

The Good News

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Whose Opinion Counts?

We have all been reared with the modern concept that in religious matters a man should be governed primarily by what HE thinks. Is this God's way?

by Roderick C. Meredith

"AFTER years of study and prayer, Mr. Armstrong has come to see that this is binding on us today," I said to Mr. Brown. "The Bible reveals it, and as Christians we must obey."

"Well, here's the way I look at it," he began, and then continued to give his *personal* opinion based on *human reason* with very little knowledge of the Bible to guide him.

As a minister of Jesus Christ, I was trying to show him—*not my will*—but GOD'S will. I was proving my points right out of God's word. I had mentioned the opinion and belief of Mr. Armstrong to show that a more experienced servant of the true God was persuaded of this same truth.

Was Mr. Brown impressed?

Not at all. On the contrary, he proceeded to put his *human reason* and "feeling" on the same plane as our studied belief on God's word. In his own mind, Mr. Brown reasoned that *his* opinion was just as good as *our* opinion.

But was it a matter of two differing "opinions" of equal value? Or do God's true ministers carry *authority* to speak in His name? If so, how much is that authority to be *respected*?

These are questions that every true Christian should understand. Mr. Brown was supposed to be converted. Is such

an attitude as his the mark of a truly converted person?

Authority of Ministers

In Matthew 16:15-20, we read the account of Christ bestowing on Peter the "keys of the kingdom of heaven." Nearly all commentaries agree that the principal meaning of these "keys" was the *way* of salvation which the apostles were to proclaim to the world. Based on the principles of this *way*, the apostles, through whom Christ *governs* His Church, were given authority to make decisions which would be bound in heaven. They could "bind," or *forbid* certain things; and they had authority to "loose," or *permit* certain things. In other words, they were given the *authority* to make *binding decisions*—based on God's word and the "keys" of salvation they had received. These decisions involved *permitting* or *forbidding* certain things—defining what is *right* and *wrong*!

Matthew 18:15-20 clearly shows that this authority was conferred on *all* the apostles—not just Peter. They were all with Jesus for over three years, learning from Him the *way* of salvation so they could preach it to the world.

Jesus had shown them in dozens of places that *all* decisions must be conformed to God's will and His *law* (Mat. 5:17-19). In their judgments, they

were to follow Christ's example when He said, "I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek *not mine own will*, but the will of the Father which hath sent me" (John 5:30).

God's true ministers will be yielded and submissive to *God's* will. They will seek His will in diligent study and earnest prayer. They will confer with other true ministers and Bible scholars for, "in multitude of counsellors there is safety" (Pro. 11:14). In every way, they will seek God's will and His guidance through the Holy Spirit.

But when God's true servants do make a decision based on His word, *it is to be respected*, for it is *bound in heaven*. You are not showing respect to the man and his "opinion," but to the *office* in which God has placed His ministers, and by which *Christ rules His Church*.

When the Israelites refused to hearken to God's servant Samuel, God said, ". . . they have not rejected thee, but they have rejected ME, that I should not reign over them" (I Sam. 8:7). If you take the decisions of God's ministers lightly, *you are disrespecting God himself!*

Be Sure of Ministers

All of your respect to any minister should be based upon the fact that you

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have first *proved* to yourself that he *really is* a true servant of God.

Jesus continually warned: "Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. *Ye shall know them by their fruits*" (Mat. 7:15-16). You need to look at the "fruit," the *results* in proclaiming the *true gospel*, in *leading* the flock into the truth and ways of God, in healing the sick—the *accomplishments* in the work of the ministry, carrying out the commission of Christ.

Notice that Jesus went on to say (Mat. 7:21-23) that many would *profess* to do good works in His name, but He told them, "depart from me, ye that work *iniquity*," or "lawlessness." The word iniquity is more correctly translated LAWLESSNESS. Jesus was showing that *professing* ministers who break God's law *are not His ministers* at all! "I *never* knew you," Jesus will tell them. And God's word shows that these law-breaking ministers never really knew Christ either (I John 2:4).

