

Back to Eden

Surviving the Future
Spiritual Preparation
Physical Preparation
Products/Recipe
Message based in Isaiah 58

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After more than twenty years of putting out four newsletters each year, things have changed a little. Let me share with you what has been happening in my life this year.

Earlier this year I was asked to do some classes teaching natural remedies to some people who were interested in learning about them. This time I wanted to include an entirely different audience, so I went to our local Stand in the Park Rally, a rally against the mandates that were being enforced in our country at that time. I offered four classes to anyone who wanted to know how we can use home remedies, water treatment and herbs to help deal with many health problems. Initially we started with four classes, but since then we have continued with others. But the good news for any interested readers is that all these classes have been recorded and put on the internet, some are live-streamed. If you want to watch these, the links are on page 7, or email me for the links (or look for: back to eden with kaye)

All through these years ago my focus in this newsletter was to educate people in ways so that they can help themselves in the future when things get tough. I have always believed that there would be a time when we would not have access to the medical and help systems that we have had in place for years, and we needed to be prepared for tough times ahead. I actually believe that these times are now starting. I would urge you to go over past issues of the newsletter to learn what to do to help you recover from many illnesses and injuries. There is lots of information in these (find them on my web page). The natural remedies can be seen as first aid treatments, and the other classes educate us how to prevent getting sick in the first place.

So, wherever you are in the Australia and even other parts of the world, if you want to learn about home remedies and natural healing, check out my videos on the internet. I'm not sure how many more newsletters I will do, but I know this one is essential for all the Christian out there who believe we are entering the "last days".

Stay strong and may God bless you all.
from Kaye

Surviving the Future...

Great changes have occurred in our society over the past few years. Why have these happened? What is the long-term impact of them? Will our lives ever get back to normal?

As a result of these changes, I have decided to write a newsletter that outlines how we can survive what is happening and what is soon to happen in our world. I need to say at the outset, this is my opinion, but it is based on many years of Bible study and watching the events in the world unfold. To those who are linking current world events with Bible prophecy, we can see we are about to enter into a time of great change.

To my mind there is no doubt that very powerful players behind the scene are trying to set up a New World Order (NWO). Will this NWO succeed in their endeavors? The Bible tells me that they will not, but before this happens many events will have to play out and many changes will happen to our world.

Since this current Covid crisis hit the world many more people are much more open to what Bible prophecy tells us will happen at the end of the world or what it calls "End Times". We have been told about these events to let us know what will soon to happen warning us not be taken by surprise or be deceived. The most detailed lists are found in Matthew 24, Mark 13, and Luke 21, but other prophecies are found all throughout the Bible.

There will be wars, rumors of wars and nations will fight against each other. Earthquakes and disasters will happen more and more; the sea and waves roaring suggest more Tsunamis to come, and a there will be a time of trouble that the world has never experienced before. There will be famines, pestilences, sorrows, distress of nations when people are terrified and full of fear. There will be a financial crisis, worldly people will be filled with sin and evil. Nature will be affected as the sun will be darkened

and the moon will not give her light, stars will fall, and fearful sights and signs from heaven will occur. We are told the powers of heaven will be shaken, and how this will happen is beyond my imagination to explain.

People, filled with fear will want to blame someone and we are told that Christians will be blamed. They will be hated, persecuted, betrayed, handed over to authorities, beaten, jailed and families will be divided, and many will lose their lives. Christians are told to they need to leave the large cities and get into the country and then the mountains.

Great deceptions will be everywhere and most will be caught up believing a massive lie that is being thrust on the world. False christs and false prophets will try to deceive the very elect (those of Christ's followers who are being protected by Him). Many false miracles will be performed and Satan will pretend he is Jesus and declare that he has changed God's law, great signs and wonders will be done and people will believe lies.

To survive these times there are two areas of preparation.

- 1 A spiritual preparation
- 2 A physical preparation

The spiritual preparation is the essential one and must be done first. Without this preparation the physical preparation will be of little value. Why? Because it is God who protects and shields His people. If you have the spiritual preparation, you may have had little chance to prepare physically and God knows this. But it is a sensible things to relocate out of the large cities if possible. It is quite possible that there will be more lockdowns and very likely a food shortage. How can we prepare for this? We shall then look at some physical preparation that it would be well to consider. But remember, it cannot be emphasized enough, the spiritual preparation is the most essential one.

This newsletter will look these aspects of preparation separately, but they both intertwine.

Surviving the Future

...spiritual preparation for these times

Our world is on the verge of a stupendous crisis. Pandemics, natural disasters, cultural wars, unsettled societies, and conflicts of all kinds are constantly in the news. It's easy to get overwhelmed by these events, and perhaps it's natural to try to ignore the many things we cannot change. But whether or not we acknowledge it, it's obvious that our planet is becoming more out of control, more lawless, and that men care little or not at all for the laws of the land – or the laws of God. All this, of course, means more trouble between nations – trouble that will not end until Jesus appears in the clouds of glory.

But God has always given us warning of coming judgments, and those who acted upon their faith in Him by being obedient to His commandments have always escaped the judgments that fell on the wicked. Noah and his family were spared when they obeyed and entered into the ark. Lot was spared when he placed himself under the care of the angels and fled Sodom. Even Jesus' disciples escaped the destruction of Jerusalem in AD70 by watching for the signs He gave them, and leaving that city before it was destroyed.

In the same way, we're given clear warnings of the Second Coming of Christ and the destruction that is coming to this world. God has told us what to expect in our day, and those who listen and obey will be saved. We need to know the things that will come to pass in the near future. We must study the prophecies of the Bible, and be controlled and guided by the Holy Spirit. Some, when reading this article will consider that what is being promoted here is a little extreme, or even a little exaggerated. That fine, but it still needs to be said because I know some will listen and acknowledge this as truth. Others who have very little knowledge of Bible topics may find this article a little hard to understand, but please bear with me, and open your hearts to consider this truth.

The Bible talks lots about the end times. There are over 300 verses specifically related to it. Plus much is written in Daniel and Revelation specifically relating to these times. Then in Matthew 24, Mark 13 and Luke 21 Jesus gives us specific signs of His soon return. These tell us that His return is near, that the stage is set for His return. But it does not tell us the precise time or the date. That information is unknown to us. But we are told to live every day as if it were our last. Today is our day of salvation.

We are not guaranteed tomorrow. We are given only one day at a time. Two thousand years ago people had the same amount of time to prepare. Every single person who has ever lived on this earth has only ever had one lifetime given to them. Yes, some people live longer, but everyone has the duration of their natural life.

