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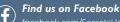
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Dear Triends of SECRETS UNSEALED MINISTRY

he world is characterized by turmoil and conflict and sometimes that strife seeps into our own beloved church and distracts us from the important work that God has committed to us. The angels are releasing the winds and soon they will leave, never to return. Meanwhile, we must warn the world to prepare for the impending crisis. Secrets Unsealed and the Seventhday Adventist church share a message in common, and that life and death message involves strengthening the members in the faith, taking Present Truth to prisoners, discouraged members, former members, and those of a secular mind. Ellen White explained the reason for our existence:

"As a people we are to stand firm on the platform of eternal truth that has withstood test and trial. We are to hold to the sure pillars of our faith. The principles of truth that God has revealed to us are our only true foundation. They have made us what we are. The lapse of time had not lessened their value." Special Testimonies, Series B, No. 2, p. 51. (1904.)

I constantly remind our staff that we must be vigilant and never lose our focus. We can never be distracted from our calling. We are determined, by God's grace, to be faithful in the proclamation of what Ellen White called 'the message for this time'. God is working powerfully through this ministry and we are ever thankful for those who share our mission, pray for us, and provide financial support. You are constantly in our thoughts and prayers.



Yours for a finished work, **Pastor Stephen P. Bohr**



"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live in the by the faith of the Son of God, who loved me, and gave Himself for me" Gal. 2:20

Crucification is one of the severest kinds of suffering and death we could bring on ourselves.

Reading this verse makes me think of a corresponding Bible verse: "The love of money is the root of all evil" I Tim. 6:10. Money is not evil but the doors it opens to materialism and self-indulgence leads to the path of making idols of things; coveting more money for more things. The idea that more money means more things, means more happinessfuels our culture.

The record of most of those with great wealth shouts back something else.....which is.....extremely high divorce rate, indulgence in alcohol and drug use, depression, loneliness, broken hearts and homes and estrangement in families.

God understands and addresses the problem with a solution. "There is that scattered and yet increaseth and there is that witholdeth more than is meet but it tenders to poverty."

"The liberal soul shall be made fat and he that watereth shall be watered also himself." Prof.11:24,25

"Where your treasure is there your heart shall be also" Luke 12:34

Either we live a life of selfindulgence or a life of service and focus on honoring Christ in service to others; self or selfless love is the final display in each person's life. Paul made a choice. Jesus wants us

Charity Gift Annuity Rates

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Age 70 6.3% Age 90 10.1%

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as of June 6, 2024 [Single Life]

Christ Living in You

to make a choice and He invites us to take up the cross and follow him.

Nothing discloses more quickly our true heart affection than how and what we spend, invest and put our money into. "Where your treasure is there will your heart will be also" Luke 12:34

I invite you to the cross. I invite you to the feet of Jesus. I invite you to put your heart, soul and money into God's precious ministry.

Have you remembered the Lord's work in your estate plan.....a WILL or REVOCABLE TRUST? Would you like to have peace of mind in your stewardship? Would you like to have a life income and large tax deduction as you gift to this ministry?

Do you have highly appreciated assets such as real estate or stocks and bonds? To sell them outright can incure as much as a 20% tax through capital gains tax. However with a charitable Remainder Trust you can avoid all of that plus an additional tax deduction with an excellent life income.

Do you have cash in CD's or money markets at low interest rates? Please notice the excellent Gift Annuity rates with guaranteed lifetime payout rates and large tax deductions.

Some of you have or can make an outright gif from your IRA. You are permitted at age 70.5 to make a direct gift from the IRA to the charity up to \$100,000.00 per year and it will avoid taxation and after age 73 it will avoid taxation plus meet annual required minimum distribution standards.

A new feature was added to IRA's just this past year by the Internal Revenue Service. You now can do a onetime rollover from your IRA to a charitable gift annuity. Thus avoiding tax on the withdrawal plus you have a life income. This is a once in life time privilege to husband and wife each of \$50,000.00 You avoid withdrawal tax plus have guaranteed life income ...see charts below. Please call with questions. Thank you for your support.



Pastor John Bridges

Certified Specialist in Planned Giving and Denominationally certified *jthistory58@yahoo.com* 225-505-0231



Please thank Pastor Bohr for his lecture #2 (The Wise Shall Understand, re: Daniel 8-12.1 listened to this lecture three times. and finally wrote it out verbatim. He explained so many things, and it was one of the most helpful lectures I have heard. He put the "parts" together. It all makes sense now (re: Daniel 8-12). He does not cover every text, but oh how helpful this was. All the details nestled among the lecture are extremely helpful in putting the book of Daniel 8-12 in proper perspective. Please thank him! - Patricia in MD

We have over a dozen PDF downloads. That is what we study from. Books cost too much for us. We will not stop our donations to buy books. We pray your website stays up until the end of time, we would be lost without it. NO real SDA church where we live so we depend on Pastor Bohr, a great man in our eyes. God Bless and we pray for your church and your leaders.

- Peter in Canada

I am slowly making my way through this amazing study on Revelation. Pastor Bohr has been so comprehensive in his teaching that it will take me a while to get through them but I am understanding all that he is sharing. I am hoping and praying that with the clarity with which I get this information, I will be able to share with others and encourage them to get these as well. Thank you.

Helen in the UK

Indeed I've been greatly blessed by this ministry in the past three years since I joined the University Church. Especially in understanding Bible prophecies.

I've been keenly following Pastor Stephen Bohr's sermons, and Bible studies through YouTube. Truly a wonderful change has been wrought in my life.

My devotional life has really improved and I really thank God for leading me. I've come to learn that there is no important work like soul-winning through ministry. I believe that God will answer my prayer someday so that I also can join the ministry. Special regards to all who facilitate Secrets Unsealed ministry. Eternity itself can reveal the souls you helped come into the faith. Blessings to all.

Africa, Kenya



studywith

DOWW: I Turdedove, 2 Snacch, 3 Hymn, 4 Fatings, 5 Song, 6 Jonah, 8 Ezekiel, 12 Debts, 14 Pestilence, 16 Ephraim, 17 Returned, 21 Little, 22 Rabbi, 24 Saul, 25 Army

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READER REVIEWS





The Great Prophecies of the Old Testament Part 1 - PDF Download

Posted by: Yasmin Wong
Stephen Bohr puts

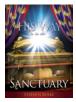
elbow grease when it comes to all of his biblical masterpieces. The Great Prophecies of the Old Testament Part I is no different. I do not have access to a church family so I rely heavily on SUMTV and Clash of Minds and I must say that Stephen Bohr makes it impossible for anyone to stand before the Father in that great day and say, I didn't know. This man puts out so much material that covers a myriad of topics and tops it off with providing the study notes for free. He is not about lining his pockets but getting God's messages to His people. The Great Prophecies of the Old Testament Part I will not disappoint and promises to increase your walk, faith, love and peace in God the Father and His precious Son. Thank You Pastor Bohr, Blessings.



