

Ministry Update • Second Quarter 2024

# SECRETS UNSEALED



REFLECTIONS ON THE  
SUPREMACY  
OF GOD'S  
WORD

# DEAR OF

**A**long with the apostle Paul I wish you “Grace and peace from God our Father and the Lord Jesus Christ.”

The great commission commands us to take the three angels’ message to every nation, kindred, tongue and people, even to the uttermost parts of the earth. This is our everyday motivation, passion and goal at Secrets Unsealed.

In the last few weeks I have traveled to two cities in Chile. Concepcion and Puerto Mont. Both venues were full and thousands tuned in on social media. It was encouraging to see the enthusiasm for God’s end-time message. I also traveled to Spain for two speaking commitments in Valencia and Madrid for a special

joint venture with Logos Television. Once again, the venues were maxed out and thousands connected on social media. The effervescence of the people for the distinctive message of the Seventh-day Adventist Church was refreshing!



While in Valencia, I was able to spend time with Jose Antonio

Llorca, the Roman Catholic priest I baptized in Barcelona four years ago, and his mentor Pastor Molinel. Jose Antonio’s faith is stronger than ever. He is now a messenger of Present Truth and his love of the Adventist message is rock solid.

As I travel I sense an awakening taking place in the church and the world. Numerous people approached me and testified that they have embraced Christ and joined the Seventh-day Adventist Church through the ministry of Secrets Unsealed and SUMtv. Praise the Lord!

At Secrets Unsealed we are ever expanding our reach. We continue to broadcast on four frequencies in Costa Rica. Originally our antenna was on the Costa Rican Union’s tower



# FRIENDS SECRETS UNSEALED

but they requested that we vacate their tower so we had to scramble to find an alternative. In the end, God provided as he always does. Pastor Salazar, and Hernando Cruz from our SUMtv team successfully transferred our antenna to a tower with better future potential to broadcast to all of the Americas. We continue to broadcast in California's Central Valley, so to speak, in our own neighborhood and also in the United Kingdom.

Along with expansion come growing pains. We no longer have enough space to accommodate our employees so we will be remodeling half of our warehouse to house our production team. This will greatly alleviate the cramped spaces where our employees presently work and allow for further expansion.

Regarding our property at Tollhouse, we are still working on architectural plans, permits, etc., and the work is progressing. We do appreciate your generosity in supporting these preliminary steps to the actual building and seek your continued prayers as we move forward.

On another note, our Anchor School of Theology this year was well attended with 60 students from

several countries and states including five non-Adventists. A 930-page manual on the book of Daniel was the topic of study. The two-volume set is available from Secrets Unsealed.

I trust that the present newsletter article "Reflections on the Supremacy of God's Word" will be a blessing to you and everyone you share it with. If there was ever a time when our faith should be built on the solid foundation of the Bible, it is now!

I want to thank all our faithful employees at Secrets Unsealed. It takes a team effort where all the parts work together in order for our ministry to fulfill the mission. And I thank each of you who believe in, and support this, God's ministry, with your prayers and donations. With God's power and your support, we will be able to broaden our reach to enlighten the world with Present Truth.

Maranatha,  
Pastor Bohr





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# What Really

On October 5, 2011, the mega-billionaire Steve Jobs died at age 56. On social media, it appeared he had poignant last words to share. At his passing, he was truly one of the richest persons in the world and had a net worth of 10.2 billion dollars at that time. Listen to his last words, as seen on social media, having just a few days to live:

“I have come to the pinnacle of business success. In the eyes of others, my life is the epitome of success. However, aside from work, I have little joy. At the end, of the day, wealth is just a fact I have gotten used to. Right now, lying on my hospital bed, reminiscing all my life, I realize that all the recognition and wealth I took so much pride in, has faded and become meaningless in the face of imminent death.

You can hire someone to drive your car or make money for you, but you can't hire someone to stand sick and die for you.

Material things lost can be found again. But there is one thing that can never be found when it is lost: LIFE

Whatever stage of life we are currently at, in time we will face the day the curtain closes.

Love your family, spouse, children, and friends....treat them right. Cherish them.

As we grow older and wiser, we slowly realize that wearing a \$300.00 or \$30.00 watch both give the same time.

Whether we drive a \$150,000.00 car or a \$30,000.00 car, the road and distance are the same, and we reach the same destination.

Whether we drink a \$1,000.00 or \$10.00 bottle of wine, the hangover is the same.

Whether the house in which we live is 100 or 1000 square meters, loneliness is the same.

You will realize that your true inner happiness does not come from the material things of this world.

Whether you travel first class or economy class, if the plane crashes, you go down with it.

Therefore, I hope you realize, that when you have friends, brothers, and sisters, with whom you discuss, laugh, talk, sing, and talk about north-south-east-west or heaven and earth...this is real happiness!!!

An indisputable fact of life: Don't raise your children to be rich.

## Charity Gift Annuity Rates

Age 60	5.2%	Age 80	8.1%
Age 65	5.7%	Age 85	9.1%
Age 70	6.3%	Age 90	10.1%
Age 75	7.0%		

as of June 2024 [Single Life]

# Matters In Life?

Educate them to be happy. When they grow up, they will know things and not the price”

After doing some research, his last words were quickly debunked as a hoax. Whoever wrote these words, it well says so much and is worth considering.

Living the unusual life, he did and staring death in the face, whoever wrote these last words shared some profound wisdom. He wanted LIFE and valued REAL FRIENDS and FAMILY and longed for the STUFF of CHARACTER, money, fame with its worldly recognition [which he had an abundance of each] could provide none of that.

Ecclesiastes 12:13,14 “Let us hear the conclusion of the whole matter: Fear [Love] God and keep the commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing whether it be good or whether it be evil.”

Let us take a lesson from the life of a billionaire looking death in the eye. Only a daily relationship with Jesus, a surrendered life, brings security, joy, and contentment. A daily experience with Jesus permits us to see people as God’s family; “in as much as you have done it unto one of the least of these you have done it unto me.” Matt. 25:40 Surely we don’t want to look back on life focusing on the things we owned but rather on the lives we touched. We can hasten Christ’s return by our sacrifice and commitment.

Jesus is the source of LIFE Eternal, Peace, Hope, and Fulfillment. He lives in our hearts and inspires a spirit of Sacrifice. Your connection with Jesus moves you to give of your life, influence, and material means to experience heaven’s joy as we share heaven’s gift in Jesus shining out of our life and touching others.

Through your daily interaction with others clothed with the fruits of the spirit and your sacrificial gifts, we can and will hasten the return of Jesus. Beyond your faithful monthly gifts, many of you have chosen to remember this ministry in your estate plan. Through a Will or Revocable Trust or life income gift Annuity, you make a mighty impact in God’s work touching lives for eternity. Thank you to those who have done rollover gifts from IRAs, and now the government allows both a husband and wife to do direct rollovers from IRAs to Charitable Gift Annuities. You can always list the ministry as a beneficiary on a life insurance policy, IRA, or 401-K. Thank you for your gifts of motor vehicles. We invite you to experience the joy of giving and God’s blessing.



