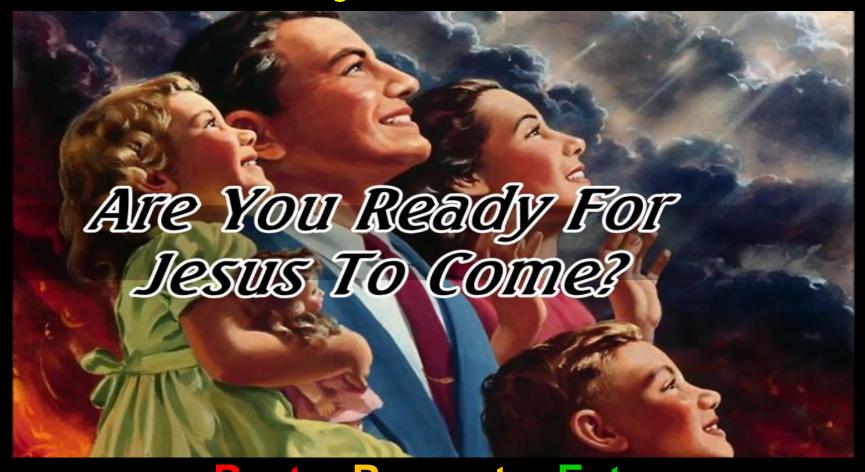
End-time Preparation: Are You Ready for Jesus to Come?





Past > **Present** > **Future**

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Enter The Ark of Hope

The Great Controversy between God and Satan is primarily over

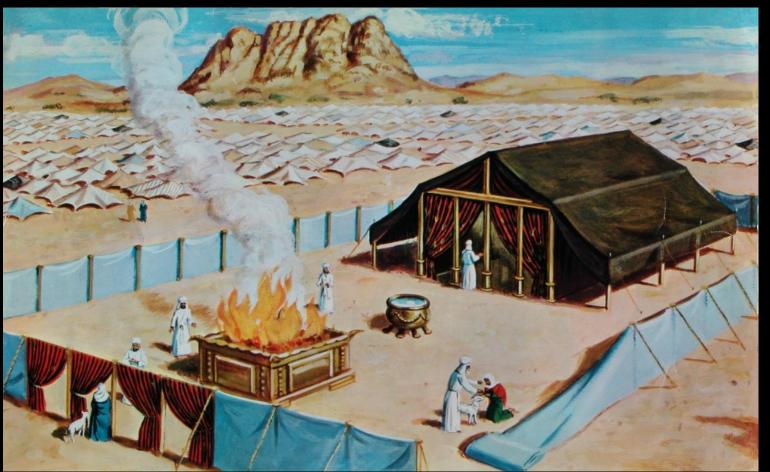
"WORSHIP"

Who will you Choose?



Get into the Ark Sanctuary





And let them make me a sanctuary; that I may dwell among them.

Exodus 25:8

Psalms 77:13



Health Snippet – Horse gram

Health Benefits of Horse gram (Seek Medical Advice)
Horse gram, also known as Macrotyloma uniflorum, is a type of legume that's native to certain parts of Southeast Asia. Notable for its dry, hard texture and unique flavour and aroma, horse gram is considered a staple in many cuisines. Typically, the seeds are sprouted, boiled, or fried and enjoyed in a variety of recipes.

100 gm of horse gram contains: Protein 22g, Mineral 3g, Fiber 5g, Carbohydrates 57g, Iron 7g, Calcium 287mg, Phosphorus 311mg.

1. Helps promote weight loss and lowers the risk of obesity.

Health benefits of Horse Gram:

- 2. Improves heart health and reduce risk factors for heart disease.
- 3. Has ability to reduce high blood sugar following a meal.
- 4. Rich in polyphenols, flavonoids and proteins the antioxidants.
- 5. Diuretic and is reputed to be effective in increasing urine flow.
- 6. Very effective in assisting in the removal of kidney stones.
- 7. Helps anti-ulcer activity due to presence of phytosterol esters.
- 8. Aids in reducing cough, cold, congestion and asthma.
- 9. Generates heat and energy in the system keeps the body war.
- 10. Good for bones has the highest calcium content among pulses
- 11. High iron levels, helps to cure irregular menstrual cycles.

<u>Side Effects</u>: May cause gas & bloating during digestion. Contains phytic acid an anti-nutrient, it can stop your body from absorbing all nutrient goodness. **Soak grams overnight to prevent this.**



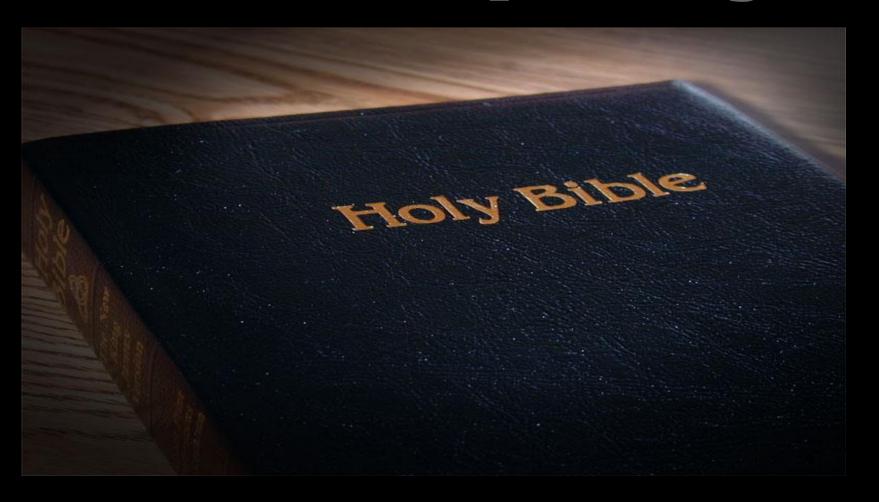


Health Benefits of Horse Gram

- Menstrual Problems
- Type 2 Diabetes
- Leucorrhea Problem
- Small Kidney Stones
- Common Cold and Fever
- Lose Weight
- Constipation Problem



Can We Trust Bible Prophecy?