Revelation's Seven Trumpets - A Contextual Approach - PDF Download

Posted by: John Bradshaw
Pastor Bohr's book

on the trumpets is the deepest, most concise study I have come across on the topic. I find he challenges my thinking so often on every topic, not only his literature, but sermons as well. Find him on Audioverse for a full range of in-depth sermons to bless you lead you as the Holy Spirit speaks.



His Way Is In The Sanctuary

- PDF Download

Posted by: Jabu

There is no betterdetailed explanation of the sanctuary doctrine

than this one. As I listen to how Elder Bohr unpacks this truth, I am reminded of what 2 Peter 1:20 says about the Bible "...No prophecy of Scripture came about by the prophet's own interpretation of things." Indeed he's led by the power of the Holy Spirit to explain the Sanctuary doctrine.



Matthew 24 Expanded Edition - PDF Digital
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Posted by: Bryce

Not being an Adventist or raised Adventist,

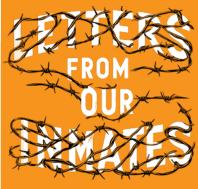
I have been steeped in the futurist view. But I always had problems with that view as it never lined up with Matthew 24. I always was left with the question in my mind as to how some of those views could be reconciled with Matthew 24. Having learned from and listened to many Adventist teachers/ pastors since then, I ran across this teaching by pastor Bohr and am positively thrilled to find someone who has not only taken the time to thoroughly research the chapter, but to explain it in a logical manner and back it up with so many other Scriptures. I am going to try to adapt much of what I have heard and read through this study to present to as many of my Sunday keeping friends as God allows me.

TO PASTOR BORY:

Thy home is Seven Grith and I'm an inmote at a prison in TN. I would like to son I truth think you for evolutioning you and socrete theode have some me. I have been in Orison for nearly 5 yes and liast 3 lives or have both in di Shody of the public and also invention down Advantion Bible Commercial. It's amazing how God transforms a persons life. Secrets Unsealed is a very bight light that stimes Gods word to the world. Words fail to express how much your ministry means go me. All in all the Grianth day Advantist church is without doubt Gods last day Thank UDU for everything forever. For have a BEAL with our creater. Girksmontalago could not imagine increm HIM. God Bless to you tall? Steven -

An inmate who is serving a life sentence without parole is leading out in a Bible study group utilizing Pastor Bohr's study notes.

-Tony in MO



Thank you for the ministry update of Secrets Unsealed. The books you have sent me have truly blessed me and my growth in Christ Jesus. I plan on joining a Seventh-day Adventist Church upon my release to Buffalo, NY.

Robert in NY

An inmate who is serving a life sentence is reading our books says: The Pathway to Peace book has made me a better person and helped me stay on a positive walk daly, and I want to thank your ministry for that."

Byron in AL





Introduction

In the **present article**, we will examine the word 'finish' as it appears in **seven sequential events** in sacred history, spanning from the Genesis **creation** to the **restoration** of creation in the book of **Revelation**. Our study will show that each use of the word is closely related to the **sanctuary** and the **Sabbath**.

For some **context**, let's begin with **an event** that occurred in the heavenly sanctuary sometime **before creation week**.

According to Ezekiel 28:14, Lucifer was a covering cherub who served in God's inner sanctum of the sanctuary, the most holy place (cf. Exodus 25:18-21). According to the prophet, this first creature of God was beautiful, wise, rich, and **popular** among the angels. However, he corrupted these qualities which led to his downfall (Ezekiel 28:1-10). The slide down the slippery slope to apostasy began when Lucifer was not consulted

regarding <u>God's creation plan</u>. Ellen White explained:

"Satan was once an honored angel in heaven, next to Christ. His countenance, like those of the other angels, was mild and expressive of happiness. His forehead was high and broad, showing great intelligence. His form was perfect; his bearing noble and majestic. But when God said to His Son, 'Let us make man in our image,' Satan was jealous of Jesus. He wished to be consulted concerning the formation of man, and because he was not, he was filled with envy, jealousy, and

hatred. He desired to receive the highest honors in heaven next to God." <u>Early Writings</u>, p. 145

The First 'it is finished' at Creation

When Lucifer rebelled in heaven, God could have chosen to abort His creation plan. However, notwithstanding the covering cherub's envy, jealousy, and hatred, God chose to move forward with the plan. The Father devised the plan and took the initiative and Jesus did the work (Genesis 1:26; John 1:1-3; Hebrews 1:3; Colossians 1:15-17; 1 Corinthians 8:6; PP, p. 36). Lucifer's jealousy was not directed at the Father but at the Son. We are told that "Lucifer was envious and jealous of Jesus Christ." The Story of Redemption, p. 14 He considered Jesus his rival, not the Father.

Before creation week, the planet had four problems. It was **disorderly**, **empty**, **dark**, and **lifeless**. According to the Bible record:

"The earth was without form, and void; and darkness was on the face of the deep and the Spirit of God was hovering over the face of the waters." (Genesis 1:2)

So, the Father, through the instrumentality of His Son, took the initiative to resolve the four problems. In six days Jesus **worked** to put the planet in order, fill it, illumine it, and to create life. Genesis 1:31 underlines that Jesus did all **His work** in six days. Adam and Eve did **no work**!

"Then God saw everything that <u>He</u> had made, and indeed it was very good. So the evening and the morning were the sixth day." (Genesis 1:31)

In the very next verse, the creation record tells us that Jesus **finished** all **His** work on the **sixth day**. This was the **first use** of the word 'finish':

"Thus the heavens and the earth, and all the host of them, were <u>finished</u>." (Genesis 2:1)

Although the actual work of creation was finished on the sixth day, the week was not yet complete so Jesus added the final day—the **seventh!** In contrast to the first six, He did **no work** on the seventh but rather **ceased** working. In other words, He created no more. The Bible record explains that it was Jesus who did all the work and then ceased:

"And on the seventh day God ended **His** work which **He** had

done, and <u>**He**</u> rested on the seventh day from all <u>**His**</u> work which <u>**He**</u> had done." (Genesis 2:2)

One question remains unanswered: What did <u>Jesus</u> <u>do</u> on the seventh day while He ceased? He certainly was <u>not idle</u> as if He was tired (Isaiah 40:28). The Bible tells us that He <u>beheld</u> His masterpiece and it was very good (Genesis 1:31). The day was not one of passive rest but rather of joyous contemplation and enjoyment because He was well pleased with <u>His</u> work:



"God looked with satisfaction upon the work of His hands. All was perfect, worthy of its divine Author, and He rested, not as one weary, but as well pleased with the fruits of His wisdom and goodness and the manifestations of His glory." PP, p. 47

A follow-up question surfaces: What did Adam and Eve do on the seventh day while Jesus rested? Did they work while Jesus was resting and enjoying the work of His hands? Certainly not! No doubt Jesus invited them **to share** and participate in, the joy of **His** rest from **His** work.

