



HOME CHURCH HERALD

“... To the church in thy house...” **Philemon 1:2**
“Behold, how good and how pleasant it is for brethren to dwell together in unity!” **Psalms 133:1**

April 2014

A Publication of Seventh Day Home Church Fellowships

Vol. 05 - Issue 02

The Devils' Door

by Neville Doherty

JOHAN BYINGTON (1798–1887) was a Seventh-day Adventist minister and the first president of the General Conference of Seventh-day Adventists. In an article published in 1856 in the *Advent Review & Sabbath Herald* of February 7, he had this to say:

The “mystery of iniquity” began to work in the church in Paul’s day. It finally crowded out the simplicity of the gospel, and corrupted the doctrine of Christ, and the church went into the wilderness. Martin Luther, and other reformers, arose in the strength of God, and with the Word and Spirit, made mighty strides in the Reformation. The greatest fault we can find in the Reformation is, the Reformers stopped reforming. Had they gone on, and onward, till they had left the last vestige of Papacy behind, such as natural immortality, sprinkling, the trinity, and Sunday-keeping, the church would now be free from her unscriptural errors (p.148).

Notice the word “sprinkling”. What is that? That means infant baptism. Notice that it is called an “unscriptural error”, along with “the trinity” and also “Sunday-keeping”, and that it came from the Papacy.

What is the purpose of “infant baptism”?

They claim it is to cleanse the child from original sin. However, history reveals that the doctrines of infant baptism and original sin come from Babylon along with the trinity doctrine and sun worship on the day of the sun. From Babylon many false doctrines were adopted by Pagan Rome, and were “Christianised” by Papal Rome, and have never been renounced by the majority of the Protestant churches.

Infant baptism originally included the following:

In the Romish ceremony of baptism, the first thing the priest does is to exorcise the devil out of the child to be baptised in these words, “Depart from him, thou unclean spirit, and give place to the Holy Ghost the Comforter.” (“The Two Babylons,” p. 193, 1862)

In the New Testament there is not the slightest hint of any such exorcism accompanying Christian Baptism. It is purely Pagan.

Why, you ask, would they need to “exorcise the devil out of the child”? Because they believe it inherited original sin from Adam, that it is a child of the devil, and that the devil needs to be exorcised as soon as possible after it is born, because, if it dies, it will go to hell:

Question: What becomes of young children who die without baptism? Answer: If a young child were put to death for the sake of Christ, this would be to it the baptism of blood, and carry it to heaven; but except in this case, as such infants are incapable of having the desire of baptism, with the other necessary dispositions, if they are not actually baptised with water, THEY CANNOT GO TO HEAVEN (Ibid, p. 188).

What a sad, evil ‘Dogma’. Do they admit that it isn’t Biblical? Yes:



The reader has seen already how faithfully Rome has copied the Pagan exorcism in connection with baptism. All the other peculiarities attending the Romish baptism, such as the use of salt, spittle, chrism, or anointing with oil, and marking the forehead with the sign of the cross, are equally Pagan. Some of the continental advocates of Rome have admitted that some of these at least have not been derived from Scripture. Thus Jodocus Tiletanus of Louvaine, defending the doctrine of

“Unwritten Tradition,” does not hesitate to say, “We are not satisfied with that which the apostles or the Gospel do declare, but we say that, as well before as after, there are divers matters of importance and weight accepted and received out of a doctrine which is nowhere set forth in writing” (Ibid, p. 199).

Rome is not shy to admit that her doctrines come from “Unwritten Tradition”, and that she is “not satisfied” with a thus saith the Lord.

Is there evidence that this “exorcism” was believed and practised by Protestants as well as Catholics? Yes, most certainly:

Above is a picture of *All Saints Church, Covington, Cambridgeshire* (England), this view is of the south side with entrance door and porch. On the north side we find yet another door.

