

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)

THE OFFERING OF THE FIRST-FRUITS

from the book entitled *The Cross and its Shadow* by Stephen Haskell



Stephen N. Haskell (1833–1922) was a evangelist, missionary and editor in the Seventh-day Adventist Church who became one of the pioneers of the SDA Church in the South Pacific.

When the waving fields of golden grain proclaimed that the time of harvest had come, the service of offering the first-fruits before the Lord was performed in the temple.

As the children of Israel journeyed toward Jerusalem to attend the Passover, on every side could be seen fields of yellow barley, the heads heavy with ripened grain bending in the breeze. But not a sickle could be put into the grain, or even kernels gathered to be eaten until the first-fruits had been presented before the Lord. The offering of first-fruits came on the third day of the Passover feast. The fourteenth day of the month Abib, or Nisan, the Passover was eaten, the fifteenth day was the Sabbath, and upon the sixteenth day, or as the Bible

states it, “On the morrow after the Sabbath,” the first-fruits were waved before the Lord. (Leviticus 23:5-11)

It was a beautiful service. The priest clad in his sacred robes, with a handful of yellow heads of ripened grain, entered the temple. The glow of burnished gold from walls and furniture blended with the tints of the golden heads of grain. The priest paused in front of the golden altar, and waved the grain before the Lord. Those first heads kept a pledge of the bountiful harvest to be gathered, and the waving indicated thanksgiving and praise to the Lord of the harvest.

The waving of the first-fruits was the principal service of the day, but a lamb was also offered as a burnt-offering. No portion of the first-fruits were ever burned in the fire, for they were a type of resurrected beings clad in immortality, nevermore subject to death or decay.

For centuries God had met with His people in the temple, and accepted their offerings of praise and thanksgiving; but a change came. When Christ died on Calvary and the veil of the temple was rent asunder, the virtue of the temple service came to an end. The Jew’s slew their paschal lambs as formerly, but the service was only a mockery; for that year, upon the fourteenth day of the month Abib, Christ our Passover was sacrificed for us. The Jews kept the

empty form of the Sabbath on the day following the Passover; but it was the rest experienced by Jesus and his followers that was accepted of God. On the sixteenth day of the month, in the year the Saviour died, the Jews in the temple God had forsaken went through the empty form of offering the heads of grain, while Christ, the antitype, arose from the dead, and became “the first-fruits of them that slept.” (1 Corinthians 15:20) Type had met antitype.

Every field of ripened grain gathered into the garner, is but a reminder of the great final harvest, when the Lord of the harvest, with His band of angel reapers, will come to gather the spiritual harvest of the world. Just as the first handful of grain was a pledge of the coming harvest, so the resurrection of Christ was a pledge of the resurrection of the righteous; “for if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with Him.” (I Thessalonians 4:14)

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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.

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The priest did not enter the temple with only one head of grain, he waved a handful before the Lord; neither did Jesus come forth from the grave alone, for "many bodies of the saints which slept arose, and came out of the graves after His resurrection." (Matthew 27:52,53) While the Jews were preparing to perform the empty service of the offering of first-fruits in the temple, and the Roman soldiers were telling the people that the disciples had stolen the body of Jesus, these resurrected saints went through the streets of the city, proclaiming that Christ had indeed risen. (Matthew 28:11-15)

It is a sad fact that even the disciples who loved their Lord were so blinded that they could not recognize the fact that the time had come for the appearance of the great Antitype of the service they had yearly celebrated all their lives; and even when they listened to

the announcement of His resurrection, it seemed to them as an idle tale, and they believed it not. (Luke 24:10,11) But God never lacks for agents. When living human beings are dumb, He awakens sleeping saints to perform his appointed work. In the type the grain was waved in the temple, and to fulfil the antitype Christ must present Himself and the company who had risen with Him before God in the first apartment of the heavenly temple.

In the early morning of the resurrection day, when Jesus appeared to Mary, she fell at His feet to worship Him, but Jesus said to her, "Touch me not; for I am not yet ascended to My Father: but go to My brethren, and say unto them, I ascend unto My Father, and your Father; and to My God, and your God." (John 20:17) In these words Jesus notified His followers of the great event to take place in heaven, hoping that on earth there might be an answering chord to the wonderful rejoicing in heaven; but just as they had slept in the garden on the night of Christ's agony, and failed to give Him their sympathy, (Matthew 26:40-44) so now, blinded by unbelief, they failed to share the joy of the Saviour's great triumph. Later on the same day Jesus appeared to His followers, and allowed them to hold Him by the feet and worship Him, Matthew 28:9 showing that in the meantime He had ascended to His Father.

