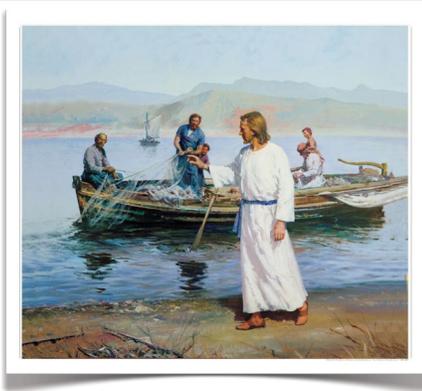


BEREAN SPIRIT

“... they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so.”
(Acts 17:10-11)

LIVING BY FAITH

by E. J. Waggoner



In Rom. 1:17 the apostle Paul makes the following statement, “For therein is the righteousness of God revealed from faith to faith; as it is written, The just shall live by faith.” This statement is the summing up of what the apostle has to say about the gospel. The gospel is the power of God unto salvation, but only “to every one that believeth;” in it the righteousness of God is revealed. The righteousness of God is the perfect law of God (Isa. 51:6, 7; Ps. 119:172), which is but the transcript of his own righteous will (Ps. 40:7, 8). All unrighteousness is sin (1 John 5:17), or the transgression of the law (1 John 3:4; Rom. 7:7). The gospel is God’s remedy for sin; its work, therefore, must be to bring men into harmony with the law,—to cause the workings of the righteous law to be manifested in their lives. But this is wholly a work of faith,—the righteousness of God is revealed from

“faith to faith,”—faith in the beginning, and faith to the end,—as it is written, “The just shall live by faith.”

This is true in all ages since the fall of man, and will be true until the saints of God have his name in their foreheads, and see him as He is. It was from the prophet Habbakuk (2:4) that the apostle quoted the statement. If the prophets had not revealed it, the first Christians could not have known of it; for they had only the Old Testament. To say that in the most ancient times men had but an imperfect idea of faith in Christ, is to say that there were no just men in those times. But Paul goes right back to the very beginning and cites an instance of saving faith. He says: “By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous.” Heb. 11:4. He says of Noah, also, that it was by faith that he built the ark to the saving of his house; “by the which he condemned the world, and became heir of the righteousness which is by faith.” Heb. 11:7. We say that their faith was in Christ, because it was faith unto salvation, and besides the name of Jesus “there is none other name under heaven given among men, whereby we must be saved.” Acts 4:12.

There are too many who try to live the Christian life on the strength of the faith

which they exercised when they realized their need of pardon for the sins of their past life. They know that God alone can pardon sins, and that he does this through Christ; but they imagine that having once been started they must run the race in their own strength. We know that many have this idea, first, because we have heard some say so, and second, because there are such multitudes of professed Christians who show the working of no greater power than their own. If they ever have anything to say in social meeting, besides the ever-recurring formula, “I want to be a Christian, so that I may be saved,” they tell only of a past experience, of the joy they had when they first believed. Of the joy of living for God, and of walking with him by faith, they know nothing, and he who tells of it, speaks a strange language to them. But the apostle carries this matter of faith clear through to the glorious kingdom, in the following most forcible illustration:—“By faith

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Coming Home Ministry

Wenatchee area, WA, USA

Berean Spirit is dedicated to the promotion and restoration of all Bible truths and principles that God has given to His church, especially for the last days of this Earth's history.

Our purpose is to share articles and studies about Bible truths and health to help motivate the readers to be prepared for the coming of the Lord.

Berean Spirit is published quarterly, and sent free of cost to all who desire to receive it.

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Enoch was translated that he should not see death; and was not found, because God had translated him; for before his translation he had this testimony, that he pleased God. But without faith it is impossible to please him; for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." Heb. 11:5, 6.

Note the argument to prove that Enoch was translated by faith: Enoch was translated because he walked with God, and had the testimony that he pleased God; but without faith it is impossible to please God. That is enough to prove the point. Without faith not an act can be performed that will meet the approval of God. Without faith the best deeds that a man can do will come infinitely short of the perfect righteousness of God, which is the only standard. Wherever real faith is found it is a good thing; but the best of faith in God to

take away the load of the sins of the past will profit a person nothing unless it is carried right through in ever-increasing measure until the close of his probation.

A CAUSE OF FAILURE

We have heard many people tell how hard they found it to do right; their Christian life was most unsatisfactory to them, being marked only by failure, and they were tempted to give up in discouragement. No wonder they get discouraged; continual failure is enough to discourage anybody. The bravest soldier in the world would become faint-hearted if he had been defeated in every battle. Sometimes these persons will mournfully tell that they have about lost confidence in themselves. Poor souls, if they would only lose confidence in themselves entirely, and would put their whole trust in the one who is mighty to save, they would have a different story to tell. They would then "joy in God through our Lord Jesus Christ." Says the apostle, "Rejoice in the Lord always; and again I say, Rejoice." Phil. 4:4. The man who doesn't rejoice in God, even though tempted and afflicted, is not fighting the good fight of faith. He is fighting the poor fight of self-confidence and defeat.