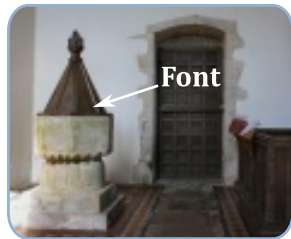
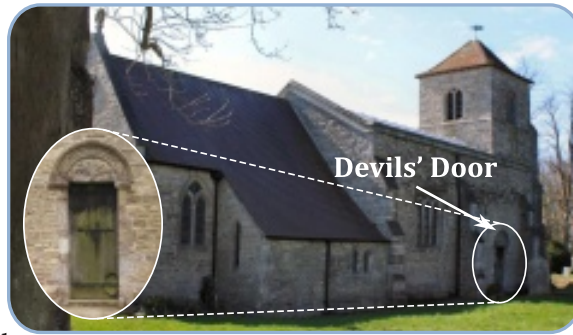
In this issue:

The Devil's Door	p. 1
Mission Report	p. 2
What is Your Picture of Happy Life - Part 3	p. 3
Gardening - Growing Tomatoes	p. 4
Health Corner - Exercise & Brain-power	p. 6
Think on These Things	p. 8

This door is not simply the “back door”, but it is a door reserved only for the Devil and his minions. It is called “the Devils’ Door”.

The picture (right center) shows the outside view of the north side of the building and the Devils’ door circled.

Many church buildings have these doors, they are normally located on the north side, the Devils’ side (Devils is plural). This north door has a 12th century tympanum carved with a wingless griffin and a lion facing at the top, both are Pagan symbols.



Inside the church we find the font for infant immersion is placed between the entrance (southern door) and the north or Devils’ Door which would be open to allow devils to escape to the north during baptism.

Notice the following:

The system of infant baptism, came from pagan Rome, from the earliest time it was an initiation ceremony into the Sun God. This ceremony has remained, the Sun now being the Son.

In the early Catholic Church, those adults bringing children to baptism would face the rear of the church, away from the Sun, the sponsors renounced the Devil, then they turned, facing the rising Sun in the East, made their covenant with Christ and the priest then held the baptismal ceremony and exorcism of the child (Dictionary of the English Church, Ancient and Modern, 1881, page 194).

Notice that it all centres around sun worship on Sun-day and that it was copied exactly from Babylonian paganism to wash away ‘Original Sin’. But what is it really doing? What is the real purpose of this ‘Dogma’? Dedicating the child to the Sun-god. What a deception!

It has been said, “Infant baptism is responsible for sending more people to Hell than any other cause.” Why would that be so? Because as we have seen, the child is dedicated to the Sun-god, and would go through its life believing that it is saved when it isn’t.

When I was converted to Christianity, I knew nothing of the truth, being brought up as an Anglican, so I just studied my Bible. When I found out about true Bible baptism by full immersion, I asked my Anglican minister for baptism. I was asked if I had been baptised as a child, and I answered yes. He then said that that is all that is needed, and refused to baptise me as an adult.

The scripture states plainly, “Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God” (John 3:5).

If I had followed what the Anglican minister told

me, I would be lost, but praise God I needed a plain thus saith the Lord for my faith, and God led me to the SDA faith and true baptism.

But what were the consequences to faithful Christians earlier on in history who refused to follow the ‘Dogmas’ of the church and insisted on adult baptism? In part two we will explore the fate of these faithful sentinels of gospel truth.

REPORT FROM THE PHILIPPINES

At one home church we met a single mother named Melodie who suffers from a degenerative eye problem, and is almost blind. We were about to travel to the sanitarium run by our brethren, so we decided to take Melodie and her youngest daughter with us, that she might receive some nutritional therapy and other treatments. Melodie told us that meeting us and hearing the revival meetings we held for a week in her town was the answer to her prayers to return to God. (Nearly the whole church of 40 members and many visitors accepted the truth about God, and many were led to a closer walk with Christ). She told us how she had backslidden in her experience, and had not been formerly baptised, and after studying with Pastor David at the sanitarium, she wanted to commit herself to the Lord, and be baptised. She and 6 others were baptised. We also conducted the ordination of Brother Carlos to the Gospel ministry.

In an accident a young boy and his uncle were hit by a cement truck while riding a motorcycle, and since they were poor only the boy's broken leg was plastered at the local hospital, but nothing else was done for the other wounds of either. The uncle's wounds had become badly infected, so we applied some simple poultices to their wounds. The next morning they were both happy and pain free. We changed the poultices several times over a couple days and the brethren at the sanitarium are now continuing the treatments: “All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease” (Ministry of Healing, p. 146). This opened the door for us to share with a large number of their family members. They were excited with the things they heard, and after the meeting they said that they were going to tell their elders and leaders the new truths they heard.