Satan and *his ministers* appear as "angels of light" (II Cor. 11:14). But they teach that you are free to *disobey* God's law.

Another way to examine their "fruit" is to see if they are willing to "GROW in grace, and in the knowledge of our Lord and Saviour Jesus Christ." (II Pet. 3:18). Some "Christians"—*even some who profess to be in the Church of God*—REFUSE to grow into more truth!

Jesus told the disciples that the Holy Spirit, "will guide you *into* all truth" (John 16:13). Spiritual *change, growth, and development* is one of the important signs that a person is really guided by God's Spirit. *No man gains all of God's truth at once. We must all grow*

in knowledge. Some churches and some ministers have known a portion of God's truth. But when they became *unwilling* to grow into more truth through the guidance of the Holy Spirit, they soon began to twist and pervert what little truth they had, and to spiritually *rot away and die!*

To prove whether or not a man is truly God's servant, look to the "fruits" of submission to *all* of God's commands, of a real *understanding* of God's word, of a willingness to *grow* in grace and knowledge, and of the underlying motive of *love* behind every thought and deed.

God will reveal to you who His true ministers are if you study, pray, and look at their fruits. Once you know, should you respect them and the office in which *God has set them?*

Yes, you should!

God's Responsibility

Once God has *revealed* to you by the "fruits" who His true servants are, you should recognize the responsibilities and duties which God has given them. When a matter of church government or policy comes up, realize that they have the *authority* to decide the issue.

They do *not* have the right to exercise that authority according to their own *human reason*. Jesus Christ is the *living HEAD* of the *true Church of God*—the body of Christ (Col. 1:18). When He was instructing the disciples on how to exercise their authority to enforce church discipline (Mat. 18:15-20), He said that if two or more of them would agree on anything, God would *bind* it in heaven. "For," Jesus said, "where two or three are gathered together in my name, there am I in the midst of them."

Christ himself will in Spirit be with and *guide* His servants in making right decisions. These words of His have *meaning!* Jesus said that he **WOULD**

guide His servants in directing the church. He said that they **SHOULD** make decisions—based on *God's revealed will and guided by His Spirit*. These decisions were to include church *discipline* and what is to be "bound" or "loosed"—defining what is *permitted* or *forbidden* to God's people by "RIGHTLY dividing the word of truth."

Christ himself—the Head of the Church—has *promised* to guide His ministers in directing the church. Their decisions, then, will also be *God's* decisions. They are **BINDING** on God's church. His *true church* will be **OBEDIENT!** It is government by God, *through* His servants.

It is God's **RESPONSIBILITY** to chasten His Servants if they abuse their authority. *YOU can't read their hearts.* But God **CAN!** Their authority came from *Him*, not from some "board" of men. God "sets" or *appoints* the true ministers and teachers to guide and rule His church (I Cor. 12:28). He *alone* has the power to remove them from office. He can do it by circumstances, by affliction—by **DEATH** if need be!

Remember that even though Samuel's sons *were* abusing their office (I Sam. 8:7), the people had *no right whatsoever* to put them out! It was up to *God* to decide if, when, and how this was to be done. In taking this authority in their own hands, the people rejected the **RULE OF GOD**—the *Kingdom of God!* If you plan to enter *that Kingdom*, learn *now* to **OBEY** those whom *God* sets in authority.

Your Part

Christians must be alert to the prophecy that *even from among their leaders* some would arise speaking perverse things—*twisting* God's word (Acts 20:29-31).

In order to recognize perverse teachings, and in order to "grow in grace and knowledge," you need to *pray* and to *study* God's word continually. If you do this intelligently you will never be deceived. Remember the important *test* Christ gave was to examine the "fruits" in a minister's life and work. A *false* minister simply *cannot* produce the fruits—people converted in *obedience* to God's law and His way.

So respect and *obey* God's true ministers, but constantly study to acquire the mind of Christ (Phil. 2:5) and to perceive a deceiver who might arise.