All the promises of final happiness are to the overcomer. "To him that overcometh," says Jesus, "will I give to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." Rev. 3:21. "He that overcometh shall inherit all things," says the Lord. Rev. 21:7. An overcomer is one who gains victories. The inheriting is not the overcoming; that is only the reward for overcoming. The overcoming is now; the victories to be gained are victories over the lusts of the flesh, the lusts of the eyes, and the pride of life,—victories over self and selfish indulgences. The man who fights and sees the foe give way, may

rejoice; nobody can keep him from rejoicing, for joy comes spontaneously as the result of seeing the enemy give way. Some folks look with dread upon the thought of having to wage a continual warfare with self and worldly lusts. That is because they do not as yet know anything about the joy of victory; they have experienced only defeat. But it isn't so doleful a thing to battle constantly, when there is continual victory. The old veteran of a hundred battles, who has been victorious in every fight, longs to be at the scene of conflict. Alexander's soldiers, who under his command never knew defeat, were always impatient to be led into the fray. Each victory increased their strength, which was born only of courage, and correspondingly diminished that of the vanquished foe. Now how may we gain continual victories in our spiritual warfare? Listen to the beloved disciples:—"For whatsoever is born of God overcometh the world; and this is the victory that overcometh the world, even our faith." 1 John 5:4.

Read again the words of the apostle Paul:—"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 by the faith of the Son of God, who loved me, and gave himself for me." Gal. 2:20.

Here is the secret of strength. It is Christ, the Son of God, the one to whom all power in Heaven and earth is given, who does the work. If He lives in the heart to do the work, is it boasting to say that continual victories may be gained? Yes it is boasting; but it is boasting in the Lord, and that is allowable. Says the psalmist, "My soul shall make her boast in the Lord;" and Paul says: "But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world." Gal. 6:14.

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Microwave Ovens

Why Did the Russians Ban an Appliance Found in 90% of American Homes?



The major part of this article is from Dr. Mercola's study which can be found on his Website.

Over 90% of homes have microwave ovens used for meal preparation. Because microwave ovens are so convenient and energy efficient, as compared to conventional ovens, very few homes or restaurants are without them. In general, people believe that whatever a microwave oven does to foods cooked in it doesn't have any negative effect on either the food or them. But is it true?

SAD STATE OF OUR SOILS

Over the past century, the quality of fresh food has declined due to soil depletion, unsustainable farming practices, overproduction of crops, and the use of pesticides and herbicides. You can no longer assume you're getting all of the vitamins, minerals, enzymes, and phytonutrients you need by eating a multitude of fresh produce – even if you're eating organically.

Three recent studies of historical food composition have shown 5 to 40 percent declines in some of the minerals in fresh produce, and another study found a similar decline in our protein sources. So now, more than ever, you must be careful to maximize the “bang for your buck” when it comes to the foods you eat.

Research shows that your microwave oven will NOT help you in these efforts – and in fact will threaten your health by violently ripping the molecules in your food apart, rendering some nutrients inert, at best, and carcinogenic at its worst.

CONVENIENCE COMES AT SIGNIFICANT TOXIC THREAT TO YOU AND YOUR FAMILY

Microwaves heat food by causing water molecules in it to resonate at very high frequencies and eventually turn to steam which heats your food. While this can rapidly heat your food, what most people fail to realize is that it also causes a change in your food's chemical structure. There are numerous issues that have emerged since microwave ovens were first introduced to consumers more than 40 years ago, besides depleting your food's nutritional value, which will be addressed a bit later.

The first thing you probably noticed when you began microwaving food was how uneven the heating is. “Hot spots” in microwaved food can be hot enough to cause burns—or build up to a “steam explosion.” This has resulted in admonitions to new mothers about NOT using the microwave to heat up baby bottles, since babies have been burned by super-heated formula that went undetected.

Another problem with microwave ovens is that carcinogenic toxins can leach out of your plastic and paper containers/covers, and into your food. One of the worst contaminants is BPA, or bisphenol A, an estrogen-like compound used widely in plastic products. In fact, dishes made specifically for the micro-

wave often contain BPA, but many other plastic products contain it as well.

Microwaving distorts and deforms the molecules of whatever food or other substance you subject to it. An example of this is blood products.

In 1991, there was a lawsuit in Oklahoma concerning the hospital use of a microwave oven to warm blood needed in a transfusion. The case involved a hip surgery patient, Norma Levitt, who died from a simple blood transfusion. It seems the nurse had warmed the blood in a microwave oven. This tragedy makes it very apparent that there's much more to “heating” with microwaves than we've been led to believe. Blood for transfusions is routinely warmed, but not in microwave ovens. In the case of Mrs. Levitt, the microwaving altered the blood and it killed her.

It's very obvious that this form of microwave radiation “heating” does something to the substances it heats. It's also becoming quite apparent that people who process food in a microwave oven are also ingesting these “unknowns”.

MICROWAVE RADIATION LEAKAGE

You may have heard that there is some danger of microwaves escaping from your microwave while it's operating. This was more of a risk with earlier models than with recent ones, which undergo more rigorous testing.

Theoretically, there are very small amounts of radiation leakage through the viewing glass, but the FDA reports these levels are “insignificant” and “well below the level known to harm people.”

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“Living by Faith”

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The soldiers of Alexander were reckoned invincible. Why? Was it because they were naturally stronger and more courageous than all their enemies? No; but because they were led by Alexander. Their strength was in his leadership. Under another leader they would often have been defeated. When the Union army was fleeing, panic-stricken, before the enemy at Winchester, the presence of Sheridan turned their defeat into victory. Without him the men were a quaking mob; with him at their head they were an invincible army. If you had listened to the remarks after the battle, of the soldiers who served under those and similar leaders, you would have heard the praises of their general mingled with all their rejoicing. They were strong because he was; they were inspired by the same spirit that he had.

