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Arden Adventist

GRACE NOTES



June 2018

Sharing God's Love In Our Community



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From the Pastor's Pen



Pastor Eric Bates, D. Min.

Leading Your Family In Christ. . .

Most Christian men in theologically conservative circles embrace the biblical truth that they are to lead their families in Christ. Though most embrace this reality and are convinced of its necessity, it is equally true that most of us are not quite sure how to do this. Too few of us grew up in Christian homes with strong and godly Christian fathers to model it before us. How does a Christian husband and father lead their family well in Christ? Jason Helopoulos suggests the following is a starting place:

Pursue Holiness: This is the key to leading our families in Christ. A Christian husband and father cannot lead where he has not tread. If holiness is found lacking in our lives, then it will normally be lacking in our family members as well. The greatest impetus to their growth in Christ is our growth in Christ.

Know What You Can Control and Can't Control: It is a fool who thinks they can control the hearts of others. But we are charged with maintaining our own hearts. Husbands and fathers serve their family well when they are seeking to control their own anger, selfishness, pride, and tongue.

Provide in Every Realm: Most Christian husbands and fathers recognize the need to provide for their families materially. Even as this is true in the physical realm, so it is true in the spiritual. Practice consistent and regular family worship; lead your family in reading the Scriptures, praying, and singing. In joy, take your family to church each week, engage your family in the ministry of the church, pursue hospitality by inviting others to your home, pray with and for your wife and children.

Practice Humility: The world promotes a type of leadership that demands to be served. The Christian view of leadership demands to serve. Dear Christian husband and father, you are the chief servant in your home. We lead by serving and often that serving is sacrificial (Ephesians 5:25).

Persist in Joy and Thanksgiving: Set the tone in your home. A Christian husband and father establishes the culture of his home more than anyone else. The moody teenager, fussy toddler, or even sullen wife are not the determining factor. You are. Pursue joy in the Lord and persist in thanksgiving to God for all His good gifts (James 1:17).

Be Effusive in Love: No wife or child has ever said, "I was loved too much!" Make your wife feel treasured. Grace her life with time, compliments, flowers, gifts, and constant affection. Hug her from behind while she is washing the dishes, carve out regular time for her to escape from the demands of the home, encourage her to pursue godly female friendships, thank her for the care she provides for you and your children, plan and execute date nights. And allow your children to see this affection. As for your children, lavish upon them an undeterred and unflinching love. No matter their failings, foibles, or struggles, may they know your love will be a constant in their lives.

Live in Grace: Model and practice grace in your home. Be sensitive to sin and even more sensitive to extending the same grace you have received. Your wife and children should find you approachable, kind, gentle, and gracious. When they hear the word grace it shouldn't be a foreign concept to their minds.

Protect and Be Strong: Not only do they need your strength, but they need to know you are willing to use that strength for their good. You serve as their defender. You are to willingly and gladly stand-up for your family, even if that costs you socially, professionally, emotionally, or even physically.

Glory in Weakness: Even as you seek to be strong, you must glory in your own weakness. Your wife and children should know you as a man who happily depends upon the Lord. A faithful Christian will be a man of prayer, knowing that much of his shepherding takes place upon his knees. He will lead the way in asking for forgiveness in the home from both his wife and children, he will keep short accounts and be quick to grant forgiveness when offended, he will refrain from having too high of expectations for his wife and children knowing his own failings and weaknesses, and he will extend to them the same grace he himself needs.

Christian husbands and fathers, you have been given the glorious and wonderful task of leading your homes in Christ. Leading takes thought and intentionality. How are you leading your family in the Lord? What principles, practices, and pursuits are you employing for their good and the glory of our Head, Christ Jesus?

Our Purpose is, by God's Grace, to reflect His character in our community, to demonstrate a quality of life that will attract all to be reconciled to Jesus Christ, and to encourage people to become His loving, maturing disciples.

Grace Notes Staff:

Gailon Morissette Editor & Graphic Design
Ann Marie Bates Columnist
Jean Davey Reporter
Max Hammonds Columnist
Connie Hayward Reporter
Jeremy Pettit Columnist
Your comments, suggestions and praises are always welcome. Please contact church office.

Services Each Saturday Morning:

First Service, 8:15 a.m.
Sabbath School Bible Study, 9:30 a.m.
Second Service, 10:45 a.m.

Location: 35 Airport Road, Arden, North Carolina 28704. Located on Highway 280, (Airport Road), 1.5 miles east of I-26 exit 40, and half mile west of Highway 25.

Church Office:

Office Manager: Whitney Barron
Telephone: (828) 684-6700
Email: office@ardenadventist.org
Website: www.ardenadventist.org
Office Hours:
Monday through Thursday 9:00 to 3:00

Arden Adventist Pastoral Staff:

Senior Pastor: Pastor Eric Bates, D. Min.
Email: ebates@carolinasda.org
Associate Pastor: Pastor Evan Bujeker
Email: ebujeker@carolinasda.org

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Have questions about what Adventists believe? Would you like to become a member of the Seventh-day Adventist Church? Would you just like to study the Bible? You are invited to attend a Pastor's Bible Study Class. Please call for location and time. All are welcome.

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Arden Adventist Grace Notes

EDITOR'S NOTES

"WHAT WE BELIEVE"

In this series over the next few months we will explore the core doctrines of the Seventh-day Adventist Church with articles and stories.

Currently, Adventists hold 28 fundamental beliefs that can be organized into six categories—the doctrines of **God; Man; Salvation; The Church; The Christian Life;** and **Last Day Events.** (adventist.org/en/beliefs/god/)

In each category, God is the architect, who in wisdom, grace and infinite love, is restoring a relationship with humanity that will last for eternity.

This is Part 2 of the third Category — SALVATION.