A good example is the Bereans whom Paul commended because, "they received the word with all readiness of mind, and searched the scriptures daily, whether those things were so" (Acts 17:11). They respectfully listened with

(Please continue on page 7)

RADIO LOG

"The WORLD TOMORROW"

Herbert W. Armstrong analyzes today's news, with the prophecies of **THE WORLD TOMORROW!**

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Why Calcium in Your Diet?

by *Isabell Kunkel*

EVER since the discovery of the substances now called vitamins, the importance of including them in our diet has been constantly repeated, while the need of securing other elements in our food has been minimized or entirely neglected. One group of elements suffering this neglect is the minerals—calcium, iron, phosphorus, magnesium, iodine and several others. Of these, calcium is the principal one, since it constitutes the greatest percentage of the mineral composition of the human body.

You may wonder, "What will calcium do for me? I thought only children needed much of that."

We are inclined to think that after growth has stopped, the cells of our bones remain stationary; that no destruction or exchange of materials any longer takes place in them. This is false.

Adults Need Calcium

We find that the cells of the joints and the marrow of the bones are intimately connected with the blood circulation and that an exchange of materials is continually taking place. Calcium is also necessary to coagulate the blood on exposure to air, to steady the nerves and to insure the normal alkalinity of the blood. The very beating of the heart depends on a constant supply of calcium. Without it that muscle would not contract and relax properly.

Perhaps you've heard it said that people become shorter in old age. This statement by D. T. Quigley, M. D., from his book "The National Malnutrition," page 16, shows why: "Nature makes a very great effort to maintain the normal calcium concentration in the blood. This effort is so pronounced that in order to keep the concentration up to near what it should be, it will rob bones and teeth for this purpose. This explains the thin, eggshell-like bones in many middle-aged and old persons, who have existed on a calcium deficient diet over a period of years. It explains also the increase in tooth decay during pregnancy, for Nature always robs the mother to feed the child." All people who have studied the relation of diet to health say that most Americans, both young and old, *do not get enough calcium*. The span of life is increased and health is maintained at a higher level if the body is supplied with plenty of calcium.

Best Sources of Calcium

If this mineral is so important, what foods can we eat to be sure we are

getting enough? Most authorities agree that milk has no equal as a source of calcium because the large proportion it contains is more available to the body than that from other foods. For drinking or other use of fresh milk, raw certified milk is superior to all others. In addition to being more easily digested, it has been found to be consistently higher in vitamins because greater care is exercised in providing an adequate diet to the herds producing it. Nutritionists advise us not to mix milk with cocoa or sugar as experiments indicate that these substances prevent some of the calcium from being absorbed. Milk should be exposed to light as little as possible since light destroys the riboflavin (vitamin B₂) that it contains. Exposing milk to bright sunlight for one hour may destroy as much as one-third of its riboflavin.

Most cheese is a good source of calcium. The amount it may contain depends on the process used in its manufacture. One method uses rennet to "clabber" the milk so that the solids and whey separate. Cheese made this way retains about four-fifths of the calcium that the milk contained. By the other method the milk is allowed to sour naturally and the lactic acid produced by the bacteria dissolves a large part of the calcium in the liquid whey, leaving in the solid cheese only about one-fifth of the original quantity of calcium that the milk contained. Types of cheese made by the rennet method are Camembert, all kinds of Cheddar, Edam, Limburger, Neufchâtel, Roquefort and Trappist. Cream cheese is made by both methods. Cottage cheese is less desirable because it is always made by the method that allows the milk to sour naturally.

Dried skim milk is another rich source of calcium. It may be judiciously added to cream sauces, meat loaves and baked goods to help increase the calcium in the daily diet. A scant ½ cup of dried milk is equal to a quart of fresh skimmed milk in mineral value, but is inferior in that the drying process destroys some of the vitamins in milk.