OUR MIGHTY LEADER

Well, our Captain is the Lord of hosts. He has met the chiefest foe of all and has vanquished him single-handed. Those who follow Him invariably go forth conquering and to conquer. Oh, that those who profess to be His followers would put their trust in Him, and then, by the repeated victories that they would gain, they would show forth the praises of Him who has called them out of darkness into His marvelous light.

John says that he that is born of God overcomes the world, through faith. Faith lays hold of the arm of God, and his mighty power does the work. How the power of God can work in a man, accomplishing that which he could not possibly do for himself, no one can tell. It would be as easy to tell how God can give life to the dead. Says Jesus: “The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not

tell whence it cometh, and whither it goeth; so is every one that is born of the Spirit.” John 3:8. How the Spirit works in a man to subdue his passions, and to make him victorious over pride, envy, and selfishness, is known only to the Spirit; it is sufficient for us to know that it is done, and will be done in everyone who wants that work wrought in him, above all things else, and who trusts God for the performance of it.

We cannot tell how Peter was enabled to walk on the water, when the waves were rolling about him; but we know that at the command of the Lord he did it. So long as he kept his eye fixed on the Master, divine power enabled him to walk as easily as though it were solid rock underneath; but when he looked at the waves, possibly with a feeling of pride in what he was doing, as though he himself was doing it, fear very naturally took possession of him, and he began to sink. Faith enabled him to walk on the waves; fear made him sink beneath them.

Says the apostle: “By faith the walls of Jericho fell down after they were compassed about seven days.” Heb. 11:30. Why was that written? For our learning, “that we through patience and comfort of the Scriptures might have hope.” Rom. 15:4. Why, is there any prospect that we shall ever be called upon to fight armed hosts, and to take fortified cities? No; “for we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places” (Eph. 6:12); but the victories which have been gained by faith in God over visible foes in the flesh, are placed on record to show us what faith will accomplish in our conflict with the rulers of the darkness of this world. The grace of God, in answer to faith, is as powerful in these battles as in those; for says the apostle:— “For though we walk in the flesh, we do not war after the flesh;

(for the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.” 2 Cor. 10:3-5.

It was not physical foes alone that faith enabled the ancient worthies to conquer. We read of them that they not only “subdued kingdoms,” but “wrought righteousness, obtained promises,” and, most wonderful and most encouraging of all, “out of weakness were made strong.” Heb. 11:33, 34. Their very weakness became strength to them through faith, because the strength of Christ is made perfect in weakness. Who, then, shall lay anything to the charge of God’s elect? Since it is God that justifieth, and we are his workmanship, created in Christ Jesus unto good works. “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?” “Nay, in all these things we are more than conquerors through Him that loved us.” Rom. 8:35, 37.

FROM FAITH TO FAITH

There is another expression in the text which stands at the beginning of this tract: “For therein [in the gospel] is the righteousness of God revealed from faith to faith.” This expression has been the subject of much learned discussion by theologians, and very few of them are agreed as to its meaning. The fact that learned men are disagreed in regard to it, need not frighten us from it with the thought that it cannot be understood, for we read that things hidden from the wise and prudent are revealed unto babes. If we are but simple enough to accept the obvious Scripture meaning, as explained by the Scriptures, we need not be in darkness.

One of the greatest causes of the failure of many people to understand the book of Romans, and indeed any other portion of Scripture, is a failure to hold to first principles and Bible definitions. Men attempt to define some terms according to their theological training, and find it hard work to make them fit. Then if they at one time accept the Bible definition of a term, they do not adhere to it, but give it some other meaning the next time they meet with it. This can lead to nothing else but confusion.

The cause of the difficulty in understanding this text, is a failure to cling to the Bible definition of the term, “the righteousness of God.” We have already seen that it is an expression indicating God’s character, and that His character is set forth in the ten commandments. They sum up the whole duty of man, which is to be like God. The law, having been transgressed, cannot, as a matter of course, be perfectly represented in any person’s life, and so the gospel was devised, that man might in Christ find the perfect righteousness of the law. The gospel is the power of God unto salvation to everyone that believeth, because it makes manifest the righteousness of God. Not only is the law—the righteousness of God—preached, and its majesty upheld, by the gospel, but by the gospel the fruits of righteousness are made to appear in the life of the believer.

Some would make “righteousness of God” in this text synonymous with “justification.” That is all right, if they do not limit the application of the text to the moment of justification from past transgression. It is the application of the law in Christ to the life of the transgressor that justifies him. Through the redemption which is in Christ Jesus, God by His grace counts the past life of the sinner who believes as though it had been in every respect, in accord with His law. Rom. 3:25. This is justification. It is the revelation, or manifestation, through the gospel, of the right-

eousness of God. Rom. 3:21, 22. But the text says that this is revealed “from faith to faith;” and this can mean nothing else but a progressive work of righteousness. The verse teaches that the righteousness of God is revealed from one degree of faith to a higher degree of faith, and consequently that righteousness must ever be on the increase. This is shown by the quotation which the apostle makes to prove his statement. It must be that the righteousness of God is revealed from faith to faith, he argues, because it is written, “The just shall live by faith.”

