

## LET'S LOOK AT THE CONTEXT OF THE QUOTE

On the Day of Atonement the high priest, having taken an offering from the congregation, went into the most holy place with the blood of this offering, and sprinkled it upon the mercy seat, directly over the law, to make satisfaction for its claims.



## LET'S LOOK AT THE CONTEXT OF THE QUOTE

Then, in his character of mediator, he took the sins upon himself and bore them from the sanctuary. Placing his hands **upon the head of the scapegoat**, he confessed over him all these sins, thus in figure *transferring them from himself to the goat.*

## LET'S LOOK AT THE CONTEXT OF THE QUOTE:

The goat then bore them away, and they were regarded as forever separated from the people.  
{GC 420.1}

## LET'S LOOK AT THE CONTEXT OF THE QUOTE:

Such was the service performed "unto the example and shadow of heavenly things." And what was done *in type* in the ministration of the *earthly sanctuary* is done in reality in the ministration of the heavenly sanctuary.



# WHAT ELSE ABOUT THE ANTITYPICAL FAST...?

PROVERBS 2:3 - 5 / PROVERBS 8:13

## Proverbs 2:3-5 King James Version (KJV)

3 Yea, if thou criest after knowledge, and liftest up thy voice for understanding;

4 If thou seekest her as silver, and searchest for her as for hid treasures;

5 Then shalt thou understand the fear of the lord, and find the knowledge of god.

## Proverbs 8:13 King James Version (KJV)

13. The fear of the Lord is to hate evil: **pride**, and **arrogancy**, and **the evil way**, and the **froward mouth**, do I hate.



QUESTION: WHAT'S INSIDE THE ARK OF THE COVENANT?

DO THEY HAVE ANY SIGNIFICANCE FOR THE ANTITYPICAL FAST?

## INSIDE THE ARK OF THE COVENANT – THE ANTITYPICAL FAST

Hebrews 9:3, 4

And after the second veil, the tabernacle which is called the Holiest of all;

4 Which had the golden censer, and the ark of the covenant overlaid round about with gold, wherein was the **golden pot that had manna**, and **Aaron's rod that budded**, and the **tables of the covenant**;

# THE MOST HOLY PLACE

Inside the Ark of the Covenant

“The Golden Pot  
that had Manna”



## CD 461

- By precept and example make it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state.



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# THE MOST HOLY PLACE

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## COL 374

- God desires us to choose the heavenly in place of the earthly. He opens before us the possibilities of a heavenly investment. He would give encouragement to our loftiest aims, security to our choicest treasure. He declares, "I will make a man more precious than fine gold; even a man than the golden wedge of Ophir." Isaiah 13:12. When the riches that moth devours and rust corrupts shall be swept away, Christ's followers can rejoice in their heavenly treasure, the **riches that are imperishable**.

- The seal of the living God will be placed upon those only who bear a **likeness to Christ in character**. {OFC 83.1}
- As wax takes the impression of the seal, so the soul is to take the impression of the Spirit of God and retain the **image of Christ**. {OFC 83.2}
- It is *obedience* to the principles of the commandments of God, that molds the **character** after the divine similitude. {OFC 83.3}



**OBEDIENCE**



- **Mark this point with care:** Those who receive the pure mark of truth, wrought in them by the power of the Holy Ghost, represented by a mark by the man in linen, are those "that sigh and that cry for all the abominations that be done" in the church. {Mar 240.2}
- The class who do not feel grieved over their own spiritual declension, nor mourn over the sins of others, will be left without the seal of God. . .

- Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the Day of Pentecost. {CCh 334.1}

## Romans 12 King James Version (KJV)

- **12** I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, **holy**, acceptable unto God, which is your reasonable service.
- **2** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

# THE MOST HOLY PLACE

Inside the Ark of the Covenant

“The Golden Pot  
that had Manna”





# READING ASSIGNMENT – JOHN CHAPTER SIX (6)

- **John 6:35** And Jesus said unto them, **I am the bread** of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.
- **John 6:48** **I am that bread** of life.
- **John 6:51** **I am the living bread** which came down from heaven: if any man eat of this **bread**, he shall live for ever: and the **bread** that I will give is my flesh, which I will give for the life of the world.