One Sabbath morning on a farm where a small community of brethren live and worship, we were wondering what would be the best message. I had a touch of doubt whether I should share my message. Would it impact those present, and change lives, and

Continued on page 7

WHAT IS YOUR PICTURE OF A HAPPY LIFE? – PART 3

BY WALLACE WOODWARD

HAPPINESS IN PURITY OF HEART

Matthew 5:8 “Blessed are the pure in heart: for they shall see God.”

PURITY is no less popular today than it ever was. When you see what passes for purity in this world, you will quickly see that purity of heart is very unpopular. Why is that? Why do people hunger for that which is impure and immoral? Answer, That part of people’s flesh which lusts for fleshly things has been stimulated, and as a result people crave impure things. “Blessed are the pure in heart.” We need to guard our hearts. The pure in heart are morally pure, honest, and sincere. If we would focus on purifying the heart, the actions would take care of themselves. We will become people of integrity. The real question for us is, What are we holding back from God in our hearts? If we’re holding anything back, we’re not fully committed to God. We need to be 100% committed to God. This is the formula for happiness.

Philippians 4:8-9 “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”

When people are watching worldly movies, listening to worldly music, reading worldly novels, they need to have their minds purged of the filth of this world, and turned to the purity of the Scriptures. They need to take time to consider the above verses, and “prove all things” according to God’s word, and then “hold fast that which is good” (1 Thessalonians 5:21).

HAPPINESS IN CONFLICT

Matthew 5:9 “Blessed are the peacemakers: for they shall be called the children of God.”

Being a peacemaker requires stepping into the middle of conflict. Some of you perhaps are old enough to remember the 1960s where everything was “love and peace”; but the peace of which Christ spoke is different. It is not to be confused with the “peace” of this world; for that “peace” is a big counterfeit. The peace of this world seeks to avoid conflict, whereas the peace of God is found in the midst of conflict. Jesus was a peacemaker. He came into our world, and stepped into the middle of a conflict between God and the sinner, and made peace – he brought reconciliation for the human race. Did he find happiness in

doing this?

Hebrews 12:1-3 “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, 2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.”

Here it tells us of “the joy that was set before him”. It doesn’t say “happiness” but “joy”. Not a momentary or fleeting sensation of happiness, but a deep and abiding joy. This peace and joy can be ours too, if we will make peace with God, and seek to bring others to make their peace with God through Christ Jesus our Lord.

HAPPINESS IN PERSECUTION

Matthew 5:10 “Blessed are they which are persecuted for righteousness’ sake: for theirs is the kingdom of heaven.”

How can we have joy or happiness in persecution? Answer, Because it is “for righteousness’ sake”. The happiness comes when we know that we are right with the Lord. When we are persecuted for righteousness – for right doing – then are we blessed.

This persecution is not to be confused with that trouble or persecution which people bring upon themselves, because of unwise words or deeds. We can get punched in the nose, because we have a smart mouth, but such “persecution” should never be confused with that trouble which stems from a genuine hatred for righteousness and good. Neither ought we to think that we can please or be liked by everyone. We all want to be liked; it is part of our nature. Yet it is impossible to please everyone. As ungodliness becomes more and more prevalent in the world, those who will live godly lives will become a constant rebuke to the ungodly; and then it shall be even as Paul tells us, “Yea, and all that will live godly in Christ Jesus shall suffer persecution” (2 Timothy 3:12). I believe that we’re in those days today; for we see a growing resentment toward Christians, even in our own country.

2 Timothy 3:1-5 “This know also, that in the last days perilous times shall come. 2 For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, 3 Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, 4 Traitors, heady, highminded, lovers of pleasures more than lovers of God; 5 Having a form of godliness, but denying the power thereof: from such turn away.”

These are the times we’re living in.

Matthew 10:34-36 “Think not that I am come to send peace on earth: I came not to send peace, but a sword. 35 For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. 36 And a man’s foes shall



be they of his own household.”