CHRISTIAN GROWTH

The force of this is found in the fact that the Christian life, which is the result of faith, is progressive. The Christian life is a continual growth. Peter says: “Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness. But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ.” 2 Peter 3:17, 18. The only way to keep from falling from that which we have, is to grow. David says of the righteous man that “he shall be like a tree planted by the rivers of water.” Ps. 1:3. This means continual growth.

We read of the path of the just, that it “shall be as the shining light, that shineth more and more unto the perfect day.” Prov. 4:18. But “the just shall live by faith;” therefore it must be that their faith increases.

Again, Paul says to the Corinthians: “Now he that ministereth seed to the sower both minister bread for your food, and multiply your seed sown, and increase the fruits of your righteousness.” 2 Cor. 9:10.

To the Thessalonians he wrote: “And the Lord make you to increase and abound in love one toward another, and

toward all men.” 1 Thess. 3:12. And again he said: “But we beseech you, brethren, that ye increase more and more.” 1 Thess. 4:16. But faith works by love; that is, love is the outgrowth of true faith; therefore increasing love must be the result of increasing faith.

To the Hebrews, the apostle wrote: “Therefore leaving the principles of the doctrine of Christ, let us go on unto perfection.” Heb. 6:1. And in the epistle to the Philippians Paul said: “Not as though I had already attained, either were already perfect; but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus. Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” Phil. 3:12-14. Here is set forth a continual reaching out for some higher attainment. The calling of God in Christ Jesus, is a calling to holy or righteous living, for we read: “But like as he which called you is holy, be ye yourselves also holy in all manner of living; because it is written, Ye shall be holy; for I am holy.” 1 Pet. 1:15, 16, *Revised Version*.

This righteousness to which we are called, and for higher attainments in which we must constantly press, is obtained only by faith, as Paul expresses his desire to be found in Christ, not having his own righteousness, but that which is through the faith of Christ, the righteousness which is of God by faith. Phil. 3:9. Therefore, since righteousness comes only by faith, and it must increase, it follows that faith must also increase. So it was not a vain prayer which the disciples uttered, when they said, “Lord, increase our faith.” Luke 17:5.

That faith is susceptible of growth, is plainly declared by the Scriptures.

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“Microwave Ovens”

Continued from page 3

Make sure that, if you are going to use your microwave for cleaning sponges or for any use at all, regularly examine the door and hinges to make sure they are sealing properly. If the door doesn't close correctly, or if it's warped, bent, or otherwise damaged, don't use it at all!

But even if there's nothing wrong with your microwave, keep in mind that standing a foot away from it while it's running can expose you to upwards of 400 milliGauss, and a mere 4 milliGauss has been firmly linked to leukemia. It would certainly be wise to avoid letting your children stand near the microwave when it's running, and avoid it yourself as much as possible—especially if you're pregnant. Also, since your eyes are known to be particularly susceptible to microwave radiation (high microwave exposures are known to cause cataracts), I recommend stepping away from your microwave while it's in use.

NEW STUDY CONFIRMS MICROWAVES AFFECT YOUR HEART

A recent study examining the effects 2.4 GHz radiation (which is the frequency of radiation emitted by Wifi routers and microwave ovens) on the heart was just completed. The study found “unequivocal evidence” that microwave frequency radiation affects the heart at non-thermal levels that are well below federal safety guidelines, according to Dr. Magda Havas of Trent University. Dr. Havas says:

“This is the first study that documents immediate and dramatic changes in both heart rate and heart rate variability caused by an approved device that generates microwaves at levels well below (0.3 percent) federal guidelines in both Canada and the United States.”

MICROWAVING ALSO ZAPS THE NUTRIENTS RIGHT OUT OF YOUR FOOD

There has been surprisingly little research on how microwaves affect organic molecules, or how the human body responds to consuming microwaved food. Wouldn't you expect that a product that sits in more than 90 percent of kitchens, as well as practically every break room in the country, would have been thoroughly investigated for safety?

The handful of studies that have been done generally agree, for the most part, that microwaving food damages its nutritional value. Your microwave turns your beautiful, organic veggies, for which you've paid such a premium in money or labor, into “dead” food that can cause disease! Heating food, in and of itself, can result in some nutrient loss, but using microwaves to heat food introduces the additional problem of the “microwave effect,” a phenomenon that will be discussed in detail later.

The majority of studies on microwaves and nutrition were conducted prior to 2000, I suspect because the focus of radiation research of late has shifted toward a more ominous threat: environmental radiation from electromagnetic devices, such as cell phones and computers, which has mushroomed into a gigantic cloud of electrosmog worldwide over the past decade.

Nevertheless, some excellent scientific data has been gathered regarding the detrimental effects of microwaves on the nutrients in your food:

- A study published in the November 2003 issue of *The Journal of the Science of Food and Agriculture* found that broccoli “zapped” in the microwave with a little water lost up to 97 percent of its beneficial antioxidants. By comparison, steamed broccoli lost 11 percent or fewer of its antioxidants. There were also reductions in phenolic

compounds and glucosinolates, but mineral levels remained intact.