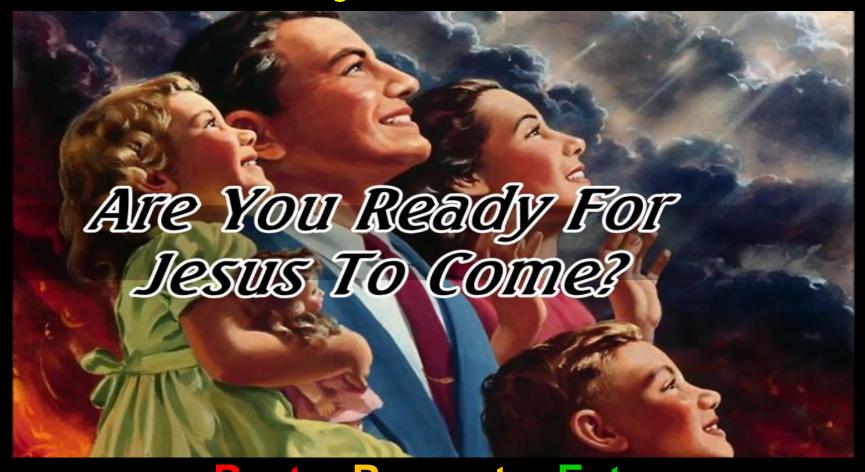
Yes, we Can!



Luke 12:40
Be ye therefore ready also:
for the Son of man
cometh at an hour
when ye think not -kjv



End-time Preparation: Are You Ready for Jesus to Come?





Past > **Present** > **Future**

Introduction: Proclaimed in All Ages

Long before Christ was born as a baby in Bethlehem, His second coming was foretold. Before the flood, Enoch who was the seventh descendant from Adam, prophesied: "Behold, the Lord cometh with ten thousands of his saints, to execute judgment upon all . . . "Jude 14, 15.

Abraham, who lived ten generations after Noah also testified of the coming of Christ in glory: "Your father Abraham rejoiced to see my day: and he saw it, and was glad." John 8:56.

The patriarch Job adds his testimony with these words of faith and hope: "For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: and though after my skin worms destroy this body, yet in my flesh shall I see God." Job 19:25, 26.



Introduction: Proclaimed in All Ages (cont'd)

And David, king of Israel, prophesied: "Our God shall come, and shall not keep silence; a fire shall devour before him, and it shall be very tempestuous round about him. He shall call to the heavens from above, and to the earth, that he may judge his people." Psalm 50:3, 4.

This same message has been sounded throughout all ages and is repeated many times through the Bible. The last words of Jesus given to John the Revelator are especially addressed to our generation as we see the signs of His coming fulfilling round about us: "Surely I come quickly." Revelation 22:20.



A Life of Thought and Action

In this age, just prior to the second coming of Christ in the clouds of heaven, such a work as that of John [the Baptist] is to be done. God calls for men who will prepare a people to stand in the great day of the Lord. . . .

In order to give such a message as John gave, we must have a spiritual experience like his. The same work must be wrought in us. We must behold God, and in beholding Him lose sight of self.-Testimonies for the Church, vol. 8, pp. 332, 333 (1904).



A Life of Thought and Action (cont'd)

Communion with God will ennoble the character and the life. Men will take knowledge of us, as of the first disciples, that we have been with Jesus. This will impart to the worker a power that nothing else can give. Of this power he must not allow himself to be deprived. We must live a twofold life--a life of thought and action, of silent prayer and earnest work.--The Ministry of Healing, p. 512 (1905).

Prayer and effort, effort and prayer, will be the business of your life. You must pray as though the efficiency and praise were all due to God, and labor as though duty were all your own.—Testimonies for the Church, vol. 4, p. 538 (1881).

No man is safe for a day or an hour without prayer.--The Great Controversy,p. 530 (1911).

He who does nothing but pray will soon cease to pray.--Steps to Christ, p. 101 (1892).



Firmly Rooted In Christ

The storm is coming, the storm that will try every man's faith of what sort it is. Believers must now be firmly rooted in Christ or else they will be led astray by some phase of error.--

Evangelism, pp. 361, 362 (1905).