After Jesus spoke of the signs of His second coming in Matthew 24, He then follows on with two parables that talk of the personal preparation that everyone needs to make. Jesus wants us to be sure that we live in a state of readiness, for He will come when we least expect it. As we look at current events in the light of prophecy, we'll discover a loving God that is carefully unfolding His great plan for us, step by step, and the Bible will give us the strength and courage we need to face the dark days ahead.

Personal preparation

Being a Christian is more than accepting doctrinal truths. I understand this well. I have called myself a Christian for many years and have believed in God, led a life of conforming to the Bible as best as I could. Many people who are Christians have this experience. Most are fine people, but they realize that something is still missing from their Christian walk. They may have corrected many bad habits but they still need to experience being "born again", an expression that reveals that we now have God's Holy Spirit guiding our hearts and our lives, moment by moment. We have surrendered our wills to God. Then His grace, His unmerited power changes us from within. We now desire to learn more about Christ, our appetites and desires change, we start wanting different things, we learn to die to sin.

Now dying to sin is something that is very new to many people. Let's look for while at Peter, one of Christ's disciples that walked with Him when He was on the earth. When Peter and John were observing Christ's trial a little servant girl questioned Peter, asking if he was a follower of Christ. His friend John did not conceal the fact that he was a follower of Jesus, and was not questioned for he did not try to assume a false character. But Peter tried to hide this fact from the onlookers, and became an easy prey to temptation. He did not want anyone to know he was a follower of Christ and so He denied this with cursing and swearing. What caused Peter to react like this? He had pre-

viously said that he would follow his Lord to prison and death and he meant it, every word of it. He even carried a sword into the garden with Christ and at one point swung it and cut off the ear of the high priest's servant. Now what would cause Peter's rapid fall? What was hidden in his heart that even he was not aware of?

We know that as a result of his fall he went out and wept bitterly (Luke 22:61,62) We also know that this was the turning point in the history of Peter. He first had a very important lesson he had to learn. After this we see a great turning point when Peter was converted from self to Christ.

Looking at Peter

When examining the story of Peter, his story gives us great comfort. When we look at his character and we see how his life was full of failures, and then we see what Christ made him into by the power of the Holy Spirit, we see there is hope for every one of us. But first he had to be humbled. Don't miss this. He had previously showed that he was a devoted disciple of Christ. He had ready obedience. When Christ told him to let down his fishing net in a place where he knew were no fish, he submitted and immediately the net was full of fish. When commanded to walk to Christ on the water, he readily stepped out of the boat and walked to Christ.

Peter was totally convinced that Christ was the Son of God. Today, we would consider he was a very advanced Christian. Yet on another occasion the disciples questioned who would be the greatest in Christ's kingdom, and Peter was one of them who thought he had a right to the very first place.

When Christ told him about His sufferings, Peter had to learn that the path of Christ on earth lay through agony and humiliation, and this was also going to be the path of all of Christ's followers. Before his fall Peter did not want to follow the Saviour down this path, but after his fall and conversion he gladly followed Him.

We first look at Peter – the self-pleasing, the self-trusting, the self-seeking Peter, full of sin, continually getting into trouble, foolish, impetuous, quick with his words; but afterwards filled with the Holy Spirit and also reflecting the character of Jesus. Christ had done this all for him through the power of the Holy Spirit or what we may term the "new birth".

Now we all can look at Peter's story and see elements of his story reflected in our lives. How many of us want to be Christians, but still have self-love and confidence in ourselves, we have moral weaknesses and

carelessly say and do things without much thought. Then after saying or doing these things, they slip from our memory and we forget to confess them.

Hidden deep in our hearts are the causes of all of our actions. Just like when the servant girl pointed her finger at Peter and without thinking, spontaneously, he retaliated with curses and swearing, denying his best Friend. We too, in the same way can be caught off guard and can say things without thinking. We all have traits that can surface so easily. Recall how often we respond to a situation without thinking, or when someone touches a sensitive subject with us, we react and respond in a way in which we never intended.

What this is telling us is that we still have origins or roots that stem from circumstances, thoughts, events or emotions that have we have never taken to God for forgiveness and asked Him to heal them. Even though Peter had walked with Christ for about three and a half years, Peter did not know that had still had these in his own heart.

I don't want us to miss this point. Because we too are all like Peter. His story is really the history of every believer, a prophecy of what everyone can receive and become as a result of being connected to the God in heaven. My point is that we at this time, must do lots of heart searching. Dig deep into our memories. Think back, confess what needs to be confessed and allow God to do His work while we still have time.

Peter, before he denied Christ had cast out devils, he healed the sick, and yet his old selfish nature was still in him. He still had pride, self-seeking and wanting his own way. All this is rooted in one word – self. Could it be that we too have much of our old nature in us – we call this self, and this is the reason why the power of God cannot work in us. Then after Pentecost, the crucifixion, the resurrection and ascension, the disciples spent ten days in heart searching and they were filled with the Holy Spirit and had great power. How could Peter, the carnal Peter, self-willed, Peter who had strong self-love, how did he ever become one of the workers in the New Testament and write his own Epistle? The answer is that after his fall he looked right into the face of Christ and read the deep pity and sorrow there, but there was no anger, just compassion and forgiveness. It was this that changed him. Peter realized what he was and saw his selfishness, he saw himself for what he really was. After this he went out and wept bitterly and repented deeply. And the Christ who led Peter to Pentecost is waiting today to take charge of every heart that is willing to surrender itself to Him. Christ Himself can rid us of our selfishness, impatience and annoyances. He is the only one who can

do this. This is the spiritual preparation we need to make to survive in the future.

Looking at John the Baptist

John had declared to the teachers of Israel that their pride, selfishness and cruelty showed themselves to be a generation of vipers, they were a deadly curse to the people they were trying to teach. John said they were even worse than the heathen to whom they felt so superior. God was telling His people, through John, that their standing before God was determined by their character and their life. If we belong to Christ's kingdom we will be revealing kindness, honesty and faithfulness. They should have been ministering to the needy with compassion and love.

Christ's followers will give evidence to the transforming power of the Holy Spirit. In all who submit to the His power, the Holy Spirit will destroy sin. We cannot enter into fellowship with Him if we hold on to our sins. So we can see that John, like many others in the Bible, tell us that not just adhering to a doctrine will save us, but we need to reveal the characteristics of Christ's life in our lives. Our love for our brethren is what defines us as Christians. How can we love God who we cannot see if we do not love those who we can see?

