



By the Word of Their Testimony

At the age of five, Hannah made an insightful statement about her newfound faith. She told her mother, *"I think Jesus has moved out of my heart."*

With curiosity and concern, her mom asked where Hannah thought Christ had gone.

She replied, *"He has moved to my throat, because all I want to do is tell people about Jesus."*

"And they overcame him by the blood of the Lamb, and by the word of their testimony..." Revelation 12:11

Artisan Bread

6 ½ cups lukewarm water
7 cups whole wheat flour
6 cups unbleached flour (or a little less white spring wheat flour)
¼ cup olive oil

1 Tbsp yeast
3 Tbsp salt

First mix flours together in a separate bowl. Then combine remaining ingredients in a bowl. Let rise at least 2 hours or refrigerate overnight. Then preheat oven to 475°F (250° C). Preheat 3 deep iron skillet with lids (like a Dutch oven) for 45 minutes. Oil 3 bowls and cut the dough into 3 sections, placing one in each bowl. At the end of preheating the pans, gently drop each section into a pan. Replace lid and place in oven. Bake at 475 °F for 30 minutes. Remove lids and bake for 10-15 minutes more. Makes 3 round loaves.



This makes a unique bread that keeps well even for traveling (unlike most homemade bread.) It is great for garlic bread. You may also add a can of sliced olives and 2-4 Tbsp of thyme to one of the loaves for a delicious Olive Thyme Bread.

PROFITABLE TRADITIONS

Cultivate Bible Reading Comprehension

"So they read in the book in the law of God distinctly, and gave the sense, and caused them to understand the reading." Nehemiah 8:8

A fun way to learn the meanings of some words in the Bible that are not commonly used today is to make it into a game. "Verily?" is a game of Bible word definitions. Each player receives a pencil and paper. Choose a Bible word that will be unknown to most of your players. The lead player looks up the word in the 1828 Webster's Dictionary or the King James Bible Companion https://www.biblepicturepathways.com/resources/ldoc.pub_the-king-james-bible-companion--over%20600%20words%20defined.pdf and then write down the definition. The other players write down a definition of what they think the word means. Next have the lead player read all the definitions. Have everyone guess. See how many people can figure out which is the correct answer. Here are a few suggestions: sith (Ezk. 35:6), upbraideth (James 1:5), habergeon (Ex. 28:32), dropsy (Luke 14:2), noisome (Ps. 91:3), superfluous (Lev. 21:18), implacable (Romans 1:31), Maranatha (1 Cor. 16:22)

Quotable Quotes

"Unbelief puts our circumstance between us and God, but faith puts God between us and our circumstances."

F.B. Meyer

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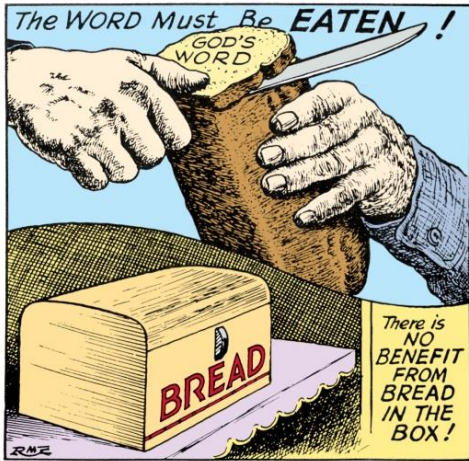
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Editor's Note — A "Taste-Full" Testimony

"Would you like a taste?" the lady in an apron asked as we walked by. We were shopping, and there were several places set up around the store where you could taste different foods. Have you ever thought about why companies whose sole purpose is to make money give out free food? It's because just a taste may sell you on their product for many years. In like manner, God says to mankind, *"O taste and see that the LORD is good: blessed is the man that trusteth in him."* Psalm 34:8 Those who have tasted will, like Job, esteem *"the words of his mouth more than my necessary food."* Job 23:12 They will say with Jeremiah that *"Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart:"* Jeremiah 15:16

Seeing, or being told, about something and actually tasting for yourself are completely different. My childhood illustrates that. I had a lot of perks as a child. For example, I can never remember not knowing "Jesus loves me." I was even born to a missionary family in Rwanda, Africa. After we moved back to America, I was homeschooled by my mother until I went on to a Christian private school with a celebrated educator for my first official "teacher." I was a PK (pastor's kid) and grew up with the benefits of being told about Jesus in Sabbath Schools, Vacation Bible Schools, Pathfinder campouts, Revelation Seminars, etc. I was even baptized, but still I hadn't really "tasted" for myself.