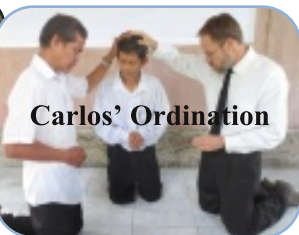
It may appear at first glance that there is a contradiction between what Jesus says about being a peacemaker and the passage above. How could Jesus be a peacemaker, and at the same time set a man at variance against his father? The answer is simple enough if we will consider that the variance or hatred of which Christ spoke was the direct result of people's accepting him as their Lord. The variance of which Christ spoke came because of people's belief in him. Those who make no compromise for truth, and who have taken their stand for Christ, know the meaning of Christ's words. We must guard ourselves, lest we compromise truth for "peace". That's why we see the churches in their present condition, because they compromised the truth for the sake of peace. Each of us have at times and for various reasons compromised our principles; yet such a compromise will only serve to deaden the principles, and the sense of sin in our own minds. It will set in motion a train of consequences that we are powerless to avert. It's always too late once we've compromised. The accident is inevitable; yet there is hope, because there is a merciful God, and a merciful Savior, who has promised to "work all things together for good to them that love God" (Romans 8:28). Praise the Lord! We have a merciful Savior!

CLOSING THOUGHTS

Matthew 7:13-14 "Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: 14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."

We are admonished to "enter in at the strait gate", and I believe that what Jesus outlined in Matthew 5:1-12 is a summary of what we need to know in order to enter in at that gate, and in entering in at that strait gate we will find true happiness.

Mission Report Pictures



GROWING TOMATOES

by Bill Pinto

THOSE living in the Northern Hemisphere are just a few days away from spring. This is the time for planting all your summer vegetables like, Tomatoes, Peppers, Eggplants, Cucumbers etc.

In this article I will share some of the most important tips I've learnt in growing nutrient rich and flavorsome tomatoes.

At Beulah Organics we have become highly in demand for our tomatoes. We grow mainly Roma's and some truss varieties. For approximately 12 weeks during the summer months we produce around 200-250 kilos (440-550 lbs.) a week and all our tomatoes are pre-sold. This volume is harvested from 500 plants grown in a hothouse, which we call Igloos. It's a structure made of wood, steel, or aluminium and covered with plastic and shade cloth on the sides. The size and complexity of the structures can be varied to suit your needs. Our hothouse is almost 1,000 sq. mtrs. (3,250 sq. ft.). The advantages of having a hothouse are many. The produce we grow inside grows much faster, produces larger and cleaner fruit, and makes it much easier to control pests. One of the biggest problems with tomatoes is caterpillars. In a hothouse we are able to keep out the butterflies, so generally we have no caterpillar problems. One disadvantage however is humidity, so it is important to have good air flow and ventilation. This is achieved by fans, vented windows, or louvers. Another advantage with hothouses is you can plant much earlier in the season. For example, in Australia our spring begins around the 1st of September so we always plant our tomatoes, peppers, cucumbers etc. in mid-August, when it is still too cold to plant outside. Most field growers have to wait till the last frost, usually around the end of September or even October. Therefore the hothouse produce is available at least six weeks before the field crops are ready; plus you have the protection from storms and strong winds etc., which can really decimate field crops, especially tomatoes. Not only does a hothouse allow your season to begin earlier, but it will also extended it longer!

In our hothouse we have tomatoes 10 months out of the year, and our structure is quite basic and without heating. If you're growing veggies just for the family, you could build a simple structure in a day, with simple materials like timber, plastic and shade cloth for little cost. The most important aspect of building your own hothouse is to make sure your posts are grounded deep in the earth and even con-

creted in, otherwise strong winds can pick up the entire structure, and cause a lot of damage.

When growing tomatoes, whether in a hothouse or out in the field, always prepare your soil 6–8 weeks ahead – please see our previous article on green manure crops for nitrogen fixing. Also the soil PH should be slightly acidic, around 6–6.5 PH. I have never had to test the soil – nature always seems to get the balance just right. One thing you generally have to apply is lime, which is the white dust from crushed limestone. If you live in the Pacific Islands, coral and shells work well. The lime or shells add much needed calcium to the soil, particularly when you're growing tomatoes. One of the most common problems with tomatoes is blossom end rot, where the fruit goes black and begins to rot on the bottom. The cause is either a lack of calcium in the soil, or the inability of the plants to uptake (absorb) the calcium in the soil. If you're planting in virgin soil your first season's crops should be fine, in succeeding years you will need to apply the lime at least six weeks ahead of planting.