It would be well for us to spend

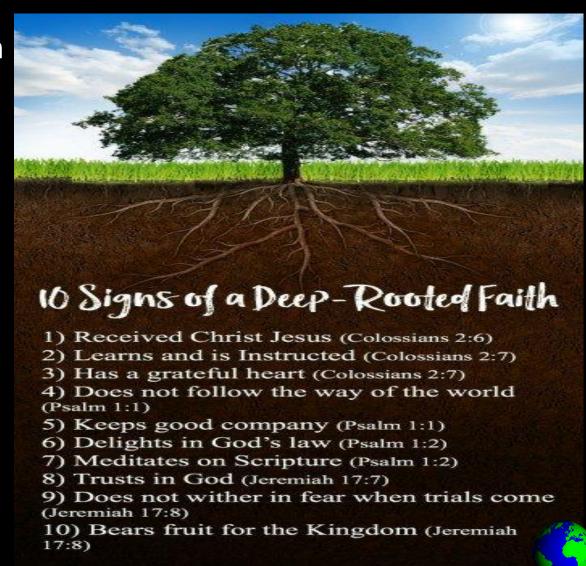
It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point and let the imagination grasp each scene, especially the closing ones.--The Desire of Ages, p. 83 (1898).



Firmly Rooted In Christ (cont'd)

The only defense against evil is the indwelling of Christ in the heart through faith in His righteousness. Unless we become vitally connected with God, we can never resist the unhallowed effects of self-love, self-indulgence, and temptation to sin. We may leave off many bad habits, for the time we may part company with Satan; but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome. Without a personal acquaintance with Christ, and a continual communion, we are at the mercy of the enemy, and shall do his bidding in the end.—The Desire of Ages, p. 324 (1898).

Christ and Him crucified should be the theme of contemplation, of conversation, and of our most joyful emotion.--Steps to Christ, pp. 103, 104 (1892).



Moulded By The Holy Spirit

Never will the human heart know happiness until it is submitted to be moulded by the Spirit of God. The Spirit conforms the renewed soul to the model, Jesus Christ. Through its influence, enmity against God is changed into faith and love, and pride into humility. The soul perceives the beauty of truth, and Christ is honoured in excellence and perfection of character.--Our High Calling, p. 152 (1896).



Moulded By The Holy Spirit (cont'd)

There is not an impulse of our nature, not a faculty of the mind or an inclination of the heart, but needs to be, moment by moment, under the control of the Spirit of God.--Patriarchs and Prophets, p. 421 (1890).

The Spirit illumines our darkness, informs our ignorance, and helps us in our manifold necessities. But the mind must be constantly going out after God. If worldliness is allowed to come in, if we have no desire to pray, no desire to commune with Him who is the source of strength and wisdom, the Spirit will not abide with us.--Our High Calling, p. 154 (1904).

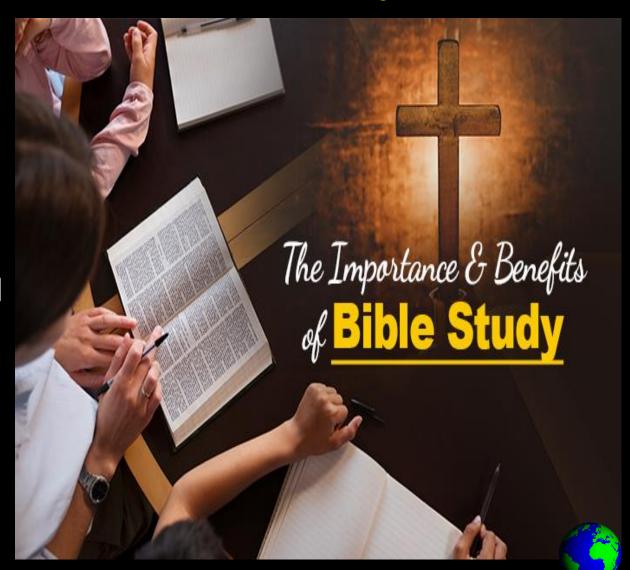


The Necessity of Bible Study

No renewed heart can be kept in a condition of sweetness without the daily application of the salt of the Word. Divine grace must be received daily, or no man will stay converted.--Our High Calling, p. 215 (1897).

Let your faith be substantiated by the Word of God. Grasp firmly the living testimony of truth. Have faith in Christ as a personal Saviour. He has been and ever will be our Rock of Ages.--Evangelism, p. 362 (1905).

Christians should be preparing for what is soon to break upon the world as an overwhelming surprise, and this preparation they should make by diligently studying the Word of God and striving to conform their lives to its precepts.-
Prophets and Kings, p. 626 (c. 1914).

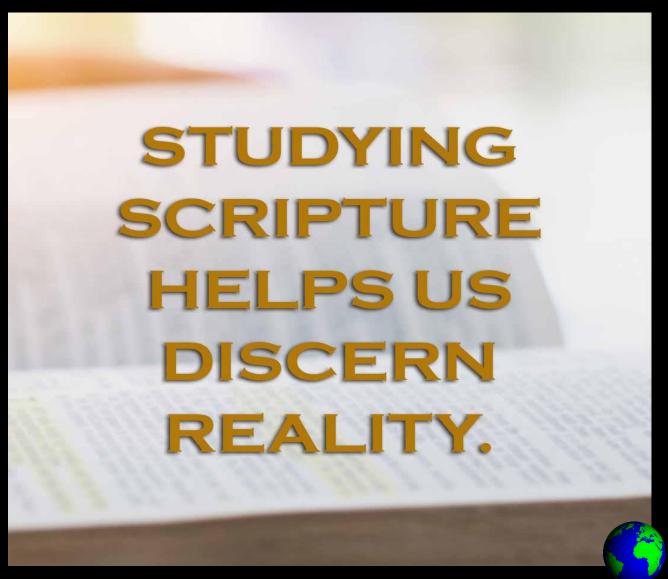


The Necessity of Bible Study (cont'd)

None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict.-The Great Controversy, pp. 593, 594 (1911).