## JOHN 6:

- <sup>49</sup> Your fathers did eat manna in the wilderness, and are dead. <sup>50</sup> This is the bread which <sup>1</sup>cometh down from heaven, that a man may eat thereof, and not die. <sup>51</sup> I am the living bread which <sup>2</sup>came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

## JOHN 6:

- <sup>53</sup> Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.
- <sup>54</sup> Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.
- <sup>55</sup> For my flesh is meat indeed, and my blood is drink indeed.
- <sup>56</sup> **He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.**

# MORE INSIDE THE ARK OF THE COVENANT!

**GOD GAVE EACH OF US THE POWER OF CHOICE! EVERYONE WILL BE ACCOUNTABLE FOR HIM OR HER SELF! ROMANS 14:12**





# THE MOST HOLY PLACE

Inside the Ark of the Covenant

## Aaron's Rod that Budded

## NUMBERS 17:8

And it came to pass, that on the morrow Moses went into the tabernacle of witness; and, behold, the rod of Aaron for the house of Levi was budded, and brought forth buds, and bloomed blossoms, and yielded almonds.



**THE MOST HOLY  
PLACE**  
Inside the Ark of the Covenant

**9 Proven Health  
Benefits of Almonds**

# 1. Help Prevent Heart Disease and Heart Attacks

- Two of the star chemical compounds of almonds nutrition are healthy monounsaturated fatty acids (the same kind of beneficial fat found in olive oil) and antioxidants that support heart health and prevent factors of cardiovascular disease.
- Almonds specifically supply antioxidant flavonoids, plant-based compounds present in the skin of almonds that work with vitamin E to **improve artery health and reduce inflammation.**



# 1. Help Prevent Heart Disease and Heart Attacks

- Almonds nutrition also holds key nutrients to heart health, including arginine, magnesium, copper, manganese, calcium and potassium. Studies show almonds have a consistent “bad” LDL cholesterol-lowering effect, especially in individuals with high cholesterol and diabetes.

# 1. Help Prevent Heart Disease and Heart Attacks

- Almonds help prevent damage from forming within artery walls and **protect against dangerous plaque build up**. Almonds nutrition benefits also make them a great food to **support healthy cholesterol and blood pressure levels**, in addition to **fighting weight gain and obesity** — three of the biggest risk factors associated with heart attacks and stroke.

## 2. Support Healthy Brain Function

Almonds are often considered *one of the best brain foods*. Almonds nutrition is somewhat unique in that almonds contain **riboflavin** and **L-carnitine**, two key nutrients capable of positively affecting neurological activity and preventing cognitive decline. This is one reason why adults, especially the elderly, are encouraged to eat nuts several times per week — since they are associated with a *reduction in the risk for inflammation* that can cause brain disorders including *dementia* and *Alzheimer's disease*.

### 3. Maintain Skin Health

Almonds are a great source of vitamin E and other antioxidants that nourish the skin and reduce signs of aging. Research finds that almonds nutrition contains high concentrations of catechin, epicatechin and flavonol antioxidants, including quercetin, kaempferol and isorhamnetin — compounds that fight skin cancer and damage by reversing oxidative stress from a poor diet, pollution and UV light exposure. Almonds' healthy fats, plus their ability to improve circulation, also help keep skin hydrated and better able to heal wounds.



## 4. Help Control Blood Sugar Levels and Prevent Diabetes

Almonds' rich supply of MUFAs helps slow the rate at which glucose (sugar) is released into the bloodstream. In addition to managing blood sugar and preventing insulin resistance (which can occur over time when the body becomes less reactive to insulin, the sugar-controlling hormone), almonds nutrition benefits include the ability to lower other common diabetes risks: unhealthy body weight, inflammation and high levels of oxidative stress.