Egypt

The book of Exodus in Scripture contains the story of the Jews exile into Egypt and their eventual exodus back to Palestine. Egypt was the place of salvation from the famine that ravaged the land of Israel around 1700 BC. The Bible records how the brothers of Joseph went down to buy grain in Egypt and were surprised to find their brother Joseph, who they had earlier sold into slavery now serving the Pharaoh as chief minister. Subsequently they were allowed to live in Egypt for the duration of the famine. However it also records that their fortunes changed when a new dynasty came to power in Egypt and the descendants of Joseph were put into slavery.

It is important to recognize that at this time Israel did not go down into Egypt as a punishment for sin. She went there willingly during the time of famine. Egypt represents the world but God allowed Israel to be "in the world" until she, through the hardship of slavery understood her true identity and cried to God for deliverance. Gods plan for Israel was that she would be there, firstly for God's purpose of saving her and of secondly refining her. In Gods eternal purpose the exodus from Egypt and subsequent wanderings were the place chosen to form Israel as a nation. It was through these experiences that a nation was formed. Israel went down

into Egypt voluntarily but only God could bring her out.

So it is with us as sinners. We chose to enter into sin (the world) and disobey God's laws following the way of the world, our Egypt. We cannot save ourselves. The shed blood of the Passover lamb in Egypt saved the Jews just as the shed blood of the Lamb of God on the cross of Calvary saves us from our enslavement to sin. God wants to deliver us from a kingdom of darkness and an enslavement to sin and change us. We too were redeemed by His grace. However Israel may have got out of Egypt by the intervention of God but she could not get Egypt out of her. She was free from being enslaved to the rulers of Egypt but the invasive culture and idolatry of Egypt was embedded deep in her and it took years of wilderness wanderings to purge her of its influence.

Babylon

Babylon on the other hand was the place of punishment for Israel, a place of judgement. Babylon conquered the people of God about eleven hundred years later. It was not voluntary as it was with Egypt. She had been warned enough times and the punishment came just as the prophets had declared. The king of Babylon captured Jerusalem and its inhabitants and they were taken away as captives to Babylon. Babylon in the Scripture is synonymous with power, wealth, worldliness, selfishness, pride and confusion. Just as Israel went into Babylon as captives, many critics believe that the churches today have become so influenced by the world that it could be said that she has 'gone into Babylon' and that God has given her over to her own lusts and desires.

Just like the Jews in Daniel's time who could not get out of Babylon until God's appointed time, so the church has to cry out to its Head, Jesus Christ and plead for His mercy and forgiveness and request Him to send reformation and revivals that will equip her so that she can fulfil her destiny. For Israel it was to be only after 70 years of captivity. Only at the appointed time as decreed by the prophets would God intervene.

Today God is shaking the world and He is shaking His Church. There is a shift going on in the spiritual realm and we witness it in the physical. The increase in earthquakes and tsunamis etc are but a shadow of what is going on in the spiritual dimension. There is a tidal wave of His Spirit approaching just like happened at Pentecost but in much greater magnitude. The call to His Remnant Church is to get ready. To "Come out of Babylon!" and prepare for a journey. But just like they all didn't respond in Daniel's time, not all will respond to the warning and the invitation.

Come out of Babylon

Babylon is a place of deception. It had prosperity, luxury, fame, power, position – all the captive Jews had to do was compromise. They had fine food and the lifestyle of the king. It was a place to become famous, exercise power and enjoy success. But it was full of corruption and a place of confusion. Actually the word Babylon means confusion. As a result of compromising their principles while in Babylon, many Jewish exiles lost their sense of identity, priority and destiny. Many of them did indeed bow the knee to idols and lost touch with their spiritual roots as a consequence. When the time came for them to return home to Jerusalem when the 70 years were up, they found that they were too much at home in Babylon and didn't feel the need or have the desire to make the journey.

This Exodus was Voluntary

When the exiles in Babylon were rallied to leave and return to rebuild Jerusalem only a few accepted the invitation. Just as when the first invitation came to all exiles to return, in our day when the invitation is given, only a few will respond to the call to come out of the worldly church and build a city that is suitable for the habitation of the returning Bridegroom King.

Once again today, the church is being called out. Babylon is a corrupt church full of doctrinal error, worldliness, compromise and spiritual death. It is very clear in scripture that Babylon will fall and anything that is of Babylon will fall with her. So, how do we get out? It is an individual choice. The exodus from Egypt was corporate and compulsory if they wanted to survive. The exodus from Babylon was singular and voluntary. It has to be our personal response. We must follow Daniel's example. He made a choice. When he was in Babylon he refused the luxuries and rejected the offers of enticement. He never compromised in the least thing.

Much is written in the book of Revelation about Babylon and the need to come out of her. It is of the utmost importance we examine the foundation of our faith because we may be in Babylon and we do not know it. The call of Revelation 14:6-12 is very real.

The spiritual preparation we need to make for the time ahead is absolute necessary. We have to examine our hearts carefully and see where our allegiance lies, and then we need to examine our doctrines and make sure they are based on the Bible. God wants and needs a people who are living His truth. They are overcomers and have His law written in their hearts. They are totally surrendered to God. And what's more they will learn that

it is only by letting God in our hearts and allow Him to change us from the inside, will we ever become a part of these people.

So God is calling everyone today to repent of sin and come in faith to Jesus. Jesus appeals to all and also offers rest to all those who will leave the burdensome life of this world and trust in Him. In Revelation 18:2-5, this same sort of appeal is made to us who are enticed by this world and blinded to its burdens. God wants His children out of Babylon, "Come out of her, my people, lest you take part in her sins, lest you share in her plagues"

Have you ever considered that God's appeal to come out of Babylon is a glorious example of his grace and power? All those who forsake this world to trust in Jesus Christ will become part of the kingdom of Christ. He has so much to offer, so much to teach us.

Today, God's appeal to us is because He wants to save us. He knows if we stay in Babylon we will be under His judgment, but if we flee to Him, He will save us. And He will protect us in the time to come. It is beyond the scope of this article to let you know of the terrors and troubles that are coming on this earth. Daniel 12:1 says there is a time of trouble such as there has never been since there were nations. Yet, His people shall be delivered, if they have their name written in the book of life.

The point of this article is that if we want to be saved, we will all have to make this spiritual preparation. Our hearts need to be right with our Saviour, learning to know Him so intimately that we can hear His still small voice talking to us. Our spiritual preparation is to spend time reading and studying our Bibles, praying, getting closer and closer to God.