Only those who have been diligent students of the Scriptures and who have received the love of the truth will be shielded from the powerful delusion that takes the world captive.--The Great Controversy, p. 625 (1911).

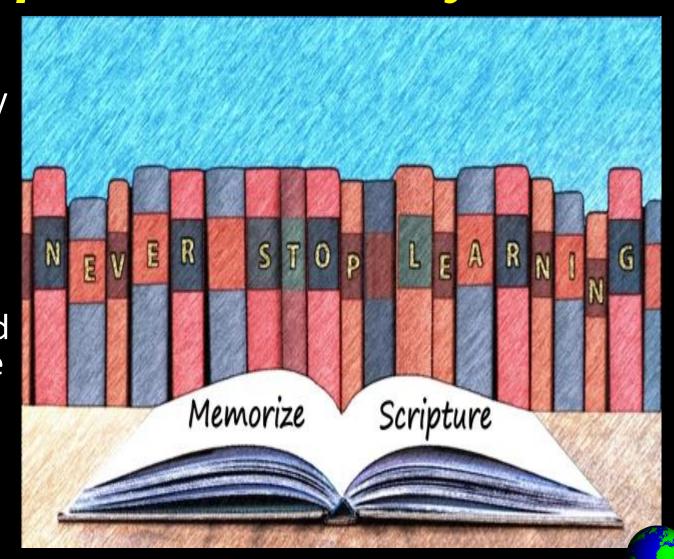
Our people need to understand the oracles of God; they need to have a systematic knowledge of the principles of revealed truth, which will fit them for what is coming upon the earth and prevent them from being carried about by every wind of doctrine.--Testimonies for the Church, vol. 5, p. 273 (1885).



Commit Scripture to Memory

Several times each day precious, golden moments should be consecrated to prayer and the study of the Scriptures, if it is only to commit a text to memory, that spiritual life may exist in the soul.—Testimonies for the Church, vol. 4, p. 459 (1880).

God's precious Word is the standard for youth who would be loyal to the King of heaven. Let them study the Scriptures. Let them commit text after text to memory and acquire a knowledge of what the Lord has said.--My Life Today, p. 315 (1887).



Commit Scripture to Memory (cont'd)

Build a wall of scriptures around you, and you will see that the world cannot break it down. Commit the Scriptures to memory, and then throw right back upon Satan when he comes with his temptations, "It is written." This is the way that our Lord met the temptations of Satan, and resisted them.--Review and Herald, April 10, 1888.

Hang in memory's hall the precious words of Christ. They are to be valued far above silver or gold.-Testimonies for the Church, vol. 6, p. 81 (1900).

12 KEYS FOR MEMORIZING SCRIPTURE

- 1. Start with Prayer
- 2. Read The Context
- 3. Read It Out Loud
- 4. Use Memory Aids
- 5. Review Regularly
- 6. One-Month Rule
- 7. Use it!
- 8. Accountability Partner
- 9. Increase Passage Length
- 10. Break large passages into smaller ones
- 11. Stay Humble
- 12. Memorization Alone Won't Make You More Godly



Commit Scripture to Memory (cont'd)

Keep a pocket Bible with you as you work, and improve every opportunity to commit to memory its precious promises.--Review and Herald, April 27, 1905.

The time will come when many will be deprived of the written Word. But if this Word is printed in the memory, no one can take it from us.--Manuscript Releases, vol. 20, p. 64 (1906).

Study the Word of God. Commit its precious promises to memory so that, when we shall be deprived of our Bibles, we may still be in possession of the Word of God.--Manuscript Releases, vol. 10, p. 298 (1909).



Revelation 14 an Anchor to God's People

In these last days it is our duty to ascertain the full meaning of the first, second, and third angels' messages. All our transactions should be in accordance with the Word of God. The first, second, and third angels' messages are all united and are revealed in the fourteenth chapter of Revelation from the sixth verse to the close.--Manuscript Releases, vol. 13, p. 68 (1896).



Revelation 14 an Anchor to God's People (cont'd)

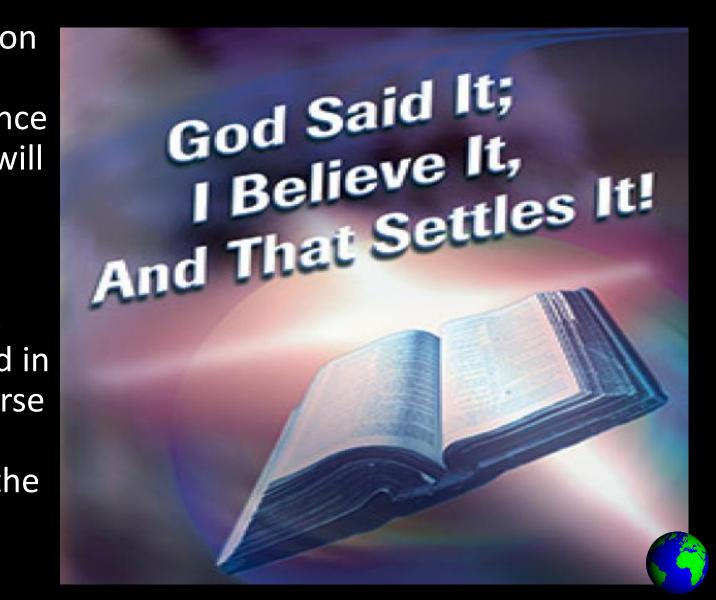
Many who embraced the third message had not had an experience in the two former messages. Satan understood this, and his evil eye was upon them to overthrow them; but the third angel was pointing them to the most holy place, and those who had an experience in the past messages were pointing them the way to the heavenly sanctuary.