**Pastor  
John  
Bridges**

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Back when Pastor Bohr first released his study on Daniel 11, at the end of that study there was a note regarding Daniel chapter 12 which says:

"There will be no commentary by Pastor Bohr on Daniel 12: 4-13 because these verses have been fully addressed in the book "Prophetic Principles: Crucial Exegetical, Theological, Historical & Practical Insights" published by the Michigan Conference..."

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# READER REVIEWS



## **His Way Is In The Sanctuary** - PDF

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Posted By: Stephen Kyazze

I watched this series for the first time when I was a teenage boy. I was amazed by the connected system of truth revealed in the sanctuary and started to find answers to many questions I had then. As a result, I developed an interest in bible study and since then the bible has been the study of my life. When sharing the truth with others, I always recommend they go through this series too as a means of understanding the end-time message in a systematic way.



## **Who Cares About Christian Standards**

Posted by: Chris

**Insightful bible study content.** I have been

studying the class notes from Secrets Unsealed and I find the answers to questions I never knew I had. Its drawing me closer to seeing the big picture of how everything in the bible is interconnected. Its a single system of one thought, that tells me what love is, and the reason I struggle with sin, is because I have not been transformed by love as I ought to be. So I must walk by faith, as my savior guides me. I must spend time with him so I can be transformed, and that only comes from reading my Bible and prayer. That's what I'm learning, and these lessons have helped me tremendously to see these truths.

## TESTIMONY *from our viewer*



Hello, dear pastor, May God bless you and your works. I am from Ethiopia SDA Disciple. I am a follower of your sermon PDFs, and YouTube, and blessed well. Again I say may God bless you!

– **Abera in Ethiopia**

*In memory of....*

*Don Oltman, from his wife Jeanne Oltman  
Ross McClain from Anna Jo Clithero*



# LETTERS FROM OUR INMATES



Abel was born and raised in the Pentecostal church; in fact, his father was a pastor. Abel came across messages by Pr. Bohr on YouTube during COVID and has been watching nonstop for three years. He has accepted the Sabbath and many Bible-based teachings by Pastor Bohr. He also understands that EGW was a prophet of the Lord and has listened to all her audiobooks. He has a friend who is SDA and on his first visit to an Adventist church, they were discussing something and he spoke up and corrected them in their understanding, and they said "Oh yes, we believe that is correct." He told them he has learned so much from Pr. Bohr. The Holy Spirit has also revealed to his brothers about the Sabbath and that the rapture is not Biblical; (one of whom is a pastor in the Pentecostal Church). Abel is the administrator of a detention facility in NC. They use a tablet at their facility and would like to see how they can add our app to their tablet. Please keep this in your prayers.

Due to my safety from other gang members I am forced into continued long-term segregation time or "hole" time as it is referred to. It is hard on the mind at times and it is hard with cellmates due to the continued segregation. So, all the books I can read or correspondence I can be involved in is a super blessing from the Lord.  
- TN inmate

Thank you for your prayers and literature that you sent me. It is a true blessing to correspond with you and learn about Christ's love and forgiveness. - James, NE inmate

I want to thank the staff and members who donate time or money and give incarcerated individuals like myself hope and the blessings of God's Word. Not only have you all helped me, but I was able to share the word with my cellmate and now he's turning his life around. - Colin, IN inmate

I enjoy watching your programs here at the penitentiary. One of the very few that can pull in 3ABN on our TVs. I am a lifetime SDA who lost his way for a time and I'm now doing a life sentence. Better doing a life sentence with God than without God. Praise God for His grace and forgiveness. I appreciate your programs and receiving your magazine. - Robert, NE inmate

# PRISON MINISTRY MAKES A BIG DIFFERENCE



APRIL 25, 2024

DEAR SECRETS UNSEALED:

THIS IS AGAIN FROM THAT PRISON IN ONTARIO, JUST WRITING TO THANK YOU SO VERY, VERY MUCH FOR ALL THE WONDERFUL MATERIAL AIDS AND BIBLE HELPS YOU'VE SENT ME. YOU'VE NOT JUST GIVEN AND SENT TO THIS INCARCERATED ADVENTIST, ALL THE BOOKS AND THE BOOKLETS I'VE REQUESTED — AND THEN SOME — BUT THE SHEER QUALITY OF THE VARIOUS PUBLICATIONS YOU'VE GRANTED ME (AND MIGHT I ADD TOO, AT GREAT COSTS TO YOUR MINISTRY), IS COMPLETELY UNSURPASSED IN MY COLLECTION OF PUBLICATIONS.

WHAT'S MORE I WISH TO THANK PASTOR BOHR ESPECIALLY FOR HIS EXCELLENT STUDY NOTES REGARDING "MISINTERPRETED TEXTS ON THE STATE OF THE DEAD" FOR THEY ARE TRULY INVALUABLE IN THEIR CONTENTS ON THE SUBJECT MATTER. HOW LUCKY I AM AND TRULY FORTUNATE I AM TO BE ABLE TO STAND ON HIS SHOULDERS IN MY TEACHING TO FELLOW PRISONERS THIS HEART-WRENCHING TOPIC. HIS WORK IS SUPERB AND I HAVE NOT THE WORDS TO EVEN RIGHTLY EXPRESS HOW I FEEL ABOUT HIS HELPING ME. ALL I CAN SAY IS THAT I LOVE MY PEOPLE TOO AS YOUR MINISTRY AT SECRETS UNSEALED CONTINUES TO REACH OUT AND BLESS ME IN OUR HOPE TO REACH OTHERS FOR CHRIST TO BE PART OF HIS KINGDOM.

PLEASE FIND ENCLOSED A LITTLE "SURVEY" I'VE CRAFTED FOR ALL WHO'VE SIGNED UP TO ATTEND AND BE PART OF MY CLASSES ON THE SUBJECT OF "DEATH" AND WHAT GOD, IN THE BIBLE,



...can't help but be grateful.

Thank You So Much

All You do is WHY I Believe in God's  
Goodness and LOVE. These RESOURCES You have  
Sent me over the years has changed me, enabled  
me to grow and taught me how to give UP for  
I am loved. GOD BLESS

I'm Grateful  
to You All 9 God

↓ ↓  
REALLY SOLE ON THE MATTER. REGARDING THE "RESPONSES" THAT HAVE  
BEEN RETURNED TO ME (NONE OF WHICH ARE THE SAME AND EACH OF  
WHICH IS VASTLY UNIQUE FROM THE OTHERS), I CAN ASSURE YOU GOD PICKED  
THE RIGHT TOPIC FOR ME TO TEACH ABOUT. AND NOW GRATEFUL I AM  
THAT PASTOR BOHR WITH HIS "NOTES" HAS DONE MUCH TO THIS HELP  
BREAK THE SOIL UP BEFORE ME! 😊 NEEDLE, AND WHOLEHEARTEDLY, I  
OWE HIM AND YOU, WHO OPERATE THE MINISTRY OF SECRETS UNSEALED, MY  
DEEPEST OF ALL GRATITUDE FOR YOUR HELPING ME (WITH THE VERY)  
"TOOLS" THAT I NEED TO LEAD MEN INTO TRUTH. MAKE NO MISTAKE  
WHAT SUCCESS WE WILL HAVE AND GOD BLESSES US WITH IN THESE  
CLASSES THAT I HOPE TO SOON TEACH ABOUT "DEATH," WILL BE IN  
GREAT PART, TO YOUR LOVE AND YOUR GIFTS IN YOUR EQUIPPING  
THIS ADVENTIST PRISONER WITH YOUR PUBLICATIONS THAT ARE  
ABSOLUTELY PRICELESS IN THIS PRISONER'S VIEW.