Jesus says, "Come." When we hear the word come, we should also consider that staying in Babylon is simply not worth it. Jesus offers so much more!

Home Remedy Classes

The four classes presented earlier this year will be repeated for those who live in the Albury-Wodonga area.

13th November.....Poultices part 1
20th November.....Poultices part 2
27th November.....Hydrotherapy
4th December.....Herbal Health

They will be held in the Seventh-day Adventist church Hall, David Street, Albury at 2 - 4.30pm.
Cost \$30 for series
Bookings: 0481058781 or 0260255018 or backtoeden@aapt.net.au

Surviving the Future

...physical preparation

Our current world is in turmoil. We see how our governments are implementing policies that can only lead to financial, moral and social ruin. But now another factor is emerging. We can see how our food supply is diminishing. Crazy weather patterns are destroying our crops and you cannot avoid seeing that we are in for a very difficult time.

Thinking people all over the world are seeing that something of historic proportions is happening. Something has been brewing for many years and now the pace has dramatically increased in the past two years. And it seems to be happening in many countries all over the world at the same time. It seems the NWO have begun their great Reset. Electricity, gas and fuel prices have skyrocketed. First our food and water were genetically modified and hybridized and have been being systematically sprayed with chemical herbicides and now a worldwide famine is being predicted. It is evident that our weather is being manipulated and the skies are being poisoned. The common factor in these is the geoengineering going on in the skies which is commonly known as the spraying of chemtrails. These affect the quality of the air we breathe, but it also affects our water supply and our ecosystem and is changing the pH of our soil and is killing our forests and vegetation. Our world is being slowly poisoned.

The warning from Dane Wigington of GeoengineeringWatch.org, is that our entire planet is being deliberately plunged into a global famine nightmare, achieved via geoengineering programs carried out by world governments trying to achieve global depopulation. His web site is dedicated to the scientific investigation of the global "kill switch" portfolio of technologies being used to control weather and cause the collapse of the world's life-sustaining biosphere. It is now known the simultaneous droughts, floods and freak weather events we are observing right now across the globe are not natural weather events. Wigington warns, they are "engineered" weapons being deployed against humanity under the cover of blaming "climate change."

Plus, on top of this chaos we have the fall-

out from the crisis the world was plunged into with regard to the lockdowns during the Covid crisis as well as the situation of forcing so many people to get the Covid vax. I can see we will have to face the fallout from these well into the future. Sometime I wonder if there are any people who are in government that are really for the good of the people and are not implementing an agenda that they want to force on us.

However it is not the purpose of this article to enlarge on these thoughts here. What I propose to share with you is the different ways we can physically be prepared for this time ahead – a set of practical guidelines that will help you survive the coming crisis.

Do we need to prep?

When you start keeping an eye on what is happening in different parts of the world you often hear about preppers. These are people who have chosen to get prepared for any crisis that may happen in the future. Some have already chosen to prepare for this time and have some food and supplies stored, others say they don't believe in this and that everything will be fine. Now what is the answer to this? There is no doubt that as a Christian our ultimate trust is in God providing for and protecting us – “your bread and water will be sure” is a promise that many Christian quote. But let's look further into this topic.

Thankfully God shows His people a way how they can be protected during this time. But we must realize that God does not promise this to everyone, but it is only those who choose to ask Him for His protection and follow His leading while they still have time. Remember, there will be a time when God's mercy will no longer be available to those who choose not to repent. Some will realize this and the scripture says they are too late. The symbolic door is shut and they are on the wrong side. Just read the parable of the 10 virgins in Matthew chapter 25.

Now let's look at different ways we can prepare. By far the most important preparation will be our spiritual preparation which I have covered previously in this newsletter. This article will deal with the practical things we can do. Now, not everyone will be able to implement these, but if you have the spiritual connection with God, He will advise you what to do, where to go, and protect you completely.

What would you do if the electricity grid went off? There is no doubt in my mind that we are going to have to be adaptable and will need to change. It is possible we will have to live like we lived 70 plus years ago. Up until I was about ten years old we didn't have electricity or a telephone. We had an

outhouse and didn't even purchase toilet paper but used old newspaper (and I agree, it wasn't soft). We rode our bikes to school even though it took us about half an hour to ride the three miles to school (we used miles to measure distance back then). We had an old hand washing machine with a hand wringer, and boiled the hot water we needed for our laundry and bath outside in a copper. As we lived on a farm and had limited tank water, on bath days the whole family would bathe in the same water (mum, dad, and four children). How modern conveniences have changed our lives over the past fifty to sixty years. Our life was simple. Our entertainment was found in mixing with family and friends although we did have an old radio that at times we listened to. So, I do remember what it was like back then and most people around us lived just like us. Will we get to a place where the electricity grid goes down? I don't know, but it is quite possible and we need to consider this.

Shelter and water

In 31AD Jesus gave a prophecy to His followers that in their own lifetime Jerusalem would be destroyed by armies. He foretold a specific sign that would indicate when this was about to occur. “When you see Jerusalem surrounded by armies, you will know that desolation is near (Luke 21:20). And then He warned, “then, get out quickly”. On the surface this seemed a little senseless especially since Rome had previously treated the Jews leniently. But political upheaval led to the Romans surrounding Jerusalem with armies in 66AD. Suddenly, the Romans withdrew for a short time. This was the signal God's followers were given to flee immediately. Amazingly, not one Christian perished in the subsequent destruction of Jerusalem. They had watched for the sign and did not hesitate at the small window of time they had to escape. They were even told not to go back and gather extra clothing but to flee immediately. We are told that millions of people eventually died in the destruction of Jerusalem, but of those Christians who heeded Christ's words, not one perished.

Considering all this now in our time is much more relevant than many suppose. God is telling us that there will be a time when He wants you to leave your home and you must obey immediately. One of the worst places to live will be in a big cities when people start rioting because they have no food or water. The major cities will be the first to feel the hand of oppression. It will be most difficult to leave after trouble breaks out. Many believe that there will be such strife and confusion and that those who wish to leave will be unable to. Most of these people are not going to get out in time and will suffer just as did the Jews at the destruction of Jerusalem in AD70.

The point I am trying to make is relocate in the country now while there is time, making sure you have a good water supply. It is going to be hard to live in a large city when things really get bad. Now I realize that for some this seems an impossibility. You may have a spouse who does not think the same way as you. You may have a lack of finance to move anywhere. My suggestion is, as your walk with God deepens, ask Him to guide you. He has a place prepared for you – if you ask Him to reveal the way. I believe He will protect His people and has a place provided for each of His followers that has water and some food (see Psalm 91).

