Last Day Events -Lifestyle and Activities of the Remnant





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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 – Mung Beans

Health Benefits of Mung Beans (Seek Medical Advice)
Mung beans (Vigna radiata) are small, green beans that
belong to the legume family. They have a slightly sweet taste
and are sold fresh, as sprouts or as dried beans. They are
incredibly versatile and eaten in salads, soups and stir-frys.
One cup of boiled mung beans contains: Calories: 212, Fat:

0.8g, Protein: 14.2g, Carbs: 38.7g, Fiber: 15.4g, Folate (B9):

80%, Manganese: 30%, Magnesium: 24%, Vitamin B1: 22%,

Phosphorus: 20%, Iron: 16%, Copper: 16%, Potassium: 15%,

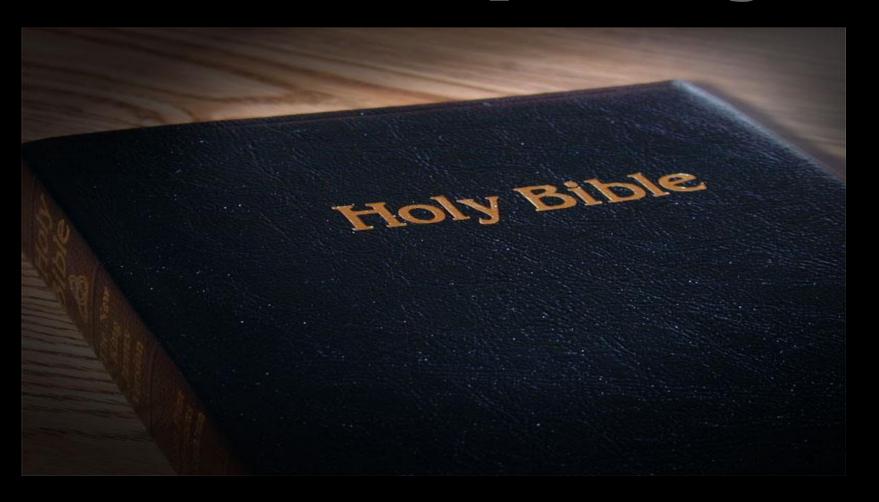
Zinc: 11%, Vitamins B2, B3, B5, B6 and selenium.

- 1. High antioxidant levels may reduce chronic disease risk.
- 2. Antioxidants vitexin and Iso-vitexin prevents Heat Stroke.
- 3. Lowers LDL cholesterol levels reducing heart disease risk.
- 4. Rich in potassium, magnesium & fiber which reduce BP.
- 5. Fiber and resistant starch aid digestive health.
- 6. Nutrient composition may lower blood sugar levels.
- 7. Weight loss: suppress hunger & raising fullness hormones
- 8. Folate can support a healthy pregnancy.

<u>Side effects</u>: can cause bloating, gas & diarrhoea in some. Some can have allergic reactions such as hives, skin swelling, or difficulty breathing.

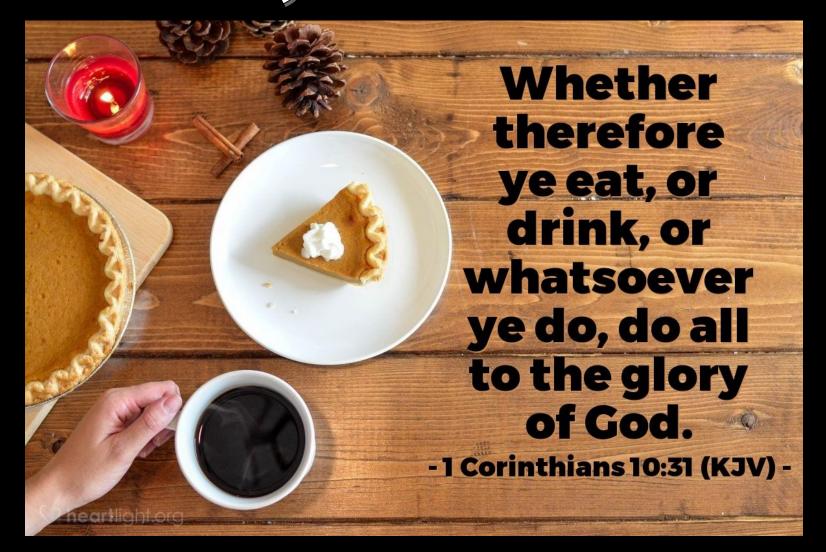


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Yes, we Can!





Last Day Events -Lifestyle and Activities of the Remnant



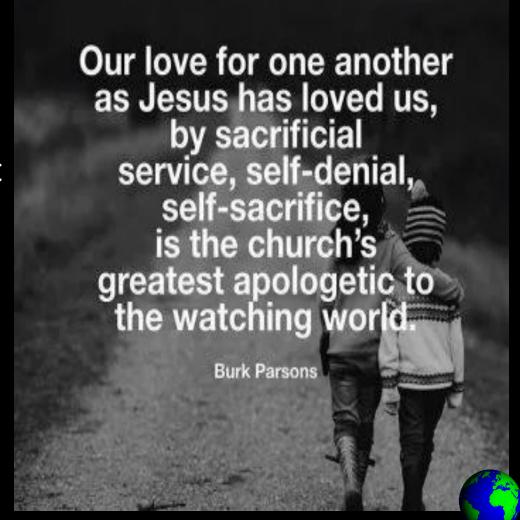


Past > Present > Future

Introduction – A Spirit of Service and Self-Sacrifice

Long has God waited for the spirit of service to take possession of the whole church so that everyone shall be working for Him according to his ability. When the members of the church of God do their appointed work in the needy fields at home and abroad, in fulfillment of the gospel commission, the whole world will soon be warned, and the Lord Jesus will return to this earth with power and great glory.—The Acts of the Apostles, 111.