By the time I reached academy, the lack of "tasting" for myself began to take its effect on me. Although I made good grades, my academy years were hard ones, particularly the first year of boarding school. I cannot remember ever having personal worship time. As a result I suffered from some pretty dramatic bouts of depression with dangerous results, though God spared my life. Although I never smoked or drank alcohol, and was actually seen as a spiritual leader, I made some bad friend decisions, resulting in other bad decisions. In fact, one day, recently, I went through the 10 commandments one by one and realized that, lamentably, in my lifetime, I have broken every one of them. I need a Saviour. How thankful I am to know that *"This is a faithful saying, and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief."* 1Tim.1:15 Today,

there are those who would characterize me as overzealous. But in actuality, like Mary Magdalene, I simply love much because I have been forgiven much. (Lk. 7:47)

After I got married, I still struggled spiritually. Although I had always paid tithe, my husband taught me the importance of systematic giving of offerings to God instead of just giving God the leftovers. Yet still, I didn't apply this same principal to my worship time. I had family worship with my kids and even taught Sabbath School at church, but still I set aside no personal time for God. I did not seek *first* the kingdom of God. In addition, looking back, I realize I was really only a seventh-day Christian. The other days, I watched TV, played computer games, listened to worldly music, consulted the fashions, and chased money pretty much like the rest of the world. I still suffered with bouts of depression. Despite an outwardly religious life, I still tried to fill the void where God should have been with the things of this world, but to no avail. I really didn't know that much of my misery was self-inflicted by bad choices. I didn't recognize that *"whosoever therefore will be a friend of the world is the enemy of God."* James 4:4 However, even this, God used to teach me, for as Spurgeon said, *"Nothing teaches us about the PRECIOUSNESS of the Creator as much as when we learn the EMPTINESS of everything else."*

But praise God, He was drawing me to know Him little by little. *"I drew them with cords of a man, with bands of love..."* Hosea 11:4 He sent lessons so simple a child could teach them. My first child had already taught me to have worship *with her* in the morning, because she was grouchy all day if I didn't. As a toddler, my next child taught me the importance of fresh air -- if he didn't get outside once a day to get his "walk-about," he was grumpy. Then I learned the importance of drinking plenty of water, eliminating some of my headaches and other physical ailments. My third child protested loudly when certain worldly music was played. And one day, I determined to quit listening to worldly music *in the car*. I decided I was too likely to die driving, and I didn't want to be listening to worldly music when I died. Despite the reasoning, the effect was beneficial and certainly, although almost imperceptibly, each piece of truth I embraced drew me a little closer to Jesus—the Truth.

But God had yet another lesson to teach me. He knew part of my problem was that, at times, pride and self-sufficiency were eclipsing my love for God. He had to get me to realize my need. I was a little too haughty about knowing about the seventh-day Sabbath and other truths. I was *"rich and increased with goods"* and thought that I had *"need of nothing"* and knew not that I was *"wretched, and miserable, and poor, and blind, and naked."* (Rev. 3:17) But one day, God gave me a wake-up call. My husband had

talked me into reading *The Great Controversy*, one of his favorite books, as a result of which, I read this quote, *"The apostle Paul declares that 'all that will live godly in Christ Jesus shall suffer persecution.' 2 Timothy 3:12. Why is it, then, that persecution seems in a great degree to slumber? The only reason is that the church has conformed to the world's standard and therefore awakens no opposition. The religion which is current in our day is not of the pure and holy character that marked the Christian faith in the days of Christ and His apostles. It is only because of the spirit of compromise with sin, because the great truths of the word of God are so indifferently regarded, because there is so little vital godliness in the church, that Christianity is apparently so popular with the world. Let there be a revival of the faith and power of the early church, and the spirit of persecution will be revived, and the fires of persecution will be rekindled."* {GC 48.3} I am a good Christian, I thought, but then... where was my persecution? I could not think of any at all. I did not yet realize that as Luther said, *"A religion that gives nothing, costs nothing, and suffers nothing, is worth nothing."*