Food supplies

I do not believe we need to make preparation by putting away years of food supply as some preppers are doing. But I can see the sense of having a short term supply of food stored. How much is up to the individual. Whether it is weeks or months or even a year is up to you (remember, there will be many hungry people to help). We do know that God promises to supply food and water to His people during the “time of trouble”. The Bible talks about a time of trouble that the world has never seen before. But we need to define the time of trouble. The Bible talks about two times of trouble and to differentiate between these, Bible students call one the little time of trouble and the other the big time of trouble (when the plagues fall and there is total collapse of our society). These are separated by a time of peace when people will be hoping to get their lives back to normal. During this time when people are looking for peace and safety, sudden destruction will come on the world. How long is this small time of peace in between the two times of trouble? I don't know. But we need to be aware of it. To be forewarned is to be forearmed. Knowledge in advance enables you to be prepared and you are not taken off guard. You may want to have some food stored for the little time of trouble, but do not bother to store any food for the big time of trouble, as God promises to provide all your needs.

Many people today have no idea what it was like to live seventy years ago. I recall my mother growing a garden that provided lots of food, bottling excess fruit from our orchard and buying a small amount from our local grocery store. We had sheep and poultry for meat, and plenty of milk and eggs. Mum had a small supply of food in the pantry for any emergencies. But consider how many people have very little food in the house and rely on the supermarkets for the next weeks meals. Could you live for two weeks without going to the supermarket? Or two months? Or six months?

I know different people who are buying some staples and having them for the time

when we will experience food shortages. By staples I mean beans, legumes, rice, salt, some dried foods and some canned foods. I can't see the merit of having lots of food stored in our freezers if you are connected to the electricity grid and we have a power outage. It will be very sensible to have a small garden and grow your own vegetables. But even if you can do this, another thought is to grow sprouts and even microgreens. These will supply the fresh greens we need. Plus we need to know what greens are edible in our back yards and neighbourhood. The food we may be given may be very basic. As I listen to some people, it would be sensible to consider to have some food and water on hand for an emergency. How much? That will depend on your own situation.

Clothing and supplies

I can see the merit of have a good coat and warm clothes that will keep you and members of your family warm in the winter. Plus sturdy shoes, warm socks and possibly even gumboots won't go astray. And don't forget that underwear will need to be replaced at some stage. Most people have enough clothes to last them, but don't forget children soon grow out of their clothes.

If the electricity grid goes down will you and your family be warm? It will be much easier to live during the summer months than in the winter, especially if you live in a cold climate. Will you be able to cook? Do you have warm blankets? Do you think it worthwhile to have a few candles put aside or a good light supply or lantern including a solar torch? And don't forget to have some spare batteries and matches.

But we need to remember toiletries. I remember as a child we never bought hair shampoo but used velvet soap to wash our hair. Did you know you can use soap sparingly, using it to wash under the arms and private parts, and for the rest of your body you can wash just using a face washer? Soap doesn't always need to be used, and needs to be saved for those special times when it is needed to clean off dirt. Don't forget to consider detergent and laundry power.

Finances

From 1921 to 1923 Germany suffered great inflation. The value of the German mark fell in 1922 from 162 marks to the US dollar to more than 7000 marks to the dollar. It kept falling and in November 1923 it was down to 4,200,000,000,000 to the dollar, one-trillionth of what it had been worth. What you paid to buy a house months earlier would not even buy you a toothbrush. You needed a wheelbarrow of money to buy a loaf of bread. The middle class workers and pensioners lost all their savings while others made huge profits.

Eventually the hyperinflation was quelled and as new currency was installed. You could debate which was worse, the Great Depression or the German hyperinflation as there are arguments for both sides. The Great depression lasted longer from 1929 until World War 2. People who lived through the hyperinflation said it struck like lightning. No one was prepared. It hit the country with great rapidity. The shelves in the grocery store were empty. You could buy nothing with paper money. It would do us well to remember some of our past history as it could easily happen again.

Some people say the only thing we need to have during this time is silver and gold. But my question to them is how will we be able to pay for anything with them because who will be able to give us change. Plus a more important consideration to remember is that the Bible tells us during this time the people will throw their silver in the streets and their gold shall be taken away and it will not help them. (Ezekiel 7:19; James 5:1-3)

We are told by God to enquire of Him what we should do with our savings. One thing I am sure of is that any saved money that is sitting in a bank account will be either wiped out or virtually worthless. So to me it would be more sensible to enquire of God and ask Him what to do, and ask of Him if we need to sell our property.

Herbs as medicine

Now one very important part of physical preparation is educating ourselves to supplement our diets with herbs to either add nutrition or to be used as medicine. There are many thousands of plants that can be used as foods but most people don't know of these. People stand on their lawns complaining they have nothing to eat, when in reality an abundance of healing power is growing right beneath their feet and around their homes and neighborhoods. This means many of the "weeds" beneath our feet can be used as foods and medicines. But my point is that we need to educate ourselves as to what we can use now, while we have a chance to. I recall my mother-in-law telling me of how she used stinging nettle plants as food during the war in Germany. And my husband often reminds me of his boyhood when he went out into the forests to supplement his meagre diet with berries, leaves, and anything edible that he could forage. During this time of necessity they learned to eat many different and alternative foods.

What makes wild plants more nutrient dense than garden plants are the stresses of nature. Not getting watered every day makes them much tougher. When exposed to drought, high and low temperatures, high winds, insect attacks, all these stresses cause the

plant to produce lots of phytochemicals and active components that we need. Therefore wild plants are even more powerful than organic plants. Their roots often go down very deep into the soil bringing up essential trace minerals that are very often not found in our commercially bought food that has a shallow root system.

A general rule for most plants is that the roots have more minerals and nutritional density, but leaves have more vitamins. Most of the vitamins are in the leaves and fruit, whereas the roots are mainly starch. The green leaves are what you want to eat in the spring, summer and autumn. The roots are what you want in the colder weather because of the minerals help our bodies to be more resilient to the harshness of the cold winter.

Eat as soon as possible from the moment of picking for after 15 minutes, over one half of the volatile nutrients are gone from a plant. Green plants have chlorophyll which chelates any kind of toxins we may be storing in our fat cells and eliminates it through our urine. But it also provides liquid oxygen into our circulatory system, cleansing our entire body. What a wonderful blessing it is to become educated on herbs.