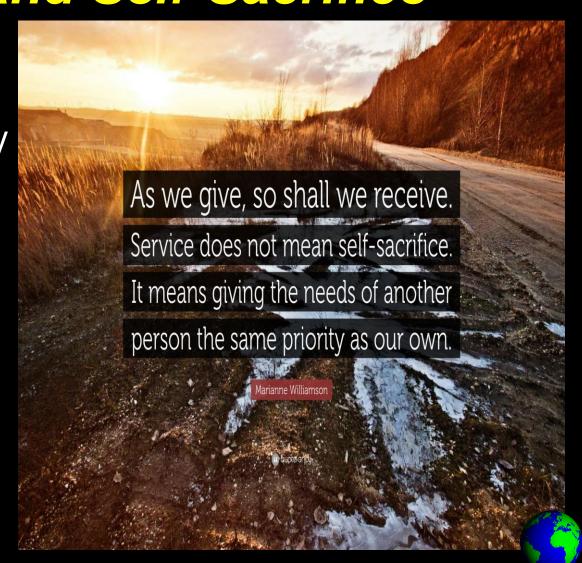
Everywhere there is a tendency to substitute the work of organizations for individual effort. Human wisdom tends to consolidation, to centralization, to the building up of great churches and institutions.



Introduction (cont'd) – A Spirit of Service and Self-Sacrifice

Multitudes leave to institutions and organizations the work of benevolence; they excuse themselves from contact with the world, and their hearts grow cold. They become self-absorbed and unimpressible. Love for God and man dies out of the soul.

Christ commits to His followers an individual work—a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel.—The Ministry of Healing, 147.



"Occupy Till I Come"

Christ says, "Occupy till I come" [Luke 19:13]. It may be but a few years until our life's history shall close, but we must occupy till then.—The Review and Herald, April 21, 1896.

Christ would have everyone educate himself to calmly contemplate His second appearing. All are to search the Word of God daily, but not neglect present duties.—Letter 28, 1897.



"Occupy Till I Come" (cont'd)

Christ declared that when He comes some of His waiting people will be engaged in business transactions. Some will be sowing in the field, others reaping and gathering in the harvest, and others grinding at the mill. It is not God's will that His elect shall abandon life's duties and responsibilities and give themselves up to idle contemplation, living in a religious dream.—Manuscript 26, 1901.

Crowd all the good works you possibly can into this life.—
Testimonies for the Church 5:488.



As If Each Day Might Be Our Last

We should watch and work and pray as though this were the last day that would be granted us.—Testimonies for the Church 5:200.

Our only safety is in doing our work for each day as it comes, working, watching, waiting, every moment relying on the strength of Him who was dead and who is alive again, who lives forevermore.—
Letter 66, 1894.



As If Each Day Might Be Our Last (cont'd)

Each morning consecrate yourselves and your children to God for that day. Make no calculation for months or years; these are not yours. One brief day is given you. As if it were your last on earth, work during its hours for the Master. Lay all your plans before God, to be carried out or given up, as His providence shall indicate.— Testimonies for the Church 7:44.



We have no time to lose. We know not how soon our probation may close. Eternity stretches before us. The curtain is about to be lifted. Christ is soon to come. The angels of God are seeking to attract us from ourselves and from earthly things. Let them not labor in

(Testimonies For The Church, Volume 8, 314.3)

Conscientious Sabbath Observance

Our heavenly Father desires through the observance of the Sabbath to preserve among men a knowledge of Himself. He desires that the Sabbath shall direct our minds to Him as the true and living God, and that through knowing Him we may have life and peace.—
Testimonies for the Church 6:349.

[See "The Observance of the Sabbath," in Testimonies for the Church 6:349-368.]

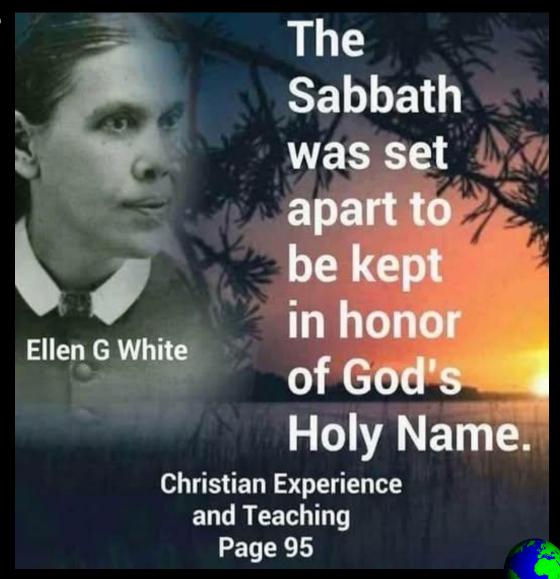
All through the week we are to have the Sabbath in mind and be making preparation to keep it according to the commandment. We are not merely to observe the Sabbath as a legal matter. We are to understand its spiritual bearing upon all the transactions of life....



Conscientious Sabbath Observance (cont'd)

When the Sabbath is thus remembered, the temporal will not be allowed to encroach upon the spiritual. No duty pertaining to the six working days will be left for the Sabbath.—Testimonies for the Church 6:353, 354.

The necessities of life must be attended to, the sick must be cared for, the wants of the needy must be supplied. He will not be held guiltless who neglects to relieve suffering on the Sabbath. God's holy rest day was made for man, and acts of mercy are in perfect harmony with its intent. God does not desire His creatures to suffer an hour's pain that may be relieved upon the Sabbath or any other day.—The Desire of Ages, 207.



Faithful in Tithes and Offerings

The tithe is sacred, reserved by God for Himself. It is to be brought into His treasury to be used to sustain the gospel labourers in their work.... Read carefully the third chapter of Malachi and see what God says about the tithe.—

Testimonies for the Church 9:249.

The New Testament does not re-enact the law of the tithe, as it does not that of the Sabbath; for the validity of both is assumed, and their deep spiritual import explained.—Counsels on Stewardship, 66.