Other Sources

After milk products the next best sources of calcium are the leafy, *green* vegetables. Outer green leaves of cabbage, turnip greens, and mustard greens usually have the highest calcium content. Loose-leaf cabbage, collards, dande-

lion greens, broccoli, kale, loose-leaf lettuce, cauliflower and watercress in that order, are also valuable sources. Some greens are useless as sources of calcium because their oxalic acid content prevents the calcium from being absorbed. In this classification are spinach, chard, beet tops, lambs' quarters and rhubarb. These may, however, still be useful for the vitamin A and iron they contain.

Most of the root vegetables contain only moderate amounts of calcium, white potatoes containing as little as any. In this group yams, parsnips, turnips and carrots rate the highest. All whole grains contain some calcium, but the amounts are considered inadequate for balance and require foods rich in calcium to supplement them.

Among the fruits, dried dates and oranges lead in calcium content, nine dates being about equal to one medium orange. Laboratory analysis has disclosed that about 70 per cent of the calcium in an orange is concentrated in the membrane covering each segment and clinging to the whole peeled orange. The fibrous part of an orange also contains most of its iron. So when only the juice of the orange is used, two elements that we need every day are thrown away with the pulp. One whole orange supplies as much calcium as eight ounces (1 cup) of juice. Other fruits contain moderate amounts of calcium, the amount being quite variable from one variety to another. The mineral content of all foods of plant origin vary according to the nature of the soil on which it was grown.

Calcium Requirements

How much calcium do we need? The amount is estimated to be about the same for both children and adults—about .8 gram per day, but for optimum health at least 1 gram per day is recommended. One quart of milk or one-half cup of dried skim milk provide 1.2 grams of calcium. One-half cup (cooked) of the first three green vegetables named supply about one-fourth of the daily requirement. One-half cup cottage cheese, 1 cup soy flour and one tablespoon of blackstrap molasses each furnish from one-fourth to one-fifth of the daily need. Plain molasses contains about one-sixth as much calcium as the blackstrap. One slice of Swiss cheese will provide one-third of a day's allowance; ½ cup of condensed milk somewhat

(Please continue on page 6)

Bible Study Helps

What books do you need in studying your Bible? Here is a brief explanation about what is being planned for YOU by the Ambassador Graduate School of Theology.

by Herman L. Hoeb

MANY of you have repeatedly asked us what books would help you most in reading and studying the Bible in your own home. In most cases we have had to recommend none, except perhaps a good dictionary, a small atlas and a concordance.

Here is WHY we have had to give you this advice.

Almost without exception, publications which you can buy in your hometown book stores contain a certain portion of truth mixed with a great deal of error. That is exactly what is producing all the world's ills—truth with error. Most people have never had the opportunity, the background, or the training to be able to discern the true from the false material in books. Anything in print *looks* true, but without special care and the ability to do research, you won't be able to *know* if it is true.

But God is solving this problem for you!

What Is Being Planned!

God has given us to see that THE MINISTRY MUST PROVIDE THE STUDY TOOLS for a basic understanding and a deeper search into the Bible. Mr. Armstrong has been especially trained throughout his life to analyze and to use his ability of discernment. His training, coupled with the educational background of the graduates and ministers of Ambassador College, has made it possible for us to have that absolutely essential and broad fund of knowledge *with* discernment so that *we can begin to provide you the necessary books* which will give you the proper *basis* of Bible understanding.

We have already begun long-range planning on a series of books (two of which are nearing publication), which will make plain the Old and New Testaments as you have never understood them before. These books will cover the amazing origin of our present civilization—giving us the facts about the history and development of this world's customs—the history of the sabbath since the flood, a detailed history of our

church and of the festivals of God since the days of the first apostles.

They will explain the origin of pagan holidays, the rise and development of the Catholic Church, the *truth* about the Protestant Reformation. Another will explain the pitfalls of several modern sects.

Then there will be a history of the migrations of the House of Israel from Palestine to Northwestern Europe—a wonderful addition to the condensed booklet which Mr. Armstrong has already written for you. Together with these, there will be a book on Old Testament chronology and history, another explaining *which prophecies of the Old Testament have already been fulfilled* and which are yet to be fulfilled.