Disrupted Harmony--Love. Harmony. Perfection. Once, all creation sang the same glorious song.

Disharmony erupted when a once-perfect being abused his God-given freedom. Satan "the accuser" chose self-centeredness and slander over truth and love. Satan claimed that God is not fair, that He's harsh and controlling, depriving others of what they deserve.

Satan's deception convinced a third of heaven's angels, whom God expelled from heaven. Satan claimed rulership of our planet when he swindled its first couple, Adam and Eve, making them doubt God's trustworthiness and love. That first sin distorted God's image in us, twisting the world in on itself and threatening its self-destruction. The universe watched to see God's response to Satan's accusations.

The "great controversy" between good and evil over God's character continues to rage, but Jesus, God's own Son, settled its central question two thousand years ago when He died for humanity. How strong is God's love? Jesus' self-sacrificing death showed that God is willing to pay the incalculable cost of our sins. His sacrifice unmasked the true horror of sin and made clear that God can be trusted. Why did Jesus' death make such a difference? Because Jesus lived the perfect life that we've each failed to achieve and he died the death we each deserve.

The result: We can live for Him, now and forever. Jesus' sacrifice reconciles us to a perfect God while transforming our hearts. The Holy Spirit shows us our need for God and assures us that we are saved and forgiven. The Spirit writes a new script in our hearts, empowering us to live in freedom, service and joy. God treats us as if we had never sinned, never doubted, never gone our own way. The same Jesus who subdued demons during His life declared victory over all evil powers at His death. Jesus' resurrection guarantees that death itself will die. Our new life in Jesus frees us from the fear of death and the shame of our past. As we connect with Jesus, the Holy Spirit calms our hearts and transforms our outlook. Our spiritual life grows as we talk with God, ponder His Word, share our faith and worship through music and fellowship.

God sent Jesus, His Son, to live the perfect life we could not and die the death our sins deserve. When we accept Jesus' sacrifice, we claim eternal life.

In Christ's life of perfect obedience to God's will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God's law and the graciousness of His character; for it

both condemns our sin and provides for our forgiveness. The death of Christ is substitutionary and expiatory, reconciling and transforming. The bodily resurrection of Christ proclaims God's triumph over the forces of evil, and for those who accept the atonement assures their final victory over sin and death. It declares the Lordship of Jesus Christ, before whom every knee in heaven and on earth will bow. (Gen. 3:15; Ps. 22:1; Isa. 53; John 3:16; 14:30; Rom. 1:4; 3:25; 4:25; 8:3, 4; 1 Cor. 15:3, 4, 20-22; 2 Cor. 5:14, 15, 19-21; Phil. 2:6-11; Col. 2:15; 1 Peter 2:21, 22; 1 John 2:2; 4:10.)



Amazing God-man

Essence of the gospel, core of our mission
Oct 13, 2016 | Jairyong Lee

The Son, a member of the triune God, came to this sinful world as a heaven-sent missionary to "save his people from their sins" (Matt. 1:21).¹ The everlasting God

became a man to be humanity's Savior! The Incarnation became a reality by the willingness of the Son and through the work of the Holy Spirit. In this magnificent event all three members of the Godhead worked together as a team from the foundation of the world. Thus, Jesus was born—the Savior of the world.

Christ's Perfect Sinless Life

Jesus was born of the Holy Spirit (Matt. 1:18-21) and lived a Spirit-led life. He was perfect. He lived a perfect life. "Not only did He commit no act of sin, He had no sin in His being."²

He was "without blemish or defect" (1 Peter 1:19). Jesus was able to lead a sinless life because He depended on God and did everything according to His Father's will. Even while suffering extreme agony in the Garden of Gethsemane, Jesus cried out to God, "My Father, if it is possible, may this cup be taken from me. Yet not as I will,

Continued »»

but as you will” (Matt 26:39).

Jesus, through His perfect sinless life, gives humanity hope that we too can observe the law of God by relying on Him. It is thus that He destroyed Satan’s age-long insistence that the standard and the requirement of God’s law is higher than any creature can attain.

Jesus is an example to all His followers. “As one of us He was to give an example of obedience.”³ That is why He took upon Himself human nature and went through our experiences. He diligently worked every day among the people. He was truly a man among us. Yet, at the same time He was fully divine. He accomplished much on behalf of others through the power of God. Not once did He use His divine power to benefit Himself. He was tempted in all points as we are, yet was without sin (cf. Heb. 4:15). He was the only sinless person who ever lived in this sinful world. It was His mission to demonstrate to us and the whole universe that we can obey God’s precepts through the power of the Holy Spirit. But that was not all.

Christ’s Death for Our New Life

Jesus came to this world not only to live a perfect sinless life as our example, but also to die for sinful human beings as humanity’s substitute. The death of Jesus endured for humankind, for you and me, was God’s design to save humanity from sin. The character of sin is so terrible that the only way to eradicate it for eternity and thereby liberate all under its yoke came through offering Himself as a sacrifice.

At the cross the innocent Man was condemned for you and me—for all humanity. He bore the sins of the world (John 1:29). He took upon Himself our sins and received the punishment that we deserved (Isa. 53:5). He died for all sinners, regardless of race, culture, and nationality. Just as He gave life to human beings at the time of Creation, Jesus gave new life to sinners at the cross. Anybody, anywhere, enjoys salvation as they accept His sacrifice on their behalf and make Him their personal Redeemer. Jesus died for all!

As soon as Christ died on the cross our new life began. When He pronounced on the cross, “It is finished” (John 19:30), He accomplished His earthly mission and died the second death that all sinners were supposed to face. Since Jesus already died the second death in our place, we, the redeemed, do not need to worry about it. Now humanity can enjoy eternal life in Christ.