Natural remedies

I believe this part of preparation for the future crisis is something every single one of us needs to make. We all need to know how to relieve pain and sickness. Suppose you or a loved one were facing a health crisis and you were unable to get to a doctor. What would you do? Let's reflect back in time to when folks lived far from towns and doctors were few and far between. Often in the depths of winter, sickness or isolation, people were unable to get to the doctor. Because they had a need, there soon developed a very effective range of home treatments to which many a person owed their life.

It is to the detriment of modern generations that we have allowed these skills to be lost. Yet today we can see that it could be quite possible to be unable to access any medical help. Knowing how to apply and use simple home remedies is going to be invaluable to us. Time and time again these remedies have been shown to work, but faith in God is an integral part because the full potential of the body's healing power cannot be revealed unless it is connected by faith to the healing power from above.

Poultices

What are poultices? And how do we apply them? They have amazing healing power and can be used anywhere there is infection and inflammation. They can be used on the outside of your body and are simply the whole

or mashed herbal material – leaf, root, or seed – layered or spread on skin. They offer speedy relief, and cost little or nothing. Poultices fight infection and infiltrate the injured area with healing substances from the plant, such as antiseptic essential oils or tannins that shrink tissue and ease pain. Poultices also pull poisonous or infected matter from wounds. Properly applied, the poultice may help resolve cysts, pustules, and splinters by reducing associated inflammation.

Because the plant material is most often applied directly to the skin, you should avoid spiny plants and common allergens. I've had good success using potato, onion, garlic, aloe, cabbage, castor oil, cayenne, carrot, fig, comfrey, dandelion, plantain plus many more for making poultices. Plus we can add the use charcoal and clay for superb results. The important things to remember is that the herbal material must adhere closely to the skin so its healthful compounds can permeate the tissues and the moisture can draw out foreign bodies or infection.

As I share these remedies with different classes I urge them to educate themselves while they have time. We all need to know how to help people, not just with simple ailment, but as well in more life threatening situations. Do you know how to help the body reduce inflammation, pull out poisonous juices, heal broken bones and relieve burns? Then we have the heating poultices that bring healing to arthritic joints, gout and lots more. Different remedies are used to stop bleeding, and can be used to stop a heart attack. Others take the pain out of burns and heal the digestive tract. There are many different poultices and they have many incredible results, all of which are too many to mention here. If you are interested, look up my talks that are on my web channels.

Remembering all the times I've seen poultices used, or used them myself, to treat long-standing conditions or emergencies, I can think of one commonality – they worked every time! We can apply the beneficial compounds of the plant immediately and directly. The activity isn't diminished through processing or storage, nor is an intermediary agent, such as alcohol, added to dilute the plant material. Poultices are an unadulterated and intimate communion between plant and patient. That's why I feel the poultice works so well.

Hydrotherapy

Another form of healing is hydrotherapy, where different temperature water is applied to the skin, in its different forms – hot, cold, ice and steam. Then by different pressures, this sends messages, not only to the skin but the organ under the skin and indirectly by the means of reflex response, affects the other organs as well.

I have had many incredible experiences using water treatments. I recall the many times that I have done fomentations on people. Often this is done on the lower back, the shoulder, or anywhere there is pain. It creates better and equalizes circulation, bringing oxygen, nutrition, while detoxifying the blood of accumulated wastes. But most notably it relaxes the muscles, stimulates and soothes the entire nervous system and as said before, relieves pain.

A most amazing experience is helping to relieve the pain of a migraine headache a woman was suffering. How thankful she was. Then there was the teenager who was suffering from intense period pain and how she felt after the treatment. How the wet sock treatment helps insomniacs. And the list goes on – the lady with bursitis, another with pleurisy – all had their pain relieved. Then there is the treatment to detoxify from addictive substances like nicotine plus much more.

How blessed we are as a people that we have the knowledge of these treatments. And they really work. Some people may not be as benefitted as others, but all will have some relief.

Working with people

There is a great need of being able to help people with depression and emotional needs. There is an answer, and the answer is found with God. He is able to heal emotional needs and wounds, but we need to know how to lead them through this healing time. I have spent some entire newsletters on this subject and if you want to understand this more, see past issues No 73 and 77.

Physical preparation is not just having a home, food, water and supplies. If you are a serious prepper, this article only touched on some very basic needs. There are many other things that you may need that I have not covered here. My list here is very small. But the part I wanted to emphasize is that preparing is not just about ourselves and our family, but is about getting the information and education so that we will know how to serve and to minister others.

I cannot see the world going on like we currently are. Our only answer is God. We may be living a life that still is reasonably comfortable – but I believe this will soon

change. There is a saying that there are no atheists in fox holes. When guns are blazing overhead, people look to a Saviour and call out for help – God save me. I do believe that God has given us many clues in the Bible to let us know what will happen when the world gets to the “end days”. To me as well as many other Bible students it is very evident that we are living in this time and we are soon in for a very tumultuous, frightening and dangerous time. So my message to you is to prepare now, and remember, prepare to be a help to others.

Prepping is not just about ourselves. If you choose to do so, you must remember that it is about helping others. This is about preparing to take others in, because people will be wanting help and will be guided to your house. Your house is going to be an “ark” where people can come for shelter. There will be food and water to drink at your table. We have to mentally prepare for a community that will need help. Don't prepare for your own survival, **but prepare to help others**. I believe this is the preparation that will be needed to survive in the coming years.

Concluded from page 10

For the mouth of the Lord hath spoken it - Here an important promise is made, and it is regarded as ample security for the fulfillment, because God has promised it.

“The fifty-eighth chapter of Isaiah contains present truth for the people of God. Here we see how medical missionary work and the gospel ministry are to be bound together as the message is given to the world. Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God.” Evangelism 516-517.

God is waiting for this work to be taken up. There is no change in the message. It is now a long neglected work: it may be called the last call to the supper. It soon will be the only work that will be done. Many will be waiting for a sign to start – but every person must take hold of the work themselves. Each one of us need to start God's Medical Missionary work today.

Please take time to read through Isaiah 58.

Links to Kaye's talks recorded in 2022 at Albury NSW

Facebook: > <https://www.facebook.com/backtoedenwithkaye>

Youtube: > https://www.youtube.com/channel/UCH3cvs_w2eaLgCFprdBLwWA

Brighteon: > <https://www.brighteon.com/channels/backtoeden>

Rumble: > <https://rumble.com/c/c-1927871>

God's Message to the Remnant Church . . . His Last Day church

based on Isaiah 58

God gave a distinct and specific message to His last church that will be found on the earth immediately prior to His Second Coming. It is found in Isaiah chapter 58. Within this chapter is a blueprint for preparing people for the last events mentioned in Revelation 18:1-4 that happen very soon before the time when His people are taken home to heaven. We need to prayerfully carefully consider the principles of Isaiah 58 and how they need to be applied to our lives. If they are obeyed as they should be, they will lead us into a very close walk with the Lord.