Finally, God orchestrated a move to the country – away from friends, family and everything I knew. Living in a tent for three months while we built our house, there was no TV to watch and we began to read and study God's word. Finally, I began to "taste" and savor God's word. Now instead of asking other humans what was right and wrong, I learned to ask God in His Word. I began to take time for Bible study each day. I became like Mary sitting at the feet of Jesus, eager to hear His next word. Later when my fourth child would come in for attention during my worship time, he learned to listen, even at the age of three, to an entire chapter read from the Bible (usually from the book of Daniel). And little by little as I read God's word, God began to change my life. He replaced my desire for worldly music with a love of scripture songs. My dress became more modest and more comfortable. As we quit eating the drug "foods" that were affecting our frontal lobes, our understanding of spiritual things blossomed. We learned the importance of guarding your senses. As we quit celebrating tradition-dictated pagan holidays, we gained a new appreciation for those things that were ordained by the word of God. At each step God replaced old habits with something better. God even gave us the steadfastness to quit watching TV and movies. And it was only upon giving up the movies that I realized I had been addicted to them. I had panic attacks and actual withdrawal symptoms when the dramatized movies were given up. But, after the initial withdrawal, away with the movies went a large portion of the depression that had dogged my steps for years, and I found new joy in studying the sanctuary and the "hidden" manna in God's word. Although many of the changes we made were very difficult in the beginning, one day I realized, I liked God's way. Life was better His way. In fact, sometimes I went around the house singing, "God's way is way better." I was happy. I had everything I had ever wanted—a household of faith, a husband, four kids, and a home in the country.



But the picture-perfect tranquility didn't last for long. Trials came. First we were tested to see whether we would put money before God. My husband began having difficulty at his job due to satanic music being played by others at his workstation. We tried everything to block it – shooting muffs, ear plugs, scripture songs, appealing to the boss – but still the evil lyrics played through his head at night. We knew we had a choice to make. In the midst of our decision-making, we came across this quotation, *"Man shall not live by bread alone, but by every word of God." Often the follower of Christ is brought where he cannot serve God and carry forward his worldly enterprises. Perhaps it appears that obedience to some plain requirement of God will cut off his means of support. Satan would make him believe that he must sacrifice his conscientious convictions. But the only thing in our world upon which we can rely is the word of God. "Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." Matthew 6:33. Even in this life it is not for our good to depart from the will of our Father in heaven. When we learn the power of His word, we shall not follow the suggestions of Satan in order to obtain food or to save our lives. Our only questions will be, What is God's command? and what His promise? Knowing these, we shall obey the one, and trust the other."* {DA 121.2} The answer was clear, and seeing that my husband might lose his eternal salvation if he continued to regularly expose himself to the rock racket, finally, we decided he had to quit his job, despite not knowing where our next meals would come from. But we found God faithful, and now 10 years later, I can testify, God can furnish a table in the wilderness today as surely as He did for the children of Israel.

But soon more adversity hit. God didn't let us down, but as we began to share with others our newfound love of God's word, and launched our online ministry, we began to realize the truth of Revelation 12:17 *"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ."* My heart ached when too soon our oldest son died of government-mandated chemotherapy, removing a vital piece of my "perfect" world. Soon after, I went through an adrenal crash, but again God miraculously spared my life. And yet, the fires of persecution continued to be kindled in other ways, sometimes in ways we didn't expect, and even from those who claimed to be Christians. I recall one time when my faith in God's word was challenged by a religious leader and I began to question, *maybe I am wrong, after all, I am only one person.* But as I began to doubt the plain statements of God's word, I felt as if I were drowning. And then I realized, *If you feel like you are drowning, your feet are not on the rock.* (Matt. 7:24, 25). I learned from experience, *"When a man rejects any part of God's Word, he*

does not really believe even that part which he thinks he is accepting. Every word of God is infinite, and any particular scripture, before it can be appreciated and understood, must be taken with every other word given to man.” (Present Truth, August 17, 1899) Again, I took a firm stand on God’s word—this time firmly planted upon *EVERY* word that proceedeth out of the mouth of God.