Many saw the perfect chain of truth in the angels' messages and gladly received them in their order, and followed Jesus by faith into the heavenly sanctuary. These messages were represented to me as an anchor to the people of God. Those who understand and receive them will be kept from being swept away by the many delusions of Satan.--Early Writings, p. 256 (1858).



Educate the Mind to Believe God's Word

Those who feel at liberty to question the Word of God, to doubt everything where there is any chance to be unbelieving, will find that it will require a tremendous struggle to have faith when trouble comes. It will be almost impossible to overcome the influence that binds the mind which has been educated in the line of unbelief, for by this course the soul is bound in Satan's snare and becomes powerless to break the dreadful net that has been woven closer and closer about the soul.



Educate the Mind to Believe God's Word (cont'd)

In taking a position of doubt, man calls to his aid the agencies of Satan. But the only hope of one who has been educated in the line of unbelief is to fall all helpless upon the Saviour and, like a child, submit his will and his way to Christ that he may be brought out of darkness into His marvellous light. Man does not have the power to recover himself from the snare of Satan. He who educates himself in the line of questioning, doubting, and criticizing strengthens himself in infidelity.--Ms 3, 1895.

100 REASONS TO BELIEVE the Bible is the Word of God

He stretches out the north over empty space; He hangs the earth on nothing (Job 26:7).





Preparation for Future Trials

The servants of Christ are to prepare no set speech to present when brought to trial for their faith. Their preparation is to be made day by day, in treasuring up in their hearts the precious truths of God's Word, in feeding upon the teaching of Christ, and through prayer strengthening their faith; then, when brought into trial, the Holy Spirit will bring to their remembrance the very truths that will reach the hearts of those who shall come to hear. God will flash the knowledge obtained by diligent searching of the Scriptures into their memory at the very time when it is needed.--Counsels on Sabbath School Work, pp. 40, 41 (1900).



Preparation for Future Trials (cont'd)

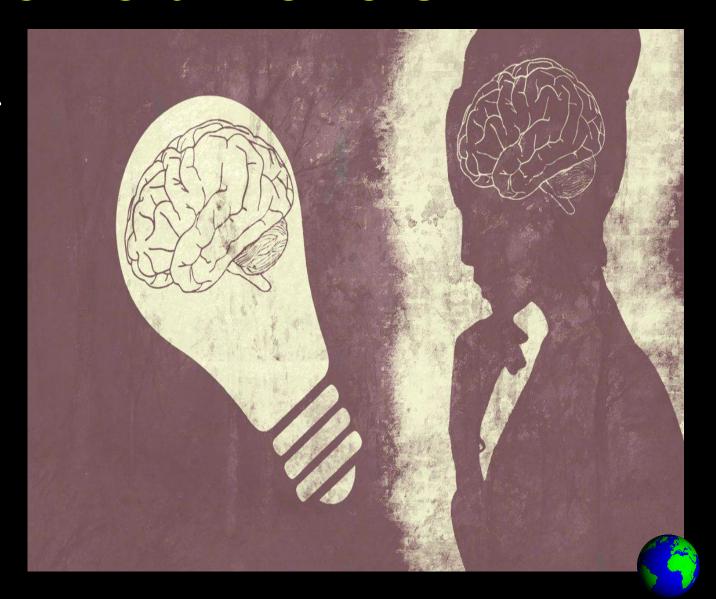
When the time of trial shall come there are men now preaching to others who will find, upon examining the positions they hold, that there are many things for which they can give no satisfactory reason. Until thus tested they knew not their great ignorance. And there are many in the church who take it for granted that they understand what they believe, but, until controversy arises, they do not know their own weakness. When separated from those of like faith and compelled to stand singly and alone to explain their belief, they will be surprised to see how confused are their ideas of what they had accepted as truth.--Testimonies for the Church, vol. 5, p. 707 (1889).



Control the Moral Powers

The ability to give a reason for our faith is a good accomplishment, but if the truth does not go deeper than this, the soul will never be saved. The heart must be purified from all moral defilement.--Our High Calling, p. 142 (1893).

We greatly need to encourage and cultivate pure, chaste thoughts, and to strengthen the moral powers rather than the lower and carnal powers. God help us to awake from our self-indulgent appetites!--Medical Ministry, p. 78 (1896).



Control the Moral Powers (cont'd)

Few realize that it is a duty to exercise control over their thoughts and imaginations. It is difficult to keep the undisciplined mind fixed upon profitable subjects. But if the thoughts are not properly employed, religion cannot flourish in the soul. The mind must be preoccupied with sacred and eternal things, or it will cherish trifling and superficial thoughts. Both the intellectual and the moral powers must be disciplined, and they will strengthen and improve by exercise.--Our High Calling, p. 111 (1881).

What Is The Main Cause Of Human Ignorance?