Paul tells us that when Christ ascended up on high, "He led a multitude of captives." (Ephesians 4:8, margin) In speaking of them in Rom. 8:29,30, he tells how this company of resurrected saints, who came forth from their graves with Christ, were chosen. They were "predestinated," then called, "and whom He called, them He also justified: and whom He justified, them He also glorified". This was done that "He might be the first-born among many brethren." This company was composed of individuals chosen from every age,

from that of Adam down to the time of Christ. They were no longer subject to death, but ascended with Christ as trophies of His power to awaken all that sleep in their graves. As the handful of grain in the typical service was a pledge of the coming harvest, so these saints were a pledge of the innumerable company that Christ will awaken from the dust of the earth when He comes the second time as King of kings and Lord of lords. (John 5:28,29)

Little did the inhabitants of earth dream of the wonderful antitypical offering of first-fruits that was being celebrated in the heavenly temple at the time the Jews were carrying out the empty forms in the temple on earth.

That was a wonderful congregation in the heavenly courts. All the hosts of heaven and representatives from the unfallen worlds were assembled to greet the mighty Conqueror as He returned from the most terrible war ever waged and the greatest victory ever won. Earthly battles that simply gain dominion over a small portion of the earth for a brief span of years, are as nothing compared with the war that raged between Christ and Satan here upon this earth. Christ returned to heaven bearing the scars of that terrible struggle in the prints of the nails in His hands and feet and the wound in His side. (Isaiah 49:16)

Words fail to describe the scene as the heavenly host with one accord fall prostrate at His feet in adoration; but He waves them back, He bids them wait. Jesus has entered heaven as "the first-born among many brethren," and He will not receive the worship of the angels until the Father has accepted the first-fruits of the harvest to be gathered from the world He has died to redeem. He pleads before the Father, "I will that they also, whom Thou hast given Me, be with Me where

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Is Sugar Toxic?



(This article is a shorter version of Dr. Mercola's article that can be found at his website: articles.mercola.com.

Joseph M. Mercola is an alternative physician practicing in Hoffman Estates, Illinois. He is the author of several books including *The No-Grain Diet* and *The Great Bird Flu Hoax*.

Emphasis in the original - Editor)

“Death by sugar” is not an overstatement ... Evidence is mounting that sugar is the primary factor causing not just obesity, but also chronic and lethal disease.

There's really no doubt anymore that excess sugar can be toxic to your body, and it's only a matter of time before it will be commonly accepted as a causative factor of most cancer, in the same way as we accept that smoking and alcohol abuse are direct causes of lung cancer and cirrhosis of the liver.

Dr. Robert Lustig, Professor of Pediatrics in the Division of Endocrinology at the University of California, San Francisco, is one of the leading experts on childhood obesity, and has been a pioneer in decoding sugar metabolism. His work has highlighted the major differences in how different sugars are broken down and used by the human body ... “It's a poison by itself,” Dr. Lustig says.

The Primary Reason Why Sugar is Such a Pernicious Toxin

Many conventional diet “experts” have strongly disagreed with Dr. Lustig. They contend that sugar in fruits and table sugar in moderation is just fine and part of a normal “healthy” diet. Well let me make it crystal clear that I could not disagree more strongly with that position.

What they completely fail to appreciate is the obvious fact that should be hitting EVERY expert on the head. Fructose is the NUMBER ONE source of calories in the US. It is beyond shocking that these supposedly intelligent “experts” fail to appreciate that, especially in light of the very carefully elucidated biochemistry that Dr. Lustig reviews. And it's the sheer overconsumption that makes it so toxic to your system.

The central issue is that fructose is so cheap it is used in virtually all processed foods. If one were able to assiduously keep their total grams of fructose to below 25 per day then it would not be an issue. But the key here is that while that is theoretically possible, precious few people are doing that.

Remember the average person is consuming 1/3 of a pound of sugar EVERY DAY which is five ounces or 150 grams, half of which is fructose or 300 percent more than the amount that will trigger biochemical havoc. Remember that is the AVERAGE; many consume more than twice that amount.

The moment I first saw Dr. Lustig's presentation nearly two years ago, I knew he was right. I consider *the* NY Times article a true landmark story that comes out only once every few years. It has given me the foundation and courage to come out even stronger on this issue. ... I am going to be relent-

less about WARNING people about this danger in just about every article on weight, cancer, heart disease or diabetes. You might get tired of it but you have to be a beacon of light to your friends and family and let them know so they can change their eating habit and avoid these very real dangers.

Abnormally High Sugar Consumption Fuels Disease Rates

It's important to realize that when we talk about “sugar,” ALL sugars are included. So when you're evaluating your sugar consumption, you can't stop counting once you've accounted for the number of spoons of table sugar you've added to foods and beverages. You must also include all other types of sweeteners, such as corn-based sweeteners like high fructose corn syrup (HFCS), honey, and agave.

As you probably know, obesity and diabetes rates have dramatically increased in the past 30 years. These increases dovetail nicely with a profound increase in sugar/fructose consumption with the advent of inexpensive HFCS, which is now found in virtually ALL processed foods. The prevalence of added HFCS in foods and beverages is now so great that the single largest source of calories for Americans comes from fructose.

It's loaded into your soft drinks, fruit juices, sports drinks, and hidden in most processed foods—from bologna to pretzels to Worcestershire sauce to cheese spread. Even most infant formulas contain the sugar equivalent of one can of Coca-Cola!