However, that was not the end of the trials and religious persecution (which admittedly, can come in different forms for different people). For us, some of the aspects of those years were more like a nightmare than reality, gas was poured around our parked car, our stove-pipe was sawed through, our car brakes tampered with, our dog poisoned with food that was meant for us, our garden was sabotaged, and anything we were excited about was soon in some way neutralized. After reading Linda Shelton’s book *Adventures in Forgiveness*, we realized we had become victims of what is called “gang-stalking,”¹ basically meaning someone had hired expert hit-men to make our life miserable. This was not how we expected religious persecution to look. But we found that *“The LORD is good, a strong hold in the day of trouble...” Nahum 1:7* We leaned regularly on His everlasting arms. It actually helped to build our faith seeing how God protected us from harm again and again. We saw over and over that He has a thousand ways to provide for us, even when our mailbox was robbed and our garden repeatedly desolated. We also realized what a blessing it was that God did not allow this to happen years ago before He had prepared us to trust Him fully. Even then, through adversity, God was teaching us to better realize our dependence upon His constant care. Courage, fortitude, faith, and implicit trust in God’s power to save, do not come in a moment. These are often acquired by the experience of years, and like a loving parent God was yet preparing us for future trials.

Then about 2015, after we began studying into “the Royal Line,” old Bibles, and in particular pure-line Bibles, a new phenomenon of persecution was added, or at least it was then we realized what was happening – electronic harassment – very similar to the publicized Havana syndrome likely caused by directed energy weapons.² First, on certain days, with no apparent reason, several of us found it hard to get out of bed in the morning. Sometimes truth is stranger than fiction, but as time went on the electronic harassment became more intense and obvious. Sometimes we could feel heat or vibration with it. Sometimes particular body organs were “hit” and the pain was intense. At times, it neutralized normal body functions, caused a racing heart, intense stomach distress, or even bruising and bleeding. Regularly it disrupts our sleep and causes fatigue. More than once, it has been hard enough to wake us up at night, sometimes with a jolt. After seven years, we have seen its toll on our health, bringing with it for me a frustrating loss of some of my singing ability and intense water retention that is at times very painful and even dangerous. However, we praise God for his goodness as we daily witness the miracle of His preservation of our lives. We are convinced that *“It is of the LORD’S mercies that we are not consumed, because his compassions fail not.” Lamentations 3:22* But why do I put all this into my testimony? #1 That others who may be TIs (targeted individuals) may realize they are not alone. And #2 That the world may appreciate the fact that having a clean conscience and the smile of Jehovah is worth it all. (Indeed, *History of Protestantism* states that one will find *“that the fires which remorse [for recanting] kindles in the soul are sharper than those which the persecutor kindles to consume the body.”*)

One day, my husband and I were talking together and I asked, “Would you trade our life now with all its trials, for the nominal Christian life we used to have before we discovered the joy of studying God’s word?” His answer and mine were, and are, a decided, **“No”** for we have “tasted” and seen that God is good all the time. Whether in prosperity or adversity, God’s way is better. Like Moses, we choose *“rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season” Heb. 11:25*. We rest



content in the knowledge that our God is able to deliver us when it is His will, for we have seen Him do it many times. On one occasion, the burning sensation of electronic harassment was distinctly removed after an emergency prayer to heaven. On other occasions, when we thought one or the other of our bodies could not take another night without bringing death with it, God allowed us to recognize that He placed His hands over the failing one of us and blocked the signals. We pray that God will give us the grace to remain content with His will, His way, and His timing. Like the three Hebrews we know

“our God whom we serve is able to deliver us from the burning fiery furnace... But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up.” Daniel 3:16,17 We know God’s way is better – even though the trials and persecution come. *“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Christ’s sufferings; that, when his glory shall be revealed, ye may be glad also with exceeding joy.” 1 Peter 4:12,13* **We know by “tasting” for ourselves, that when all you have left to hold on to is God, God is enough.** And we invite you dear reader, to *“taste”* for yourself, *“and see that the LORD is good.”*

1 -- <https://lawyer.zone/what-is-gang-stalking/> <https://www.targetedevidence.com/>

2-- <https://www.cbsnews.com/news/havana-syndrome-white-house-cabinet-60-minutes-2022-02-20/>



Secrets of Centenarians

The average life expectancy on planet earth is approximately 73.2 years. Women rate a little better at 75.6 years, while men rate a little worse at 70.8 years. Hong Kong's average is 85.29. Sadly, in countries like Somalia, the average drops as low as 58.34 years. While the US life expectancy ranks in at 79.11 years.¹ However, in the US alone, *"there were 100,322 persons age 100 and older in 2019."*²

But just what is it that makes some people live longer than others?