By dying on the cross Christ has made a provision of forgiveness of sin for fallen humanity. “The whole mind, the whole soul, the whole heart, and the whole strength are purchased by the blood of the Son of God.”⁴ Therefore, in Christ, through His blood, we become a new creation (2 Cor. 5:17).

Consummation of Christ’s Victory Over Sin At the cross Jesus won a great victory over sin. He then rested in the

tomb as He had rested on the Sabbath after creating the world. But what if Jesus had never woken up from His death? His victory over sin that He had achieved on the cross would have been nullified, and the plan of salvation would have ended in failure. “And if Christ has not been raised, our preaching is useless and so is your faith” (1 Cor. 15:14).

But Jesus did rise again, and the resurrection of Christ was the consummation of His victory over sin, sealing the work of human salvation. Jesus has conquered death forever by His death and resurrection. His resurrection revived eternal hope in the hearts of the disciples who had been greatly discouraged at the crucifixion of their Master. Now seeing the risen Lord, however, they were more convinced than ever before that He was the Christ, the Son of man and Savior of the world. With this conviction they went out and preached “the resurrection of the Lord Jesus” (Acts 4:33) to the people.

Christ’s resurrection is the assurance of the resurrection of the saints. He is our life and resurrection. Therefore, anyone who believes in Christ will live, even though they die (John 11:25). When we believe in Jesus, we become partakers of the victory He has won. As He was raised, all saints also will be raised. And as He lives forever, we also will enjoy everlasting life.

Christ Is the Gospel to Be Proclaimed

Jesus came to this world as a missionary. In fact, He was the greatest missionary that this world has ever had. As a missionary He preached the gospel message to the people and gave them everything He had, including His energy, time, love, and compassion; forgiveness; and, ultimately, His own life. He Himself was the good news.

The confidence in God’s saving grace revealed through the life, death, and resurrection of Christ is what motivates His followers to tell the world about the good news of God’s infinite love toward fallen humanity. The Savior tells all His followers to be His “witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth” (Acts 1:8), and to proclaim the soon coming of Jesus Christ. Now this is a solid foundation for our mission.

Continued »»

This article originally appeared on www.adventistworld.org in April, 2010.

Jairyong Lee is president of the Northern Asia-Pacific Division of Seventh-day Adventists and lives in Ilsan-gu, Goyang City, Republic of Korea.

1 Bible texts in this article are from the New International Version (NIV).

2 Norman R. Gulley, *Christ Our Substitute* (Washington, D.C.: Review and Herald Publishing Assn., 1982), p. 36.

3 Ellen G. White, *The Desire of Ages* (Nampa, Idaho: Pacific Press, 2005), p. 24.

4 Ellen G. White, *Testimonies to Ministers and Gospel Workers* (Nampa, Idaho: Pacific Press, 1962), p. 130.

What Salvation Means to Me

Jul 03, 2013 | Maylan Schurch



Not long ago, I watched a documentary about The New Yorker magazine reviewer and satirist Dorothy Parker. Though highly popular, she seemed to be an unhappy person who became more of an alcoholic and reclusive over the years. A fellow author explains it like this: "I don't think Dorothy had anyone in her life who would love her no matter what."

But God does love us no matter what we do. Jeremiah said, "The Lord has appeared of old to me, saying: 'Yes, I have loved you with; an everlasting love'" (Jeremiah 31:3). Paul said, "But God demonstrates His own love toward us in that while we still sinners, Christ died for us" (Romans 5:8, NKJV). And John sums it up best: "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).

Do you want to know just how far God's forgiveness goes? Read the story of bad king Manasseh, who for decades led his nation into idolatry and child sacrifice. However, he repented and the Lord forgave him (2 Chronicles 33:1-13).

Knowing that the one who created me loves me no matter what I've done and will ever do gives me an incredibly secure feeling.

When I was in my teens, our family lived in a small farmhouse in South Dakota not far from a creek. One year, the heavy winter snow melted so fast that the water crept across the pasture, surrounded the house and rose to within an inch of our living room floor. I still remember the horror of seeing our house standing in the middle of a gigantic blue lake. Later that year, Dad had our damp little dwelling moved to higher ground.

That's what God does when He saves me. He not only loves me, He also rescues me. "For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins" (Colossians 1:13-14).

Jesus showed perfect selflessness. While Lucifer tried to "ascend" to be like God (Isaiah 14:14), Jesus descended four levels below God on our behalf: God to man, man to servant, servant to death and death to a criminal's death (Phil. 2:5-8).

And He did this to rescue us from our sinful selves. "There is no one who does good, not even one," David said (Psalm 14:3). His son Solomon echoed, "There is no one who does not sin" (1 Kings 8:46). Paul assures us that nothing had changed in New Testament times: "All have sinned and fall short of the glory of God" (Romans 3:23). That's me—and that's you.

Yet God is instantly willing to forgive us. Listen to the details of His rescue plan: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).

Salvation means I'm justified

Back in fifth grade, I was the victim of a particularly nasty bully. Let's call him Jake. Though his bullying happened decades ago, and even though we're supposed to love our enemies, I still can't think of Jake without a shudder of loathing. That guy was cruel.

From what I hear, Jake has since grown up and turned his life over to the Lord. That means God now regards Jake as though he were as righteous as Jesus Himself. The word "justify" means "to judge, regard, or treat as righteous and worthy of

salvation." So if I ever meet Jake again in this life, I must greet him as I would Jesus Christ—not as an elementary school bully. Unfair? Of course!

But can any of us claim to be better than Jake? Which of us doesn't need Jesus' garment of righteousness?

Here's Bible backup for justification: "Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ" (Romans 5:1, NKJV). "For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him" (2 Corinthians 5:21, NKJV).