FROM THE BOTTOM OF MY HEART,

\* I'm ETERNALLY GRATEFUL \* 😊 XOXO

Most Respectfully,

John  
John

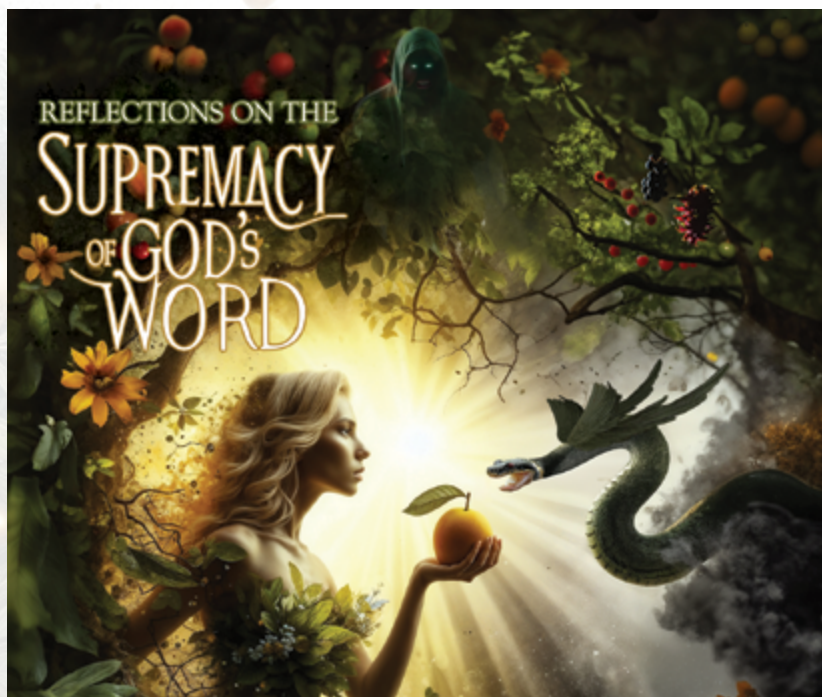
(P.S. WITH SO MUCH TO PREPARE  
AND WITH SO MUCH AT STAKE,  
I HOPE TO BEGIN MY SEMINAR  
AT THE END OF JUNE IN THE FIRST HALF  
OF NOV. PLEASE REMEMBER BOTH ME  
AND MY MEN IN YOUR PRAYERS IF YOU  
WILL.

THANK YOU ALL  
FOR ALL OF YOUR  
KIND CARE FOR  
US PRISONERS!

\* (DURING THE...)\*  
XOXO

AS FOR THE...  
I MEAN EVERY WORD.





## Introduction

The book of **Revelation** describes how Lucifer deceived one third of the angels (Revelation 12:3, 7-9). Ellen White explained that it was closer to half of them (*The Truth About the Angels*, p. 43). When we consider that there are millions of angels (Daniel 7:9, 10; Revelation 5:11), Lucifer's success was nothing short of remarkable! Clearly, in order to steal the loyalty of so many angels, Lucifer's arguments against the government of God must have been very persuasive and deceptive!

After God expelled Lucifer (now Satan) and his angels from heaven, he came to the earth and deceived **Eve**, and through Eve, **Adam**, and infected the planet with the deadly virus of sin.

When God confronted Eve for her choice, she excused her action by accusing the serpent of **beguiling** her (Genesis 3:13 KJV; cf. 2 Corinthians 11:2, 3) We don't use the word beguile much anymore yet it is a powerful word that means, 'to delude, to deceive, to impose on by artifice or craft.'

# Deceptions at the Beginning and the End

How did Satan deceive the **progenitors** of the human race? What methods did he use? If we can find the answer to these all important questions, we will be able to protect ourselves from his 'almost overmastering delusions' at the end of the age. According to the apostle Paul, it is only because we are **not ignorant** of Satan's devices that we can prevent him from gaining an advantage over us (2 Corinthians 2:11).

Ellen White wrote about the ingenious methods that Satan used with the angels, Adam and Eve at the beginning, and recommended the reading of chapter one of *Patriarchs and Prophets*:

*"If the angels were deceived by Lucifer's ingenious methods of misrepresenting God, if Adam and Eve were deceived by his declaration that God was withholding from them the **higher education** that would make them as gods, is there not a danger that men **today** will be deceived? Please read the **first chapter of Patriarchs and Prophets** and see if the precious truths contained in this book are not given by the*

*Lord to protect His people from deceptions that are urged upon them **just now**."* 10MR p. 162

## The Temptation and Fall

So let's **go back** to the beginning of human history to review Satan's methods in order to protect ourselves from the **same** methods at the end of the age.

God created Adam and Eve and surrounded them with every conceivable physical and spiritual blessing. He gave them fresh air, radiant sunshine, emerald green fields, luxuriant plants, fragrant flowers, trees with luscious fruit, delicious sweet water, animal and human companions, fellowship with angels, and face-to-face communion with their Creator. What more could God have done for them as a demonstration of His fathomless love?





Adam and Eve **did not earn** any of these bountiful blessings. God lavishly poured them out as a **free gift** as evidence of His boundless love. God desired that this generous demonstration of love would **awaken** a spontaneous love **response**.

However, God cannot command or **compel** His creatures to love Him because love requires a **freewill choice**. God is not a puppeteer with human beings as His puppets. He created human beings with the capacity to spontaneously **reciprocate** His love. In short, the lover longed for a love **response** from His creatures but they had to **choose** to **respond**. Thus, the **covenant** formula, “*I shall be their God and they shall be my people*” already existed in the perfect **Garden of Eden**!

How do we demonstrate our love? Jesus gave the answer when he said, ‘*if you love me, keep my commandments*’ (John 14:15).

**Children** demonstrate love for their parents by rendering them **willing** and **loving** obedience, and Adam and Eve were to demonstrate their love for their heavenly Father by rendering Him such obedience. For this reason, God placed a tree in the midst of the Garden as a **test** of Adam and Eve’s **loyalty and love**:

*“Then the Lord God took the man and put him in the Garden of Eden to tend and keep it. <sup>16</sup> And the **Lord God commanded** the man, saying, “Of every tree of the garden you may freely eat; <sup>17</sup> but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.” (Genesis 2:15-17).*

God’s word to Adam and Eve was **clear**. Eve understood God’s command because she repeated His words to the serpent. God’s command was **simple**. He did not give them a complex plethora of rules and regulations. God’s command was **easy to obey**. He did not command them to fast forty days and nights before facing temptation. Physical appetite was not the main issue. If they were hungry, they could have eaten from any of the trees in the garden.