The Example of Enoch

Enoch walked with God three hundred years previous to his translation to heaven, and the state of the world was not then more favourable for the perfection of Christian character than it is today. And how did Enoch walk with God? He educated his mind and heart to ever feel that he was in the presence of God, and when in perplexity his prayers would ascend to God to keep him.

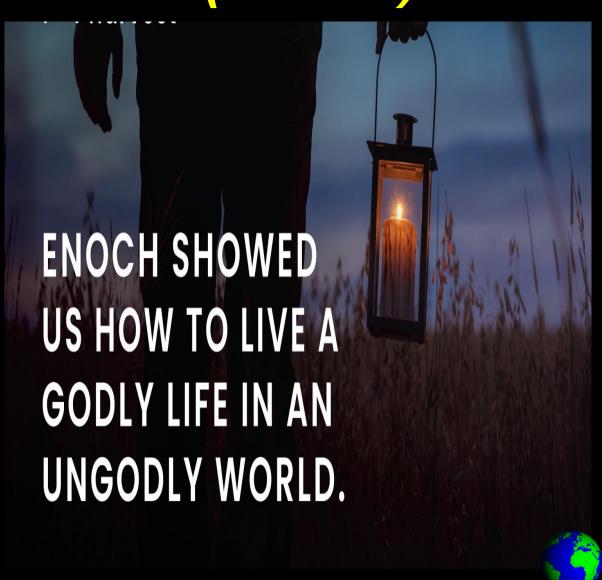
He refused to take any course that would offend his God. He kept the Lord continually before him. He would pray, "Teach me Thy way, that I may not err. What is Thy pleasure concerning me? What shall I do to honor Thee, my God?" Thus, he was constantly shaping his way and course in accordance with God's commandments, and he had perfect confidence and trust in his heavenly Father, that He would help him. He had no thought or will of his own. It was all submerged in the will of his Father.



The Example of Enoch (cont'd)

Now Enoch was a representative of those who will be upon the earth when Christ shall come, who will be translated to heaven without seeing death.-Sermons and Talks, vol. 1, p. 32 (1886).

Enoch had temptations as well as we. He was surrounded with society no more friendly to righteousness than is that which surrounds us. The atmosphere he breathed was tainted with sin and corruption the same as ours, yet he lived a life of holiness. He was unsullied with the prevailing sins of the age in which he lived. So may we remain pure and uncorrupted.--Testimonies for the Church, vol. 2, p. 122 (1868).



Remember God's Past Blessings

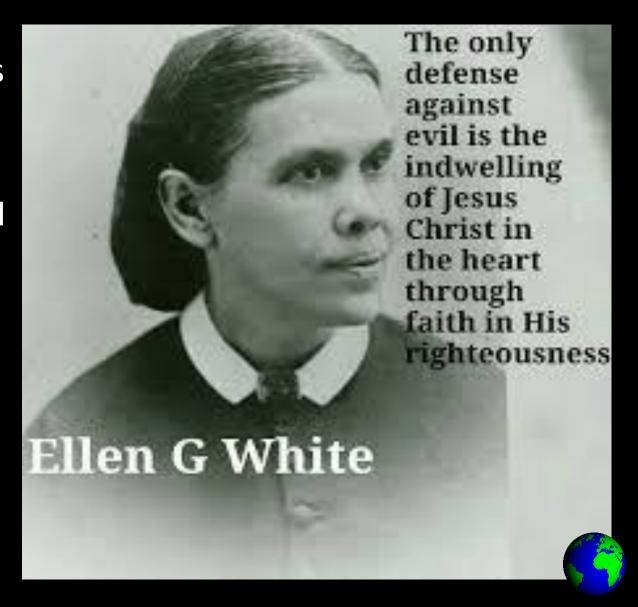
In reviewing our past history, having travelled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history.--Life Sketches of Ellen G. White, p. 196 (1902).

"Bless the Lord, Omy soul, forget not all his benefits"

- Psalm 103:2

A Time for Serious Reflection

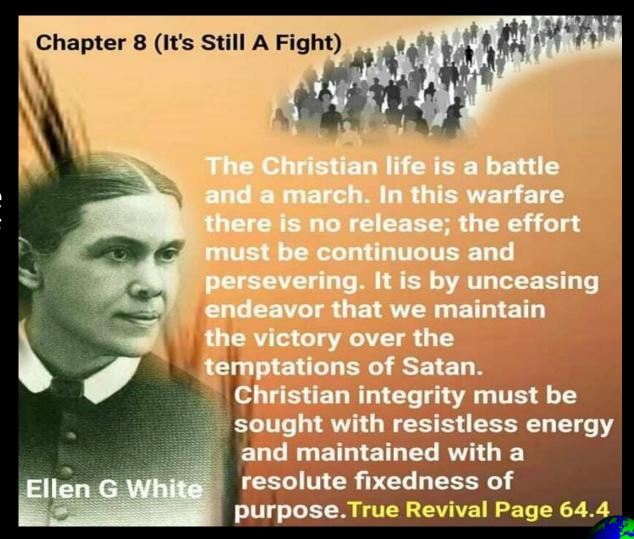
If there ever was a time when serious reflection becomes every one who fears God, it is now, when personal piety is essential. The inquiry should be made, "What am I, and what is my work and mission in this time? On which side am I working--Christ's side or the enemy's side?" Let every soul now humble himself or herself before God, for now we are surely living in the great Day of Atonement. The cases even now of many are passing in review before God, for they are to sleep in their graves a little season. Your profession of faith is not your guarantee in that day, but the state of your affections.