An incredible offer

Keep in mind that salvation isn't so much a checklist as it is a relationship. No one has to provide a high school-aged boy with how-to steps for developing a crush on the cute girl sitting at the desk next to his. Just consider how that boy falls in love. First, he is attracted to the girl. Soon, he begins spending a good part of each day thinking about her. Then he tries to get her attention—he chats shyly with her, passes her notes and tries to be wherever she is.

Getting saved is like that, only easier. The more you read Jesus' four biographies (Matthew, Mark, Luke and John) the more you realize how tremendously lovable and good-humored and sometimes intriguingly unpredictable He is. And, better yet, there's no need to try to get His attention. He fell in love with you first—He gave His life in the hopes that He can spend eternity with you!

So the next step is yours. Read the third chapter of John's Gospel and then just keep reading. And at every step, ask Him to deepen your love for Him. You'll immediately discover one more astounding gift from a kindly God.

Salvation means I'm empowered

One of God's most precious blessings is that He doesn't simply save me, then pat me on the head, and shoo me out into the wide world to survive on my own. If He did, I would quickly crash and burn. Paul agrees with me: "When I want to do good," he says, "evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death?" (Romans 7:21-24).

Happily, Paul answers his own question in the next verse: "Thanks be to God through Jesus Christ our Lord!" And what's so wonderful is that Jesus doesn't merely forgive us and leave us to our own miserable resources again. Not only did the angel Gabriel tell Joseph his son's name; he also told him what it meant: "'You shall call His name Jesus, for He will save His people from their sins'" (Matthew 1:21).

Let's get the preposition right. Jesus will save us from our sins, not in our sins. Jesus wants me to be a better Christian a month from today than I am right now.

And He will help me to become that kind of person. Here's how He does this: First, He provides us His Holy Spirit, who—if we give Him permission—will dwell in us, will teach us, and guide us into all truth (see John 14:17, 26; 16:13). Second, God promises to "reprogram" us to do what's right: "'This is the covenant that I will make with them after those days, says the Lord: I will put My laws into their hearts, and in their minds I will write them,' then He adds, 'Their sins and their lawless deeds I will remember no more'" (Hebrews 10:16, NKJV).

That's what salvation means to me.

This article originally appeared in Signs of the Times magazine, January 2011.



by Ann Marie Bates

Arden Adventist FAMILY TIES

Today two of my dear friends signed the final papers for their divorce. Watching their family go through this has confirmed for me that divorce is much harder than anyone thinks it's going to be. A few days earlier, I had received a message from someone my husband and I had previously helped with a marriage in crisis; she said that she and her husband are now separated, and that she and her children are struggling with no support. I feel for her. She thought she would be happier without him.

Statistics tell us that the majority of marriages go through hard times. It's common for married partners to experience periods of dissatisfaction and even to wonder if the marriage was a mistake. But statistics also tell us that those who stick it out during these difficulties report a happier and more satisfying marriage just five years later.* Those who follow through with divorce, when surveyed, usually wish, in hindsight, that they had tried harder to save the marriage. When the papers are signed, the property is divided, and the dust settles, it becomes easier to see our own contribution to the problem.

Marriage is much more than a civic contract; it is a covenant relationship. A contract says, "If you will do this, then I will do that." The marriage covenant says, "I promise to love you selflessly in all circumstances." The problem is we are all, by nature, selfish beings. And when that person we thought would make us so happy no longer does, we begin to feel short-changed. In time, we're not quite as motivated to love selflessly. We start thinking of marriage as a contract: why should I love my spouse sacrificially when MY needs aren't being met? Maybe we start to long for a different life—or even a different partner.

If your marriage is struggling, take a look at your level of commitment. Are you staying in the marriage because of circumstances? For example, maybe you're worried about how family or friends would respond if you and

your spouse split, or maybe you're staying because of financial fears or religious reasons or for the sake of the children. These are examples of Constraint Commitment. There is nothing wrong with letting circumstantial constraints keep your marriage together. But Constraint Commitment by itself only has short-term benefits. If Constraint Commitment is the only thing holding the marriage together, its effects will eventually wear off, and you will find a way around the circumstances that are keeping you together. When you move toward a different kind of commitment—Dedication Commitment—your marriage can gain hope and strength for the long run.

Dedication Commitment is when you begin to think in terms of "we" and "us" rather than "I" and "me."

You are exercising Dedication Commitment when you begin to think in terms of "we" and "us" rather than "I" and "me." Dedication Commitment is choosing to say, "I may be angry right now, we might disagree, and things are really hard, but I am going to stay with you and love you, and we are going to work this out." It's choosing to set aside all the what-ifs and to re-create the vision of a future together. When one spouse moves toward the other in this way, it makes it easier for the other to set aside pride, fear, hurt, and anger, so growth and healing can begin. You will likely still need help in the form of wise and supportive community, and maybe formal counseling. There will still be conflicts and difficulties, but you will both grow and heal. It will be work, but it will be worth it. How do I know? My husband and I have been there, too. From Constraint Commitment to Dedication Commitment. It isn't easy, but it IS worth it.

*If your spouse is abusing you or your children, simply trying harder and being more dedicated will not heal the marriage; it will only enable your spouse's sin and endanger your lives. Please get help and seek safety for yourself and your children. It may be the catalyst for change your spouse needs. Agencies like Safelite (828-693-3840) can provide help and support for victims of abuse.



Ann Marie is a full time home-schooling mom of four children, and serves alongside her husband in his roles as Pastor and Family Ministries director.