Clearly, Adam and Eve could not cease from their labor on the seventh day because they had not <u>labored</u> the previous six! According to the Genesis account, the seventh day was, first of all, <u>Jesus' day</u> of rest, not theirs! Nevertheless, He invited them to participate in the joy of <u>His rest</u> from <u>His work</u>. Adam and Eve rested in Christ's finished work, not from theirs.

That first Sabbath was first of all the day that Christ rested and for this reason, the Bible never refers to the Sabbath as 'the Jewish Sabbath". Rather, He calls it 'my holy day' (Isaiah 58:13), and the Bible refers to it as 'the Sabbath of the Lord your God' (Exodus 20:10), and 'a Sabbath rest, a holy Sabbath to the Lord' (Exodus 16:23). In Ezekiel 20:20 the Lord commanded 'hallow my Sabbaths' and Jesus referred to Himself as 'the Lord of the Sabbath' (Mark 2:27, 28). Not once in the Bible, is the Sabbath called 'the Sabbath of the Jews'.

In summary, at the conclusion of the first week, man rested **before** he worked while Jesus rested from **His** work! But

you might ask, what about the **second week**? The answer is that after Jesus created the first week, He gave it to man:

"Because He <u>had rested</u> upon the Sabbath, "God blessed the seventh day, and sanctified it," set it apart to a holy use. He <u>gave</u> <u>it to Adam</u> as a day of rest." <u>DA</u>, p. 281

Jesus said as much: "And He said to them, "The Sabbath was <u>made for man</u>, and not man for the Sabbath" (Mark 2:27).

After Christ ceased and rested on the seventh day, and Adam and Eve with Him, He blessed it, made it holy, and then instructed them and their descendants to work six and cease on the seventh in a continuous cycle to memorialize His work and His rest during the first week:

"The first six days of each week are given to man for labor, because God employed the same period of the first week in the work of creation. On the seventh day man is to refrain from labor, in commemoration of the Creator's rest." PP, p. 111

"God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate

the works of God and meditate upon His power and goodness. He needed a Sabbath to remind him more vividly of God and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator." PP. p. 48

Why no Evening and Morning?

This brings another issue to the fore. There is a detail in the creation story that has <u>puzzled</u> and perplexed scholars. The Genesis record tells us that each of the days of creation week had an evening and morning except the seventh. Did Moses forget to include the formula 'it was the evening and morning of the seventh day,' or is there a deeper theological reason for its omission?

In order to answer this question, we must keep **two** foundational facts in mind. First, as I have pointed out, the first week of human history is **Christ's week** because it was **He** who worked six and ceased on the seventh. In the creation account, there is no record of man working or ceasing.

Second, as I have pointed out elsewhere, the word *shabbat* ('rested') which appears twice in

Genesis 2:2, 3, is better translated as 'ceased' rather than 'rested' (cf. Genesis 8:22; Joshua 5:12; Nehemiah 6:3; Psalm 46:8, 9; Exodus 31:17; <u>DA</u>, p. 207). Several versions translate it so, such as the TEV: 'that day he had completed his creation and stopped working' and the NET, 'and he **ceased** on the seventh day all the work that he had been doing'. Thus, the word shabbat does not primarily describe the quality of Christ's rest while He ceased on the seventh day but rather that He created no more.

We use the expression, 'the prosecution rests' when the district attorney ceases to present his case because he has finished. Likewise, Jesus ceased when He had no more to create. As I have indicated previously in this article, the first week of history is all about Christ—it is Christ's week because He, not man, worked six and ceased on the seventh.

With these two foundational points in mind, we can understand the reason why the seventh day had no evening and morning for the Creator. The fact is that there is no evidence that Jesus began a new six-day cycle of creation the day after He ceased on the seventh as we shall see shortly, to this day, Jesus is still ceasing from His work of

creation because has not begun a new creative cycle of six days.

However, the same cannot be said about Adam and Eve and their descendants. The seventh day did have an evening and morning for Adam and Eve because the very next day they began a new cycle of six days of work followed by the seventh. The fourth commandment of God's law makes this point clear.

The fourth commandment explains that Christ worked six days and ceased on the seventh and then told Adam and Eve and their descendants to follow His example, by working six and ceasing the seventh in a continuous cycle (Exodus 20:8-11). Christ Adam and Eve and their descendants were to follow this cyclical pattern as long as time should last in commemoration of His work and His rest during the first week. For God, the cycle of work and rest was a one-time thing whereas for man it was a continuous cycle. Where do we find this concept in the Bible? Let's go to Genesis 1:31-2:2 for the answer:

"Then God saw everything that <u>He</u> had made, and indeed it was very good and so it was the evening and the morning of the sixth day. Thus the heavens and the earth, and all the host of

them, were <u>finished</u>. And on the seventh day God ended <u>His</u> work which <u>He</u> had done, and <u>He</u> rested [ceased] on the seventh day from all <u>His</u> work which <u>He</u> had done." (Genesis 1:31-2:2)

Thus, the first week was Christ's week because He worked six and ceased on the seventh. The seventh day had no evening or morning for Christ because, in distinction to man, He did not begin a new six-day cycle of work the very next day. That is to say, to this day, Christ is still ceasing from his creative works because He has not begun a new seven-day cycle. In short, on the seventh day, He ceased and is still ceasing! On the other hand, man repeats the weekly cycle of work and rest to perpetuity so the seventh day does have an evening and morning for him! Is this concept taught in the Bible? The answer is in the book of Hebrews where we are told that Jesus is **still resting** from His work of creation four thousand years after creation week:

"And yet <u>his work</u> has been <u>finished since the creation</u> of the world." (Hebrews 4:3, NIV).

This text is explicit that concerning this world, God has been ceasing from His creative works since the first week. Thus, the seventh day never ended <u>for</u> <u>God</u> because He has continued

to cease and has not begun a new cycle of work.

Someone might object: Didn't Jesus say that He and the Father were **still working** during His incarnation? Yes, He did and here is the text:

"But Jesus answered them, "My Father has been working until now, and I have been working." (John 5:17-18)

We must consider the context of this verse. The works that Jesus referred to were not works that began a new sixday cycle but rather His work of redemption and restoration. Jesus did not create anything new when he healed the paralytic but rather restored his legs, as they should have worked at the beginning. Jesus did something similar when He opened the eyes of a man born blind. He restored his eyes to what they should have been at the beginning. Hebrews 1:3 describes Iesus as "upholding all things by the word of His power" and Colossians 1:17 adds that in Jesus "all things consist" or "hold together" (NIV). In other words, He sustains and restores what He created during the first week.