## Obedience Without Reason or Explanation

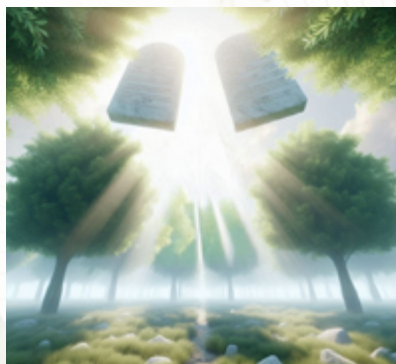
As a **demonstration** of their love and loyalty to God, Adam and Eve were to take Him **at His word** and obey His command without **question** or **explanation**. Although God warned them about the **consequences** of eating from the forbidden tree (*‘you will surely*



die”), He **did not** explain why He chose this **particular tree** to test their love and loyalty. After all, “*the forbidden tree was as attractive and lovely as any of the trees in the garden.*” (*Confrontation*, p. 12). God simply expected them to render Him **unquestioning** and **trusting obedience** as evidence of their loyalty and love. God warned them not to investigate the nature of the forbidden tree:

“Should they attempt to **investigate** its nature they would be exposed to his **wiles**. They were admonished to give **careful heed** to the warning which God had sent them and **to be content** with the **instruction** that He had seen fit to impart.” *PP*, p. 53

Furthermore, God’s Word defined what was good and what was evil, **not man**. The criterion was **outside** not inside, it was **external** not internal, **objective**, and not subjective. From the very beginning, God refuted post-modern thinking where man, rather than God, defines what is good and evil. Actually, post-modern thinking is not really so modern, because the first to propose and spread this deadly heresy in universal history was Satan, who **told the angels** that they could **distinguish between** good and evil on their own, without the intervention of God:



“He reiterated his claim that angels **needed no control**, but should be left to follow **their own will**, which would ever **guide them right**. He denounced the **divine statutes** as a **restriction** of their liberty and declared that it was his purpose to secure the abolition of law; that, **freed from this restraint**, the hosts of heaven might enter upon a **more exalted**, more glorious state of existence.” *GC*, p. 499

## A Divine Warning about a Fallen Angel

God had **warned** Adam and Eve that a **powerful angel** had fallen from heaven and would come to the Garden with the intention of deceiving them. However, in His mercy, God **assured** them that the enemy could not follow them relentlessly around the Garden. He could have access to them only at the **forbidden tree**.

Eve was sure that if an angel attempted to entice her to eat from the tree, she would immediately be able to detect him as the fallen angel. Little did she suspect that Satan would **disguise himself** by using the serpent as his **medium**:

*“Had she been addressed by a being **like the angels**, her fears would have been excited; but she had **no thought** that the **fascinating serpent** could become the **medium** of the fallen foe.” PP, p. 53*

A careful study of Genesis 3 reveals that Satan used **five methods** to entice **Eve** and then **Adam** to disobey God’s **explicit, simple** and **clear** Word.



## Method #1: The Serpent Performed a Counterfeit Miracle

Eve **wandered away** from Adam’s side and found herself under the forbidden tree, admiring its lovely fruit. While she looked on, Satan performed a **counterfeit miracle**, making it **appear** that the serpent could speak:

*“Now the serpent was more cunning than any beast of the field which the Lord God had made. And **he said** to the woman. . .”*  
(Genesis 3:1)

It is no coincidence that when the book of Revelation describes Satan’s **counterfeit miracles** at the end of human history, he is called the **ancient** serpent (Revelation 12:9), echoing back to Genesis 3!

Eve was amazed when the serpent spoke to her, because **she knew** that God had not given it **that ability**. This began the enemy’s **process** to create doubt in Eve’s mind. No doubt she wondered why God told them that the serpent could not speak and it was! Ellen White explained:

*“But she was **amazed**, for **she knew** that God had not given the serpent the power of speech.” The*



Spirit of Prophecy, volume 1, p. 35

Ellen White vividly described what occurred when Eve **arrived at the tree** and the serpent **spoke** to her:

*“The fruit was very beautiful and **she questioned with herself why** God withheld it from them. Now was the tempter’s opportunity. **As if** he was able to discern the **workings of her mind**, he addressed her: ‘Yea, hath God said, Ye shall not eat of **every** tree of the garden?’ Eve was **surprised** and **startled** as she thus seemed to **hear the echo of her thoughts**. However, the serpent continued, in a **musical voice**, with subtle **praise** of her surpassing loveliness; and his words were **not displeasing**. Instead of fleeing from the spot, she **lingered** wonderingly to hear **a serpent speak**.” PP, p. 53*

The path that leads from temptation to sin is a **process** rather than a momentary event. The fruit was captivating to **the eye** and contrary to God’s warning **not to investigate** the nature of the tree, she questioned with herself **why** God had withheld it from them. This opened the door to the tempter. The serpent **quoted** (actually misquoted!) God’s Word which is what was in her mind at the moment. She surmised that

the serpent must be very wise if it could read her thoughts! Furthermore, the serpent flattered her ear with a musical voice.

Satan did not really read Eve’s thoughts as she surmised. She was unaware that she had **audibly** revealed her thoughts when she asked herself why God had forbidden them to eat the fruit:

*“Eve was **not aware** that she had **revealed** her thoughts by conversing to herself **aloud**; therefore, she was greatly astonished to hear her queries repeated by a serpent. She really thought the serpent had a **knowledge of her thoughts**, and that he must be very wise.” RH, February 24, 1874*

Up to this point, the **process** of temptation had progressed precisely as the serpent intended. The fruit and the serpent were **beautiful**. The serpent was munching on the fruit and **not dying**. The serpent was **able to talk** and she wondered how **it learned**. She asked herself why God had told them that the serpent could not speak when it was speaking. The serpent’s voice was **pleasant to the ear** and awakened no suspicion. The serpent flattered her for her **beauty** and she assumed that



the serpent was able to **read her thoughts**. Eve's only protection against the cunning serpent was to OBEY GOD'S WORD, pure and simple!