If you have a prayer request, come join with our Intercessory Prayer group which meets every Sunday at 2:00 p.m. Or fill in the information below, cut out and send to:

Arden Seventh-day Adventist Church, 35 Airport Road, Arden, NC 28704

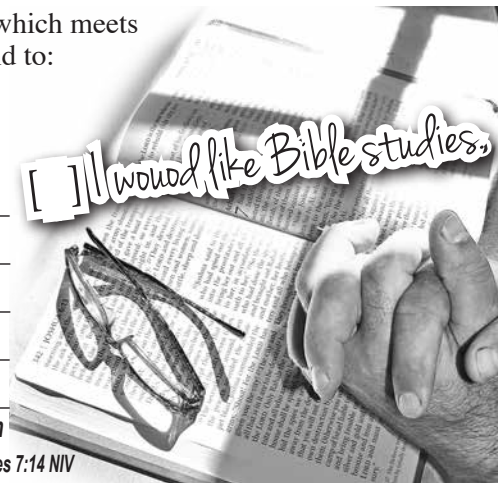
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Name _____

Phone _____ Email _____

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." 2 Chronicles 7:14 NIV



I've been bamboozled.

by Tracy Morgan

I've been bamboozled, I thought to myself as I stepped into my boyfriend's new house.

There were several young people sitting on the floor of his unfurnished living room. They all smiled and said hello as I walked in. Some even greeted me by name. When I saw Tim, I grabbed his arm and growled, "We need to talk." I pulled him into a back room and laid into him as soon as the door was closed. "What is this, a Bible study?" I accused. "I thought you were just having a few friends over to play some games!" "I am," he calmly replied. "We just finished vespers, and now we're going to play."

I didn't have any idea what vespers was, but I didn't want him to know how completely clueless I was about all things religious, so I continued on my rampage. "They look like they know all about me. What have you been doing, praying for me?" I spat.

"Well, actually, yes," he said without apology.

I couldn't believe it. My boyfriend of more than a year had started going to evangelistic meetings his grandmother had told him about, and now everything had changed. He was a completely different person—his entire lifestyle had changed. Even his friends were different. And now they had the nerve to pray for me!

"Don't get so mad. It's not a bad thing," he said. "Look, I love you, and I want you to share this new happiness I've found. What if I found a peaceful lake in the woods and I wanted you to see it? Wouldn't you come check it out?"

"Well, I guess I'd come and look," I responded hesitantly. "But I wouldn't jump in and go swimming."

"That's all I ask. Just come look."

Had he really just talked me into going to church with him? Well, they can pray all they want, but they aren't going to convert me, I decided right then and there.

That evening I met several very nice people. Some were single, some were recently married, and there was even a young couple that was expecting a baby. The woman talked a lot about her family and the new little boy they were looking forward to meeting very soon. She said they were going to name him Michael.

All in all, it was a pleasant evening. No one judged me or made me feel like an outsider because I wasn't one of them. Maybe checking out this church wouldn't be so bad after all.

The next Saturday I met Tim at his church. I purposely arrived a little late, hoping I could slip in the back door unnoticed, but Tim was waiting for me by the door. He ushered me into the sanctuary, and I quickly slipped into the last pew before he could pull me farther into the giant room.

Despite my best efforts, I found myself actually interested in what the pastor was saying. I tried to follow along in the Bible Tim handed me, but found I was embarrassingly ignorant about Christianity. I decided that I should probably

try to read a Bible just so I had an idea what everyone else in America seemed to know.

Sometime in the middle of the sermon a man in a suit slipped a note to the pastor. I didn't know that was unusual, so I just continued reading ahead in the Bible. The pastor looked up at the congregation with obvious concern on his face. He announced that baby Michael had been born that morning and was not doing well. He was not expected to survive. He then asked the entire church to join him in prayer for the baby and his family.

As I looked over the sea of bowed heads, I felt so much pity—or the baby, for the family, but also for these poor people who believed that their prayers could do anything to save that child. I thought of how disappointed they would be when he died.

When the church service was over, I made my exit as quickly and quietly as I could. I didn't notice that I was still

holding the Bible Tim had handed me until I got to my car. I decided I'd read a little bit of it and return it later. The church was full of Bibles—no one would miss one. On the way home I found myself thinking about baby Michael and how such a devout family could have such trouble. If there was a God, why wasn't He taking care of His people? It made me want to find answers, and the only place I could look was in the stolen Bible.

At first I read it from a purely academic perspective—until I came across a verse in a book called James* that talked about faithful prayers healing sick people and taking away sins. For the first time in my life I thought that maybe there was something to have faith in besides myself.

It took me several weeks to muster up the courage to return to Tim's church, but when I finally did, I saw a small crowd of people standing around a woman with a tiny baby. I was shocked to find out that it was baby Michael! He had survived. The doctors were baffled by his miraculous healing, but for some reason, the family and church members weren't that surprised. I started to think about all the praying these people had done for him. God really did listen!

Since becoming a Christian, there have been times when I have felt as though my prayers are just bouncing off the ceiling, but then I think about baby Michael, who is now a healthy, happy 9-year-old. I've always known that evil exists in this world, but now I know that God can take even our hard times and use them for good.

You may be going through a difficult time right now, but who knows? Maybe God can use it to strengthen your faith, and maybe even the faith of the girl sitting in the back pew.

* "And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven" (James 5:15).





*That our sons may be as plants grown up in their youth;
that our daughters may be as corner stones, polished
after the similitude of a palace. Ps. 144:12*

At a very early age, Jesus had begun to act for Himself in the formation of His character, and not even respect and love for His parents could turn Him from obedience to God's word. "It is written" was His reason for every act that varied from the family customs. But the influence of the rabbis made His life a bitter one. Even in His youth He had to learn the hard lesson of silence and patient endurance.