Adam Clarke explained the meaning of John 5:17:

"God created the world in six days: on the seventh he rested

from all **creating acts**, and set it apart to be an everlasting memorial of his work. But, though he rested from creating, he never ceased from preserving and governing that which he had formed: in this respect he can keep no Sabbaths; for nothing can continue to exist, or answer the end proposed by the divine wisdom and goodness, without the **continual energy** of God. So I work—I am constantly employed in the same way, governing and supporting all things, comforting the wretched, and saving the lost; and to me, in this respect, there is no Sabbath." (Adam Clarke's Commentary, Electronic Database. Copyright © 1996, 2003, 2005, 2006 by Biblesoft, Incorporated).

<u>Albert Barnes</u> explained it this way:

"God has not ceased to work on the Sabbath. He makes the <u>sun to</u> <u>rise</u>; He <u>rolls the stars</u>; He causes the grass, the tree, the <u>flower</u> <u>to grow</u>. He has not suspended His operations on the Sabbath, and the obligation to "rest" on the Sabbath does not extend to Him. He <u>CREATED</u> the world in six days, and <u>ceased</u> the work <u>of CREATION</u>; but He has not ceased to <u>GOVERN</u> it, and to carry forward, by His providence, His great plans on the Sabbath."

<u>Barnes' Notes</u>, Electronic Database Copyright © 1997-2014 by Biblesoft, Incorporated)

Ellen White concurred with both Clarke and Barnes:

"As regards this world, God's work of creation is completed. For 'the works were finished from the foundation of the world' (Hebrews 4:3) But His energy is still exerted in upholding the objects of His creation." PP. p. 115

"Although the Lord has ceased His work in creating, He is constantly employed in upholding and using as His servants the things which He has made Said Christ, "My Father worketh hitherto, and I work" (MS 4, 1882). The Seventh-day Adventist Bible Commentary, volume 6, p. 1062

"As regards this earth, Scripture declares the work of creation to have been completed." The works were finished from the foundation of the world." Hebrews 4:3. But the power of God is still exercised in upholding the objects of His creation." Education pp. 130, 131

The fact that God has been ceasing from his creative work since the first seventh day does not mean that humanity is ceasing as well. The fourth commandment clearly commands human beings

to work six and cease on the seventh in a continual cycle in commemoration of the Creator's work and rest during the first week.

Just because God ceased on the seventh day and did not begin a new cycle of work the next day does not mean that **human beings** are still living in the seventh day. There are several reasons why we know that the seventh day **did have** an evening and morning for human beings.

- The seventh day did have a beginning and end because God set it apart from the other days when it ended. How could God set the Sabbath apart from the other days if the Sabbath never ended?
- Genesis uses a <u>numeral</u> <u>adjective</u> for the seventh day as it does for the first six.
- In practical terms, the <u>sun rises</u> and sets on the seventh day just <u>like every other day</u>. Thus, the day <u>does have</u> an evening and morning which is determined by the <u>rising and setting of the sun</u>:

"When the Lord declares that He made the world in six days and rested on the seventh day, He means the day of twenty-four hours, which He has marked off by the <u>rising and setting of the sun</u>." <u>TM</u>, p. 135

■ Leviticus 23:32 explicitly commanded Israel to celebrate the Day of Atonement Sabbath from evening to evening. This means that the Sabbath did have an evening and a morning. (cf. Mark 1:32)

How could Israel obey God's command to observe the Sabbath in a continual weekly cycle of seven days if the seventh day never ended?

The Bible is clear that when the seventh day ended, Christ ceased but the very next day Adam and Eve began a seven-day cycle of work and rest to commemorate Christ's original cycle. This indicates that the seventh day had no evening and morning for Christ but it did have for man. What God did once, man was to repeat in a continuous cycle till the end of time. The fourth commandment clearly teaches this concept and Ellen White agreed:

"Remember the Sabbath day, to keep it holy." Six days you shall labor and do all your work, 10 but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates for in six days the Lord made the

heavens and the earth, the sea, and all that is in them, and rested the seventh day. **Therefore**, the Lord blessed the Sabbath day and **hallowed** it." Exodus 20:8-11.

"The first six days of each week are given to man for labor, because God employed the same period of the first week in the work of creation. On the seventh day man is to refrain from labor, in commemoration of the Creator's rest." PP, p. 111

Satan's Hatred for the Sabbath

Satan hates the Sabbath with a passion because it exalts and glorifies his rival. When we keep the Sabbath holy we memorialize Jesus as the Creator and Satan hates Jesus. This explains why the enemy has attacked the Sabbath in various ways throughout history.

Satan has revealed his intense hatred of the Sabbath by the theory of biological **evolution**, by influencing the pagans to honor the **venerable day** of the sun, by leading the Jews to make it a **burdensome day** of rules and regulations, by using the **papacy** to change the day from Sabbath to Sunday, by influencing **Protestants** to cradle and nurture this child of the

papacy (<u>ST</u>, July 13, 1897), and by a <u>final death decree</u> against those who keep it and <u>refuse</u> to keep Sunday!

The Second "it is finished" at the Altar of Sacrifice

Life in the Garden of Eden before the inception of sin was blissful. There was no curse, no pain, no sorrow, no crying, no death, and man had face-to-face communion with the Creator. Ellen White explained:

The mysteries of the visible universe—the "wondrous works of Him which is perfect in knowledge" (Job 37:16)—invited man's study. Face-to-face, heart-to-heart communion with his Maker was his high privilege. Had he remained loyal to God, all this would have been his forever."

However, by the inception of sin, the life of man was cast into spiritual disorder, emptiness, darkness, and death—the very antithesis and reversal of God's creation plan. The future looked bleak, foreboding and hopeless. However, a glimmer of hope warmed the heart of Adam when God promised to restore what was lost through the spotless life and vicarious death of Christ.

God revealed this to Adam when he offered the first sacrifice:

"To Adam, the offering of the first sacrifice [at the altar of sacrifice] was a most painful ceremony. His hand must be raised to take life, which only God could give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must **shed the blood** of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of his transgression, which nothing but the death of God's dear Son could expiate. And he marveled at the infinite goodness that would give such a ransom to save the guilty. A star of hope illumined the dark and terrible future and relieved it of its utter desolation." PP, p. 68

Four thousand years later, what God had predicted, became a reality. Jesus became a member of the human family to spiritually <u>fill</u> people's lives with <u>order</u>, <u>light</u>, and <u>life</u>. Early in His ministry, Jesus explained the <u>purpose</u> of His incarnation:

"My food is to do the will of Him who sent Me and to <u>finish</u> <u>His</u> work." (John 4:34)

The work that the Father committed to Iesus involved two main tasks. First, He came to live a life of perfect righteousness. This is one of the reasons why Jesus had to live without sin for 33 years before His death (Hebrews 4:15, 16; 7:25-27; 1 Peter 1:19, 20). Because we are spiritually naked, He came to weave a robe of righteousness to cover the shame of our spiritual nakedness (1 John 2:1, 2; 1 Timothy 2:5). On the cross He bore our nakedness (John 19:23, 24).