## Method #2: The Serpent Misquoted God's Word

The serpent's second stratagem was to **misquote** or twist God's Word. God had **not forbidden** Adam and Eve to eat from **all** the trees of the Garden as the serpent claimed. He forbade them only to eat **from one**. However, the serpent said:

**Genesis 3:1:** *"Now the serpent was more cunning than any beast of the field which the Lord God had made and he said to the woman, 'Has God indeed said: 'You shall not eat of **every** tree of the garden?'"*

The serpent knew what God had said to Adam and Eve and he was aware that Eve knew as well! **Why** then, did the serpent misquote God's word? Ellen White referred to the serpent's query as the '**ensnaring question**' *PP* p. 54. What is a **snare**? The answer is that trappers **disguise**

**snares** in order to **entrap** their unsuspecting victims.

Satan misquoted God's Word because he wanted Eve to engage him in conversation. Satan knew that there is no better way to engage someone in dialogue than by making an **inaccurate statement** because the natural **human tendency** is to correct statements that are not **true to fact**. For example, if I am wearing a black suit and I say that it is red, someone will instantly correct me. Eve responded precisely as the serpent expected. She immediately entered into **controversy** with the serpent, correcting its misstatement:

*"And the woman said to the serpent, '**We may eat** the fruit of the trees of the garden;<sup>3</sup> but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you **touch it**, lest you die.'" (Genesis 3:2-3)*

Eve not only corrected the serpent's statement but also put words into God's mouth that He had not spoken. God had said that they could not **eat** the fruit (Genesis 2:17) but Eve added, '*nor shall you touch it*' (Genesis 3:3). Ellen White explained:

*"Eve had **overstated** the words of God's command. He had said to Adam and Eve, 'But of the*



*tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.' In Eve's controversy with the serpent, she added, 'neither shall ye touch it.' Confrontation, p. 14*

The Spirit of Prophecy indicates that when Eve added to the word of God, the serpent plucked the fruit and put it in her hand, telling her that she was touching it and was still alive! The serpent then told Eve that it had acquired the ability to speak by eating the fruit and suggested that if a serpent could learn to speak by eating the fruit, the possibilities before her were limitless:

*"By partaking of this tree, he declared, they would attain to a more exalted sphere of existence and enter a broadier field of knowledge. He himself had eaten of the forbidden fruit, and as a result had acquired the power of speech." PP, p. 54.*

As we approach the second coming, Satan will once again seek to undermine the explicit Word of God. He will lead those who profess to follow the Word to add, take away, misquote, partially quote, reinterpret, misinterpret, change and twist the Scriptures. The Bible is clear that the Sabbath is God's day of rest, that the dead know nothing, that there are only two genders, that heterosexual marriage is God's plan, that men and women have distinctive functions in the home and in the church, and that it is possible to overcome sin in this life. However, the apostle Paul warned that at the very end, men would turn the truth into a lie! (Romans 1:25).

If Eve had simply lived by every word that proceeded out of the mouth of God, we would not be in this mess. Ellen White wrote:

*"Notwithstanding the sophistry of Satan to the contrary, it is always disastrous to disobey God. We must set our hearts to know what is truth. All the lessons which God has caused to be placed on record in His word are for our warning and instruction. They are given to save us from deception. Their neglect will result in ruin to ourselves. Whatever contradicts God's*



word, we may be sure proceeds from Satan.” *PP*, p. 55

## Method #3: Following Human Logic and Impressions

At this point in the temptation process, the serpent had Eve exactly where he wanted her. In response to Eve’s statement that God had told them that they would die if they ate or even touched the fruit, the serpent boldly replied with the most dangerous lie ever told: “You will not surely die . . .” (Genesis 3:4)

The serpent’s statement caused what psychologists call, cognitive dissonance. Her mind was confused. There was a conflict between God’s Word and the serpent’s word. She did not know how to reconcile what God said with what the serpent said.

This was the confusion in Eve’s mind:

God said: ‘If you eat from the tree you will surely die.’

The serpent said: ‘If you eat from the tree you will not surely die.’

The serpent boldly insinuated that God was lying to them and

Satan knew that Eve wanted to know the reason why! The mother of the living wanted a logical explanation that made sense—and the serpent had it!

Satan has the uncanny ability to plant questions in our minds because he knows how our minds will respond to them. When Satan said to Eve, ‘you will not surely die’, he knew what Eve’s next thought would be:

*‘If we are not going to die, why did God say that we would? Why did God lie to us? What hidden agenda could God have for lying to us?’*

Satan planted the question in Eve’s mind (‘why did God lie to us?’) and while she was reflecting on the planted question, he immediately proceeded to answer his own question:

*“For God knows that in the day you eat of it your eyes will be opened and you will be like God, knowing good and evil.”* (Genesis 3:5)

As we noted before, God had not explained why He forbade Adam and Eve to eat the fruit from this particular tree. When Eve arrived at the tree she had questioned out loud why God had forbidden them to eat its fruit. The serpent now gave Eve a ‘reason’ that seemed to make logical sense. Satan was basically saying:



“God is hiding some valuable information from you. He has an agenda. He wants you to render Him blind service. He does not want you to know the true reason why He told you not to eat from the tree. God keeps secrets and there is an agenda behind His secrecy.”

When the serpent told Eve that her eyes would be opened, it was not referring to her physical eyes because she had 20/20 vision. In the Bible, eyes symbolize wisdom and understanding. The serpent was telling her that she would have the secret knowledge and wisdom that God was hiding from them.

At this point, the serpent knew that Eve's curiosity was 'killing her'. She longed to know what God was hiding from them and why. The serpent knew that Eve's curiosity had peaked so he gave her the slandorous reason:

*“At some point in the past God ate from this tree and acquired His God powers. However, after He gained those powers, he did not want anyone else to have them so from that point on, He intimidated people with the idea that they would die if they ate from the tree.”*

Ellen White provided the following perceptive description of Satan's specious argument:

*“And he insinuated that the Lord jealously desired to withhold it [the fruit] from them, lest they should be exalted to equality with Himself. It was because of its wonderful properties, imparting wisdom and power, that He had prohibited them from tasting or even touching it [repeating Eve's words]. The tempter intimated that the divine warning was not to be actually fulfilled; it was designed merely to intimidate them.” PP p. 54*

The serpent was not telling Eve that if she ate the fruit she would be a little god or similar to God, but rather on a level of equality with God. She would have the power and wisdom of God Himself! Eve concluded that she now knew why God had lied to them. In her mind, God was selfish and did not want any rivals around!

But the serpent was not merely promising Eve that she would be on the same level as God in general terms. Rather, he was promising that she would be on the same level as God in one particular way. As previously noted, it is God who defines what is good and what is evil. However, the serpent insinuated that by eating the fruit, she would be able to distinguish between good and evil from

**within** without depending on God. This was the identical argument that **Lucifer** had used to deceive one-third of the angels in heaven:

*“He began to insinuate doubts concerning the laws that governed heavenly beings, intimating that though laws might be necessary for the inhabitants of the worlds, angels, being more exalted, needed no such restraint, for their **own wisdom was a sufficient guide.**” PP, p. 37*

Sadly, Eve bought the serpent’s ‘logical’ lie, **hook, line, sinker, bait, fishing pole, fisherman and boat!**

## Method #4: Obeying Sensory Perceptions

The story of the temptation in Genesis reveals that the serpent

captivated Eve’s mind by leading her to follow the testimony of her senses. She had **heard** the serpent’s ‘logical argument’ with her own ears, the fruit **looked** pretty, it **smelled** good, it appealed to her **taste**, and she **touched** it and did not die. The Genesis story explains:

*“So when the woman **saw** that the tree was **good** for food, that it was **pleasant to the eyes**, and a tree desirable to make one wise, she **took** of its fruit and **ate.**”*  
(Genesis 3:6)

It was fatal indeed for Eve to follow the testimony of her senses instead of the explicit Word of God. Obeying the testimony of our five senses in contradiction to the Word of God is always **disastrous**.