The Lord now calls upon Seventh-day Adventists in every locality to consecrate themselves to Him and to do their very best, according to their circumstances, to assist in His work. By their liberality in making gifts and offerings, He desires them to reveal their appreciation of His blessings and their gratitude for His mercy.—

Testimonies for the Church 9:132.



Faithful in Tithes and Offerings (cont'd)

Dying charity is a poor substitute for living benevolence.—Testimonies for the Church 5:155.

The wants of the cause will continually increase as we near the close of time.—
Testimonies for the Church 5:156.

We are placed on trial in this world, to determine our fitness for the future life. None can enter heaven whose characters are defiled by the foul blot of selfishness. Therefore, God tests us here, by committing to us temporal possessions, that our use of these may show whether we can be entrusted with eternal riches.—Counsels on Stewardship, 22.



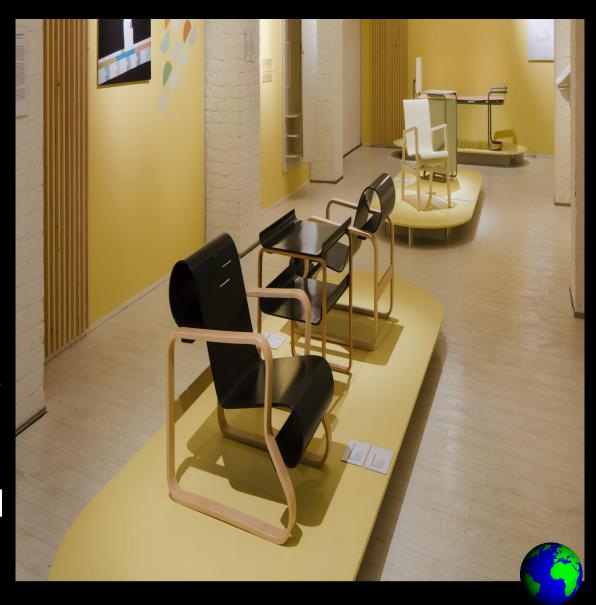
Establish New Institutions

Some may say, "If the Lord is coming soon, what need is there to establish schools, sanitariums, and food factories? What need is there for our young people to learn trades?" It is the Lord's design that we shall constantly improve the talents He has given us. We cannot do this unless we use them. The prospect of Christ's soon coming should not lead us to idleness. Instead, it should lead us to do all we possibly can to bless and benefit humanity.—Medical Ministry 268.



Establish New Institutions (cont'd)

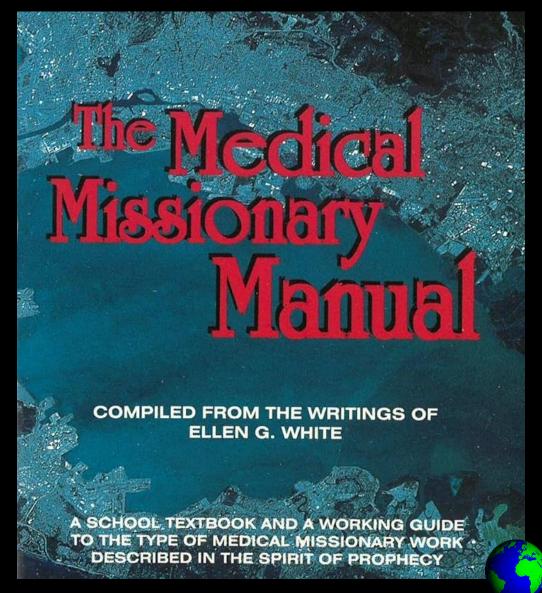
A great work must be done all through the world, and let no one conclude that because the end is near there is no need of special effort to build up the various institutions as the cause shall demand.... When the Lord shall bid us make no further effort to build meetinghouses and establish schools, sanitariums, and publishing institutions, it will be time for us to fold our hands and let the Lord close up the work, but now is our opportunity to show our zeal for God and our love for humanity.— Testimonies for the Church 6:440.



Medical Missionary Work

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavourable positions. For their own sake they should, while they have opportunity, become intelligent in regard to disease, its causes, prevention, and cure. And those who do this will find a field of labour anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith but largely among those who know not the truth.—Counsels on Health, 506.

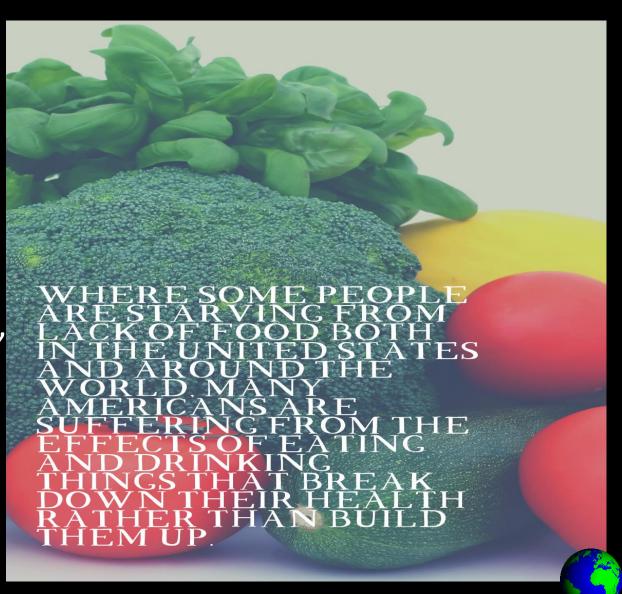
I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.—Counsels on Health, 533.



God's People Value Their Health

The health reform, I was shown, is a part of the third angel's message and is just as closely connected with it as are the arm and hand with the human body.—Testimonies For The Church 1:486.