Christ was not exclusive, and He had given special offense to the Pharisees by departing in this respect from their rigid rules. He found the domain of religion fenced in by high walls of seclusion, as too sacred a matter for everyday life. These walls of partition He overthrew. In His contact with men He did not ask, What is your creed? To what church do you belong? He



exercised His helping power in behalf of all who needed help. Instead of secluding Himself in a hermit's cell in order to show His heavenly character, He labored earnestly for humanity. He inculcated the principle that Bible religion does not consist in the mortification of the body. He taught that pure and undefiled religion is not meant only for set times and special occasions.

At all times and in all places He manifested a loving interest in men, and shed about Him the light of a cheerful piety. All this was a rebuke to the Pharisees. It showed that religion does not consist in selfishness, and that their morbid devotion to personal interest was far from being true godliness. This had roused their enmity against Jesus, so that they tried to enforce His conformity to their regulations.

Jesus worked to relieve every case of suffering that He saw. He had little money to give, but He often denied Himself of food in order to relieve those who appeared more needy than He. His brothers felt that His influence went far to counteract theirs. He possessed a tact which none of them had, or desired to have. When they spoke harshly to poor, degraded beings, Jesus sought out these very ones, and spoke to them words of encouragement. To those who were in need He would give a cup of cold water, and would quietly place His own meal in their hands. As He relieved their sufferings, the truths He taught were associated with His acts of mercy, and were thus riveted in the memory....

Jesus loved His brothers, and treated them with unflinching kindness; but they were jealous of Him, and manifested the most decided unbelief and contempt. They could not understand His conduct. Great contradictions presented themselves in Jesus.

He was the divine Son of God, and yet a helpless child. The Creator of the worlds, the earth was His possession, and yet poverty marked His life experience at every step. He possessed a dignity and individuality wholly distinct from earthly pride and assumption; He did not strive for worldly greatness, and in even

the lowliest position He was content. This angered His brothers. They could not account for His constant serenity under trial and deprivation. They did not know that for our sake He had become poor, that we "through His poverty might be rich." 2 Corinthians 8:9. They could understand the mystery of His mission no more than the friends of Job could understand his humiliation and suffering....

Of the bitterness that falls to the lot of humanity, there was no part which Christ did not taste. There were those who tried to cast contempt upon Him because of His birth, and even in His childhood He had to meet their scornful looks and evil whisperings. If He had responded by an impatient word or look, if He had conceded to His brothers by even one wrong act, He would have failed of being a perfect example. Thus He would have failed of carrying out the plan for our redemption. Had He even admitted that there could be an excuse for sin, Satan would have triumphed, and the world would have been lost. This is why the tempter worked to make His life as trying as possible, that He might be led to sin. There were some who sought His society, feeling at peace in His presence; but many avoided Him, because they were rebuked by His stainless life. Young companions urged Him to do as they did. He was bright and cheerful; they enjoyed His presence, and welcomed His ready suggestions; but they were impatient at His scruples, and pronounced Him narrow and strait-laced. Jesus answered, It is written, "Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy word." "Thy word have I hid in mine heart, that I might not sin against Thee." Psalm 119:9, 11.

Often He was asked, Why are you bent on being so singular, so different from us all? It is written, He said, "Blessed are the undefiled in the way, who walk in the law of the Lord. Blessed are they that keep His testimonies, and that seek Him with the whole heart. They also do no iniquity; they walk in His ways." Psalm 119:1-3.

When questioned why He did not join in the frolics of the youth of Nazareth, He said, It is written, "I have rejoiced in the way of Thy testimonies, as much as in all riches. I will meditate in Thy precepts, and have respect unto Thy ways. I will delight myself in Thy statutes; I will not forget Thy word." Psalm 119:14-16.

Jesus did not contend for His rights. Often His work was made unnecessarily severe because He was willing and uncomplaining. Yet He did not fail nor become discouraged. He lived above these difficulties, as if in the light of God's countenance. He did not retaliate when roughly used, but bore insult patiently.

Again and again He was asked, Why do You submit to such despicable usage, even from Your brothers? It is written, He said, "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. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: so shalt thou find favor and good understanding in the sight of God and man."

Excerpts from "Jesus as a Child and Young Adult" from *The Desire of Ages* by Ellen G. White
Proverbs 3:1-4. (Pages 85-89)

lifestyle medicine



Editor's Note: The sole purpose of any health information provided by Grace Notes is for information only and is not intended to recommend or assist in self care, or to be a substitute for diagnosis and/or treatment by your personal physician. Please see Page 2.

by Jeremy Pettit, PA-C, ACSM-HFS, IKFF

Lifestyle medicine is unquestionably the most powerful branch of medicine. It has the power to prevent, reverse and eliminate the most common diseases—heart disease, cancer, diabetes, high blood pressure, etc. More importantly it has the power to change lives by giving you the knowledge and skills needed to take action now.

Sprout a New Idea...

Sprouts have a long history dating back to the Ancient Chinese physicians. Sprouts have continued to be a main staple in the diets of Americans of Asian descent, but it took centuries for the West to fully realize its nutritional merits.

We first hear of sprouts being used in a significant way outside the far east, when in the 1700's, sailors were riddled by scurvy (lack of Vitamin C) and suffered heavy casualties during their two to three year voyages. From 1772-1775, Captain James Cook had his sailors eat limes, lemons and varieties of sprouts; all abundant holders of Vitamin C

The subject of sprouts for nutrition first comes to light in the United States with the research of Dr. Clive M. McKay, Professor of Nutrition at Cornell University. He started researching the nutritional content of soybean sprouts at Cornell in 1942. A year later he wrote an article for a small brochure for The School of Nutrition at Cornell University, entitled Sprouted Soy Beans: Some Informational Notes. On page 4 he writes and I quote "Wanted! A vegetable that will grow in any climate; will rival meat in nutritive value; will mature in three to five days; may be planted any day of the year; will require neither soil nor sunshine; will rival tomatoes in Vitamin C; will be free of waste in preparation; and can be cooked with little fuel and as quickly as a pork chop."