We are reminded of the contrast between **Joseph and Samson**. The beauty of Potiphar’s wife was stunning but when she appealed to Joseph’s eyes, ears and emotions, he rejected her advances by appealing to **God’s law**. In contrast, Samson fell for all the beautiful Philistine women contrary to the divine counsel imparted by his parents (Judges 14:3) because the women appealed to his eyes, his ears, and his emotions. In the end, his choices literally cost him his eyes! (Judges 16:21)





The conflict at the **beginning** is no different than the conflict at the end. In the beginning, the conflict was over obedience to the authority of **God's Word** or to the **serpent's word** and the **tree** was **the testing mechanism**. At the end, the conflict will once again be between obedience to the Word of God or obedience to Satan's word and the testing mechanism will be **a day!** Ellen White described the importance of obeying the truth in the last days:

*"Eve **really believed** the words of Satan, but her belief did not save her from the penalty of sin. She **disbelieved the words of God**, and this was what led to her fall. In the judgment men will not be condemned because they conscientiously believed a lie, but because they **did not believe the truth**, because they **neglected the opportunity** of learning **what is truth**. Notwithstanding the sophistry of Satan to the contrary, it is **always disastrous** to disobey God. We must set our hearts to **know what is truth**. All the lessons that God has caused to be **placed on record in His word** are for our warning and instruction. They are given to **save us from deception**. Their neglect will result in ruin to ourselves. **Whatever contradicts God's word**, we may be sure proceeds from Satan." PP, p. 55*

## Method # 5: People Tempting People

Once Satan gained the **victory over Eve**, he used her as the temptress of her husband. Most of the time, Satan does not need to tempt people directly. He uses people to tempt other people and lead them into sin.

*"She also **gave to her husband with her, and he ate.**" (Genesis 3:6).*

Tragically, Adam's sin was that he loved Eve more than he loved God! Eve was **deceived** but Adam ate because he could not bear the thought of **losing Eve**. Adam loved the **gift** more than the **giver**. Ellen White provided an incisive explanation of Adam's decision process:

*"Love, gratitude, loyalty to the Creator—all were **overborne by***





love to Eve. She was a part of himself, and he **could not endure** the thought of separation. He did not realize that the same Infinite Power who had from the dust of the earth created him, a living, beautiful form, and had in love given him a companion, could supply her place. He resolved to share her fate; if she must die, **he would die with her**. After all, he **reasoned**, might not the words of the wise serpent be true? Eve was before him, as **beautiful** and apparently as innocent as before this act of disobedience. She expressed **greater love** for him than before. **No sign of death** appeared in her, and he decided to **brave the consequences**. He seized the fruit and quickly ate.” PP, pp. 56, 57

In the closing days of earth’s history, Satan will use the religious leaders of the earth to **deceive the masses**:

“Satan is constantly endeavoring to attract attention to man in the place of God. He leads the people to look to **bishops, to pastors, to professors of theology**, as their guides, instead of searching the Scriptures to learn their duty for themselves. Then, by **controlling the minds of these leaders**, he can **influence the multitudes** according to his will.” GC, p. 595

## An Experience in Medellin, Colombia



Some years ago, when I lived in Medellin, Colombia I went to a department store to purchase some necessary items. At the cash register, I took out a 10,000 pesos bill to pay for the merchandise. The cashier followed the regular protocols to make sure that the note was not a counterfeit. To my unpleasant surprise, the note was a counterfeit. To my consternation, she summoned a guard at the door who was immediately joined by another and they took me to a back room to interrogate me.

At first, they were confrontational but when I told them that I was a teacher at our Seventh-day Adventist University, their attitude changed and one of them said, ‘I know the people at that university and I am sure that no one there is a counterfeiter’. Needless to say, I was instantly relieved.

One of the guards then showed me how to distinguish between genuine bills and counterfeits. He demonstrated that the genuine bill had a brown line running from top to bottom, when the note was held up in the light, the writing and faces on the bill were clear, when the paper was crumpled, it opened up on its own and under a black light the two circles on the bill shone in neon colors. In contrast, the counterfeit had none of these characteristics. From that point on, I had an **external standard** to help me distinguish between the genuine and the counterfeit! I would no longer depend on my eyes and impressions but on a normative external standard!

This experience led me to reflect upon the issue of truth and error. Ellen White wrote:

*“The track of truth lies **close beside** the track of error, and both tracks may **seem to be one** to minds which are not worked by the Holy Spirit, and which, therefore, are not quick to discern **the difference** between truth and error.”* 1SM, p. 202

The only way to detect a counterfeit is to know the genuine and the genuine most frequently precedes the counterfeit. When the government prints genuine one hundred dollar notes, the

counterfeiters follow with falsifications that look just like the genuine. Let’s apply this in practical terms. God’s original, genuine day of worship is the Sabbath. Would we expect Satan, the master counterfeiter, to establish another day of worship as a counterfeit later?

In the future, Satan will use **spiritualism** in an attempt to deceive **Adventists** (EW, pp. 77, 78). He and his angels will create a **perfect** counterfeit by disguising themselves as departed relatives and friends. They will even quote the standard Bible verses in an attempt to prove that God has changed the day of worship from Sabbath to Sunday. How will we know that these entities are not what they claim to be? Will we be able to trust our impressions and feelings? Will we be able to trust the miracles they perform in our sight? Will we be able to trust our ears and eyes? Will we be able to trust what others say? Will we be able to trust the out-of-context Bible verses that they quote?

The answer to all these questions is a resounding no! What, then, can we trust to detect the counterfeit? God’s naked Word alone! The Bible says that the dead know nothing and that the Sabbath is the



seventh day. Our only protection will be to obey the Scriptures. Ellen White wrote about Satan's deceptive power:

*"He has power to bring before men the **appearance** of their departed friends. The **counterfeit** is **perfect**; the familiar **look**, the **words**, the **tone**, are reproduced with marvelous **distinctness**. Many are comforted with the assurance that their loved ones are enjoying the bliss of heaven, and without suspicion of danger, they give ear 'to seducing spirits, and doctrines of devils.'" GC, p. 552*

The Lord's servant has admonished us to study the Scriptures to avoid being deceived:

*"I saw that **the saints** must get a thorough understanding of **present truth**, which they will be obliged to maintain **from the Scriptures**. They must understand the **state of the dead**; for the spirits of devils will yet appear to them, professing to be beloved **friends and relatives**, who will declare to them that the **Sabbath has been changed**, also other unscriptural doctrines. They will do all in their power to **excite sympathy** and will work **miracles** before them to confirm what they declare. The people of God must be prepared to withstand these spirits **with the Bible truth** that the dead know not anything, and that they*

*who appear to them are the spirits of devils."* EW, p. 87

## The Acid Test

There are times in everyday life when we cannot trust in miracles, our senses, our reason, our feelings or what others tell us. The traditional acid test to determine the genuineness of gold consists in placing a small drop of a strong acid onto a metal's surface. Most metals will fizz or bubble, while precious metals are unaffected. The external acid test is thus decisive, immediate, cheap, simple, and trustworthy.