Second, He came to bear upon Himself the sins of the world in Gethsemane and on the cross. Our sins require the death sentence and bore it in our place (John 18:11; Matthew 26:39, 42, 44, Galatians 3:13; 2 Corinthians 5:21; and Isaiah 53:4-6).

In short, His mission was to <u>live</u> and <u>die</u>, so that through repentance, confession, and faith, believers might be covered with His robe of perfect righteousness and their sins not be reckoned to their account.

On the way to Gethsemane from the Upper Room on Thursday evening, Jesus prayed to His Father and told Him that He had **finished** His work:

"I have glorified You on the earth. I have <u>finished</u> the work



which **You have given** Me to do." (John 17:4)

The very next day He cried out to His Father on the cross: 'It is finished'. He had lived a sinless life and paid the penalty that should have fallen upon man:

"So when Jesus had received the sour wine, He said, "<u>It is</u> <u>finished!</u>" And bowing His head, He gave up His spirit." (John 19:30)

Ellen White explained the **meaning** of the words 'it is finished':

"When upon the cross He cried out, 'It is finished,' He <u>addressed</u> <u>the Father</u>. The <u>compact</u> had been fully carried out." <u>DA</u>, p. 834

The word 'compact' as used by Ellen White in this context is not frequently used. One dictionary defines it as "a signed written agreement that binds you to do what you've promised." The word

refers to the covenant of peace between the Father and the Son in the ages before sin entered the universe (Zechariah 6:12, 13).

As Jesus finished the Father's work at creation in six days, He also fulfilled the Father's work in redemption on the sixth day (cf. <u>PP</u>, p. 36).

Christ's work of redemption was a reversal of the spiritual results of the fall. It was the antidote for those who are spiritually empty, whose lives are in spiritual disorder, spiritual darkness, and spiritually lifeless. The apostle Paul described redemption as a new spiritual creation where old things have passed away and all things have become new. This is referring to creation in redemptive history:

"Therefore, if anyone is in Christ, he is a <u>new creation</u>; <u>old</u> things have passed away; behold, <u>all</u> things have become <u>new</u>." (2 Corinthians 5:17)

It is hardly a coincidence that after Jesus finished <u>His</u> work of redemption, He <u>ceased</u> and rested in the tomb all day Sabbath, as He had at creation:

"For David says concerning Him: 'I foresaw the Lord always before my face, for He is at my right hand, that I may not be shaken. ²⁶ Therefore my heart rejoiced, and my tongue was glad; moreover, my flesh also will rest in hope. ²⁷ For You will not leave my soul in Hades, nor will You allow Your Holy One to see corruption." (Acts 2:25-27, KJV)

Jesus did <u>not rest alone</u>. As Adam and Eve entered Christ's rest on the seventh day at creation, the <u>women</u> and the disciples participated in <u>His</u> rest from His work of redemption:

"That day was the Preparation, and the Sabbath drew near. ⁵⁵ And the women who had come with Him from Galilee followed after, and they observed the tomb and how His body was laid. ⁵⁶ Then they returned and prepared spices and fragrant oils. And they rested on the Sabbath according to the commandment." (Luke 23:54-56)

As previously noted, Jesus worked and ceased from His work on the seventh day at creation and Adam and Eve joined in His rest though they had not worked. Likewise, in redemption. As at the beginning, He worked and then He rested. In contrast, the women and the disciples rested and the following day was a day of work for them!

The rest of the women and the followers of Jesus on that Sabbath was painful, sorrowful and restless. The gospels give us a glimpse of their disappointment. The women who followed Jesus on the *Via Dolorosa* shed many tears (Luke 23:27). Mary was weeping on resurrection morning when she came to the Garden Tomb (John 20:11) and later in the day, two followers of Jesus on the road to Emmaus expressed their disappointment when they exclaimed, 'we thought he was the one who would redeem Israel' (Luke 24:21).

God did not intend that Sabbath to be mournful. He had warned His followers repeatedly (cf. Matthew 16:21) during His ministry that the religious leaders would mistreat Him. sentence Him to death, and that He would resurrect on the third day! If they had believed His words and understood that He was resting from His work of redemption, their participation in His rest would have given them the assurance of salvation and a joyous expectation of His resurrection! All day Sabbath the followers of Jesus should have focused on His love and generosity in giving His life for their redemption. Jesus had predicted that the sorrow of the disciples would be turned into joy (John 16:19, 20). When we rest on the Sabbath, we are to remember that Jesus not only worked and rested at creation but He did the same for our

salvation. He finished the sixth day and ceased His work after crying out, 'it is finished'.

The Third 'it is finished' in the Holy Place

When Jesus died on the cross, the Father expressed His satisfaction with His Son's sacrifice by **echoing** the words that Jesus spoke on the cross, 'it is finished'. The Father spoke these words from His throne in the holy place of the heavenly sanctuary the moment Jesus died:

"God bowed His head satisfied. Now justice and mercy could blend. Now He could be just and yet the Justifier of all who should believe on Christ. He looked upon the victim expiring on the cross, and said, 'It is finished. The human race shall have another trial.' The redemption price was paid, and Satan fell like lightning from heaven." Youth's Instructor, June 21, 1900.

The Fourth 'it is finished' in the Holy Place

The fourth 'it is finished' occurred when Jesus ascended and entered the holy place of

the heavenly sanctuary. There He too **presented Himself** before the Father as the slain Lamb. The book of Revelation describes the glorious scene:

"Then I looked, and I heard the voice of many angels around the throne, the living creatures, and the elders; and the number of them was ten thousand times ten thousand, and thousands of thousands, 12 saying with a loud voice: Worthy is the Lamb who was slain to receive power and riches and wisdom, and strength and honor and glory and blessing!" (Revelation 5:11, 12)

Ellen White vividly portrayed Christ's ascension and arrival at the heavenly throne room where He met with the Father:

"Then the portals of the city of God are opened wide, and the angelic throng sweep through the gates amid a burst of rapturous music. There is the throne, [Revelation 4:2] and around it the rainbow of promise [Revelation 4:3]. There are cherubim and seraphim [Revelation 4:6: the four living creatures |. The commanders of the angel hosts, the sons of **God**, the representatives of the unfallen worlds, [Revelation 4:4: the twenty-four elders] are assembled. The heavenly council before which Lucifer had accused God and His Son.

the <u>representatives</u> of those sinless realms over which Satan had thought to establish his dominion—all are there to <u>welcome the Redeemer</u> [at His ascension]. They are eager to celebrate His triumph and to glorify their King.