Preparations are already being made to write one on the preservation of the Bible and the astounding PROOF that the Bible is inspired and that we now have a PERFECT Greek New Testament text!

But This Is Not All!

Most of you have heard that, as a group work under Mr. Armstrong's supervision, we are preparing not only the Correspondence Course but also a Commentary, first on the New Testament, then on the Old. Besides this, God willing, we shall also have two other books to help in your Christian living: a cook book already being prepared, which so many of you have requested; and finally—and perhaps most important—the book on Sex Under-

standing by Mr. Armstrong.

Coupled with these, although not a direct part of the Ambassador Graduate School, are the Children's Story Book, explaining the Bible as it ought to be, and the song book containing the psalms set to music by Mr. Armstrong's brother—Dwight Armstrong.

This is our part. It takes time, effort and money.

Nearly all of these books which pertain to the gospel directly will be published in serial form in the magazines so that you can read them *free*. But in their final book form they will, of course, have to be sold to cover expense and labor.

What Is Your Part?

God has shouldered his ministers with a great many responsibilities in feeding the flock—His church, our church. These helps which we want all of you to possess because you NEED them, still are *secondary* to the most important work of spreading the gospel to the world. YOUR PART is to pray earnestly and continually that we can accomplish this task, to be patient, and then to make good use of these publications when completed.

It is your responsibility to develop your talents and abilities so that you will be *qualified* to help and instruct others when they ask questions. And perhaps you men may aspire to the office of an elder or deacon in God's church—or some other capacity in God's work. A true church might later be reared up in your vicinity. *If* you are prepared, you would be able to help new converts. As you grow in knowledge, wisdom, and Christian experience, you will discover that God *always* provides a way to use your abilities—once you have developed them.

Most important of all, God's ministers are called to instruct you that you may *grow* spiritually, "unto a perfect *man*, unto the measure of the stature of the fulness of Christ" (Eph. 4:11-13). Christians are to become qualified to rule as kings and priests in God's kingdom (Rev. 5:10). These helps should produce an *eternal* benefit.

HOLY DAY CALENDAR

Fall, 1953

Festival of Trumpets, Thursday, September 10th.

Day of Atonement, fast day, Saturday, September 19th.

Festival of Tabernacles, begins sunset, Wednesday, September 23rd, ends sunset, Thursday, October 1st.

If you plan to attend the Festival of Tabernacles, please write Mr. Armstrong *immediately* so we can plan for you.

What is Your DESTINY?

Here is a sobering analysis of the revealed future of those whom God is now calling.

by Roderick C. Meredith

WHAT will you be doing *one hundred years* from now? Have you realized that you are *now* in the process of determining your eternal destiny?

As I write this, I have just returned from a baptizing tour. I know that many of you who are being baptized this summer, many who have been baptized on past tours, and many of our *older brethren* as well—are at this moment standing on *very dangerous ground!*

You have all taken the first step. You have repented of your past sins, were baptized, and have been blessed with the gift of God's Holy Spirit. What is the *promised future* for you—and for all who have come to accept God's truth?

Trials Ahead

The apostle Peter warned Christians of his day, "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" (I Pet. 4:12-13). God's people are to be tried and tested by *persecution*, by *tribulation*, and by *Satan* himself.

Peter went on to show that these trials are part of *our judgment*. "For the time is come that *judgment* must begin at the house of God: and if it first begin at us, what shall be the end of them that obey not the gospel of God?" (Verse 17). We who have received of God's Spirit are in the Church of God—the *house of God*. We are *now* being judged!

Is the trial easy? Peter says, "And if the righteous *scarcely* be saved, where shall the ungodly and the sinner appear?" (Verse 18). The natural tendency after being converted is to *bog down* and *lose* your original *zeal*. Do you think you can afford to "rest on your oars" for a while? Peter says that even the righteous will *scarcely* be saved! God tries us to keep us *alive* and *growing* spiritually.