## 5. Help With Weight Loss and Prevent Overeating

Healthy fats and dietary fiber aid in weight loss because they help you feel full, which **curbs overeating** and **unhealthy snacking**. Although nuts are high in fat and calories, ***they prolong the feeling of satisfaction after you eat and keep your blood sugar more stable than low-fat meals do.*** Thus, you're less likely to experience a roller-coaster of energy dips and food cravings. **Almonds support a healthy metabolism.** Also, people who frequently eat almonds and other nuts retain healthier body weights and lower rates of obesity over time compared to those who avoid nuts.

## 6. Increase Nutrient Absorption

The body needs adequate amounts of fat in the diet in order to properly absorb “fat-soluble” nutrients, like vitamins A and D. ***Almonds are also considered one of the only nuts that help alkalize the digestive tract, reducing acid buildup and balancing the body's pH.*** A healthy pH level is crucial for proper digestion, immunity and disease prevention.

Additionally, the nutrients present in almonds may help regulate digestive enzymes that are involved in nutrient extraction, cholesterol synthesis and bile acid production.

## **7. Increase Digestive Health**

In addition to healthy fats and alkaline-forming molecules, almonds (especially the skin of almonds) contain probiotic components that help with digestion, detoxification and healthy bacterial growth within the gut flora — a key to actually utilizing nutrients from food and preventing nutrient deficiencies. Studies suggest that almonds and almond skins may lead to an improvement in the “intestinal microbiota profile,” meaning the intestine’s bacterial activities improve and promote numerous health benefits due to the presence of prebiotic properties, the precursors for probiotics.



## **8. Can Help Fight Cancer and Inflammation**

Almonds contain gamma-tocopherol, a type of vitamin E that acts as a powerful antioxidant, fighting free radical damage and oxidative stress that are linked to cancer. Many studies find a link between nut consumption and cancer prevention, including a reduced risk for colon, prostate and breast cancers.

## **9. Help Maintain Dental and Bone Health**

Almonds are a good source of trace minerals, including magnesium and phosphorus, which is a crucial nutrient for building and maintaining strong teeth and bones. Almonds nutrition benefits include the ability to help prevent tooth decay, fight cavities, lower the risk for bone fractures and fight osteoporosis.

- The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers.
- Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement. {MH 271.1}



# THE MOST HOLY PLACE

Inside the Ark  
of the  
Covenant

**Why did Aaron's Rod Bud, Blossom and Bear Almonds?**



## NUMBERS 16

1 Now Korah, the son of Izhar, the son of Kohath, the son of Levi, and Dathan and Abiram, the sons of Eliab, and On, the son of Peleth, sons of Reuben, took men: 2 And they rose up before Moses, with certain of the children of Israel, two hundred and fifty princes of the assembly, famous in the congregation, men of renown: 3 And they gathered themselves together against Moses and against Aaron, and said unto them, Ye take too much upon you, seeing all the congregation are holy, every one of them, and the Lord is among them: wherefore then lift ye up yourselves above the congregation of the Lord?

## NUMBERS 16

12 And Moses sent to call Dathan and Abiram, the sons of Eliab: which said, **We will not come up:** 13 Is it a small thing that thou hast brought us up out of a land that floweth with milk and honey, **to kill us** in the wilderness, except **thou make thyself altogether a prince over us?** 14 Moreover thou hast not brought us into a land that floweth with milk and honey, or given us inheritance of fields and vineyards: wilt thou put out the eyes of these men? **we will not come up.**

## The Censer Test!

### Numbers 16:

17 And take every man his censer, and put incense in them, and bring ye before the Lord every man his censer, two hundred and fifty censers; thou also, and Aaron, each of you his censer.