Certainly, it might be of scientific import to study clusters of centenarians around the world and their lifestyle practices. And it turns out someone already has studied these areas called Blue Zones. Dan Buettner writes, *"To answer the question, we teamed up with National Geographic to find the world's longest-lived people and study them. We knew most of the answers lied within their lifestyle and environment (The Danish Twin Study established that only about 20% of how long the average person lives is determined by genes). Then we worked with a team of demographers to find pockets of people around the world with the highest life expectancy, or with the highest proportions of people who reach age 100."*



"We found five places that met our criteria:

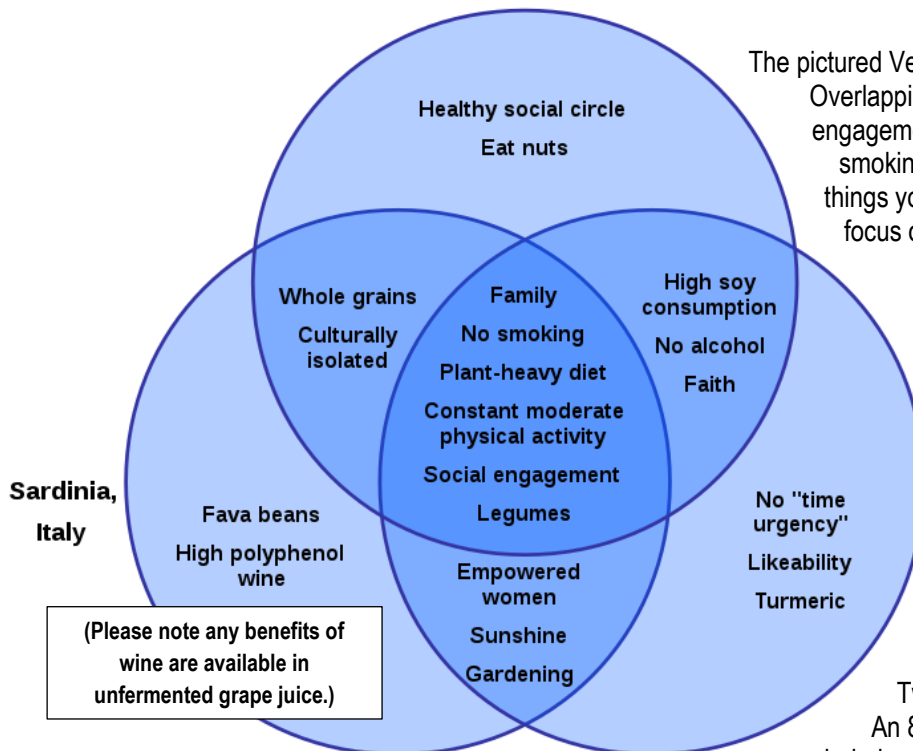
Barbagia region of Sardinia – Mountainous highlands of inner Sardinia with the world's highest concentration of male centenarians.

Ikaria, Greece – Aegean Island with one of the world's lowest rates of middle age mortality and the lowest rates of dementia.

Nicoya Peninsula, Costa Rica – World's lowest rates of middle age mortality, second highest concentration of male centenarians.

*Seventh Day Adventists – Highest concentration is around Loma Linda, California. They live 10 years longer than their North American counterparts. Okinawa, Japan – Females over 70 are the longest-lived population in the world."*³

Loma Linda, United States



The pictured VennDiagram compares three of these locations. Overlapping points of all three included: Family and social engagement (providing purpose and a positive outlook), no smoking and moderate physical activity (two of the best things you can do for your health), a plant-heavy diet with a focus on legume-based protein. They found that *"Beans, including fava, black, soy and lentils, are the cornerstone of most centenarian diets."*⁵

They also found that centenarians move naturally. *"The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They grow gardens and don't have mechanical conveniences for house and yard work."*⁵

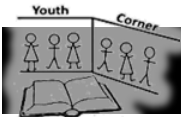
Two other common denominators they found were, An 80% rule and a time to downshift. Okinawans are reminded each day *"to stop eating when their stomachs are 80*