But He waves them back. Not vet; He cannot now receive the coronet of glory and the royal robe. He **enters into the presence** of His Father. He points to His wounded head, the pierced side, the marred feet; He lifts His hands, bearing the print of nails [Revelation 5:6: As the slain **Lamb**]. He **points** to the tokens of His triumph; He presents to God the wave sheaf, those raised with Him as representatives of that great multitude who shall come forth from the grave at His second coming [Matthew 27:51-53]. He approaches the Father, with whom there is joy over one sinner that repents; who rejoices over one with singing. Before the foundations of the earth were laid, the Father and the Son had united in a covenant to redeem man if he should be overcome by Satan. They had clasped Their hands in a solemn pledge that Christ should become the **surety** for the human race. This pledge Christ has fulfilled. When upon the cross He cried out, "It is finished," He addressed the Father. The compact had been fully carried

out. Now He declares: Father, it is finished. I have done Thy will, O My God. I have completed the work of redemption. If Thy justice is satisfied, "I will that they also, whom Thou hast given Me, be with Me where I am." (John 19:30; 17:24) DA, pp. 833, 834

Jesus was then installed as High Priest in the holy place to **apply the benefits** of his righteous life and vicarious death to those **who rest** in **His** finished work. Ellen White explained:

"When He uttered the cry 'It is finished,' Christ knew that the battle was won. As a moral conqueror, He planted His banner on the eternal heights. Was there not joy among the angels? Not a son, not a daughter of Adam, but could **now lay hold** on the merits of the spotless Son of God, and say, Christ has died for me. He is my Savior." Manuscript 111, 1897 7ABC 462

According to the book of Hebrews, the Sabbath is a <u>sign</u> <u>of this experience</u>. Those who enter <u>His</u> rest cease from their own works to gratefully focus <u>on His</u>. Thus, on the seventh day, believers enter Christ's <u>redemption rest</u> from <u>His</u> work as Adam and Eve entered His creation rest:

"There remains therefore a rest for the people of God. 10

For he who has entered <u>His rest</u> has himself also <u>ceased from</u> <u>his works</u> as God did from His." (Hebrews 4:9-10)

Believers first rest in <u>His</u> doing and dying, not their own! However, after resting in His doing and dying, good works are the fruit. It would be absurd to rest in Him and then not obey His command to work! <u>Ephesians 2:8-10</u>, in creation language, provides the correct order between resting in Christ's work and then working:

"For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, 9 not of works, lest anyone should boast. 10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

The problem with the religious leaders in Christ's day was that they put the cart before the horse. They believed they had to work to earn salvation. Jesus knew this and in His woes on the scribes and Pharisees He said:

"For they bind heavy burdens, hard to bear, and lay them on men's shoulders; but they themselves will not move them with one of their fingers." (Matthew 23:4).

Jesus invited the overburdened populace to come to Him for rest:

"Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matthew 11:28, 29)

It is no coincidence that immediately after these words of Jesus, there was a Sabbath controversy between Jesus and the legalistic religious leaders (Matthew 12:1-8). The rules and regulations of the leadership burdened the people but Jesus invited them to rest in Him. Later, in the book of Hebrews, the apostle Paul admonished believers to rest as Jesus did at the beginning:

"For he who has entered <u>His rest</u> has himself also <u>ceased</u> from his works as God did from His." (Hebrews 4:10)

The Fifth 'it is finished' in the Most Holy Place

As Jesus carried on His intercessory ministry in the holy place during the 1260 years, the **little horn** attempted to **change** God's day of worship from Sabbath to Sunday:

"He shall speak pompous words against the Most High, shall persecute the saints of the Most High, and shall intend to change times and law. Then the saints shall be given into his hand for a time and times and half a time." (Daniel 7:25)

The Sabbath commandment is on the first table of the law in the **most holy place** of the heavenly sanctuary where the Ark of the Covenant is found. The fifth and sixth references to 'it is finished' will transpire from the most holy place. The seventh 'it is finished' will then point to the restoration of all things and the Sabbath as the commemorative sign.

Near the close of history, God calls upon us to proclaim the **first angel's message** to call the world back to the worship the Creator on His holy Sabbath:

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

This message comes from the **most holy place** of the heavenly

sanctuary because the concepts of judgment, the law, and the **Sabbath** are found in the Ark of the Covenant (Revelation 11:19).

The Sabbath/Sunday issue at the end will polarize the world into **two camps**. Those who pay heed to the first angel's message will receive the **seal of God** and those who reject it will receive the **mark of the beast** (Revelation 7:1-4; 14:9-11).

When every person has irrevocably chosen sides, God will utter His voice from the most holy place saying 'It is finished'. At that moment, Christ's intercessory ministry will end and **no one** will be able to enter the most holy place by faith until the outpouring of the seven plagues has ended. The mystery of God—the call of God's mercy—will be **finished**. Like in the days of Noah, all will have chosen sides, the door of mercy will close, and God's call of mercy finished (cf. Ephesians 6:19; Romans 16:25).

Revelation 10:7

"... but in the days of the sounding of the seventh angel, when he is about to sound, the mystery of God would be <u>finished</u>, as He declared to His servants the prophets."

Ellen White described the awesome moment when



probation will close and the intercession of Jesus in the most holy place will cease:

"Until <u>in heaven</u> is spoken the word, '<u>It is finished</u>,' there will always be places for labor, and hearts to receive the message." <u>6T</u>, p. 478.

This momentous time, when all cases have been decided for life or death, is vividly described in Revelation 22:11:

"He who is unjust, let him be unjust still; he who is filthy, let him be filthy still; he who is righteous, let him be righteous still; he who is holy, let him be holy still."

When the door of probation closes, no one will be able to enter by faith into the most holy place for forgiveness. Christ's ministry will be finished and all cases decided forever.

Revelation 15:5-8

"After these things I looked, and behold, the temple of the tabernacle of the testimony in heaven was opened. 6 And out of the temple came the seven angels having the seven plagues, clothed in pure bright linen, and having their chests girded with golden bands. 7 Then one of the four living creatures gave to the seven angels seven golden bowls full of the wrath of God who lives forever and ever. 8 The temple was filled with smoke from the glory of God and from His power, and no one was able to enter [no **intercessor**] the **temple** till the seven plagues of the seven angels were completed."

Ellen White described this solemn moment:

"I saw angels hurrying to and fro in heaven. An angel with a writer's inkhorn by his side returned from the earth and reported to Jesus that his work was done, and the saints were numbered and sealed. Then I saw Jesus, who had been ministering before the ark containing the Ten Commandments, throw down the censer. He raised His hands. and with a loud voice said, 'it is done.' And all the angelic host laid off their crowns as Jesus made the solemn declaration, 'He that is unjust, let him be unjust still: and

he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.' <u>EW</u>, p. 279.