When it comes to testing precious metals, we cannot rely on those who tell us that a metal is gold, or that it looks like gold, or that when we bite it, it feels like gold. We must apply an external test that will give us absolute certainty that it is gold, or else we might just fall for fool's gold!

The Bible is the **acid test**. We cannot trust culture, miracles, feelings, emotions, hunches, senses, what others say, or human reason. We must put all to the **acid test of the Bible**. If something contradicts the Bible we can be sure that it is not from God.



# The Almost Overmastering Delusion

When the door of probation closes for the world, the vast majority of its inhabitants will be irredeemable. However, in the midst of the swirling waters of the wicked, God will have a tiny remnant that is faithful to Him. It is this remnant that Satan will target with his almost overmastering delusion—the personation of Christ’s coming. The purpose of this personation will not be to deceive the wicked because they were already irreversibly deceived when probation closed. Satan’s target is the small, faithful remnant, the elect who have refused to be deceived (Matthew 24:23, 24).

*“He numbers the world as his subjects; but the **little company** who keep the commandments of God are resisting his supremacy. If he could blot **them** from the earth, his triumph would be complete.”*  
GC, p. 618

Ellen White’s description of Satan’s final ploy to deceive the elect is found in GC, pp. 624-626. Even a quick reading of these pages reveals that Satan will use the same five methods that he used in the Garden to overcome Adam and Eve. Here is the

passage with my own explanatory notes in brackets:

*“As the crowning act in the great drama of deception, **Satan himself** will **personate** Christ **[using a disguise like in Eden]**. The church has long professed to look to the Savior’s advent as the consummation of her hopes. Now the great deceiver will **make it appear** **[using sleight of hand]** that Christ has come. In **different parts of the earth**, **Satan will manifest himself** among men as a **majestic being** of dazzling brightness **[appealing to the eyes]**, resembling the description of the Son of God given by **John in the Revelation**. Revelation 1:13-15. **The glory that surrounds him** is **unsurpassed** by anything that **mortal eyes** have yet **beheld** **[appealing to the eyes]**. The **shout of triumph** rings out upon the air: ‘Christ has come! Christ has come!’ **[peer pressure]** The people prostrate themselves in adoration before him, while he **lifts up his hands** and pronounces a **blessing** upon them **[appealing to their ears]**, as Christ blessed His disciples when He was upon the earth. **His voice** is **soft** and subdued, yet full of **melody** **[appealing to their ear]**. In gentle, compassionate tones he presents **some** of the same gracious, **heavenly truths** which the Savior uttered **[he will misuse God’s***

**word**]; he **heals the diseases** of the people **[will perform miracles]**, and then, in his **assumed** character **[camouflage like in Eden]** of Christ, he claims to have **changed the Sabbath** to Sunday **[an attack on God's Word]**, and commands all to hallow the day which he has blessed. He declares that those who persist in keeping holy the seventh day are **blaspheming** his name by refusing to listen to his angels sent to them with light and truth. This is the **strong, almost overmastering delusion.**"

Why will Satan be unable to deceive the elect? Their senses, their impressions, the miracles, their feelings, the testimony of others, and the reference to some of the things that Jesus taught, all seem to indicate that this is Christ. Ellen White described why the elect will stand firm:

"But the **people of God** will not be misled. **The teachings** of this false christ are not in accordance with **the Scriptures**. His blessing is pronounced upon the worshipers of the beast and his image, the very class upon whom the **Bible declares** that God's unmingled wrath shall be poured out.

And, furthermore, Satan is **not permitted to counterfeit the manner of Christ's advent**. The Savior has warned His people

against deception upon this point, and has clearly foretold the manner of His second coming.

**[she now quotes the Bible]**

"There shall arise false christs, and false prophets, and shall show great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect...

Wherefore if they shall say unto you, Behold, He is in the desert; go not forth; behold, He is in the secret chambers; believe it not. For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be." Matthew 24:24-27, 31; 25:31; Revelation 1:7; 1 Thessalonians 4:16, 17. This coming there is **no possibility of counterfeiting**. It will be universally known—witnessed by the whole world. *GC*, pp. 624, 625

## Special Light in The Great Controversy

Ellen White wrote a very important chapter in the book *The Great Controversy* titled 'The Scriptures a Safeguard'. It would be well for us to read this chapter and internalize it:

"The **last great delusion** is soon to open before us. Antichrist is to perform his marvelous works in our



sight. So closely will the counterfeit resemble the true that it will be impossible to distinguish between them except by the Holy Scriptures. By their testimony every statement and every miracle must be tested.” GC, p. 593

Ellen White described the supremacy of Scripture in the final crisis:

“But God will have a people upon the earth to maintain the Bible, and the Bible only, as the standard of all doctrines and the basis of all reforms. The opinions of learned men, the deductions of science, the creeds or decisions of ecclesiastical councils, as numerous and discordant as are the churches which they represent, the voice of the majority—not one or all of these should be regarded as evidence for or against any point of religious faith. Before accepting any doctrine or precept, we should demand a plain ‘Thus saith the Lord’ in its support.” GC, p. 595

## We Must Study for Ourselves

“Only those who have been diligent students of the Scriptures and who have received the love of the truth will be shielded from the powerful delusion that takes the world captive. By the Bible

testimony these will detect the deceiver in his disguise. To all the testing time will come. By the sifting of temptation, the genuine Christian will be revealed. Are the people of God now so firmly established upon His word that they would not yield to the evidence of their senses? Would they, in such a crisis, cling to the Bible and the Bible only? Satan will, if possible, prevent them from obtaining a preparation to stand in that day. He will so arrange affairs as to hedge up their way, entangle them with earthly treasures, cause them to carry a heavy, wearisome burden that their hearts may be overcharged with the cares of this life and the day of trial may come upon them as a thief.” GC, pp. 624-626



**Pastor  
Stephen  
Bohr**



# ARE YOU A SUCCESS?

**H**aving reached what I tend to believe are the last few decades of my life I have had occasion to look back over my ministry in view of what some people would call success. One tends to do that when you move into the seventh decade of life on planet Earth. This is particularly so as I see some friends ascending to positions of responsibility and leadership in my chosen profession which is ministry. Other friends have passed on (far too early for my taste since I am yet alive).

I have preached well over 125 funerals in my pastoral labors, including those of both of my parents whom I had the privilege of leading to the Lord. I think that this snippet of my resume gives me the prerogative to muse a bit over life, success and failure. The Bible says in Psalms 90:12 NKJV “so teach us to number our days!” The New Living Translation says, “teach us to realize the brevity (shortness of time) of life” so that we may grow in wisdom! That says to me that we should value and treasure every minute of every day that the Lord allots to us. We ought to give God and life our very best. No shortcuts, no retreats, and as few detours as possible.