*percent full. The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. People in the blue zones eat their smallest meal in the late afternoon or early evening and then they don't eat any more the rest of the day."*⁵

And then the anti-stress plan. *"Even people in the Blue Zones experience stress. Stress leads to chronic inflammation, associated with every major age-related disease. What the world's longest-lived people have that we don't are routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour [a time set aside for stress relief that could be even happier and more pleasant with non-alcoholic drinks]."*⁵

The goal is not just the chance of living longer, but ultimately having more life in your years. But one might note how much of these centenarian lifestyles match God's plan for good health – Fresh air, exercise, water, rest, temperance, good nutrition, sunshine, and trust in God. God's principles of good health come with a promise for here and the world to come. Proverbs 3:1,2 states, *"My son, forget not my law; but let thine heart keep my commandments: For length of days, and long life, and peace, shall they add to thee."*

- 1-- <https://www.worldometers.info/demographics/life-expectancy/> 2-- <https://acl.gov/sites/default/files/Aging%20and%20Disability%20in%20America/2020ProfileOlderAmericans.Final.pdf>
 3-- <https://www.bluezones.com/2016/11/power-9/> 4-- VennDiagram CC-4 https://en.wikipedia.org/wiki/Blue_zone#/media/File:3_blue_zones_venn_diagram.svg
 5-- <https://www.bluezones.com/2016/11/power-9/>



Testimony of a Martyr

"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." Revelation 12:11



Our word "martyr" is simply the Greek word for "witness." And indeed, many a Christian martyr has borne witness even in death to the power of Christ.

The story is told "of a faithful Christian about to suffer martyrdom for his faith. A brother Christian had been conversing with him in regard to the power of the Christian hope—if it would be strong enough to sustain him while his flesh should be consuming with fire. He asked this Christian, about to suffer, to give him a signal if the Christian faith and hope were stronger than the raging, consuming fire. He expected his turn to come next, and this would fortify him for the fire.

"The former promised that the signal should be given. He was brought to the stake amid the taunts and jeers of the idle and curious crowd assembled to witness the burning of this Christian. The fagots were brought and the fire kindled, and the brother Christian

fixed his eyes upon the suffering, dying martyr, feeling that much depended upon the signal. The fire burned, and burned. The flesh was blackened; but the signal came not. His eye was not taken for a moment from the painful sight. The arms were already crisped. There was no appearance of life.

"All thought that the fire had done its work, and that no life remained; when, lo! amid the flames, up went both arms toward heaven.

"The brother Christian, whose heart was becoming faint, caught sight of the joyful signal; it sent a thrill through his whole being, and renewed his faith, his hope, his courage. He wept tears of joy." ---- {1T 657}

Kids' Corner

God's Amazing Creatures

The sea pen is actually a group of invertebrate (or backboneless) ocean animals, called polyps (small anemone-like individuals). The polyps work together to form the whole sea pen. The primary polyp loses its tentacles and becomes the stalk of the sea pen, with a bulb at its base. The bulb anchors the sea pen in the floor of the ocean. The other polyps make up the sea pen's "branches" and each one has a special job. Some of them feed by using nematocysts (which are like little parts of jelly-fish tentacles) to catch plankton, tiny plants and animals that drift with the water. Other polyps reproduce making more polyps. And still others force water in and out of canals that ventilate or freshen and clean the colony. As the name sea pen suggests, some, but not all, sea pens resemble an old feather pen. Most sea pens also glow when they are touched. Isn't it wonderful that God created so many unique creatures for us to learn about?

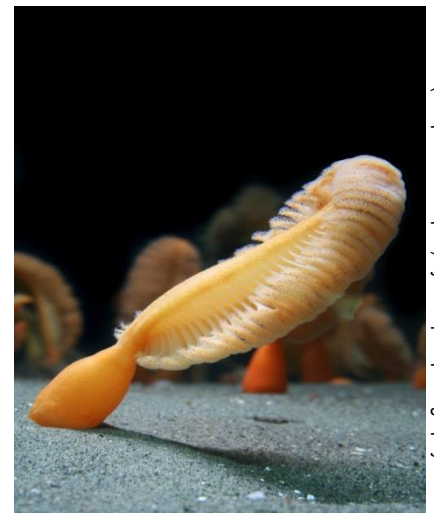


Photo-- (Wikipedia—Sea pen) by backpackphotography CC-2