Rock minerals are another essential input for nutritious tasty tomatoes. Our customers always tell us how sweet our tomatoes are, and that is mainly due to the minerals in the soil. People often tell us they don't get as hungry when they eat our produce, which is also due to the mineral content. Your fruit should always be dense and heavy, which is a good sign that you have a good mineral content, and gives your tomatoes a good taste. The different varieties of tomatoes also make a difference in flavor, size, and disease resistance. Always save the seeds of your favorite variety from the largest and best fruit on the vine, allowing it to get super ripe before removing for seed saving.

There are basically two types of tomato plants – “determinate,” often called a “bush type,” and “indeterminate,” or “vining type”.

Determinate plants don't need staking, and need no pruning, making these the generally used variety for field tomatoes. We grow the “indeterminate” type, which requires pruning. There is a little more work involved, but the rewards too are much more, and with much larger and cleaner fruit, particularly with our pruning method.

The science is simple; pruning the vine of its stems and leaves results in all the energy produced for the pruned stock going instead into the fruit! This is the most important lesson I have learnt in the years I have been growing tomatoes. The tomato plant is a rigorous grower and spends most of its nutrients, which it transforms into energy, in growing stems and leaves, not in growing its fruit! Farmers like I have for too many years spent a lot of our time and resources in growing very healthy branches and leaves, instead of

large juicy tasty tomatoes!

When you prune most of the leaves off your plant, your tomatoes will grow faster, bigger and heavier. It's normally 12 weeks (3 months) from planting a seedling to picking your first fruit. With this method you can be picking in 10–11 weeks.

A very common disease in tomatoes is fungus, like black spot etc. This problem is exacerbated when you have numerous plants side by side laden with leaves and heavy growth. With our pruning method there is much more sunlight and airflow between the plants, which helps keep them dry, and results in less humidity.

So the question is, How many leaves should we remove? When you first plant your seedling, plant it down deep, to the first little leaves. This will encourage strong root growth from the partially buried stem. As the plant begins to grow, remove every leaf up to the first flower set. You should have nothing but the trunk of the plant up to its first set of flowers. Then you can leave two leaves and remove every new leaf until you get to the next flower set. Continue this method until you reach your desired height. I generally grow my plants up a string to about 2 mtrs. (6.5

ft.) in height. I normally get 8 hands of tomato trusses (a “branch” with a cluster of fruit), and sometimes even 9 hands. I usually cut my flowers to 5 or 6 maximum per truss.

Cutting back the flowers is the same reasoning for the heavy pruning. The plant will have a lot more energy to put into a truss of five rather

than a truss of 8 or 9. The result is larger, heavier, and healthier fruit. A truss of 5 large tomatoes is going to weigh a lot more than a truss of seven or eight small fruits. It's also more appealing, more nutrient dense, and cuts back the labor for picking and packing.

There is another advantage I have discovered with this new pruning method: In the past, when my tomato trusses were coming into the final stage (where they begin to change from bright green to light green and then slowly to red, which is the stage the fruit reaches its maximum size), the fruit changes color, stops growing and starts to slowly ripen. It's at this stage that the truss is heaviest, and to my great disappointment I would come into the hothouse each morning to see dozens and dozens of trusses torn from the stem of the plant on the ground, and because they were still green the fruit was wasted. The stem of the truss could not hold the weight of the tomatoes and would give way at its weakest point, which is where it was attached to the trunk of the plant.

But when we adopted this new pruning method I was so surprised to see what took place. God has not only placed an innate intelligence in our bodies to





EXERCISE & BRAIN POWER

by Raquel Akens

fight disease and keep us alive, He has also done the same in nature. Let me explain. I have been growing the same tomato variety for the last 8 years, and the trusses tearing off the trunk was my greatest problem. I was doing everything right – the plants were healthy, the fruit large. Everything would go well, until the final stage, approximately 2 weeks before picking, when I would find on the ground truss after truss, torn loose from the trunk of the plant. Our only solution at the time was to use some string and tie each truss back to the main trunk for extra support, which was very time consuming.