- A 1999 Scandinavian study of the cooking of asparagus spears found that microwaving caused a reduction in vitamin C.
- In a study of garlic, as little as 60 seconds of microwave heating was enough to inactivate its allinase, garlic's principle active ingredient against cancer.
- A Japanese study by Watanabe showed that just 6 minutes of microwave heating turned 30-40 percent of the B12 in milk into an inert (dead) form. This study has been cited by Dr. Andrew Weil as evidence supporting his concerns about the effects of microwaving.
- A recent Australian study showed that microwaves cause a higher degree of “protein unfolding” than conventional heating.
- Microwaving can destroy the essential disease-fighting agents in breast milk that offer protection for your baby. In 1992, Quan found that microwaved breast milk lost lysozyme activity, antibodies, and fostered the growth of more potentially pathogenic bacteria.
- Quan stated that more damage was done to the milk by microwaving than by other methods of heating, concluding: “Microwaving appears to be contraindicated at high-temperatures, and questions regarding its safety exist even at low temperatures.”
- Another study about breast milk/infant formula by Lee in 1989 found vitamin content becomes depleted by microwaving, and certain amino acids are converted into other substances that are biologically inactive. Some altered amino acids are poisons to the nervous system and kidneys.

- Although many of the above studies are not new, there is certainly ample evidence that microwaving is NOT good for your food.

HOW YOUR MICROWAVE ACTUALLY HEATS YOUR FOOD

Microwaves are a form of electromagnetic radiation—waves of electrical and magnetic energy moving together through space. They cause dielectric heating. They bounce around the inside of your oven and are absorbed by the food you put in it. Since water molecules are bipolar, having a positive end and negative end, they rotate rapidly in the alternating electric field. The water molecules in the food vibrate violently at extremely high frequencies – like millions of times per second – creating molecular friction, which heats up the food.

If the food or object placed in the microwave had no water it would not be able to have this resonance heating type effect and would remain cool. Structures of the water molecules are torn apart and forcefully deformed. This is different from conventional heating of food, whereby heat is transferred convectionally from the outside, inward. Microwave cooking begins within the molecules where water is present.

Since not all areas contain the same amount of water, the heating is uneven. Additionally, microwaving creates new compounds that are not found in humans or in nature, called radiolytic compounds. We don't yet know what these compounds are doing to your body. In addition to the violent frictional heat effects, called thermic effects, there are also athermic effects, which are poorly understood because they are not as easily measured. It is these athermic effects that are suspected to be responsible for much of the deformation and degradation of cells and molecules.

As an example, microwaves are used in the field of gene altering technology to

weaken cell membranes. Scientists use microwaves to actually break cells apart. Impaired cells then become easy prey for viruses, fungi and other microorganisms.

MICROWAVE SICKNESS

When your tissues are directly exposed to microwaves, the same violent deformations occur and can cause “microwave sickness.” People who have been exposed to high levels of microwave radiation experience a variety of symptoms, including:

- Insomnia, night sweats, and various sleep disturbances
- Headaches and dizziness
- Swollen lymph nodes and a weakened immune system
- Impaired cognition
- Depression and irritability
- Nausea and appetite loss
- Vision and eye problems
- Frequent urination and extreme thirst

TWENTY YEARS OF RUSSIAN RESEARCH SUPPORTS MICROWAVE CONCERNS

The Nazis are credited with inventing the first microwave-cooking device to provide mobile food support to their troops during their invasion of the Soviet Union in World War II. These first microwave ovens were experimental. After the war, the US War Department was assigned the task of researching the safety of microwave ovens. But it was the Russians who really took the bull by the horns.

After the war, the Russians had retrieved some of these microwave ovens and conducted thorough research on their biological effects. Alarmed by what they learned, the Russians banned microwave ovens in 1976, later lifting the ban during Perestroika. Twenty

years of Russian research (and German studies as far back as 1942 in Berlin) make a strong argument against the safety of microwave cooking.

Their findings led the Russian government to issue an international warning about possible biological and environmental damage associated with the use of microwave ovens and other similar frequency electronic devices (e.g. mobile phones).



THE SWISS CLINICAL STUDY: HANS HERTEL

Some fairly compelling evidence supporting the destructive effects of microwaves comes from a highly cited study by a Swiss food scientist named Hans Hertel. Dr. Hertel was the first scientist to study the effects of microwaved foods on the blood and physiology of human beings. He concluded that microwave cooking changed the nutrients in the food, and that changes that could cause negative health effects took place in the blood. Hertel's conclusions were that microwaving food resulted in:

- Increased cholesterol levels
- Decreased numbers of leukocytes (white blood cells), which can suggest poisoning
- Decreased numbers of red blood cells
- Production of radiolytic compounds
- Decreased hemoglobin levels, which could indicate anemia

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Out of the Comfort Zone

by David Clayton



This article was published in Open Face, No. 74 in 2010.—Editor

The great sin of Laodicea is that she is neither hot nor cold. Hot and cold are two extremes. Neither of them is a comfortable state but they both suggest a condition of strong commitment. The condition of Laodicea on the other hand, suggests a state of great comfort, “lukewarm,” neither hot nor cold, uncommitted. Such a condition may be unacceptable to God, but it is eminently pleasing to carnal human nature. warm enough to have an appearance of commitment, but not hot enough so that such a commitment causes discomfort. This is the problem with Laodicea and all who exist in her condition; the tepid warmth of lukewarmness deceives such people into thinking that they are committed when in reality, they are just at the place of comfort where their minds are lulled into a false sense of security.

True Christian commitment is an uncomfortable thing. Who knows where God will take a person when he unconditionally submits himself to God? Who knows what God will tell him to say or do?