To put the US sugar consumption into further perspective, based on

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The Offering of the First-Fruits

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I am.” He does not plead in vain. The great antitype of the service celebrated for centuries is fully met. The Father accepts the first-fruits as a pledge that all the redeemed host will be received by Him. Then the decree goes forth, “Let all the angels of God worship Him.”

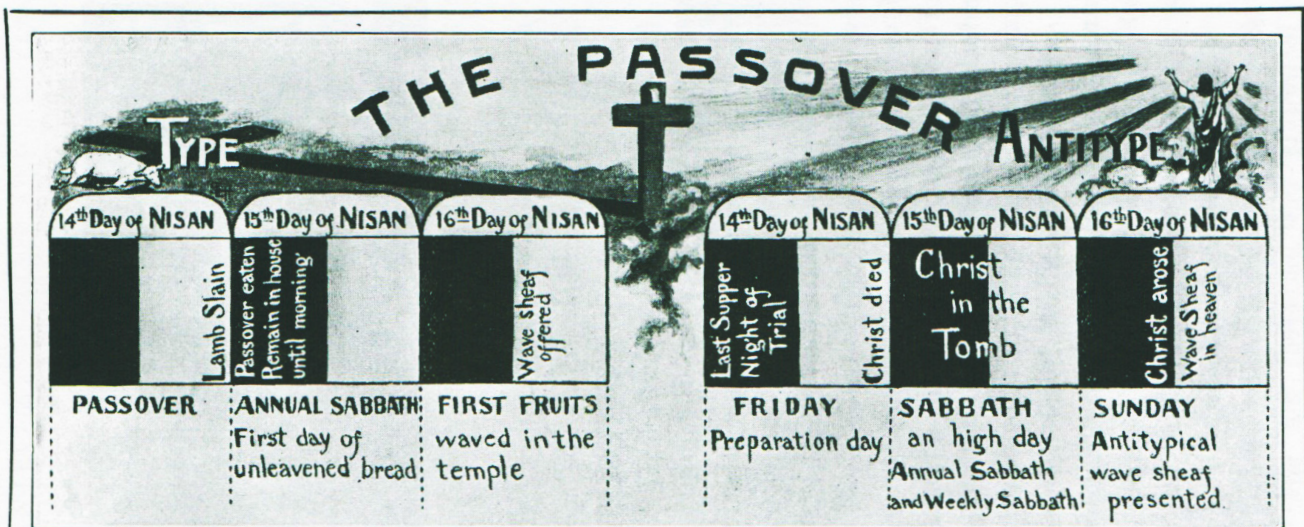
We wonder how Christ could ever leave the glories of heaven to return to the earth, where he had met only ignominy and reproach. But marvelous is the power of love! His sorrowing followers on earth were so dear to His heart that the worship of all heaven could not keep Him from them, and He returned to comfort and cheer their hearts.

The first three days of the Passover feast typified wonderful events in the work of our Saviour. The first day typified His broken body and shed blood; and the day before the type met antitype, Christ gathered His disciples together and instituted the touching memorial service of the Lord’s supper, to commemorate His death and suffering until He comes a second time. (Matthew 26:26-29)

Every weekly Sabbath of the Lord is a memorial of that Sabbath on which Jesus rested in the tomb, after He had finished His work on earth for the redemption of a lost race.

God has not left His church without a memorial of the great antitype of the offering of the first-fruits. He has given them baptism to commemorate this glorious event. As Christ was laid in

the tomb, so the candidate for baptism is laid in the watery grave. “We are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life,” As the first-fruits of the resurrection taken to heaven by Christ were a pledge of the final resurrection, so rising from the watery grave of baptism is a pledge of the resurrection to the faithful child of God; “for if we have been planted together in the likeness of His death, we shall be also in the likeness of his resurrection.” (Romans 6:3-5)



Note: Bible students for centuries have been divided into 2 classes in regard to their opinion of the time that the Lord ate the last supper with His disciples. One class believe Jesus did not fulfil the type in regard to the *time*, but only as to the *event*. They claim that the year Jesus died, the 14th day of Nisan, or Passover, came on Thursday; but He was crucified on Friday, the annual sabbath, the 15th day of Nisan; that He lay in the tomb while the first-fruits were waved in the temple of the 16th day of Nisan; and arose from the dead on the 17th day of Nisan. In support of this position, they quote the following texts: Matt. 26:17, Mark 14:1, 12; Luke 22:7.

The other class believe that, when God decreed certain offerings should be offered on the definite day of the month, the type would meet the antitype at that *specified time*. “These types were fulfilled not only as to the *event*, but as to the *time*.” — *Great Controversy* p. 399. In fulfilment of this Christ was crucified on Friday, the 14th day of Nisan, and died on the cross about the 9th hour — “between the 2 evenings” — at the very time the Passover lamb had been slain for centuries. The previous evening He had eaten the last supper with His disciples. The Saviour rested in the tomb on the Sabbath, the 15th day of Nisan, which had been kept as an annual sabbath in type of this event. “Christ was the antitype of the wave-sheaf, and His resurrection took place on the *very day* when the wave-sheaf was to be presented before the Lord.” — *Desire of Ages (large edition)* p. 785. This was Sunday, the 16th day of Nisan. In support of this position the following texts are quoted: John 13:1, 2; 18:28; 19:14; 13:29; 19:31.