Tea, coffee, tobacco, and alcohol we must present as sinful indulgences. We cannot place on the same ground, meat, eggs, butter, cheese, and such articles placed upon the table. These are not to be borne in front, as the burden of our work. The former—tea, coffee, tobacco, beer, wine, and all spirituous liquors—are not to be taken moderately, but discarded.—Selected Messages 3:287.



God's People Value Their Health (cont'd)

True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.—
Patriarchs and Prophets, 562.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies.— The Ministry of Healing, 127.

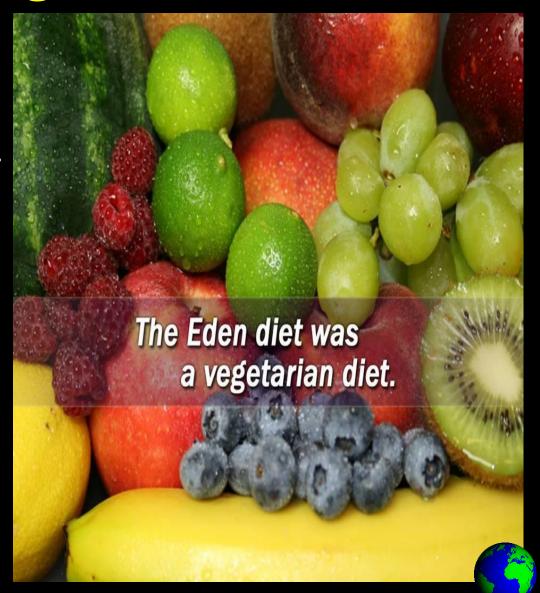
Whatever injures the health not only lessens physical vigour but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong and hence more difficult to resist evil.— The Ministry of Healing, 128.



Return to the Original Diet

God is trying to lead us back, step by step, to His original design—that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord meat eating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view and endeavour to work steadily toward it.—Counsels on Health, 450.

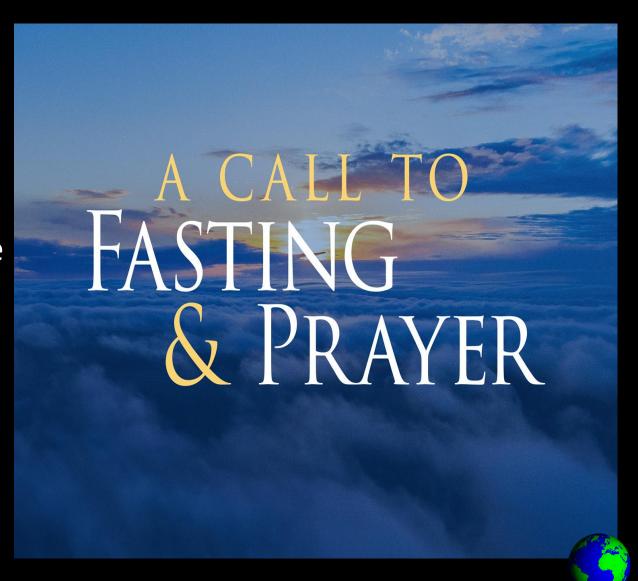
Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done. There are those who ought to be awake to the danger of meat eating who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health. Many who are now only half converted on the question of meat eating will go from God's people, to walk no more with them.—The Review and Herald, May 27, 1902.



Time for Fasting and Prayer

Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food.—Counsels on Diet and Foods, 188, 189.

The true fasting which should be recommended to all is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance.



Time for Fasting and Prayer (cont'd)

Men need to think less of what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience.—Medical Ministry, 283.

The leaven of godliness has not entirely lost its power. At the time when the danger and depression of the church are greatest, the little company who are standing in the light will be sighing and crying for the abominations that are done in the land. But more especially will their prayers arise in behalf of the church because its members are doing after the manner of the world.—
Testimonies for the Church 5:209, 210.

How to fast

National Day of Prayer & Fasting

1

Partial or full fasting

Partial: 6AM—6PM or 6PM—6AM Full: 24-hour fasting

2

Pray, pray, pray.

Pray with our Prayer Focus points continuously.

3

Meditate on God's word.

Prayer is communicating with God. Take time to listen to His Word.



Entire Trust in God

Because of un-consecrated workers, things will sometimes go wrong. You may weep over the result of the wrong course of others, but do not worry. The work is under the supervision of the blessed Master. All He asks is that the workers shall come to Him for their orders, and obey His directions. All parts of the work—our churches, missions, Sabbath schools, institutions—are carried upon His heart. Why worry? The intense longing to see the church imbued with life must be tempered with entire trust in God....

Let no one overtax his God-given powers in an effort to advance the Lord's work more rapidly. The power of man cannot hasten the work; with this must be united the power of heavenly intelligences.... Though all the workmen now bearing the heaviest burdens should be laid aside, God's work would be carried forward.—Testimonies for the Church 7:298.



Family Worship

Evening and morning join with your children in God's worship, reading His Word and singing His praise. Teach them to repeat God's law.—Evangelism, 499.

Let the seasons of family worship be short and spirited. Do not let your children or any member of your family dread them because of their tediousness or lack of interest. When a long chapter is read and explained and a long prayer offered, this precious service becomes wearisome, and it is a relief when it is over....



Family Worship (cont'd)

Let the father select a portion of Scripture that is interesting and easily understood; a few verses will be sufficient to furnish a lesson which may be studied and practiced through the day. Questions may be asked, a few earnest, interesting remarks made, or [an] incident, short and to the point, may be brought in by way of illustration. At least a few verses of spirited song may be sung, and the prayer offered should be short and pointed. The one who leads in prayer should not pray about everything, but should express his needs in simple words, and praise God with thanksgiving.—Child Guidance, 521, 522.



Guard Association With the World

[Revelation 18:1-3, quoted.] While this message is sounding, while the proclamation of truth is doing its separating work, we as faithful sentinels of God are to discern what our real position is. We are not to confederate with worldlings, lest we become imbued with their spirit, lest our spiritual discernment become confused and we view those who have the truth and bear the message of the Lord from the standpoint of the professed Christian churches. At the same time we are not to be like the Pharisees and hold ourselves aloof from them.—The Ellen G. White 1888 Materials, 1161 (1893).