Ellen White understood the expressions 'it is done' and 'it is finished' as **synonymous**:

"All heaven had united with Jesus, as they heard the fearful words, 'It is **done**. It is **finished**.' The plan of salvation had been accomplished, but few had chosen to accept it." <u>EW</u>, p. 281

After Jesus leaves the most holy place, a time of trouble such as never was nor shall be, will ensue (Daniel 12:1; Matthew 24:21, 22; Jeremiah 30:4-10). During this period there will be **no mediator** in the most holy place for saints or sinners. Ellen White explained:

"As Jesus moved out of the most holy place, I heard the tinkling of the bells upon His garment; and as He left, a cloud of darkness covered the inhabitants of the earth. There was then no mediator between guilty man and an offended God. . . In that fearful time, after the close of *Jesus'* mediation, the saints were living in the sight of a holy God without an intercessor. Every case was decided, every jewel numbered. Jesus tarried a moment in the outer apartment of the heavenly sanctuary, and the sins

which had been confessed while He was in the most holy place were placed upon Satan, the originator of sin, who must suffer their punishment." <u>EW</u>, pp. 280, 281

During the time of trouble, God's Sabbath-keeping saints will face a <u>universal death decree</u> (Revelation 13:15; Revelation 16:5-7) and to all human appearances, they will be <u>wiped</u> <u>off</u> the face of the earth:

"He [Satan] 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

The Sixth "It is Finished"

However, at the hour of <u>utmost</u> <u>extremity</u>, when the <u>death</u> <u>decree</u> is about to be executed, a voice will be heard from the <u>most holy</u> place saying: '<u>It is done</u>':

"Then the <u>seventh angel</u> poured out his bowl into the air, and a loud voice came out of the <u>temple</u> [naós] of heaven, from the throne [in the most holy], saying, '<u>It is</u> done!'. (Revelation 16:17)

At this moment God will deliver His faithful people from the wrath of their enemies. Their trials will be over. The living saints will be glorified and their enemies will worship before their feet and know that God has loved them (Revelation 3:9).

Ellen White described this climactic moment:

"When the protection of human laws shall be withdrawn from those who honor the law of God, there will be, in different lands, a simultaneous movement for their destruction. As the time appointed in the decree draws near, the people will conspire to root out the hated sect. It will be determined to strike in one night a decisive blow, which shall utterly silence the voice of dissent and reproof.

The people of God—some in prison cells, some hidden in solitary retreats in the forests and the mountains—still plead for divine protection, while in every quarter companies of armed men, urged on by hosts of evil angels are preparing for the work of death. It is now, in the hour of utmost extremity that the God of Israel will interpose for the deliverance of His chosen. . .

It is at midnight that God manifests His power for the deliverance of His people. The sun appears, shining in its



strength. Signs and wonders follow in quick succession. The wicked look with terror and amazement upon the scene while the righteous behold with solemn joy the tokens of their deliverance. Everything in nature seems turned out of its course. The streams cease to flow. Dark, heavy clouds come up and clash against each other. In the midst of the angry heavens is one clear space of indescribable glory, whence comes the voice of God like the sound of many waters, saying: 'It is done.' Revelation 16:17." GC, p. 635, 636

The Seventh "It is Finished" in the Re-creation

During the <u>millennium</u> there will be no Sabbath because the sun, moon, and stars will have been moved out of their places

(Matthew 24:29; <u>EW</u>, p. 41; Jeremiah 4:19-27). The earth once again will be without form, void, lifeless, and in darkness as it was before creation week. During this time, the saints will be in heaven and the wicked will all be dead on earth (Revelation 20:4-6).

After the millennium, the wicked will resurrect and Satan will rally them for an attack on the Holy City (Revelation 20:8, 9). However, when they are prepared for an immediate onslaught, a panoramic view of human history will appear above the city (Revelation 20:13) that will unmask the deceiver and the destruction of Satan, his angels, and the wicked will ensue.

After the destruction of the wicked and the cleansing of the earth (2 Peter 3:10-13), Jesus will create a **new heavens** and a **new earth** and His people will **once again** dwell in their **Eden home**. All will be as it was at the beginning. There will be a new creation and the voice of God will be heard saying: 'It is done':

Revelation 21:3-7

"And I heard a loud voice from heaven saying, "Behold, the tabernacle of God is with men, and He <u>will</u> dwell with them, and they <u>shall</u> be His people. God Himself <u>will</u> be with them and be

their God. 4 And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall **be** no more pain, for the **former** things have passed away." 5 Then He who sat on the throne said, "Behold, I make all things new." And He said to me, "Write, for these words are true and faithful." ⁶ And He said to me, "It is done! [NCV, NLT, LB: 'it is finished'] I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts. ⁷ He who overcomes shall inherit all things, and I will be his God and he shall be My son."

However, the story does not end there. How long will Jesus take to re-create the world and what will His people do when He finishes His work? Let's answer the first question. There can be no doubt that Iesus will re-create the heavens and the earth in six literal days! How do we know? The answer is simple. According to the prophet Isaiah, God's people will keep the seventh day in remembrance of the new creation and there cannot be a seventh day without the previous six.

Jesus will once again form the earth, fill it, enlighten it, and restore life to it. At this point, Jesus will cease ceasing. As He did at the beginning. He will work six days and cease on the seventh and His people will then enter His rest from His work and delight in His creation. Once more, God's original one-time event will be commemorated by His people in a continuous weekly cycle of work and rest for eternity.

"For as the new heavens and the new earth which <u>I will make</u> shall remain before Me," says the Lord, "So shall your descendants and your name remain. ²³ And it shall come to pass that from one New Moon [month] to another, and from <u>one Sabbath to another</u>, all flesh shall come <u>to worship</u> before Me," says the Lord." (Isaiah 66:22, 23)

Please note that these verses from Isaiah do not say that <u>all</u> <u>the Jews</u> shall come to worship



before the Lord. At this point, the history will have come <u>full</u> <u>circle</u> from Eden to Eden and the saved will keep the seventh day Sabbath in a continuous cycle for eternity.

Conclusion

Ellen White understood the <u>indissoluble link</u> between Christ's work-rest cycle at creation, redemption, and re-creation. First, Ellen White described Christ's work-rest cycle at creation:

"In the beginning the Father and the Son had rested upon the Sabbath after Their work of creation. When 'the heavens and the earth were finished, and all the host of them' (Genesis 2:1), the Creator and all heavenly beings rejoiced in contemplation of the glorious scene. 'The morning stars sang together, and all the sons of God shouted for joy.' Job 38:7."

Next, she described Christ's work-rest cycle at redemption:

Now [in Joseph's tomb]
Jesus rested from the work of redemption; and though there was grief among those who loved Him on earth, yet there was joy in heaven."