Type	Antitype
Christ the First-fruits. 1 Corinthians 15:23.	
Lev 23:5-11. The first-fruits were offered the third day after the Passover.	1 Cor. 15:20; Luke 23:21-23. Christ arose on the third day, and became the first-fruits.
Lev. 23:10, margin. The priest waved a handful of grain in the head or an omer of kernels.	Rom. 8:29; Matt.27:52,53. Many saints arose with Christ. He was the first-born among many brethren.

Is Sugar Toxic?

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USDA estimates the average American consumes 12 teaspoons of sugar a day, which equates to about TWO TONS of sugar during their lifetime. Think about that ... **Two tons!**



Is it any wonder then that the United States is the fattest of 33 countries, with a whopping 70 percent of Americans crowding into the overweight category? No, there can be no doubt whatsoever that this is a direct result of excessive sugar consumption, and the fact that this sugar-rich diet also fuels a number of deadly diseases is another no-brainer. Yet conventional medicine keeps ignoring the basics, seeking to find magic solutions in the form of a pill...

Do yourself and your family a huge favor, and educate yourself on the health effects of sugar instead, because the truth is, simply making this ONE

lifestyle change—drastically reducing your sugar consumption—is the “miracle cure” everyone is seeking!

Do You have Any Idea How Much Sugar You Consume Every Day?

It’s interesting to note that we’ve long acknowledged that the Western diet is associated with increased rates of obesity, diabetes, heart disease, hypertension, and cancer. Yet the conventional paradigm is extremely reluctant to accept that it is the sugar content of this diet that is the primary culprit! Doctors and health officials alike are still trying to make you think that you can have your cake and eat it too, as long as it’s in moderation.

Well, that’s the whole point. If you eat a diet consisting primarily of processed foods, moderation immediately goes out the window!

Cutting out a few desserts will barely make a dent if you’re eating a “standard American diet”—in fact, I’ve previously written about how various foods and beverages contain far more sugar than a glazed doughnut. Take Vitamin Water, for example. One 20 oz bottle contains 33 grams of sugar, which equates to THREE Krispy Kreme original glazed doughnuts! Another common lunch staple for many kids is Oscar Mayer Lunchables, but just one box of crackers with processed turkey and American cheese contains 36 grams of sugar.

It’s like sending them off to school with three-and-a-half doughnuts...

Unfortunately, the Institute of Medicine (IOM) still has not been able to come up with any sort of guidelines on sugar consumption. They acknowledge that there’s plenty of research incriminating sugar in increasing disease rates, but have yet to nail down any recommendations for upper limits.

However, if you look at historical data, back in the 1700’s, the average person consumed a mere 4 pounds of sugar per year. By the 1800’s it had increased to about 18 pounds a year. The primary difference is that they didn’t have processed foods back then, so you didn’t get 36 grams of added HFCS in your cracker and cheese lunch... Hence, the answer the sugar over-consumption dilemma should be obvious, but I’ll spell it out anyway: Return to a diet of natural, whole foods and avoid all processed foods and sweetened beverages!

How Sugar Turns to Fat and Destroys Your Health

We now know that fructose elevates uric acid, which decreases nitric oxide, raises angiotensin, and causes your smooth muscle cells to contract, thereby raising your blood pressure and potentially damaging your kidneys. Increased uric acid also leads to chronic, low-level inflammation, which has far-reaching consequences for your health.

For example, chronically inflamed blood vessels lead to heart attacks and strokes; also, a good deal of evidence exists that some cancers are caused by chronic inflammation.

There are more than 3,500 articles to date showing a strong relationship between uric acid and obesity, heart disease, hypertension, stroke, kidney disease, and other conditions. In fact, a number of studies have confirmed that people with elevated serum uric acid are at risk for high blood pressure, even if they otherwise appear to be perfectly healthy.

Uric acid levels among Americans have risen significantly since the early half of the 20th Century. In the 1920s, average uric acid levels were about 3.5 ml/dl. By 1980, average uric acid levels had climbed into the range of 6.0 to 6.5 ml/dl and are probably much higher now. When your uric acid level exceeds about 5.5 mg per dl, you have an increased risk for a host of diseases, including:

- Hypertension
- Kidney disease
- Insulin resistance, obesity, and diabetes
- Fatty liver
- Elevated triglycerides, elevated LDL, and cardiovascular disease
- For pregnant women, even pre-eclampsia

This is exactly why I am so passionate about educating you about the dangers of sugar, particularly fructose! I am thoroughly convinced it's one of the leading causes of a great deal of needless suffering from poor health and premature death.