Then to my surprise, when I began the new pruning method, I noticed a large ring, like a muscle forming around the branch of the truss at the point where it is connected to the trunk. It makes the connection so strong that even if you try you cannot tear the branch away from the trunk! I have been using this method for 4 years now and have not had a single truss tear away from the trunk. And it's the same variety that I have always grown! You see, God knows where its weakness is, and with the extra energy given to the plant by this new method of pruning, it forms this muscular ring around the connection between its trunk and the fruit bearing branch. Thus the load is no longer "heavy laden," but rather the "burden is light," and the husbandman can receive "the precious fruit."

What beautiful object lessons we can learn from God's creative works. When we allow Him to do a thorough pruning, we too are privileged to partake of that Divine Energy, and escape the corruption in the world, bringing forth fruit ready for the harvest, to the pleasure of the Faithful Husbandman.

Raquel's Apple-berry Muesli

Ingredients:

- 3 cups rolled oats
- 4 apples grated
- 1 cup raisins
- 1 cup frozen wild blueberries
- 1 cup sliced, fresh strawberries
- 6 cups nut or soy milk
- 1/2 cup unsweetened coconut shreds (optional)
- 1/4 cup chia seeds (optional)

Directions:

Prepare this the night before breakfast. In a big serving bowl mix all the fruit and dry ingredients together, then add the milk. Cover and let it sit over night in the fridge. In the morning it is ready to serve! Add some chopped nuts or seeds of your liking for a hardier breakfast! Makes 5-6 servings.

AT FIRST glance the title, Exercise and Brain Power, may appear to have an odd couple paired up together. After all, in most minds intelligence is not at all associated with exercise, but with a sedentary life of studying books and doing research in labs. This is most likely because we do not consider that the brain is just like any other organ in the human body. It too greatly benefits from exercise, and needs physical activity to function optimally.

Exercise is one of the eight laws of health, and each law is just as important as the other. Perfect health cannot exist without the keeping of all eight laws. This is because their relationship to one another is symbiotic. Good health depends upon each law working in harmony with the others. Often times the mistake is made of over emphasizing proper nutrition to the neglect of the other seven laws of health. One of those neglected laws is exercise. Therefore we will be sharing a series of articles on the benefits of exercise.

In 1999 there was a study done by the Salk Institute for Biological Studies, where they used mice to determine the effects of exercise (running in this case) upon brain cells.¹ It was found that running increased the generation of brain cells in the hippocampus dentate gyrus, which is the part of the brain that controls the functions of memory, learning and spatial coding. In fact the mice that had access to running wheels excelled on memory tests compared to the other mice who did not have access to a running wheel. These findings concur with the results in another study done on lab rats by the Psychobiology and Exercise Research Center, São Paulo, Brazil, in 2011.² This study went a step further and added a third group of rats that, instead of running, were made to do resistance training or weight training, by tying weights on the rats' tails while they climbed up and down vertical, little ladders. The groups that performed aerobic training by running on the wheel, and the resistance training showed similar improvements in learning and spatial memory. What was intriguing in the findings was that each exercise accomplished this through a different molecular pathway in the brain. The aerobic group showed to have an increase of a protein called brain-derived neurotrophic factor, which stimulates the production of neurons and strengthens their existence, while the resistance group did not, but instead had an increase of another protein called, insulin-like growth factor, which promotes

cell-division, and is involved in neural development and maintenance.

In 2013, the University of British Columbia lead a six month controlled trial that also showed the effects of exercise upon the brain, but this study was done on humans.³ The experiment took 86 women between the ages of 70-80 who had memory complaints. They were divided into three groups. For six months, twice a week, one group was to do Resistance Training which is a specific weight training program whose training stimulus increased over time. Another group was to do Aerobic Training which consisted of outdoor walking where at least 40% of their age specific heart rate was met and which progressed in the first 12 weeks to 70-80% of their age specific heart rate. The last group was used as a control group and they followed the Balance and Tone program which consisted of stretching exercises, range of motion exercises, and balance exercises, with no additional loading, like weights. The three groups were tested in verbal and spatial memory before and after the trial was completed. The results were that the Resistance Training and the Aerobic Training groups improved on the cognitive tests at the completion of the trial, while the Balance and Tone group actually did worse. What was interesting to find, which correlates to the study done in Brazil, was that the Aerobic Training group did better in the verbal memory test than the Resistance Training group. This indicated to the researchers that different kinds of exercises affect different functions of the brain, although the differences between the two were not great.