Pretty dramatic opening for a humble sprout. Researchers at Yale and McGill Universities have found that sprouts retain the B-complex vitamins present in the original seed, and show a big jump in Vitamin A and an almost unbelievable amount of Vitamin C over that present in un-sprouted seeds. While some nutritionists point out that this high vitamin content is gained at the expense of some protein loss, the figures are impressive: an average 300 percent increase in Vitamin A and a 500 to 600 percent increase in Vitamin C. In addition, in the sprouting process starches are converted to simple sugars, thus making sprouts easily digested.

There are a variety of sprouts for you to try out in salads, sandwiches and smoothies, such as: Pea, Mung bean, Alfalfa, Broccoli, Radish, Clover, Sunflower and many others. However, there is one that rivals them all in its antioxidant and liver cleansing power. We'll reveal it shortly.

Sprouts have in the past received bad press because of illnesses acquired through eating contaminated sprouts. These were related to commercially grown sprouts. In the *International Journal of Food Microbiology*, the National Advisory Committee on Microbiological Criteria for Foods, lists the most common causes of contamination in commercial growers including: Less than half of facilities applied disinfection treatment to seeds before sprouting; 22% of facilities used untreated well water for sprout irrigation; half of the facilities did not test water for microbial quality; many facilities did not have hot water for cleaning equipment and hand-washing; equipment at many facilities was not easily cleaned and was improperly stored; half of the facilities reported that employees had not received basic hygiene or sanitation training; and five facilities had no coolers to hold finished products. It boils down to hygiene, hygiene, hygiene. Therefore I recommend

growing your own and following good hygiene practices.

Out of the variety of sprouts from which to choose, it is the broccoli sprout that is untouchable in liver cleansing and detoxing power, and it is the most studied sprout in the prevention and reversal of human disease. For example, a three-ounce (84g) serving provides a staggering 60% of your daily vitamin C. Even though it only provides 3% of the RDA for calcium, if you combine broccoli and clover seeds together and sprout them, the same three ounce serving provides nearly 40% of the RDA for calcium. And as written in previous articles, calcium from plant sources is much more highly bioavailable to your body.



Researchers have discovered that the powerhouse of broccoli sprouts is the very high concentration of a Phase II enzyme-inducer, a key to detoxification in the liver and killing of cancer cells. In fact it produces more Sulforaphane than any other plant. In an article from the *Proceedings of the National Academy of Sciences*, scientists discovered that there is actually no sulforaphane in broccoli, but rather it is created only once it is cut. Then, in the broccoli cell the sulforaphane precursor, called glucoraphanin, mixes with the enzyme myrosinase, and when these two combine the powerful sulforaphane is formed. The sulforaphane cannot be made without the enzyme present. The enzyme is destroyed with heat and that is why commercially produced frozen broccoli lacks the ability to form this powerful detoxifier and cancer killer. Commercial growers blanch (flash-cook) the broccoli to inactivate the enzyme and thus provide a longer shelf life. So, if you are going to cook it, cut it or blend it, whether it is broccoli sprouts or regular broccoli, cut it or blend it first, then wait 40 minutes before cooking it. By this time the glucoraphanin and myrosinase have combined and there is no more enzyme to be destroyed, because sulforaphane is resistant to heat.

In a study by Dr. Bernhard Juurlink and published in the *Proceedings of the National Academy of Sciences*, he states regarding the phase II proteins that are produced in broccoli sprouts, that "these proteins either promote scavenging of oxidants or decrease the chance of these oxidants being formed in the first place. The result is a huge multiplier effect." Juurlink also adds that broccoli sprouts have such high concentrations of glucoraphanin, the precursor to the sulforaphane, that he recommends one to two grams per kilogram of bodyweight, which is roughly two to four ounces for a 150 pound person. He estimates that you would have to eat 20-50 times as much mature broccoli to get the same benefits as this amount of sprouts.

Finally, a team of Italian researchers, knowing the power of sulforaphane, wanted to find out if there was a toxic level, so they could develop it into an IV chemotherapy drug. They found they could cause DNA damage at what is equivalent to 100 cups of broccoli a day or four cups of broccoli sprouts.

Start small and see if you can grow your own broccoli sprouts, and begin to incorporate another one of God's prescriptions for disease prevention and reversal. Lifestyle Medicine is God's way of helping you—so you can help Him—in helping others.



LIFESTYLE FOCUS

Disease is an effort of nature to free the system from conditions that result from violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and reestablish right conditions in the system. —*The Ministry of Healing*, page 73.

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by Max Hammonds, MD, MPH, MHA

How to Get Their Attention?

One of the frustrations of health educators is finding a method that grabs the attention of those they are trying to reach. Despite \$3.2 trillion spent on health care in 2016, United States citizens have a shorter life expectancy than almost all other high-income countries. This is not surprising. Fewer than 5% of the adult population are following the recommended US dietary guidelines. Only 50% of adults are getting a colonoscopy exam which can prevent 90% of colon cancers. Two-thirds of US citizens are obese or overweight, although obesity is a major contributor to four of the top five adult diseases.

Emphasizing startling statistics is sometimes effective in educating people about their health. In February, 2018, a group of public health professionals from the US, China, and Sweden published a review of such statistics in the journal *Circulation*. Using data from two massive studies of professional males and females in the United States, these researchers defined five lifestyle habits that promote long life and low risk for cancer death, cardiovascular disease death, and all causes of death.

The low-risk factors are:

- never smoking,
- a body mass index (BMI = weight in pounds, divided

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All our church family who are going through spiritual battles and are grieving.