Additionally, sugar/fructose:

- Leads to insulin resistance, which is not only an underlying factor of type 2 diabetes and heart disease, but also many cancers. Researchers from the World Health Organization's International Agency for Research on Cancer have reported

that those who are obese and/or diabetic are at greater risk of cancer.

- Tricks your body into gaining weight by fooling your metabolism, as it turns off your body's appetite-control system. Fructose does not appropriately stimulate insulin, which in turn does not suppress ghrelin (the "hunger hormone") and doesn't stimulate leptin (the "satiety hormone"), which together result in your eating more and developing insulin resistance.
- Fructose rapidly leads to weight gain and abdominal obesity ("beer belly"), decreased HDL, increased LDL, elevated triglycerides, elevated blood sugar, and high blood pressure—i.e., classic metabolic syndrome.
- Fructose metabolism is very similar to ethanol metabolism, which has a multitude of toxic effects, including NAFLD (non-alcoholic fatty liver disease). It's alcohol without the buzz.

The Sugar/Cancer Connection

The factor that links obesity, diabetes, and cancer is insulin resistance.

According to Lewis Cantley, director of the Cancer Center at Beth Israel Deaconess Medical Center at Harvard Medical School, as much as 80 percent of all cancers are "driven by either mutations or environmental factors that work to enhance or mimic the effect of insulin on the incipient tumor cells," Gary Taubes reports, adding:

"As it was explained to me by Craig Thompson, who has done much of this research and is now president of Memorial Sloan-Kettering Cancer Center in New York, the cells of many human cancers come to depend on insulin to provide the fuel (blood sugar) and materials they need to grow and multiply. Insulin and insulin-like growth factor (and related growth factors) also pro-

vide the signal, in effect, to do it.

The more insulin, the better they do.

Some cancers develop mutations that serve the purpose of increasing the influence of insulin on the cell; others take advantage of the elevated insulin levels that are common to metabolic syndrome, obesity and type 2 diabetes.

Some do both.

Thompson believes that many pre-cancerous cells would never acquire the mutations that turn them into malignant tumors if they weren't being driven by insulin to take up more and more blood sugar and metabolize it."

Some cancer centers, such as the Cancer Centers of America, have fully embraced this knowledge and place their patients on strict low-sugar, low-grain diets. But conventional medicine in general has been woefully lax when it comes to highlighting the health dangers of this additive.

It's quite clear that if you (...) are currently undergoing cancer treatment, you absolutely **MUST** avoid all forms of sugar!

Not All Calories are Created Equal

(...) A calorie from glucose, such as potato or bread, is vastly different from a calorie from sugar (which is a 50/50 mix of glucose and fructose, or in the case of high fructose corn syrup, a 45/55 mix.) This is because they are metabolized differently, and hence affect your body in different ways.

As I've explained before, fructose (whether from regular sugar or HFCS) is metabolized primarily by your liver, whereas glucose is metabolized in every cell of your body. Making matters worse, when you consume fructose in liquid form, such as soda, the effect is not only sped up but also magnified.

Your liver converts the majority of this fructose into FAT.

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The Development of the Trinity Doctrine

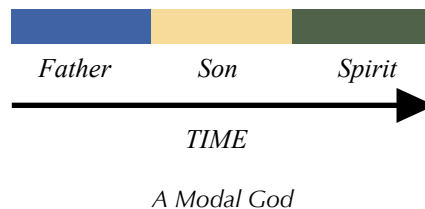


UPON THIS ROCK

When Jesus asked his disciples who it was they believed him to be, Peter answered, “Thou art the Christ—the Messiah, the Anointed One—the Son of the living God.” Jesus said that this truth had been revealed by his Father in heaven, not by flesh and blood. Matt 16:17, 18. Jesus further said that it was this truth of his divine origin as the Son of God that would be the bedrock, the foundation, himself the Cornerstone, upon which he would build his church.

But those that “went out from us” when there came “a falling away” 2 Thes 2:3 and a new power arose to “speak great things against the Most High”, teach that the Rock was not Christ, but Peter, the first Pope. In time the pope would “magnify himself above every god” “Neither shall he regard the God of his fathers” but “a god whom his fathers knew not shall he honor with gold, and silver, and with precious stones” Dan 11:37-38. In time the church changed gods “but the people that know their God shall be strong” verse 32. “And they that understand among the people shall instruct many” verse 33.

Ideas about God began to flourish. Some, desiring to maintain the truth that there is but one God, believed that God manifested Himself in different ways at different times. Sabellius in the 3rd century taught this “modal” God. Unitarianism, Oneness Pentecostalism, or the Jesus Only movement promotes this concept today. In the old testament God was a father; in the time of Christ He was a son; and since Pentecost He has been known as the Holy Spirit. But this version of God denies the true Father and Son and is therefore one of the “many antichrists” that have come into the world.