In considering these interesting findings, let us remember that God was the first to tell us that exercise was vital for our good health. How do we know this? He created man to have an active life. Our Heavenly Father placed Adam in a garden where his work involved physical and mental labor; for he was commanded to dress it and to keep it (Genesis 2:15). Adam exercised all day in the fresh air and sunshine. Therefore man's ideal job is actually in the outdoors, not in a fancy office located in a skyscraper in some big city, nor in some cubicle or factory, etc. It is true that in our present world we cannot all be farmers, but today it is not just the work that we do that can keep us from exercising, but also the commodities of life. What used to take a good amount of physical work in the past now takes only but a flip of a switch or the pushing down of a button. These conveniences are not without consequence, as we are all well aware. According to the study done by the University of British Columbia mentioned above, it states that: "Cognitive decline is one of the most pressing health care issues of the 21st century. Currently worldwide, one new case of dementia is detected every seven seconds and the number of people affected is projected to be over 80 million by 2040. Thus, the societal value of developing effective intervention strategies cannot be overstated."

Our minds are one of the greatest gifts that God has given us in creation. Exercise is one of the best means of keeping both our minds and our bodies strong. Praise God for his simple means.

References:

1. NCBI. Nat Neurosci. "Running increases cell proliferation and neurogenesis in the adult mouse dentate gyrus." 1999 March 2. Web. March 11 2014.
<<http://www.ncbi.nlm.nih.gov/pubmed/10195220#>>
2. NCBI. Neuroscience, Psychobiology and Exercise Research Center, CEPE, São Paulo, Brazil. "Spatial memory is improved by aerobic and resistance exercise through divergent molecular mechanisms." 2012 Jan 27. Web. March 11 2014.
<<http://www.ncbi.nlm.nih.gov/pubmed/22155655>>
3. NCBI. PMC. Department of Psychology, University of British Columbia, Vancouver, BC, Canada. "Resistance training promotes cognitive and functional brain plasticity in seniors with probable mild cognitive impairment: A 6-month randomized controlled trial" 2013 Apr 23. Web. March 11 2014.
<<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3514552/>>

Report from the Philippines - continued from page 2
help the people? As I was about to speak, we were surprised to see a group of about 30 men marching up the driveway. Then I understood the reason for my doubts, and my perplexity vanished. I then decided to change my message to something that would meet the need of these visitors. We later learned that these men were traffic control workers who were receiving some training at their supervisor's home across the road. The supervisor had been invited by one of the sisters, and had decided that morning not to come alone, but to bring his workers to the meetings. As the message was being translated, many of these men looked deeply interested, and during the afternoon health talk given by Pastor David they had many questions. Pastor David concluded with an appeal to them to give their hearts to the Lord. We witnessed the providence of God, and felt privileged to have been able to share the truth with them.

A certain Methodist church invited us to come and speak to them in their church. One of them had previously been a leader in the regional group of Methodists, and another was a former chief of police. They had formerly studied with Brother Carlos, and after a lengthy Bible study given by Brother Ray, these leaders gladly accepted the truth about God. They have also accepted the Sabbath, and we trust that through them many of their church members will be led to accept the present truth. These leaders actually own the property and church building, so they won't be kicked out. Please remember us and the work here in your prayers for the rest of our stay here, for God to continue to open doors to share the truth. (Pastor David Sims and Brother Chris Sparks have been on a mission trip in the Philippines with Brother Ray Mendiola, since January 30, 2014. They plan to be there until April 30).

Chris Sparks



“RIGHTLY DIVIDING THE WORD OF TRUTH”

BRETHREN, we must realize that there are certain sound principles of reasoning and Bible study. If we step outside of these in our observation and reading of the books of either nature or Scripture, we will most certainly arrive at wrong conclusions.