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by the height in inches squared times 704) between 18.5 and 25,

- moderate to vigorous physical activity (at least 150 minutes of exercise a week that raises the heart rate to 70% of maximum for age),
- moderate alcohol intake (three drinks a day for men, two drinks a day for women),
- a high-quality diet (adhering to 40% of the US recommended dietary guidelines).

For those who did not follow any of these factors, their non-compliance caused 60% of their risk for death from all causes, 52% of their risk from death from cancer, and 72% of their risk from death from cardiovascular disease. Said another way, the women who incorporated all five low-risk factors in their lifestyle had a life expectancy of 93 years compared to a life expectancy of 79 years for those who did not. The men who incorporated all five factors had a life expectancy of almost 88 years compared to a life expectancy of 75.5 years for those who did not.

These five low-risk factors require lifestyle choices that are not difficult to achieve. But they do require effort and choices that are contrary to the lifestyle lived by the majority of US citizens. In addition, these five factors not only add years to the life but add life to the years. They promote excellent health and well-being through the golden years of those who follow these factors. But many people who do not make these choices in their early adult years, and continue to not do so, are fighting chronic illnesses and declining health through to their untimely demise.

It is your life. Make the choices and changes—even in later years—that will restore life and health. There—was that shocking enough to get your attention?



Max Hammonds is a retired anesthesiologist, writer, health lecturer, musician, and sailor, and writes from his home in Hendersonville, North Carolina.

Arden Adventist FAMILY FOCUS

by Jean Davey

Our family focus this month features Carol McDaniel. Carol has been a member of the Arden Seventh-day Adventist church for thirty years.

Carol was born and raised in Des Moines, Iowa. She grew up in an Adventist family. Her parents started attending a series of evangelistic meetings and joined the Seventh-day Adventist church when she was young. Carol has a younger sister who lives in Tennessee, one brother who lives in Arkansas, and another brother living in Florida.

Carol attended Academy in Iowa growing up although this Academy closed years ago. She graduated from Union College in Lincoln, Nebraska, and received her Bachelor

of Science degree in History and Home Economics. She also received her degree in Library Science from the University of Missouri.

She taught school at Sunnydale Adventist Academy in Centralia, Missouri, for several years. She realized though, that she didn't enjoy teaching as much as she thought she would. She went to work at Woolco Company and later



worked for Weidman Industries which made baptistries and steeples. Carol built and repaired heaters and lights for baptistries while there and was also in charge of shipping.

Carol became friends with Arden church member, Christina McCray, while living in Kentucky. She eventually moved to Iowa and the McCray's moved to the Western North Carolina

area. Christina invited Carol to come visit her and sent her to meet Bob Johnson who offered her a job. She truly felt the Lord had an ordained plan for her to move here!

Carol then moved to Western North Carolina in 1988, and was trained to be a Pharmacy Technician and worked at Fletcher Community Pharmacy until she retired in 2006. She really enjoyed working for a small pharmacy and felt it was such a warm and family atmosphere. The last four years she worked there, the pharmacy moved into Park Ridge Hospital. Since retiring she decided to go back to work part time and does the laundry for Fletcher Park Inn.

Carol has several hobbies but her favorite hobby is agility training for her dogs. She has two dogs now and really enjoys time with them. She also enjoys taking walks, reading, and computer games.

A testimony that Carol shared was that she had breast cancer a few years ago. She said it "was the best bad thing" to happen to her. She said it made her completely dependent on the Lord. We praise God that He helped her through this experience increasing her faith and daily dependence on Him even more.

When Carol moved to this area in 1988, she visited every Seventh-day Adventist church in the area. They all had a special area mission, but she decided that the Arden Seventh-day Adventist church was where she wanted to be. She really liked the friendliness, and also it was nice already having friends like the McCray's who were members. She attends the first service at Arden and enjoys a Sabbath School class that uses the traditional Sabbath school quarterly. She has been a member now for thirty years.

We are happy that Carol McDaniel is part of the Arden church family!



Jean Davey is retired from the University of South Carolina, where she worked as a computer programmer in the Payroll, Budget and Human Resources Departments. Jean writes from her home in Hendersonville, North Carolina.

Yesterday's Arden Adventist Children Today's Leaders... by Connie Hayward

Christopher's parents, Max and Cari Hammonds, finished their military service with the Air Force and settled in Walla Walla, Washington, to work in the Seventh-day Adventist hospital where Christopher was born in 1974. When Christopher was ten years old, the family moved to Thailand, answering a call to mission service. In 1989, they moved to Hendersonville and joined the Arden Adventist Church. He finished the eighth grade at Captain Gilmer School. While there, and during his four years at Fletcher Academy, Christopher rode his bike to school using trails over Strawberry Hill.

Shortly after their arrival, the eighth grade class went snow skiing. Thailand did not have snow, so he learned to ski that first day with the patient help of his teacher Dick Elsner, also a member of the Arden Church at that time.

When Christopher was a little boy Cari could not figure out the black marks on the basement floor until it was discovered Christopher was hosing a toy truck with hairspray and lighting it. It burned! He was fascinated!

In academy he participated with the Steel Drum Band, played drums in the regular band and sang in the Select Choir. While Christopher and Angie Cobb were students at Southern Adventist University, Christopher and Angie Cobb (also a member of the Arden Church and youth group), found being together then was better than when in high school! They were married in 1996. After graduation they spent a year working in Chattanooga and participating in Civil War reenactments. They then moved to St Petersburg, Florida, where he entered Stetson University to earn a degree in Law.

Christopher practiced Law with a couple of firms, and for the last twelve years he has been a Public Defender. They continue to live in St. Petersburg with their son, twelve-year-old Braeden, who spends summers with his grandparents, so he is known by the members of the Arden Church. Christopher was dangerously ill for several months about a year and a half ago. Family and friends believe God intervened in this critical health situation and provided healing for their son.



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