The greatest need of lukewarm Christians is to enter into a relationship with Christ which leads to utter submission to Him and a complete commitment to His way. What does this mean? It means simply that we relinquish our own ways, our own preferences, our own ideas, our own concepts and put ourselves entirely at the

disposal of the Lord. This is a beautiful, but terrifying prospect. What will God do? Where will He take us? What will He teach us? We cannot know until we actually enter into the experience, but one thing is certain, God will not allow us to remain at the same place where we have been all this time. He is going to take us out of our comfort zone.

I learned a song recently which stirred me with its lyrics. The title of it is, “The Voice of Truth.” It graphically represents the idea which I am trying to share. Here are the words of the first verse:

*Oh, what I would do to have
the kind of faith it takes
to climb out of this boat I'm in,
onto the crashing waves;*

*To step out of my comfort zone,
into the realm of the unknown
where Jesus is, And
he's holding out his hand*

*But the waves are calling out
my name and they laugh at me
Reminding me of all the times
I've tried before and failed*

*The waves, they keep on telling me
time and time again
"Boy, you'll never win,
No you'll never win"*

*But the Voice of truth tells me
a different story;
the Voice of truth says
"do not be afraid!"*

*and the Voice of truth says
"this is for My glory"
Out of all the voices calling out to me
I will choose to listen and believe the
Voice of truth*

Everybody wants to be out where Jesus is, but it is a frightening thing to step out of the boat, to move away from our familiar place where everything is just the way

we understand it and feel at home with it. This is the problem. Jesus is not going to justify our positions, He is not going to make us more settled in our worship or our present lifestyles. There is no guarantee of what He is going to do! We can be sure of only one thing, He is not going to leave us where we are! How can we be so certain of this? Because where we are does not satisfy us and it is absolutely certain that it does not satisfy God either. Our present position with our present understanding of truth and how to do things has not put us in the kingdom and it certainly has not even begun the work of lightening the world with the glory of God.

Many of us glory in the fact that we know the truth about God and perhaps we blindly flatter ourselves that we are making some meaningful impact on the global situation as we send out our tracts and booklets and sermons. But let us take a realistic look at the true situation. I recently read a report by Samuel Koranteng-Pipim on the recent SDA General Conference session. In this report he revealed the following statistics:

The SDA church (denomination) now possesses 16.3 million members. Over the past year, the church averaged one baptism every thirty seconds, or nearly 3,000 souls per day. Pastor Koranteng-Pipim commented on the fact that this was almost as many as were converted on the day of Pentecost (he perhaps neglected to note that the 3,000 on the day of Pentecost were all in one location and was the result of one sermon). This seems like wonderful news and perhaps it may seem that the message of Seventh-day Adventism is making remarkable progress and perhaps, even that we may be making meaningful inroads into the job of “finishing the work.” But the statistics which Pastor Koranteng-Pipim proceeded to give next, presented a more realistic and sobering picture:

During the same 24-hour day when Adventists baptized nearly 3,000 peo-

ple, more than 51,000 babies were born in China alone (every day)! Around the world each day 371,000 babies were born! 371,000! Take three thousand out of that and it still leaves 368,000. Suddenly we get a more realistic view of the situation. When a man sits in his box and looks at the four walls, the world appears to be a very small place, but when he steps outside and takes a look at where his box is, then he begins to understand that there is much more to the world than his four walls. Unfortunately, Adventism in all its incarnations has had a problem with looking at the world from inside of its box. We blissfully believe that when we get 16 million Adventists to listen to us we are making some meaningful progress. Don't we realize that there are 6.5 billion people out there who don't care about our little storms-in-a-teacup? Until our message is relevant to the world and empowered to affect the world, we will NEVER ever make any meaningful progress.

So what is the point of all this? What am I really trying to say? Simply this: Nothing can finish the work of God in this world but the power of the holy spirit manifested among God's people in Pentecostal measure. We all are aware of this, but unfortunately, we are not all willing to step out of our comfort zone in seeking for this greatest of all blessings. No word can so adequately describe our present state of helplessness as the word, "impotence." We have nothing but arguments - nothing more! Is this the means by which the world is to be lightened with the glory of God?

But who is brave enough to do what has not yet been done? Who has the courage to simply read the Bible and seek to conform his life and practices to what is written there, despite the opinions of others and the obstacles imposed by traditions? Who is willing to step out of the comfort zone simply because Jesus is waiting somewhere out there and calling us to simply believe Him? Who is willing to trust all into the hands of Christ, knowing that there will be criticism and fierce opposition, but caring for nothing but the approval of Christ?

Let us face the facts, our present ap-

proach to God and to religion leave us no room and no hope for a revival. We continue to do the same things over and over, day after day, year after year - doctrinal studies upon doctrinal studies, campmeetings, publications, fastings and prayers, NOTHING CHANGES. We charge the church with apostasy, but practically, there is no difference between the level of piety among many in the mother church and many who claim to be reformers. We sit around waiting for God to do something, but it never happens. About the closest it came to happening, according to SDA history, was in 1888 when somehow, God was able to almost get a foot in the door and the focus changed to Christ and faith for a short while.

The facts stare us in the face, it seems too obvious for us to miss it. We think we are waiting on God, but it is God who is waiting on us. Waiting on us to do what? Waiting on us to believe the truth. You ask, "believe what? Don't we all believe." No, most of us don't understand what it means to believe. Belief always produces actions (works). When a person believes that he is saved he will live like a saved person - naturally, without pressure or coercion. When a person believes that he is entitled to the baptism of the holy spirit through faith in Christ and that this baptism is accompanied by the gifts of the spirit, he will work in accordance with this faith. We have sat around waiting for tongues of fire and for some extraordinary display before we would believe, but God gave the gifts to His church 2000 years ago and He never took them back. When God speaks, we ought to believe, not to wait on a demonstration before we will believe.