Finally, she pointed to Christ's work-rest cycle at the final restoration:

"Glorious to the eyes of heavenly beings was the promise of the future [the future result of His redemptive work]. A restored creation, a redeemed race, that having conquered sin could never fall—this, the result to flow from Christ's completed work [at the cross], God and angels saw. With this scene the day upon which Jesus rested is forever linked. For 'His work is perfect;' and 'whatsoever God doeth, it shall be forever.' Deuteronomy 32:4; Ecclesiastes 3:14. [future dimension] When there shall be a 'restitution of all things, which God hath spoken by the mouth of all His holy prophets since the world began' (Acts 3:21), the [1] creation Sabbath, the day on which Jesus [2] lay at rest in Joseph's tomb, [3] will still be a day of rest and rejoicing. Heaven and earth will unite in praise, as 'from one Sabbath to another' (Isaiah 66:23) the nations of the saved shall bow in joyful worship to God and the Lamb." DA, pp. 769, 770

One final question remains: Where does the observance of Sunday as a day of worship fit in this scenario? The answer is **nowhere**! Sunday observance is an **intrusion**! So to speak, Sunday worship is like trying to fit a square peg into a circular hole; **it does not fit**!

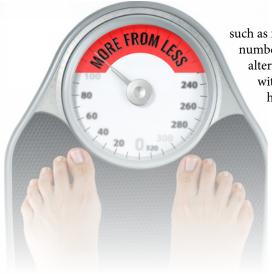
Satan has hoodwinked the Christian world into exalting a day that glorifies him and his vicar, the man of sin (Daniel 7:25; 2 Thessalonians 2:1-12). He has done his utmost to obliterate the commemorative sign of the Creator, Redeemer, and Restorer because it exalts his archenemy, Jesus Christ! What a tragedy!

God has called upon the Seventh-day Adventist Church to unmask this fatal error and restore glory and honor to the only one who deserves our worship: Our Creator, Redeemer, and Restorer! Will we meet the challenge and proclaim the first angel's message to the world?

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



Pastor Stephen Bohr



t her highest, she weighed 282 pounds. At age 40, she was diagnosed with breast cancer, and the medications she needed took a toll on her joints, causing inflammation. Attempts at dieting during the pandemic helped her lose some weight but left her miserable. Finally, her journey led her to a trial of intermittent fasting (IF), enabling her to lose 82 pounds, reverse her high blood pressure, and get off medications. She also saw improvements in her osteoarthritis, skin, and dental health and no longer suffers from the pain of kidney stones.1

Intermittent fasting, increasingly popular in recent years, refers to scheduled periods of voluntary fasting as part of one's meal plan, such as fasting a particular number of hours a day or alternating regular eating days with days of fasting. After hours without eating, the

body depletes its sugar stores and starts burning fat. This shift, often referred to as metabolic switching, can provide many health benefits, including a longer life, a healthier body weight, and a sharper mind. Other positive health outcomes may include protection from type 2

diabetes, heart disease, age-related neurodegenerative disorders, inflammatory bowel disease, and many cancers. IF has also been shown to improve blood pressure and resting heart rate.²

Importantly, IF has been emerging as an alternative to caloric restriction for weight reduction. In findings from a recent umbrella review (an overview of reviews) IF was associated with successful weight loss and cardiometabolic improvements in obese adults.3 In his analysis of current studies on time-restricted eating (a form of IF), Dr. Greger highlights its effectiveness in weight management (even without controlling the type or amount of food consumed) when people restricted their eating time to between 6:00 a.m. and 7:00 p.m. Possible explanations include the role our circadian rhythms may play with calories consumed early in the

day causing less weight gain than those same calories eaten later in the evening, and the association of latenight eating with overeating, notably higher fatty foods.⁴

In another evaluation of findings on IF benefits, some showed improvement in cardiometabolic risk factors like blood pressure, LDL cholesterol and triglycerides, insulin resistance, and hemoglobin A1c; others showed no change in these variables. Studies show IF to be generally safe, producing few gastrointestinal, neurological, hormonal, or metabolic adverse effects.5 However, reductions in bone density and lean body mass were experienced by some IF trial participants, suggesting the need for careful monitoring.6

meals over three. "Many turn from light and knowledge, and sacrifice principle to taste. They eat when the system needs no food, and at irregular intervals, because they have no moral stamina to resist inclination. As a result, the abused stomach rebels, and suffering follows. Regularity in eating is very important for the health of the body and the serenity of the mind. Never should a morsel of food pass the lips between meals...Most people enjoy better health while eating two meals a day than three; others, under their existing circumstances, may require something to eat at supper-time; but this meal should be very light. Let no one think himself a criterion for all,—that every one must do exactly as he does."7

Old Idea, New Name

Fasting has been practiced for thousands of years by people of nearly all faiths, including Christianity, Buddhism, Judaism, and Islam. The Bible reveals occasions of fasting, such as during sickness, seeking deliverance, special religious observances, times of distress, preparation for ministry, or expressing love and worship to God. Remarkably, over one hundred and fifty years ago, Ellen White encouraged a form of intermittent fasting for better health, promoting abstinence from all food between meals and at night several hours before bedtime, preferring two

One Size Fits All?

Is this eating pattern for everyone? Those with health concerns or on medications should check with their healthcare provider before making significant changes in their diet. However, given that most Americans eat about 3-5 times daily, and about 70% are overweight or obese, nearly all could gain by adopting this inspired counsel.

Jeanne Wheaton

MS RDN



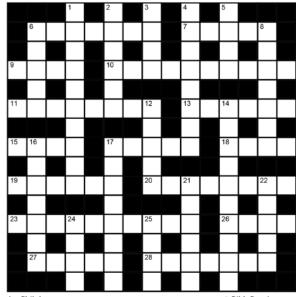
BIBLE CROSSWORD XII [SOLUTION on page 7]

Across

- 6 Of a limited distance on the Sabbath (7)
- 7 Make up for (5)
- 9 A creature to be strained? (4)
- 10 Precursor of the Exodus (3,7)
- 11 Beaten (8)
- 13 Laid aside in the tomb (6)
- 15 Babylonian deity (4)
- 17 Priestly apparel (5)
- 18 Babylonian export (4)
- 19 Source of danger (6)
- 20 Personnel of 25d (8)
- 23 Household worker (10)
- 26 Wanes (4)
- 27 An "unclean" rodent (5)
- 28 Book of prophecy (7)

Down

- 1 Sacrificial offering (10)
- 2 Grab harshly (6)
- 3 Anthem (4)



by Philologus

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- 4 Young animals for sacrifice (8)
- 5 Of Solomon, for example (4)
- 6 Prophet who went to Nineveh (5)
- 8 A priestly prophet (7)
- 12 Sins (5)

- 14 Plague (10)
- 16 One of the tribes (7)
- 17 Like the Prodigal Son (8)
- 21 Not much (6)
- 22 Spiritual leader (5)
- 24 First Israelite king (4)
- 25 Military force (4)



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