ANOTHER GOD

By the 4th century, debate over the nature of God really began to heat up. Arius and Alexander in Alexandria, Egypt disputed over whether the Son consisted of the very same substance of the Father or was separate. Alexander, the bishop, said they were equal, exactly the same quoting Paul in Phil 2:6. Arius, alarmed that this was a revival of Sabellianism (making the Son and the Father the same being), objected on the basis that a son is in the “image” of the father (Heb 1:3) and cannot be the *same* person. The Son in his incarnation “as possessing free will was capable of virtue or of vice” (Sozomon, *Historia Ecclesiastica* c.440). His temptations and his death, to be real, required the Son to be separate from the Father who cannot sin or die.

This issue soon spilled over into the church at large, sides were taken, arguments raged, threatening to split the church. In the year 325 Constantine, the new emperor of the Roman Empire, convened the first Ecumenical Council in the city of Nicaea (Iznik, Turkey) to settle the matter. 1500 bishops were invited; only 318 showed up.

Church historian Philip Schaff summarized the situation:

“In reference to the theological question the council was divided in the beginning into three parties. The Orthodox party, which held firmly to the deity of Christ, was at the first in minority ...” *History of the Christian Church, Vol. 3 p.627, 628*

Led by Alexander, they believed that Christ was equal to his Father (of the same substance) and numbered less than 20 bishops.

“The Arians or Eusebians numbered perhaps twenty bishops, under the lead of the influential bishop Eusebius of Nicomedia.” *ibid.*

This group believed that the Son of God was begotten or generated and therefore a separate substance.

“The majority, whose organ was the renowned historian, Eusebius of Caesarea, took the middle ground.” *ibid.*

Schaff describes this group as having “little discernment” and “no firm convictions, but only uncertain opinions”. This seems inconsistent with the detailed statement of belief that Eusebius presented after the Arian and Orthodox proposals were dismissed. In the end it was essentially his language that became the famous Nicene Creed.

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Is Sugar Toxic?

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Additionally, since all sugars raise your insulin levels, you eventually end up with insulin resistance. In response, your pancreas starts releasing higher amounts of insulin in an effort to curb your rising blood sugar levels. Eventually, your pancreas loses the battle; your blood sugar levels keep rising, and you end up with full-blown diabetes.

You've now also laid the groundwork for hypertension, heart disease, and cancer, just to name a few.

How You Can Protect Your Health and Avoid Cancer, Starting TODAY

It should be abundantly clear that preventing chronic disease such as diabetes, heart disease and cancer requires lifestyle changes, and cutting out sugar in all its forms is an essential element.

The good news is that this is something YOU can do right now—no doctor's visit or prescription required.

Ideally, I recommend that you keep your fructose consumption below 25 grams a day. This includes ALL sources, from beverages to condiments, including the fructose you get from whole fruits. This is especially important if you are overweight or have diabetes, high cholesterol, or high blood pressure.

The easiest way to dramatically reduce your fructose consumption is to avoid sweetened drinks, including fruit juices, and processed foods of all kinds. This will require you to spend a little more time in the kitchen preparing and cooking your meals from scratch using whole ingredients, but it will be one of the best investments you could possibly make!



If you're in the habit of adding sugar to your drink, try using stevia instead. Many complain about a bitter aftertaste with stevia, but this is typically related to the processing. ...

Glucose can be used directly by every cell in your body and as such is far safer than the metabolic poison fructose.

Switching to cane sugar, honey, date sugar, coconut sugar, brown rice syrup, fruit juice, molasses, maple syrup, sucanat, sorghum, turbinado or agave syrup will NOT ameliorate any of the

risks as they all contain HIGH amounts of fructose. Agave is probably the worst of the bunch as it can be as high as 90% fructose. Commercial fruit juices come a close second as they are high in methanol that can contribute to MS, just like aspartame. Also, do not make the mistake of switching to artificial sweeteners as they can damage your health even more quickly than fructose.

Bottom Line

If you want to RADICALLY reduce, and in many cases virtually eliminate your risk of the following diseases: cancer, heart disease, obesity, diabetes, Alzheimer's ... then start getting VERY serious about restricting the level of fructose to no more than 25 grams per day. If you already have any of these diseases or are at high risk of any of them, then you are probably better off by cutting that to 10-15 grams per day.

Please remember that I am a fanatic about exercise (...) but exercise will NOT compensate for fructose use and can destroy many of the benefits of your hard work. So, if you haven't done so already PLEASE get VERY serious about restricting fructose as there is no doubt in my mind when it is consumed in quantities over 25 grams per day it will rapidly accelerate your path towards chronic degenerative disease.



CAMP MEETING REVIEW - 2013 May



Our annual camp meeting was held from the 22th to the 26th of May at the Wenatchee Community Center. During these four and a half days we had presentations about the Godhead, righteousness by faith, prophecies and more. The presentations were recorded and

will be available on YouTube shortly. They will be burned on DVDs also and we will send out 2 or 3 discs every month. (The editing process takes quite a bit of time; we are thankful for your patience and understanding.)



► If you wish to watch these messages earlier than we can send them out, you will find some of them on brother Nader Mansour and brother Imad Awde's Website (www.Revelation1412.org) or you can visit brother David Clayton's YouTube channel.