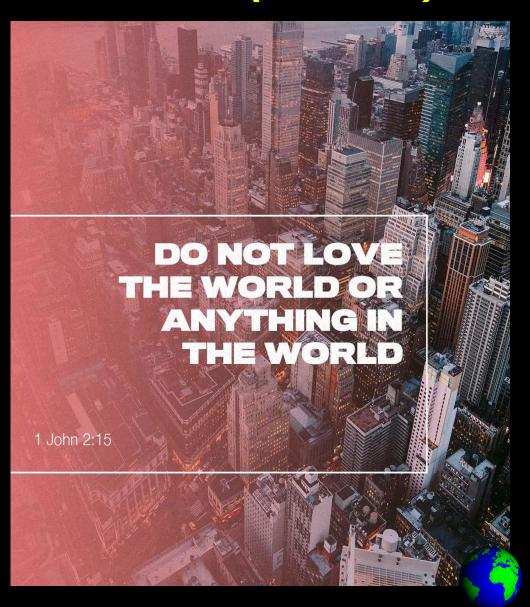


Guard Association With the World (cont'd)

Those who are watching and waiting for the appearing of Christ in the clouds of heaven will not be mingling with the world in pleasure societies and gatherings merely for their own amusement.— Manuscript 4, 1898.

To bind ourselves up by contracts or in partnerships or business associations with those not of our faith is not in the order of God.— The Review and Herald, August 4, 1904.

We should unite with other people just as far as we can and not sacrifice principle. This does not mean that we should join their lodges and societies, but that we should let them know that we are most heartily in sympathy with the temperance question.— Temperance, 220.



Recreation That Christ Approves

It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God.—

Messages to Young People, 364.

Christians have many sources of happiness at their command, and they may tell with unerring accuracy what pleasures are lawful and right. They may enjoy such recreations as will not dissipate the mind or debase the soul, such as will not disappoint and leave a sad after-influence to destroy self-respect or bar the way to usefulness. If they can take Jesus with them and maintain a prayerful spirit they are perfectly safe.—Messages to Young People, 38.

RECREATION THAT CHRIST APPROVES

 Any amusement in which you can engage, asking the blessing of God upon it in faith, will not be dangerous. But any amusement which disqualifies you for secret prayer, for devotion at the altar of prayer, or for taking part in the prayer meeting, is not safe, but dangerous.--MYP 386 (1913).



Recreation That Christ Approves (cont'd)

Our gatherings should be so conducted, and we should so conduct ourselves, that when we return to our homes, we can have a conscience void of offense toward God and man, a consciousness that we have not wounded or injured in any manner those with whom we have been associated or had an injurious influence over them....

Any amusement in which you can engage, asking the blessing of God upon it in faith, will not be dangerous. But any amusement which disqualifies you for secret prayer, for devotion at the altar of prayer, or for taking part in the prayer meeting, is not safe, but dangerous.—Messages to Young People, 386.



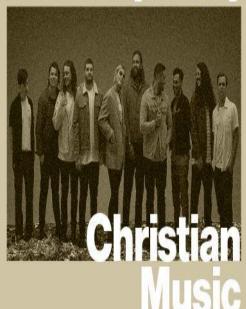
Music That Elevates

As the children of Israel journeying through the wilderness cheered their way by the music of sacred song, so God bids His children today gladden their pilgrim life. There are few means more effective for fixing His words in the memory than repeating them in song. And such song has wonderful power. It has power to subdue rude and uncultivated natures, power to quicken thought and to awaken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort.— Education, 167, 168.

HYMNS



Contemporary

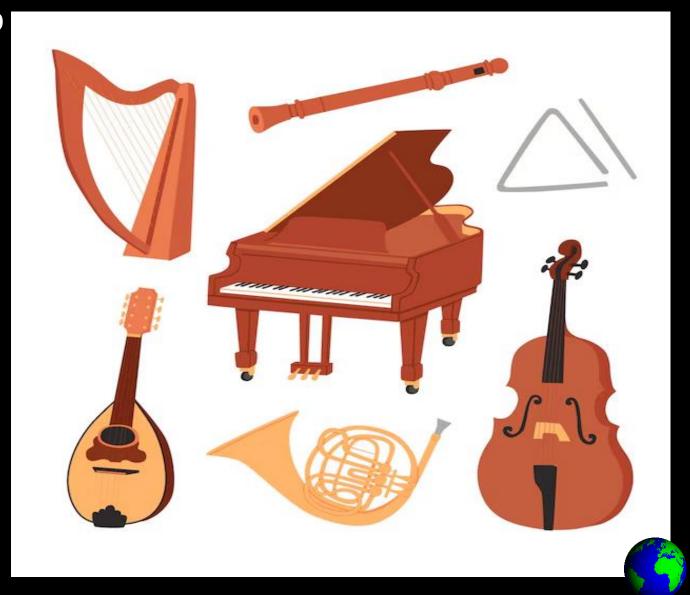




Music That Elevates (cont'd)

Music forms a part of God's worship in the courts above, and we should endeavour in our songs of praise to approach as nearly as possible to the harmony of the heavenly choirs.... Singing, as a part of religious service, is as much an act of worship as is prayer.— Patriarchs and Prophets, 594.

The use of musical instruments is not at all objectionable. These were used in religious services in ancient times. The worshipers praised God upon the harp and cymbal, and music should have its place in our services.—Evangelism, 500, 501.



Television and the Theatre

Among the most dangerous resorts for pleasure is the theatre. Instead of being a school of morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. Low songs, lewd gestures, expressions, and attitudes, deprave the imagination and debase the morals.

Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence, as the desire for intoxicating drink strengthens with its use.—
Testimonies for the Church 4:652, 653.