It is now time to pray and change our lives – no matter what it costs. Elijah was willing to do and say what needed to be done in his day, and except for divine intervention would have cost him his life. It will cost us everything. We will need to be willing to die for our beliefs – beliefs that are revealed in the deeds that we are doing. Then the work of God on earth will be finished and Jesus will return.

In Isaiah chapter 58:1 God first identifies the problem, telling His church where they have gone wrong. He then gives them the remedy (vs 2-5), and in great detail shows them how to apply the remedy (vs 6-11). Then He shows us the result of what this will be (vs 12-14).

The problem

God's church back then had a problem – they had to get sin out of their lives. The same message given to them is to be given by us today. It is to go to God's church and is to be given loudly. His people have sin in their lives and God does not want them to stay in their deception so He asks them to repent. Just like God called John the Baptist to preach to the people so they would be ready for Jesus' ministry, He is calling for a people to get ready today for His Second coming. Just like John warned his nation to prepare for His first coming, God will have select people He has chosen who are calling for people everywhere to prepare for His second coming.

We have much to learn from how John gave this message. Prior to giving this message John had received specific instruction from God on how he was to live his life and what he needed to say and do. His message, like ours today, is a message that we have to die

to our sin and selfishness. God says – get rid of the idols out of your life, don't be selfish and intemperate, eating and drinking what you want. Giving this distinct message will not be popular, it will be inconvenient and it will bring reproach and opposition. Most do not like to have their lifestyle challenged. It cost John his life. We must have a spiritual experience like his where our only focus is on doing the will of God. "He must increase, I must decrease."

The remedy is given

Now God tells them to treat others justly, to stop mistreating them and using them. These people were apparently doing the right things externally. They were very careful in following all the rules of the church, but they did these to gain God's approval. They fought and argued over doctrines – supposedly all in the name of Jesus. They fasted to earn God's approval. But they knew something was missing from their lives. These people don't see themselves as hypocrites. It is important we see this as it is many times repeated in our lives. They were like the five foolish virgins who do not have the character and love of Jesus.

They then enter into controversy with God reminding Him how they observe many religious ceremonies. But their hearts have not been humbled or cleansed from spiritual defilement. They still have those objectionable traits of character that are a problem to all of us, that stop the showers of grace from cleansing us all. They don't have the faith that works by love and purifies their innermost heart. They are unjust and selfish in their dealings and mercilessly oppress those who they regard as their inferiors.

How like these people we are. In all of these things we can see ourselves and our church. God wants to teach us that His true followers will be humble and will not dwell on the mistakes of others. They will be patient, tolerant and loving and will help the needy. They will go out of their ways and help those who need help physically, spiritually and emotionally. Genuine religion is visiting the fatherless and widows in their affliction, helping people, serving people while keeping yourself unspotted from the world (James 1:27).

How well God knows us. He knows how easily we backslide back to our old natures,

so He has given us a remedy. He tells us that this is the only remedy that will cure us and so He details it very carefully in Isaiah 58. He tells us that by doing unselfish deeds, prompted by His Holy Spirit, this will cure us of our selfishness.

God is telling us that many of us have an inflated view of ourselves, thinking we are much better than others. We excuse ourselves when we get irritated and annoyed and think we have a right to feel this way because the other person was at fault. How deceived we are. God tells us His people are judgmental, critical, opinionated, impatient, selfish and lack humility. He wants us to cleanse us of all this and then, in great detail, He shows us how we need to do the work He wants us to do – which is called the Medical Missionary work.

How to apply remedy

Verses 6-11 show us how to minister to people's needs with compassion and mercy. Ministering to others is the only way God can lead us out of our selfishness. It can be done no other way. There are so many people weighed down with sickness, burdens and sins that we do not need to look far to find them. He wants us to go out of our way and practically help them. Ask them to your home, feed them, clothe them, minister to their needs. Go out of your way to help them. Most importantly we need to know how to uphold in prayer those who we are helping.

Then in the next verses God starts to reveal to us what He plans to do if we do this work. God lists promise after promise that He will give to the faithful but note the word "if" is used. They are conditional. These promises in Isaiah 58 are for all those who minister to the needy. They will be amazed at how God will answer their prayers. He reminds us again not to start pointing the finger. Then God reveals how He will do His part when we comply to His conditions

Many churches decide to have certain outreach programs that are designed to help the churches grow. But the one thing that God has said will work, they omit. We can pray and fast, but God tells us the only remedy that will work is doing it His way.

Then shall thy light break forth as the morning – here God is saying, that if they were faithful in the discharge of their duty to God, He would bless them with abundant light – like the increasing light of the morning. In other texts in the Bible He says the world is in darkness and only He has the light. The next promise is for all those who have lost their health. *Thine health shall spring forth speedily* – here God promises those who minister and work His way, their health will be restored. If you considered

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Recipes

Red Lentil & Pumpkin Dahl

1 tbsp extra virgin olive oil
1 brown onion
2 tbsp fresh ginger, finely grated
2 cloves garlic, crushed
1 tsp coriander powder
1 tsp cumin powder
2 tsp garam masala
1/2 tsp ground cardamon
4 cups diced pumpkin
2 carrots, chopped finely
2 cups red split lentils
1 litre vegetable stock
1 x 400g tin diced tomatoes
1 x 400ml tin coconut milk
2 limes
salt to taste

Add the oil to a large pot and add the onion, spices, garlic and ginger. Cook until the onion has softened. Add the pumpkin, carrot and lentils and toss to coat in spice mix. Add the stock and tomato and bring to a simmer. Simmer for 30 minutes and then add the coconut milk, stir well and cook for another ten minutes.
Squeeze the juice of 2 limes into the dahl and stir. Season to taste.