Also you can find brother Imad and brother Nader's testimony of the Wenatchee camp meeting on their Facebook page (at <https://www.facebook.com/notes/revelation1412org/wenatchee-camp-meeting-2013/544549742254348>).

This year we won't send the presentations out in a sequential order as some of them are linked together; therefore we will group the parts and send them out in one package.

If you wish to receive the DVDs of the 2013 camp meeting and **have not signed up for them at the meetings,**



please contact us. (We are rebuilding our mailing list and will send out the presentations just to those who request them regardless whether they have been on our mailing list.)

The Development of the Trinity Doctrine

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Avoiding the two Greek words of contention, *homousios* and *homoiousios* (differing by only one letter and not even found in Scripture), Eusebius of Caesarea read a simple confession of faith from an "ancient Palestinian" source that "acknowledged the divinity of Christ in general biblical terms".

one God, the Father Almighty, maker of all things;

one Lord Jesus Christ, the Word of God, the only begotten Son, the First-born of every creature, begotten of the Father before all worlds, by whom also all things were made;

and **one Holy Spirit**, as our Lord said, baptizing them in the name of the Father, the Son, and the Holy Spirit. Each of them to be and to have existed.

No one has known the Father, but the Son, that Light which existed before the world was, that living Word which was in the beginning with the Father before all creation, the first

and only offspring of God, the prince and leader of spiritual and immortal host, the angel of the mighty council, the agent to execute the Father's secret will, the maker of all things with the Father, the second cause of the universe next to the Father, the true and only Son of the Father, the Lord and God and King of all created things, who has received power and dominion with divinity and honour from the Father.

The Arians welcomed this readily and even Constantine favored such a neutral version. All agreed in the begotten Son. But the tiny orthodox contingency was so vocal in insisting that the term *homousios* (same substance) be included in the final draft, that Constantine finally sided with them for the sake of peace. Arius left the council in protest and was soon banished into exile. Alexander's party was then free to add the following changes:

... the only begotten of the Father's substance, not made, being of one substance with the Father ...

The "same substance", *homousios*, a concept that would later be expressed as

"undivided", was the first step to making the Father and Son into one being. This was the same word that Sabellius used based on Christ's statement, "If you have seen me you have seen the Father" for which he was excommunicated by Pope Callistus in 220 AD. But it was used counter any thought that the Son was formed or separate from the Father.

Once the creed was authorized, the winning side attempted to insure that their position would be preserved by explicitly specifying more details.

Those who say there was a time when he was not, and before he was begotten he was not, and he came into existence from what was not, or the Son of God is a different person or substance, or he is created, or changeable, or variable ... are condemned by the catholic Church.

When Alexander died two years later, Athanasius took over the job of defending the "co-eternal, co-equal, consubstantial" Son of God. But it soon became apparent that a begotten son cannot be co-eternal with his father. Despite creed or decree the controversy continued with the proponents, at times,

switching sides (which explains why there are seen numerous internal contradictions and propensity for both sides to cite Origen in their defense).

For example, Athanasius in his *Defense of the Nicene Definition* (c. 353) appeals to the Greek word *monogenes* (μονογενής) “only begotten” in John 1:14 to prove the literal Son.



“The Word is from the Father, and the **only Offspring** proper to Him and natural. For whence may one conceive the Son to be, who is the Wisdom and the Word, in whom all things came to be, but **from God Himself**? However, the Scriptures also teach us this ... John in saying, ‘The **Only-begotten Son** which is **in the bosom of the Father**, He hath declared Him’, spoke of what He had learned from the Saviour. Besides, what else does ‘in the bosom’ intimate, but **the Son’s genuine generation from the Father**?

He felt it was necessary to defend the begotten origin of the Son in order to preserve his belief that the Father and Son are the *same substance*.

Ironically, Athanasius was ultimately exiled for teaching the original Arian position while Arius was ordered by Constantine to be reinstated! Alas, the day before he was to resume commu-

nion, he died suddenly of an explosive hemorrhagic diarrhea with intestinal prolapse suspiciously suggesting a case of acute poisoning. Indeed, Arius had many enemies who coincidentally were praying just the night before for his immediate demise.

The problem, however, of harmonizing a begotten Son with a co-eternal Father remained. Different solutions were offered. The orthodox catholic approach was to make the begetting a mysterious never-ending process—the Son has always been begetting and will forever continue to be in the process of begetting. So, at the Council of Constantinople in 381 AD the Nicene creed was further refined to read:

... the only Son of God,
eternally begotten of the Father
... of one Being with the Father

This mystical concept of “eternal begetting” is based on the idea that God has always “known” Himself (in the sense that Adam “knew” Eve and she begat Cain). So, it was reasoned, that God continually “knows” Himself to continually beget the Son.

This bizarre teaching conjured up disgusting images of God because of the human desire to make Him like us. But God made man in *His* image; we must not make God in ours. Eve came “out of man” but she was begotten from the same substance as Adam—bone of his bone and flesh of his flesh. She was not the product of sexual reproduction. Neither was the Son.