A Time for Serious Reflection (cont'd)

Is the soul-temple cleansed of its defilement? Are my sins confessed and am I repenting of them before God, that they may be blotted out? Do I esteem myself too lightly? Am I willing to make any and every sacrifice for the excellency of the knowledge of Jesus Christ? Do I feel every moment I am not my own, but Christ's property, that my service belongs to God, whose I am?--Ms 87, 1886.

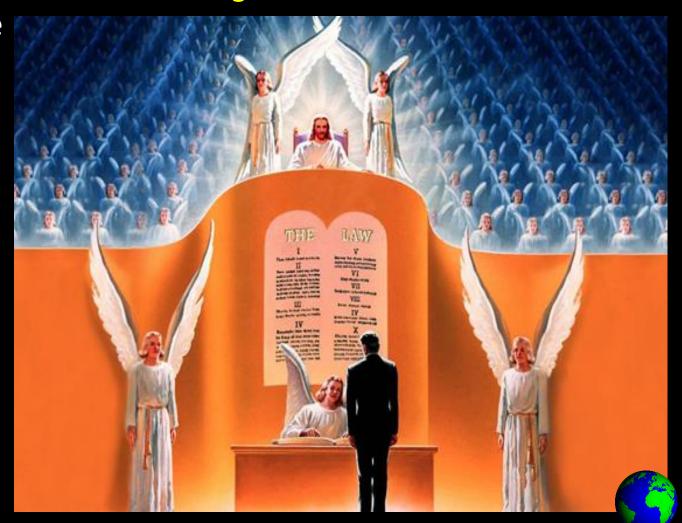
We should ask ourselves, "For what are we living and working? And what will be the outcome of it all?"--Signs of the Times, Nov. 21, 1892.



Living With Reference to the Judgment Day

I have questioned in my mind, as I have seen the people in our cities hurrying to and fro with business, whether they ever thought of the day of God that is just upon us. Every one of us should be living with reference to the great day which is soon to come upon us.-Sermons and Talks, vol. 1, p. 25 (1886).

We cannot afford to live with no reference to the day of judgment; for though long delayed, it is now near, even at the door, and hasteth greatly. The trumpet of the Archangel will soon startle the living and wake the dead.--Child Guidance, pp. 560, 561 (1892).



Ready for Christ's Return

If we find no pleasure now in the contemplation of heavenly things; if we have no interest in seeking the knowledge of God, no delight in beholding the character of Christ; if holiness has no attractions for usthen we may be sure that our hope of heaven is vain. Perfect conformity to the will of God is the high aim to be constantly before the Christian. He will love to talk of God, of Jesus, of the home of bliss and purity which Christ of the home of bliss and purity which Christ has prepared for them that love Him. The contemplation of these themes, when the soul feasts upon the blessed assurances of God, the apostle represents as tasting "the powers of the world to come."--Testimonies for the Church, vol. 5, p. 745 (1889).

If you are right with God today, you are ready if Christ should come today.--In Heavenly Places, p. 227 (1891)



Summary: A Literal Coming

The first coming of Jesus was the great hope of the Jewish nation. But they knew not the time of their visitation.

Dear friend, Jesus is coming again! This is the consummation of the Humanity's hope.

The apostle Paul justly labels this glorious event as "that blessed hope."

All the prophecies are vibrant with this wonderful event.

Will this generation be like the Jews who did not recognize the time of fulfilment of all their hopes?



Summary: A Literal Coming (cont'd)

Jesus Himself, in His parting message to His disciples, so feelingly spoken just before He was separated from them by His ascension to heaven, said:

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

- 2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.
- 3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.



Conclusion: A Literal Coming (cont'd)

Who Will See Him?

"Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him" Revelation 1:7.

Why Is Jesus Coming Again?

"So Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation." Hebrews 9:28.

Who Will Be Ready?

"When the Son of man shall come in his glory, and all the holy angels with him, then shall he sit upon the throne of his glory: and before him shall he gathered all nations: and he shall separate them one from another, as a shepherd divideth his sheep from the goats." Matthew 25:31, 32.



Conclusion: A Literal Coming (cont'd)

When Will Jesus Come Again?