Interestingly Ellen White fully and unmistakably lends her full support to this Bible truth.

Why do we not present our sick and suffering before God in the arms of our faith? Why do we not teach them to believe in the great Healer? Why do we not lay hold of the promises, and bring the sick to God, praying for his healing power to be revealed? Why do we not plead the promise, "These signs shall follow them that be-

lieve"? This is the privilege of God's children, and faith should lay hold of all that it is possible to have as an endorsement of faith. {RH, July 19, 1898 par. 13}

Christ's promises are just as fresh and strong and trustworthy now as they were in the days of the apostles. Some have carried the matter of faith-healing to an extreme, and this has greatly hurt the subject. But the need of faith in God should be kept before the church. The realization of our privileges has become almost extinct. Let this part of the commission be brought into our practical life. It is of as much importance as the preaching of the word. {RH, July 19, 1898 par. 14}

... But if the workers neglect to link themselves in divine connection with God, the electric current of reviving, life-giving spiritual energy can not flow in full, rich streams to the people. The church needs to be awakened. When Christ was on this earth, trying to reclaim souls, to restore the moral image of God in man by warnings, entreaties, appeals, by a perfect example of obedience to his Father's will, he could not do many mighty works in some of the places he visited, because of their unbelief. This is why we do not now see more of the deep moving of the Spirit of God upon human minds, more of his power manifested in healing the sick. Unbelief is the barrier between us and God. {RH, July 19, 1898 par. 15}

How sad it is that God is disappointed and robbed of his glory because those who minister the word do not realize their privilege, and fail to increase in faith and charity. Bring your sick to God in faith. Humble your hearts before him, confessing your sins. Then pray earnestly, trusting. You will see the practical working of God's power, and it will be said, "God hath chosen the foolish things of the world to confound the wise; and God hath chosen the weak things of the world to confound the things which are mighty; and base things of the world, and things which are despised, hath God chosen, yea, and things which are not, to bring to naught things that are." {RH, July 19, 1898 par. 16}



“Microwave Ovens”

Continued from page 7

Not surprisingly, Dr. Hertel’s study was met with great resistance from those with much to lose.

POSSIBLE MICROWAVE EFFECTS ON YOUR BIOPHOTONS

Biophotons are the smallest physical units of light that are stored in and used by all biological organisms—including you. Vital sun energy finds its way into your cells via the food you eat, in the form of these biophotons. They contain important bio-information and are very important to many vital processes in your body. They are partly responsible for your feeling of vitality and well-being. You gain biophotons by eating foods rich in them, such as naturally grown fresh vegetables and sun-ripened fruits, which are rich in light energy. The more light energy a food is able to store, the more nutritious it is.

If the “microwave effect” exists (as you shall see, there is a huge amount of evidence that it does), then microwaves can potentially destroy biophotons in the same way that it alters other structures, rendering your food dead and lifeless. It seems quite plausible that microwaves could disrupt or destroy

biophotons, since they are capable of breaking apart DNA bonds!

BREAKING FREE OF YOUR MICROWAVE: A FEW BASIC TIPS

Am I asking you to toss your microwave oven into the nearest dumpster? Not necessarily. It can be a useful tool for cleaning. But if real estate in your kitchen is at a premium, it should probably be the first thing to go. You really CAN survive without microwave—people are living quite happily without one, believe it or not.

In closing, pay attention not only in WHAT you buy to eat, but *how you cook it*.

■ ■ ■ ■ ■

TEN REASONS TO THROW OUT YOUR MICROWAVE OVEN:

1. Continually eating microwave processed food causes **permanent brain damage**.
2. The human body is **unable to metabolize the unknown by-products** created in microwaved foods.
3. Male and female **hormone production is shut down and/or altered** by continually eating microwaved foods.

4. **The effects** of by-products remain in the human body **long-term**.
5. **Minerals, vitamins and nutrients are reduced** by microwaving so that the body gets little or altered components that cannot be broken down.
6. The minerals in vegetables are altered into **cancerous free radicals** by microwaves.
7. Microwaved foods cause **stomach and intestinal cancerous growths**. *This may partially explain the rapid increase of the colon cancer rate in America.*
8. Long term consumption of microwaved foods causes **cancerous cells to increase in human blood**.
9. It also causes **immune system deficiencies** through alterations in the lymph glands and blood serum.
10. Eating microwaved food causes **loss of memory and concentration, emotional instability and a decrease of intelligence**.

Source Materials:

<http://articles.mercola.com/sites/articles/archive/2010/05/18/microwave-hazards.aspx>

<http://foodmatters.tv/articles-1/what-is-your-microwave-doing-to-your-health>

Think about These Things ...

“... Christ changes our hearts. He lives in our hearts by faith. We are to keep Him in our hearts by faith and **let Him guide all our choices**. As long as we do this, He will work in us and we will do what pleases Him. We may then say, “This life that I live now, I live by faith in the Son of God, who loved me and gave his life for me.” *Galatians 2:20*. ...

We should understand the true meaning of faith. When we believe what we already know is true, we are not showing faith. We know God lives. We believe in His power. We know His Word is true. Even Satan and his angels know and believe these things. The Bible says that “the devils also believe, and tremble.” *James 2:19* But this is not faith.