The Council of Constantinople also included additional detail on the Spirit of God. The Holy Spirit was elevated to a separate independent person with his own will who was also co-eternal, co-equal and consubstantial with both the Father and Son. And since John 15:26 record Jesus saying that the Comforter, the Spirit of truth, “proceedeth from the Father”, and John 16:7 tells us that Je-

sus sends him, the council said that the Spirit “eternally proceeds” from both Father and Son.

The Trinity of three persons in one being was finally produced in the form that is so universally accepted today.

BUT WAIT, THERE’S MORE

Not everyone bought into this version of God. The blurring of persons within a single being was impossible to understand. One in Spirit but not in person was preferred by others. But as more god solutions were entertained some saw the Son as the problem. Their solution was to teach that he was never really begotten. The word *monogenes*, they declared, was incorrectly translated. Despite the fact that the word which occurs only nine times in the New Testament is used in every instance in reference to a parent-child relationship, the new view translated *monogenes* as “one of a kind”, “unique”, or “only”.

This removed the need to explain how or when the Word of God was born in eternity, because now he wasn’t begotten after all, at least until his birth in Bethlehem. Before that, he was the unique second person of the Godhead! The term Son didn’t really mean Son, it was just an expression to convey an affectionate relationship between the first and second Persons.

The indivisible physical unity of the three *hypostases* eliminated any possibility of change or separation between any one of them—the preexistent Christ couldn’t actually leave heaven, risk being really tempted, or even die.

The eternal triune three person god-being at some time in eternity past decided to assume various “roles” for Himself-Themselves. Part of God took the Father role, another the Son, and yet another the Spirit.

Seven-day Adventists have generally embraced this version. The voluntary nature of Christ’s sacrifice appeals to

the notion of accepting an assigned part in a scripted play called the plan of redemption.

“A plan of salvation was encompassed in the covenant made by **the Three Persons of the Godhead**, who possessed the attributes of Deity equally. In order to eradicate sin and rebellion from the universe and to restore harmony and peace, **one of the divine Beings** accepted, and entered into **the role of the Father**, another **the role of the Son**. The remaining **divine Being, the Holy Spirit**, was also to participate in effecting the plan of salvation.”

Gordon Jenson, *Adventist Review* Oct. 31, 1996, p.12.

This particular version is actually not Trinitarian at all but Tritheistic. <http://en.wikipedia.org/wiki/Tritheism>

Notice that it speaks of both “Three Persons” and three “Beings”. The orthodox formula for the original recipe makes a clear distinction between Person and Being. To the true Trinitarian they are *not* the same, nor is the term Person equal to a normal person in the human sense of the word. For this reason, theologians prefer to use the word

hypostasis, which they explain, is half way between person and personality. Hypostasis, they say, is a very “unique, anomalous species of existence”.

No one is able to explain exactly what it is. As Augustine admitted, “we can only say, it is not this or that”. Though Jesus prayed that we might *know* the only true God, the triune God is a mysterious, unknowable god, beyond our capacity to understand.

*Source Material: Theos (Volume 4, Begotten Forgotten), p. 3-6
www.MaranathaMedia.com*



Orthodox Catholic Diagram of the Trinity (“My Catholic Faith” by Bishop Louis LaRavoire Morrow, S.T.D.)



SDA Diagram of the Trinity (“The New Pictorial Aid for Bible Study”, Signs Pub.)

Think about these Things ...

We have encouragement in the Scriptures that if we walk humbly before God, we shall receive instruction. But we are warned against undue curiosity. “Shun profane and vain babblings: for they will increase unto more ungodliness”, leading into paths of suppositions and imagination, with which we are nothing to do. These are vain, unessential theories of human creation, which keep

the mind dwelling upon nothingness. They have in them nothing sure or substantial. Of those who advance these theories, Paul says: “Their word will eat as doth a canker: of whom is Hymenaeus and Philetus; who concerning the truth have erred, saying that the resurrection is past already; and overthrow the faith of some.”

In the days of the apostles the most foolish heresies were presented as truth.

History has been and will be repeated. There will always be those who, though apparently conscientious, will grasp at the shadow, preferring it to the substance. They take error in the place of truth, because error is clothed with a new garment, which they think covers something wonderful. But let the covering be removed, and nothingness appears.

(RH Feb. 5, 1901.)

Tasty Vegan Recipes



BERRY/COCONUT DESSERT

(We thank Mary Nitz for sharing this delicious, healthy recipe with us.)

Ingredients:

- 2 apples
- 2 bananas
- 2 c pineapple chunks
- berries
- 1 can coconut milk
- ground flax seed

1. In the blender, quickly blend apples, bananas and pineapple. Few chunks are okay.
2. In a cup or a bowl, put washed and cut berries. Sometimes we use strawberries alone or we mix them with raspberries, blueberries, and blackberries. (Use your favorite.)

3. Put 3-4 TBSP (or more if you wish) of the apple-banana-pineapple blend on top of berries.
4. Pour about 2 TBSP of coconut milk on top.
5. Sprinkle your dessert with freshly ground flaxseed (about 1 tsp).

Enjoy!