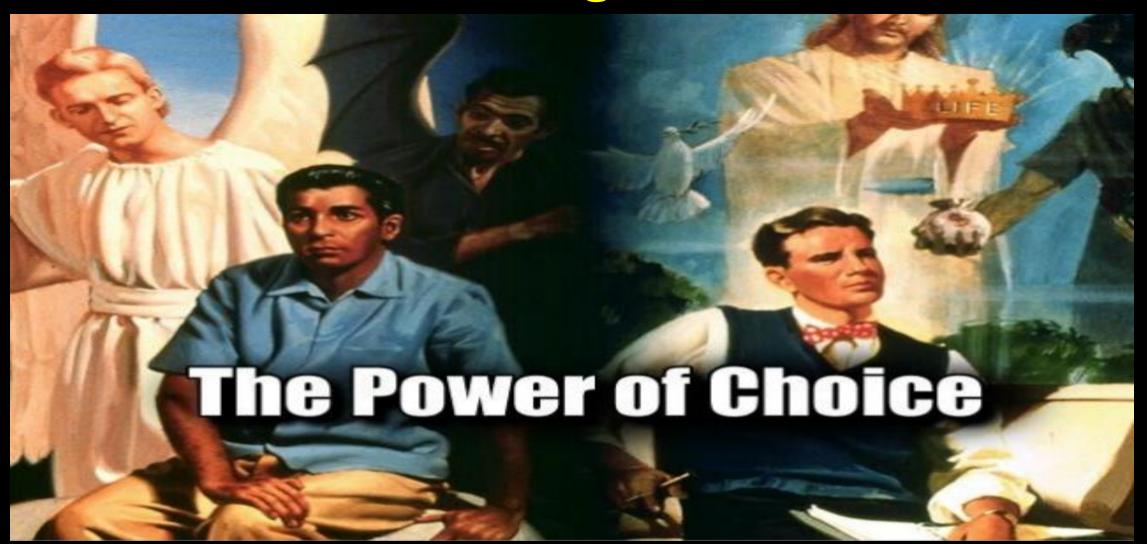
"Watch therefore: for ye know not what hour your Lord doth come. . . . Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh." Matthew 24:42, 44.

How Can I Be Ready?

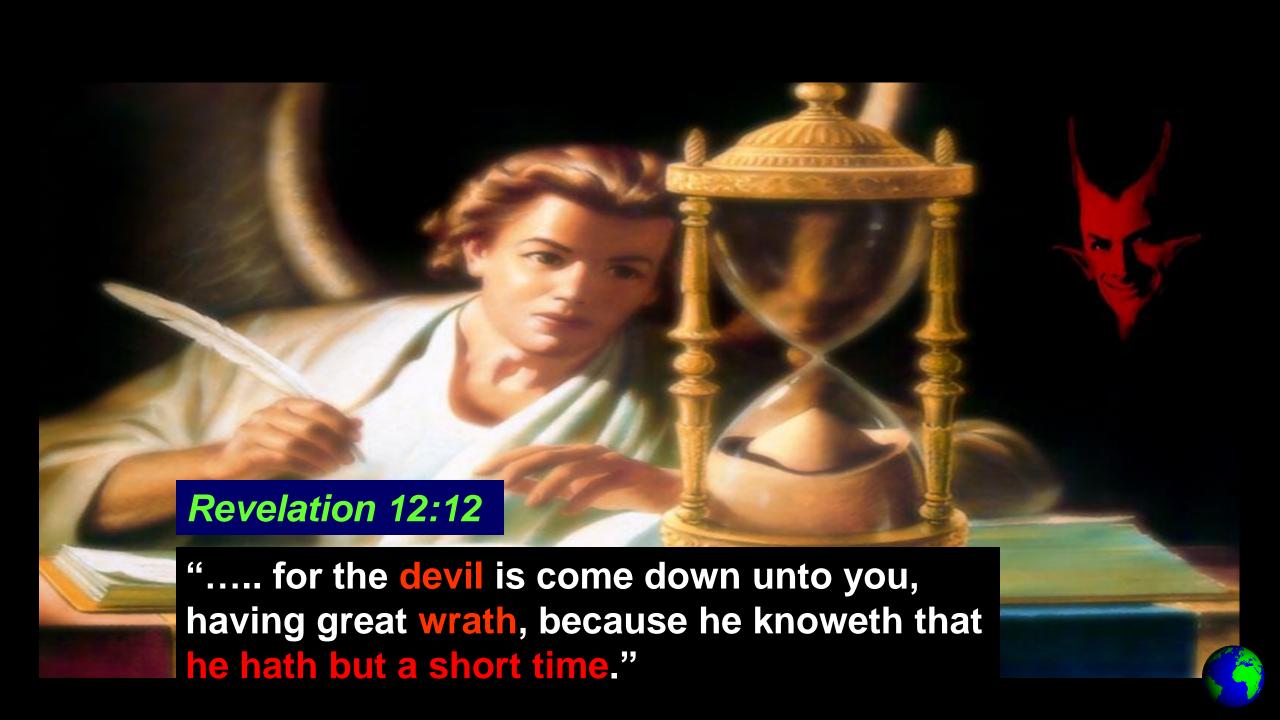
"... But we know that, when he shall appear, we shall be like him; for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure." 1 John 3:2, 3.



God has given all:







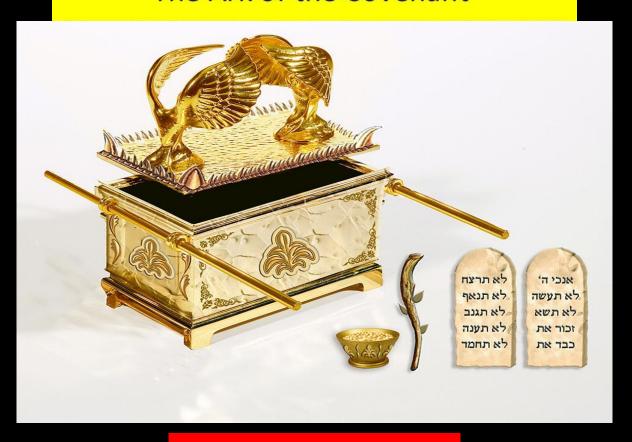
Enter The Ark of Hope

And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.

- John 10:16



The Ark of the Covenant



Psalms 77:13

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. -Revelation 3:20