We have faith when we not only believe God’s Word but ask Him to guide all our choices. We show our faith when we give our hearts to Him and love Him. This kind of faith works by love and makes us pure. It changes us until we become like Him.”

Source Materials:

Ellen White: Steps to Jesus pp. 61,62

“Living by Faith”

Continued from page 5

Paul had hope that when the faith of the Corinthian brethren was increased, he should be helped by them to preach the gospel in the regions beyond them. 2 Cor. 10:15, 16. To the Thessalonians he wrote that he prayed exceedingly night and day, that he might see them, and might perfect that which was lacking in their faith. 1 Thess. 3:10. And still later he wrote: “We are bound to thank God always for you, brethren, as it is meet, because that your faith groweth exceedingly, and the charity of every one of you all toward each other aboundeth.” 2 Thess. 1:3.

This last text contains the whole of the argument that we have made. Their faith grew, and as a consequence their charity abounded. Charity, or love, is the fulfilling of the law. Rom. 13:10; 1 John 5:3. It is the manifestation of the righteousness of God, and is a result of true faith, for faith works by love, and the only righteousness which will be accepted when the Lord comes is that which is by the faith of Christ, “the righteousness which is of God by faith.” Such being the teaching of Scripture, there is no reason why we should not understand Rom. 1:17 just as it reads: The righteousness of God is revealed, or manifested, from faith to faith.

One or two notable instances recorded in Scripture will illustrate this. The apostle records that “by faith the harlot Rahab perished not with them that believed not, when she had received the spies with peace.” Heb. 11:31. This case has been a cause of stumbling to some who have not given careful thought to it. It is well known that Rahab lied to the men sent by the king of Jericho to seize the spies (see Josh. 2:2-6), and they imagine that in saving her God placed a premium on lying, and that it is right sometimes to lie. Neither is true. Rahab was saved, not because of her lie,

but because of her faith. She, in common with all the people of Jericho, had heard how the Lord dried up the waters of the Red Sea, and how he had led the Israelites; but she alone, of all the inhabitants of Jericho, believed that the hand of the Lord was in the matter, and that he had given the land of Canaan to the Israelites. She had simple faith, but was totally ignorant of God’s law. In the code of heathen morality, lying was accounted a virtue, and she knew nothing better. But her faith made it possible for her to be saved, and brought her into a place where she could learn righteousness. As a natural consequence, her faith in God would increase when she learned more of Him. In her case we have a clear instance of the revelation of the righteousness of God from faith to faith.

The same thing is true of Cornelius. He feared God with all his house, and gave much alms, and “prayed to God always.” As a consequence, an angel was sent to him, directing him to send for Peter, who should tell him what he ought to do.

The sum of the whole thing is that it is faith that brings God near to us. If we first believe that He is, He will reveal Himself to us more fully. If we rejoice in that light and walk in it, our faith will be increased, and that will bring more light. As with Rahab, so with all. God does not grant us a blessing because we are righteous, but in order that we may become righteous. When our faith brings us to Christ, it is that we may learn of Him. To our faith we add virtue and knowledge. But as faith comes by hearing, and hearing by the word of God, it follows that the more we really know—accept—of the word of God, the greater will be our faith. And so, increasing daily in faith, the just go on from strength to strength, until the dawning of the perfect day ushers them into the immediate presence of God.

Upcoming BIBLE SEMINARS

There are some *changes* about our yearly Bible seminars. We will have 2 meetings in 2014, instead of one. The first Bible Seminar will be held

MAY 14 - 18, 2014.

The **speakers** of the May seminar:

- David Clayton and Howard Williams (*from Jamaica*) and
- Ken Corklin (*from Pennsylvania*)

Theme: Our Only Hope

Location:

Wenatchee Community Center
504 S Chelan Ave.
Wenatchee WA 98801

The seminar will start at **3:00 PM** in the Basement Meeting Room on Wednesday; the other days we will begin at 10 AM. From Thursday afternoon the meetings are continued in the Veteran’s Hall.

For more information and seminar schedule, please visit *our Website at* www.cominghomeministry.org.

The second Bible Seminar will be held **September 12-14, 2014.**

The speakers of this camp meeting will be

- Nader Mansour and Imad Awde (*from Australia*)

More information will be posted of this Bible Seminar in the next issue of our newsletter.

Tasty Vegan Recipes



POTATO SALAD

Ingredients:

- about 3 lbs (red or other) potatoes
- 1 and 1/2 c green onion (thinly sliced)
- 3 ribs of celery (chopped)

Dressing

- 1 and 1/2 c (+) grape-seed oil
- Vegenaïse
- 3 tsp (+) Dijon mustard
- 1 tsp dill seed (dried)
- 5-7 dill pickles (chopped)
- salt

Method:

1. In a large pot, cover potatoes with cold, salted water (1 teaspoon salt).

Bring to a boil, reduce heat to a simmer. Simmer until the potatoes are tender when pierced with a fork, about 20 minutes. Drain, and rinse with cold water to stop the cooking. Put them in the refrigerator for an hour or soak them in ice water to cool them down.

2. After the potatoes are cool, peel them if you wish and chop them into bite-size. Add green onion and celery.
3. In a large bowl, whisk together the Vegenaïse, mustard, dill seed, and pickles. Add a little salt then pour it into the potatoes and use a spatula to gently combine. Season to taste with salt.

Enjoy!