## GIVING UP FAITH IN THE TESTIMONIES.--

- One thing is certain: Those Seventh-day Adventists who take their stand under Satan's banner will first give up their faith in the warnings and reproofs contained in the Testimonies of God's Spirit. {3SM 84.3}
- The call to great consecration and holier service is being made, and will continue to be made.--Letter 156, 1903. {3SM 84.4}



# LDE CHAPTER 12 – THE SHAKING

- Prosperity multiplies a mass of professors. **Adversity** purges them out of the church.--4T 89 (1876). {LDE 173.5} The time is not far distant when the test will come to every soul. **The mark of the beast will be urged upon us. Those who have step by step yielded to worldly demands and conformed to worldly customs will not find it a hard matter to yield to the powers that be, rather than subject themselves to derision, insult, threatened imprisonment, and death. The contest is between the commandments of God and the commandments of men. In this time the gold will be separated from the dross in the church.--5T 81 (1882).**

## NUMBERS 16:

- 35 And there came out a fire from the Lord, and consumed the two hundred and fifty men that offered incense.

# THE MOST HOLY PLACE

THE TEN (10)  
COMMANDMENTS  
Exodus 20

## FIRST 4

<sup>3</sup> Thou shalt have no other gods before me.

<sup>4</sup> Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth.

<sup>5</sup> Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

<sup>6</sup> And shewing mercy unto thousands of them that love me, and keep my commandments.

<sup>7</sup> Thou shalt not take the name of the LORD thy God in vain; for the LORD will not hold him guiltless that taketh his name in vain.

<sup>8</sup> **Remember the sabbath day, to keep it holy.**

<sup>9</sup> Six days shalt thou labour, and do all thy work:

<sup>10</sup> But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

<sup>11</sup> For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.

## FINAL 6

<sup>12</sup> Honour thy father and thy mother:  
that thy days may be long upon the  
land which the LORD thy God giveth  
thee.

<sup>13</sup> Thou shalt not kill.

<sup>14</sup> Thou shalt not commit adultery.

<sup>15</sup> Thou shalt not steal.

<sup>16</sup> Thou shalt not bear false witness  
against thy neighbour.

<sup>17</sup> Thou shalt not covet thy neighbour's  
house, thou shalt not covet thy  
neighbour's wife, nor his manservant,  
nor his maidservant, nor his ox, nor his  
ass, nor any thing that is thy  
neighbour's.

# THE INVALUABLE GUIDE

## Philippians 4:

- 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.
- 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.



GOD WANTS US TO BE OBEDIENT – TO KEEP  
HIS COMMANDMENTS; THAT'S HOW WE  
SHOW OUR LOVE FOR HIM...OBEDIENCE!!  
AND WE ARE HIS FRIEND IF WE OBEY HIM IN  
ALL RESPECTS!

**JOHN 14:15 & JOHN 15:14**

## 1 CORINTHIANS 6:18 - 20



18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. 19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

## 1 CORINTHIANS 6:18 - 20



Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures, will be overcome by his attacks. Therefore he invents every possible *device* to engross the mind. {GC 519.2}

# THE ROLE OF DIET!!!

- Christ entered upon the test on the point of appetite, and for nearly six weeks resisted temptation in behalf of man. That long fast in the wilderness was to be a lesson to fallen man for all time. Christ was not overcome by the struggling against temptation. Christ has made it possible for every member of the human family to resist temptation. All who would live godly lives may overcome as Christ overcame, by the blood of the Lamb, and the word of their testimony. That long fast of the Saviour strengthened Him to endure. He gave evidence to man that He would begin the work of overcoming just where ruin began--on the point of appetite. {KC 166.1}



# ROLE OF FASHION!!

- **A Snare to God's People**

As we see the love of fashion and display among those who profess to believe present truth, we sadly ask, Will the people of God learn nothing from the history of the past? There are few who understand their own hearts. The vain and trifling lovers of fashion may claim to be followers of Christ; but **their dress and conversation show what occupies the mind and engages the affections.** Their lives betray their friendship for the world, and it claims them as its own. {MYP 354.3}