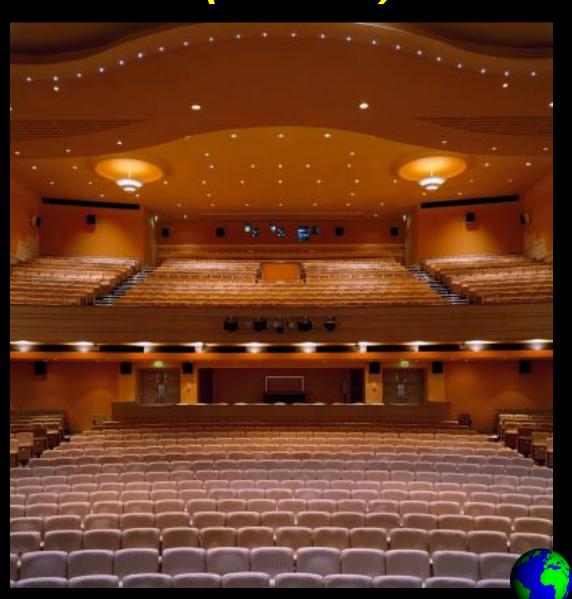


Television and the Theatre (cont'd)

The blessing of God would not be invoked upon the hour spent at the theatre or in the dance. No Christian would wish to meet death in such a place. No one would wish to be found there when Christ shall come.—

Messages to Young People, 398.

The only safe amusements are such as will not banish serious and religious thoughts. The only safe places of resort are those to which we can take Jesus with us.—Our High Calling, 284.



Dress and Adornments

There is no need to make the dress question the main point of your religion. There is something richer to speak of. Talk of Christ, and when the heart is converted everything that is out of harmony with the Word of God will drop off.—Evangelism, 272.

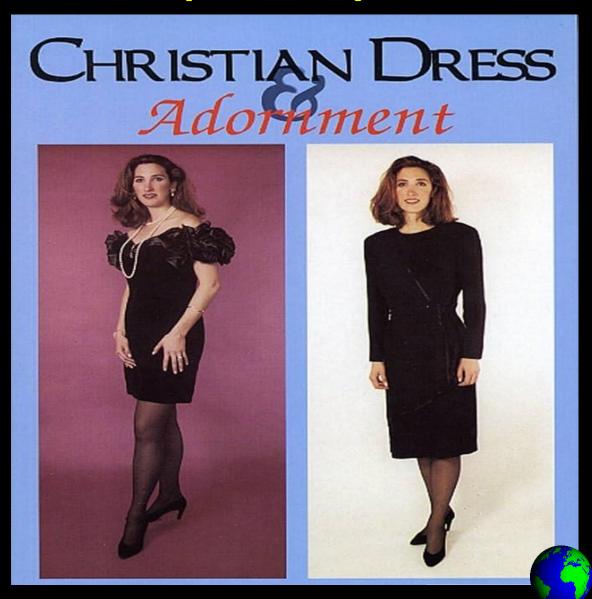
If we are Christians, we shall follow Christ, even though the path in which we are to walk cuts right across our natural inclinations. There is no use in telling you that you must not wear this or that, for if the love of these vain things is in your heart your laying off your adornments will only be like cutting the foliage off a tree. The inclinations of the natural heart would again assert themselves. You must have a conscience of your own.—Child Guidance, 429, 430.





Dress and Adornments (cont'd)

I beg of our people to walk carefully and circumspectly before God. Follow the customs in dress so far as they conform to health principles. Let our sisters dress plainly, as many do, having the dress of good, durable material, appropriate for this age, and let not the dress question fill the mind. Our sisters should dress with simplicity. They should clothe themselves in modest apparel, with shamefacedness and sobriety. Give to the world a living illustration of the inward adorning of the grace of God.—Selected Messages 3:242. The outside appearance is an index to the heart.—Testimonies For The Church 1:136.



The Need for Publications

Publications should be issued, written in the plainest, simplest language, explaining the subjects of vital interest, and making known the things that are to come upon the world.—The Home Missionary, February 1, 1890.

The first and second messages were given in 1843 and 1844, and we are now under the proclamation of the third, but all three of the messages are still to be proclaimed.... These messages we are to give to the world in publications, in discourses, showing in the line of prophetic history the things that have been and the things that will be.—
Counsels to Writers and Editors, 26, 27.



The Need for Publications (cont'd)

Unvarnished truth must be spoken in leaflets and pamphlets, and these must be scattered like the leaves of autumn.—
Testimonies for the Church 9:230.

Patriarchs and Prophets, Daniel and the Revelation, and The Great Controversy are needed now as never before. They should be widely circulated because the truths they emphasize will open many blind eyes.—Colporteur Ministry, 123.

As long as probation continues there will be opportunity for the canvasser to work.—Testimonies for the Church 6:478.





No Sharp Thrusts in Our Papers

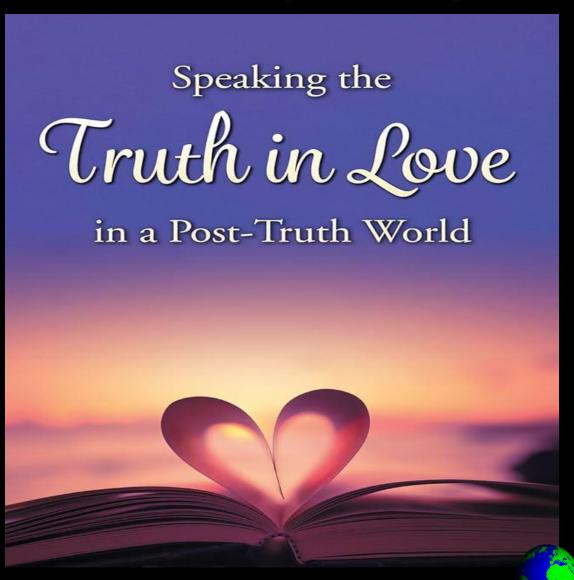
Let not those who write for our papers make unkind thrusts and allusions that will certainly do harm and that will hedge up the way and hinder us from doing the work that we should do in order to reach all classes, the Catholics included. It is our work to speak the truth in love and not to mix in with the truth the unsanctified elements of the natural heart and speak things that savour of the same spirit possessed by our enemies....