Vegan African Peanut Sauce

2 large onions, quartered
2 x 400 mls can chopped tomatoes
4 cups water
1/2 cup tomato paste
juice of one lemon
1 cup peanut butter
1/2 tsp cumin
1/2 tsp turmeric
1/2 tsp onion powder
2 tspns salt
500g block of firm tofu, drained & cubed
1/4 cabbage, chopped small
bunch of kale, destemmed & chopped small

Place drained and cubed tofu onto a parchment paper lined cookie sheet. Bake for 20 minutes.
Add the onion and tomatoes to the blender and blend lightly. Pour mixture into a soup pot and cook on medium high. Add the remaining ingredients to pot and cook for 20 minutes.
When tofu is done, add it to the pot and cook for another 20 minutes, stirring every 5 - 10 minutes.

all the other Bible texts promised by God for healing, and then you considered the context of this promise, you can see that healing is linked with serving and ministering to others in need. How I wish those who have lost their health would claim this promise of healing.

Now reflect on all those in the world who have emotional problems and are not coping in their situation. Many are in darkness and are oppressed and don't even know it. God wants us to help these burdened people, He likens it to freeing those who have been taken captive by Satan. *And thy righteousness shall go before thee* – people will be able to see His righteousness go before them. What is righteousness – this is people who have learnt of Christ and have had the attributes of His character given to them and are being revealed in deeds of kindness. They have God's law written on their hearts. They are humble, compassionate and love all people. *The glory of the Lord*, is revealed in their lives. Remember when Moses spent forty days in communion with God on Mt Sinai, and when he came down, his face reflected God's glory that he had been exposed to on the mount. People saw this glory in his face. And this is similar to the glory God's people will be surrounded with. It will be before then and *it will be behind them*. They have total protection

Then God promises that *when we call for Him, He will answer*. My heart is touched by this promise. I recall all the years I have called to God in prayer, and then don't hear anything. But here God clearly says that when we start doing things His way, He will answer our prayers and we will be able to hear His voice speaking to us. If we have confessed our sins and renounced them, then we have a right to expect that he will hear us. But if we keep indulging in sin; if we are false and hollow and hypocritical in our worship; or if, while we keep up the regular forms of devotion, we are nevertheless guilty of oppression, cruelty, and dishonesty, we have no right to expect that he will hear us. Then He reminds us *to stop putting forth of the finger*; to cease to condemn and despise others and speak vanity – the word used here denotes every kind of false, harsh, and unjust speaking or talking about people behind their backs – all of which undoubtedly abounded among the Jews, but also is found among His church today. It is so easy to talk about the faults of those who do not do things as you do, or see things differently than us.

And if thou draw out thy soul to the hungry and satisfy the afflicted soul – the word 'soul' means heart, or benevolent affection; and means showing affection or kindness toward those who have been ignored, those who do not come up to the expectations of society. *Then shall thy light rise in obscurity and thy darkness be as the noon day* – That

is, it will be as if the cheerful light of the sun should rise at midnight and their calamities and trials would be suddenly succeeded by the bright and cheerful light of prosperity. Having light to show us our pathway is critical to God's people.

And the Lord shall guide thee continually and satisfy thy soul in drought. We can find ourselves in many situations where we are exposed to intense heat and need water, both in a spiritual or physical drought. But God will provide for us *and make fat thy bones*. This means our health and strength, reaffirming how God plans to heal many people who do this work. *And thou shalt be like a watered garden* – this is a most beautiful image of prosperity and blessedness, an image that would be particularly striking in the Middle East. When you compare the difference between a well-watered garden and one that has water restrictions, you can see the benefits of plenty of water. Picture watered gardens where every plant has a green, healthy appearance, is loaded with lovely flowers and fruit; and all this is produced by the virtue God has put into water.

Whose waters fail not – Waters or springs lie or deceive when they become dried up, or fail in the dry seasons of the year. They deceive the shepherd who expected to obtain water there for himself or his flock; they deceive the traveler which had traveled to the well-known fountain where it had been often refreshed in earlier times, and it is now found, its waters are dried up, or lost in the sand. In other passages of the Bible it is spoken of as living water, because once you drink of this you will never want to drink anything else.

The result of this work

The result of this work becomes evident when the final message is given to the world. God tells us caring for the people's physical health opens the way to tell them about the gospel. The two-fold work of Isaiah 58 is to work with suffering humanity and to advocate the commandments of God (repair the breach that has been made in God's law).

God's workers *shall build up the old waste places*. The world is full of the devastation which sin has caused and it is now time for the church of God to rebuild these ruins. There is a breach that has been made in God's law – the Sabbath. God wants us to tell others about this and become *repairers of this breach and restorer of paths to dwell in* – truths that God originally wanted His church to tell the world have to be restored to their rightful place.

A benediction is placed on all those who keep the Commandments of God. The work

of restoration begins with a revival of the true seventh-day Sabbath. *If thou turn away thy foot from the Sabbath*, from doing thy pleasure on my holy day; God wants His people to keep His Sabbath day holy, doing what He wants us to do on this day.

Make no mistake, this work will light up the world. It will be very powerful. As we mingle with suffering humanity, showing mercy, benevolence and tender pity, we are to exalt His memorial, His Sabbath day which has been trodden down.

As we near the end, the testimonies of God's people will become more and more powerful. We are to maintain the truth in the midst of bitter opposition. This will not be easy and no half-hearted work will be done. These people will represent God's character, His law, and they will reveal His holiness to the world. They will mingle with suffering humanity, showing mercy, benevolence and tender pity, they are to exalt His memorial which has been trodden down. The Sabbath will become a most important sign.

God claims the Sabbath day as His, and it is holy on that account. Here we choose to not do our own pleasure, but do God's pleasure. He wants us *to call the Sabbath a delight, the holy of the Lord*, – it is not to be wearisome, hoping it will soon be finished. These people love the day of sweet and holy rest. They esteem it a privilege, not a task, to be permitted once a week to disburden their minds of the cares, and toils, and anxieties of life. On the Sabbath our conversation is to be such as becomes a day which belongs to God.

By the Sabbath God's people are distinguished from all other people. They have one aim – to dedicate their whole life to the service of God and humanity. They want to seek and save the lost. True Sabbath-keeping is revealing a Christlike character every day of the week in thought and word and deed – this is the teaching of Isaiah 58.

Then shalt thou delight thyself in the Lord – as a consequence of properly observing the Sabbath, we shalt find pleasure in serving God. We will love drawing near to Him, and our prayers will be answered. *And I will cause thee to ride upon the high places of the earth*. God will place you in lofty and inaccessible places, where you will be safe from all your enemies. My mind goes to the promises of Psalm 91 where God promises to keep His people during times of trouble. *And feed thee with the heritage of Jacob thy father* – that is, you shalt possess what Jacob was promised. These promises include holiness of character, the blessings of health, superior intellect, skill in agriculture and animal husbandry, superior craftsmanship, unparalleled prosperity and national greatness.

concluded on page 7