# ROLE OF FASHION!!

- A Snare to God's People

How can one that has ever tasted the love of Christ be satisfied with the frivolities of fashion? My heart is pained to see those who profess to be followers of the meek and lowly Saviour, so eagerly seeking to conform to the world's standard of dress. Notwithstanding their profession of godliness, they can hardly be distinguished from the unbeliever. They do not enjoy a religious life. Their time and means are devoted to the one object of dressing for display. {MYP 355.1}

# ROLE OF SPORTS!!

- " Satan has devised a multitude of ways in which to keep men from serving God. He has invented sports and games, into which men enter with such intensity that one would suppose a crown of life was to reward the winner. At the horse races and football matches, which are attended by thousands and thousands of people, lives for which Christ shed His blood are thrown away. What will become of the souls of the men and boys whose lives are thus extinguished? Will they be counted worthy of the redemption which Christ died to secure for them? {RH, September 10, 1901 par. 5}
- Looking upon these God-dishonoring scenes, Christ asks, "What is a man profited, if he gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"

# ROLE OF MUSIC!!

- **Worship With a Bedlam of Noise**

It is impossible to estimate too largely the work that the Lord will accomplish through His proposed vessels in carrying out His mind and purpose. The things you have described as taking place in Indiana, the Lord has shown me would take place just before the close of probation. Every uncouth thing will be demonstrated. There will be shouting, with drums, music, and dancing. The senses of rational beings will become so confused that they cannot be trusted to make right decisions. And this is called the moving of the Holy Spirit. {2SM 36.2}



# ROLE OF MUSIC!!

- **Worship With a Bedlam of Noise**

The Holy Spirit never reveals itself in such methods, in such a bedlam of noise. This is an invention of Satan to cover up his ingenious methods for making of none effect the pure, sincere, elevating, ennobling, sanctifying truth for this time. Better never have the worship of God blended with music than to use musical instruments to do the work which last January was represented to me would be brought into our camp meetings. The truth for this time needs nothing of this kind in its work of converting souls. A bedlam of noise shocks the senses and perverts that which if conducted aright might be a blessing. The powers of satanic agencies blend with the din and noise, to have a carnival, and this is termed the Holy Spirit's working.

## 1 CORINTHIANS 6:18 - 20



There has ever been a class professing godliness, who, instead of following on to know the truth, make it their religion to seek some fault of character or error of faith in those with whom they do not agree. Such are Satan's right-hand helpers. Accusers of the brethren are not few, and they are always active when God is at work and His servants are rendering Him true homage.

## 1 CORINTHIANS 6:18 - 20



They will put a false coloring upon the words and acts of those who love and obey the truth. They will represent the most earnest, zealous, self-denying servants of Christ as deceived or deceivers. It is their work to misrepresent the motives of every true and noble deed, to circulate insinuations, and arouse suspicion in the minds of the inexperienced. In every conceivable manner they will seek to cause that which is pure and righteous to be regarded as foul and deceptive.{GC 519.2}

# PRESENT TRUTH!!

- **2 Peter 1:12**
- Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the present truth.

# PRESENT TRUTH IS NEEDED NOW!!

- Satan is pressing in on every side, and unless we watch for him, and have our eyes open to his devices and snares, and have on **the whole armor of God**, the fiery darts of the wicked will hit us.



## CONSEQUENCES OF REJECTING PRESENT TRUTH

<sup>9</sup> Even him, whose coming is after the working of Satan with all power and signs and lying wonders,

<sup>10</sup> And with all deceivableness of unrighteousness in them that perish; **because they received not the love of the truth**, that they might be saved.

<sup>11</sup> And for this cause God shall send them **strong delusion**, that they should **believe a lie**:

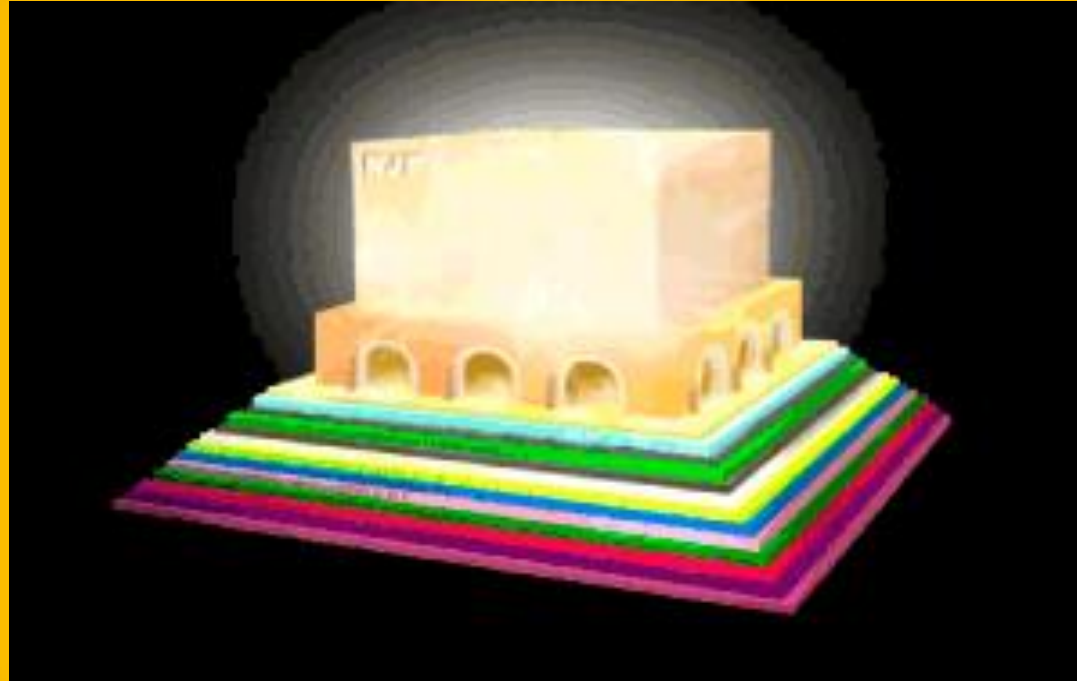
<sup>12</sup> That **they all might be damned who believed not the truth**, but had **pleasure in unrighteousness**.

# THE EFFECT OF PRESENT TRUTH!!!

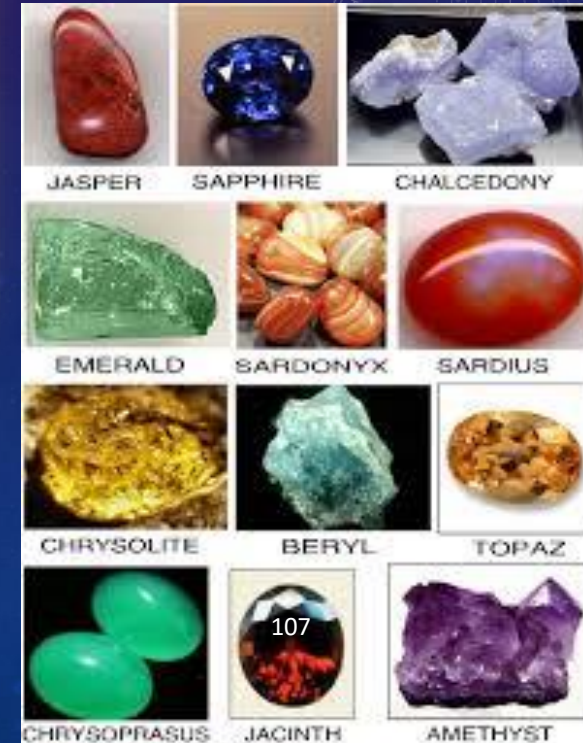
- There are *many precious truths* contained in the Word of God, but it is "present truth" that the flock needs now. I have seen the danger of the messengers running off from the important points of present truth, to dwell upon subjects that are not calculated to unite the flock and sanctify the soul.

# INSIDE? OR OUTSIDE?

14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.



15 For without are dogs, and sorcerers, and whoremongers, and murderers, and idolaters, and whosoever loveth and maketh a lie.



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