We are not to use harsh and cutting words. Keep them out of every article written, drop them out of every address given. Let the Word of God do the cutting, the rebuking; let finite men hide and abide in Jesus Christ.—Testimonies for the Church 9:240, 241, 244.



No Sharp Thrusts in Our Papers (cont'd)

We should weed out each expression in our writings, our utterances, that, if taken by itself, could be misinterpreted so as to make it seem antagonistic to law and order. Everything should be carefully considered lest we place ourselves on record as uttering things that will make us appear disloyal to our country and its laws.—Letter 36, 1895. Christianity is not manifested in pugilistic accusations and condemnations.—Testimonies for the Church 6:397.



Beware of Side Issues

God has not passed His people by and chosen one solitary man here and another there as the only ones worthy to be entrusted with His truth. He does not give one man new light contrary to the established faith of the body. In every reform men have arisen making this claim.... Let none be self-confident, as though God had given them special light above their brethren....

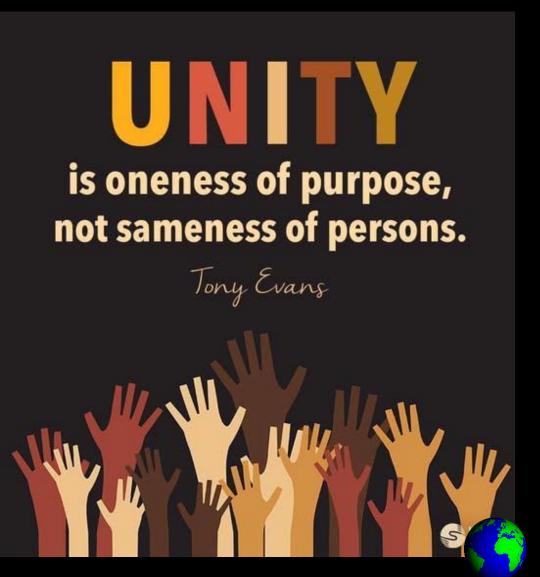
One accepts some new and original idea which does not seem to conflict with the truth. He ... dwells upon it until it seems to him to be clothed with beauty and importance, for Satan has power to give this false appearance. At last it becomes the all-absorbing theme, the one great point around which everything centres, and the truth is uprooted from the heart....

I warn you to beware of these side issues, whose tendency is to divert the mind from the truth. Error is never harmless. It never sanctifies, but always brings confusion and dissension.—Testimonies for the Church 5:291, 292.



Emphasize Unity, Not Differences

There are a thousand temptations in disguise prepared for those who have the light of truth, and the only safety for any of us is in receiving no new doctrine, no new interpretation of the Scriptures, without first submitting it to brethren of experience. Lay it before them in a humble, teachable spirit, with earnest prayer, and if they see no light in it, yield to their judgment, for "in the multitude of counsellors there is safety".... Men and women will arise professing to have some new light or some new revelation whose tendency is to unsettle faith in the old landmarks. Their doctrines will not bear the test of God's Word, yet souls will be deceived. False reports will be circulated, and some will be taken in this snare.... We cannot be too watchful against every form of error, for Satan is constantly seeking to draw men from the truth.—Testimonies for the Church 5:293, 295, 296.



Emphasize Unity, Not Differences (cont'd)

We must make it appear essential to be united, not that we are to require others to come to our ideas, but if all are seeking the meekness and lowliness of Christ they will have the mind of Christ. Then there will be unity of spirit.—Letter 15, 1892.

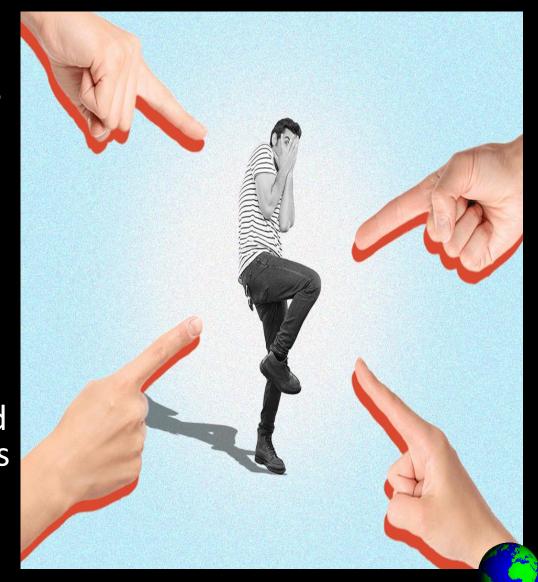
I urge those who claim to believe the truth to walk in unity with their brethren. Do not seek to give to the world occasion to say that we are extremists, that we are disunited, that one teaches one thing, and one another. Avoid dissension.—

Testimonies to Ministers and Gospel Workers, 57.



How to Meet Critics

Those who have departed from the faith will come to our congregations to divert our attention from the work that God would have done. You cannot afford to turn your ears from the truth to fables. Do not stop to try to convert the one who is speaking words of reproach against your work, but let it be seen that you are inspired by the Spirit of Jesus Christ, and angels of God will put into your lips words that will reach the hearts of the opposers. If these men persist in pressing their way in, those who are of a sensible mind in the congregation will understand that yours is the higher standard. So speak that it will be known that Jesus Christ is speaking through you.—Testimonies for the Church 9:148, 149.