UN SOUND REASONING

I recently saw a picture on a website of a cluster of three stars that astronomers thought was a single star before being able to look at it closer with modern instruments. The author of the website said, “Here is another evidence that God is a trinity.” I had just purchased some bananas, and I was surprised to see that three of them were joined in a triplet banana. I thought to myself, “Does this too prove God is a trinity?” Shall we conclude that God has eagle’s wings, because he says he bears us on eagle’s wings, or that Jesus is a predator who preys upon his people, because He is spoken of as “the lion of the tribe of Judah”? Certainly not. God is simply showing us His protecting care, and the majesty of Jesus as King of kings. Let us not take God’s illustrations further than He intended, or imagine illustrations where no illustrations are intended. God does not use the stars, but mankind to illustrate the godhead, for he said “Let us make man in our image, after our likeness.”

SUPER-LITERALISM

There is also the danger of our interpreting the Scriptures in a super-literal way, beyond the accepted rules of communication. The following Scripture is a perfect example:

“The sun also ariseth, and the sun goeth down, and hasteth to his place where he arose” — Ecclesiastes 1:5

It should be clear to all what Solomon meant, yet some might argue that we should interpret this to mean that it is the sun that actually rises and sets. Was God giving a scientific discourse, or was He simply speaking to us in the language we use and understand? Is it fair to impose upon God a rule which we never impose upon others? Do not we, who live in the “enlightenment” of 2014, also speak of the sun as rising and setting, even when we know scientifically that such is not the case, but rather the earth is rotating on its axis? Of course we do. Let us not be more literal than God.

CONTEXT

There is altogether too little attention given to context. Just as we interpret the meaning of others’ words by their context, so too we should weigh every pas-

sage according to its context. A good example of this type of error is the popular teaching of many evangelical religious groups who isolate the 70th week of the prophecy of Daniel 9 from the other 69 weeks, and place 2000 years between them. Thus making the final 70th week apply to the last days, while the rest of the prophecy is properly applied to Jesus’ first coming. There must always be clear and sufficient Scriptural grounds for whatever means we use to interpret the Bible.

CONTRADICTION

In seeking to share the truth with others, let us not present Scripture in such a way as to make it appear as though it contradicts another Scripture. We must learn how to share truth using Jesus’ methods, not those of Satan. When Jesus was confronted by Satan with Scripture in the wilderness, rather than pitting another Scripture against that which Satan quoted, He instead revealed from Scripture the fallacy of his argument, and his misuse of Scripture.

Often in my experience I have seen people use Satan’s method to “oppose error”. They oppose Scripture with Scripture. It is this spirit which is the root of all the various false doctrines blowing about us, which seek to undermine our faith in inspiration.

I am amazed as I have witnessed many fall prey to diverse doctrines of Satan’s devising (such as the “Lunar Sabbath,” “no date-line theory,” “Sunday sacredness,” “the immortality of the soul,” etc.) which cause people to turn from the plain truths of the Bible (e.g. the Sabbath, the state of the dead, etc.), and thus fail to receive the seal of God in this sealing time. These “doctrines of devils” lead people to believe contrary to the word of God, and so in their efforts to uphold their “belief” they pit text against text. But, let us remember that inspiration does not contradict itself. Neither God, nor His Word are divided.

Let us therefore beware lest we seek to sustain some cherished opinion, and so fall into these errors of abusing God’s Word.

May we always remember the admonishment of Paul to Timothy to “**rightly divide** the word of Truth” (2 Timothy 2:15).

Seventh Day Home Church Fellowships is an association of Sabbath-keeping groups, which through web & teleconferencing provides means for study, fellowship, and jointly organized missionary projects.

Website: www.seventhdayhomechurchfellowships.org
Email: admin@seventhdayhomechurchfellowships.org

Seventh Day Home Church Fellowships:
P.O. Box 262, Laconia, NH 03247, U.S.A.
Phone (Thomas): 530 708-2381

Chief Editor: David Sims
Assistant Editor: Thomas Akens
Proof-reader: Alice Fredrick
Layout: Thomas Akens