So as you review your life as I do mine, how will you rate its success? You will be tempted as I was to rate your life in secular terms i.e. position, influence, money in the bank, house, good kids, etc. But it occurs to me that

though I have some of these I certainly do not have all! So these worldly barometers cannot be sufficient for me or any Christian. So what is the Godly measuring rod? Which after all is the only one that really counts! Might I suggest that it is found in the same repository of wisdom as is all truth – the Bible!

Specifically, it is part of a recipe that the Lord gave to Joshua when he was about to undertake an incredibly difficult task. Not only is it the best way to evaluate success it is the key to success itself! It is found in Joshua 1:8 and 9. The most succinct version of the text is found in the NIV: “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.” This is particularly appropriate if you are laboring in an arena where you are underappreciated, under-rewarded, and maybe even underpaid. Do not fret about the accolades of the world. Your success comes in being in the center of God’s will for your life. Keep your head up, keep plugging away, be faithful, and remember Mathew 5:12 NJKV, “great is your reward in Heaven!”



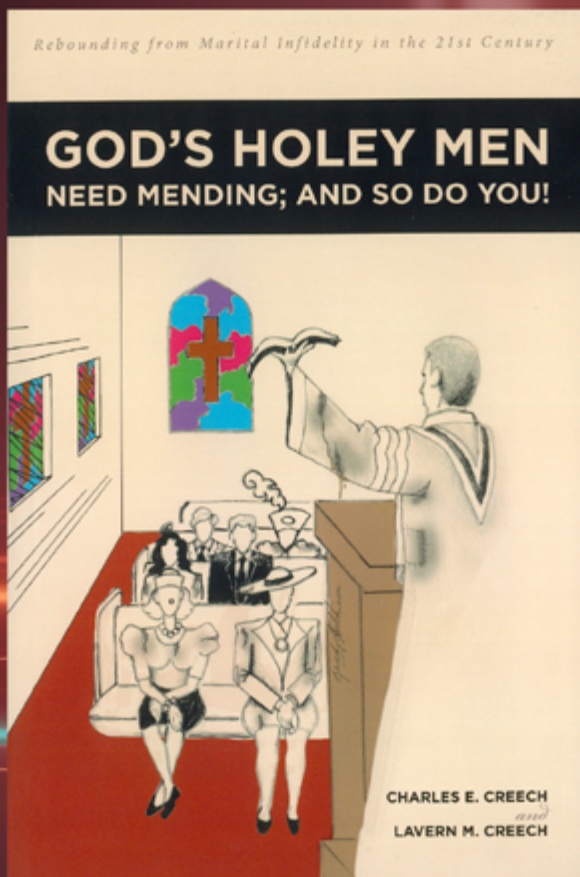
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# CLERGY INFIDELITY?

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**E**at your broccoli! You've likely heard it many times growing up, possibly among the most nutritious foods you refused as a child. Broccoli (named after the Italian word for branch, brocco) made its way to America in the late 1700s by Thomas Jefferson, the 3<sup>rd</sup> US President, who introduced it from seeds imported from Italy. Ironically, over 200 years later, the 41<sup>st</sup> US President, George H. W. Bush, publicly spoke out about his lifelong dislike of the vegetable.

### **Vegetables on a Mission**

Broccoli belongs to the Brassicaceae (or commonly mustard or cabbage) family, in company with cauliflower, kale, cabbage, collards, Brussels sprouts, and radishes. Also known as cruciferous

vegetables, these nutrient-dense foods are key sources of vitamins, minerals, phytonutrients, and fiber. Importantly, they are almost exclusive in providing a large group of sulfur-containing compounds called glucosinolates, part of the plant's defense against pathogens and herbivores due to their bitter taste. These bioactive compounds differentiate cruciferous vegetables from other plants in their valuable impact on human health. Glucosinolates, though not themselves protective, are converted into a variety of beneficial phytochemicals, including sulforaphane, through a process that takes place once plant cells are injured by cutting, mixing, chopping, or chewing or by the action of the gut microbiota.

Studies have shown a strong association of these substances with invaluable health benefits such as the reduced risk of cancer (both by blocking and suppressing it), heart disease, and Alzheimer's disease, in addition to anti-inflammation, antioxidant, and antimicrobial activity (notably against *H. pylori*).<sup>1</sup> Additionally, they have been shown to stimulate the immune system, induce detoxification enzymes,<sup>2</sup> and reduce depression.<sup>3</sup> Significantly, they generate phase 2 enzymes, which help to protect cells against DNA damage from carcinogens or free radicals through various unique mechanisms.<sup>4</sup> A recent study shows antiviral effects against two coronaviruses by synthetic

1-11 Footnote references removed due to limited space, they are available upon request: jeanne.wheaton@sumtv.org





sulforaphane, including SARS-CoV-2, while also helping control the immune response.<sup>5</sup>

## Let's Get Practical

Most phytochemicals like sulforaphane appear more effective in combination with other nutrients in foods, making it preferable to eat the whole food versus taking a supplement. Research has shown that sprouted cruciferous seeds are substantially higher in glucosinolates like sulforaphane than mature plants of the same variety.<sup>6</sup> In addition, higher concentrations exist in the heads than in the stocks of the vegetable. Furthermore, storing and preparing cruciferous vegetables is crucial to preserving their beneficial properties. For instance, overheating broccoli can deactivate the enzyme that produces sulforaphane. Moreover, it appears that raw broccoli is considerably higher in sulforaphane than cooked<sup>7</sup> and that choosing to steam vegetables for 1-3 minutes is better than boiling or microwaving to maintain levels of sulforaphane.<sup>8</sup> Stir-frying also seems to preserve these compounds over other cooking methods<sup>9</sup>, and chopping vegetables like broccoli and letting them sit for 90 minutes before cooking appears to do the same.<sup>10</sup>



## Simple but Complex: God's Nature

The vital health-giving properties of foods and herbs appear throughout the Bible. Complex systems such as those contained in cruciferous vegetables bear witness to the existence of purposeful design.

"For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse." (Romans 1:20)

"The sun which shines upon the earth, and glorifies all nature, the weird, solemn radiance of the moon, the glories of the firmament, spangled with brilliant stars, the showers that refresh the land, and cause vegetation to flourish, the precious things of nature in all their varied richness, the lofty trees, the shrubs and plants, the waving grain, the blue sky, the green earth, the changes of day and night, the renewing seasons, all speak to man of his Creator's love."<sup>11</sup>

## Jeanne Wheaton

M.S., R.D.N.



## Did You Know?

Cruciferous (from the New Latin *Cruciferae*) means cross-bearing; taken from the mustard family's cross-like four-petaled flowers.



16<sup>TH</sup> ANNUAL SECRETS UNSEALED SUMMIT

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SEASIDE, CA 93955**



**C.A. Murray**



**Stephen Bohr**



**David Salazar**



**Dr. David DeRose**



**Daniel Miranda**



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