Conclusion - Exalt the Word of God

If we work to create an excitement of feeling, we shall have all we want, and more than we can possibly know how to manage. Calmly and clearly "Preach the Word." We must not regard it as our work to create an excitement. The Holy Spirit of God alone can create a healthy enthusiasm. Let God work, and let the human agent walk softly before Him, watching, waiting, praying, looking unto Jesus every moment, led and controlled by the precious Spirit, which is light and life.—Selected Messages 2:16, 17.



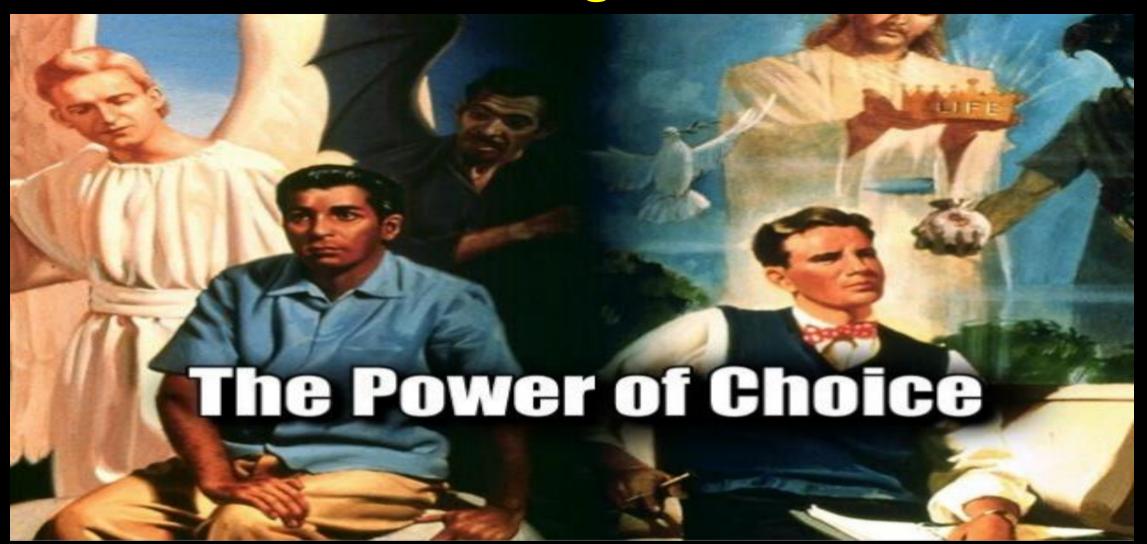
Conclusion - Exalt the Word of God (cont'd)

We must go to the people with the solid Word of God, and when they receive that Word, the Holy Spirit may come, but it always comes, as I have stated before, in a way that commends itself to the judgment of the people. In our speaking, our singing, and in all our spiritual exercises, we are to reveal that calmness and dignity and godly fear that actuates every true child of God.— Selected Messages 2:43.

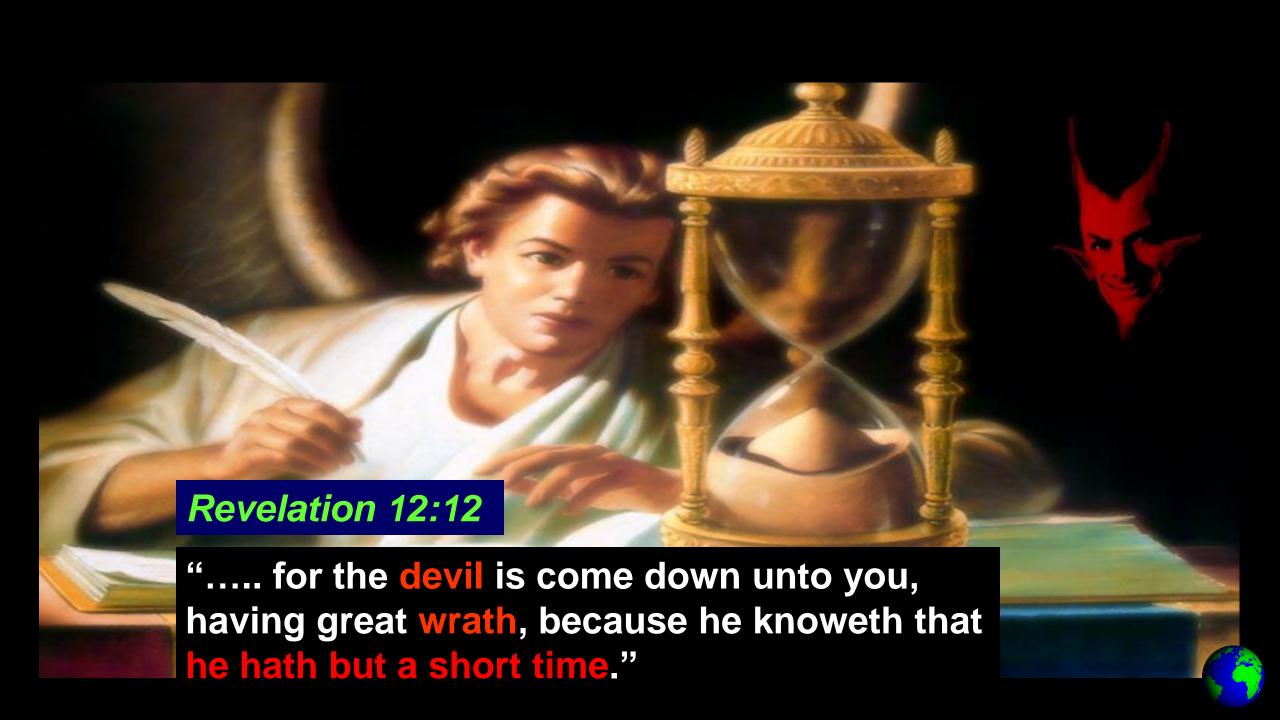
It is through the Word—not feeling, not excitement—that we want to influence the people to obey the truth. On the platform of God's Word we can stand with safety.—Selected Messages 3:375.



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