The church at Thessalonica was told by Paul (II Thes. 1:4-5) that the persecutions and tribulations they endured were a token of *God's judgment*.

In Hebrews 12:6-10, we find that God *chastens* every son He loves so that we

might profit thereby and eventually be partakers of God's own holiness. At conversion, we have only *started* on the road to becoming a *born* son of God. Let us *not* be "puffed up" with the precious knowledge that God is revealing to our church—His church—in these last days. We are only unborn "babes" of God, not yet even born of the Spirit as members of God's family.

Thus, we *need chastening* and tribulation to keep us humble and zealously **GROWING** as we should. We poor humans are inclined to overlook and justify our sins and faults. Too often, we think that we have "arrived" while our lives still contain *sin*. We forget that our goal is *perfection*—to be *like God!*

In I Corinthians 11:20-30, Paul is rebuking the Corinthians for taking the Passover in a careless and licentious manner. Because of this, many of them were weak and sickly—and many had died! The apostle continued, "For if *we would judge ourselves*, we should not be judged. But when we are judged, we are chastened of the Lord, that we should not be condemned with the world" (Verses 31-32). Because we do not "judge" ourselves as we should and *purge sin out of our lives*, God *chastens* us to wake us up and keep us *growing* spiritually.

How you respond to God's *instruction*—to God's *chastening*—will determine your *future*. Many of you reading this may become spiritually *lukewarm* and finally *dead* unless you heed this warning! It is up to *you!*

What Will Happen

The condition God's people fall into is revealed in Matthew 25. Jesus here refers to Christians as "virgins"—those who have kept themselves pure from the spiritual fornication of fellowship with false churches. They had *all* repented of the wrong ways of this world and had *come out* of this world to serve God. They *all* went forth to meet the bridegroom—expecting to receive salvation.

But some of them had lost the "oil" of God's Spirit. They thought that just knowing the truth, coming out of the world, and fellowshiping with God's church was *enough*. They had not been **GROWING** spiritually as had the other virgins. Perhaps they thought that they

would just naturally get into God's kingdom because they were in the fellowship and love of the brethren who *were* spiritually alive.

Just knowing the truth and having fellowship with God's church is **NOT ENOUGH!**

You are either receiving more of God's Spirit each day through fervent prayer, diligent Bible study, and submitting your will *completely* to God that He may direct your every thought and action, *or* you are stagnating and spiritually **DYING!** *There is no middle ground.* The door to the kingdom was shut in the face of those who *thought* they were "saved," but had not yielded themselves to *grow* into more truth and to *practice* the truth more perfectly each day of their lives.

God's people will be in these two classes when Christ returns. Which class will *you* be in?

Do Your Part

The fearful temptation to "do nothing" is described in Mat. 25:14-30. Jesus portrayed the two faithful servants who had put their talents and resources to *work* in His service, and the servant who had not.

Notice that the two servants who had received the most talents were more eager to use them. *It is even so in God's Church.*

Many of YOU feel that because you have no great talents or resources, you can *let down* and not do your part with the same *zeal* as others. You are *mistaken!* This parable shows that you ought to be using your talents just as much as other true Christians. This parable is a warning to *beware* of such a wrong attitude!

Each one has his part to do in God's work. Perhaps your part is simply to *pray* for God's work and His ministers, to *study* that you may answer the questions of others, to *pay* God's tithe and cheerfully *give* offerings to His work, and to set a *shining example* of love and service to those about you. But are you doing these things with all your strength?

God's word shows that many of you will become *lukewarm* and will *fail* to carry out *your part* in God's work. How can you prevent this?

(Please continue on page 6)

Question Box

Your questions answered in these columns! Your opportunity to have discussed those problems pertaining directly to members of God's church.

Should a Christian Woman Obey Her Unconverted Husband?

This question has troubled many women who have been called to a knowledge of the truth *before* their husbands have been called. They are faced with a tremendous problem which may cause much needless worry and anxiety until the plain teaching of the Bible concerning this subject is understood.

In Ephesians 5:22-23, we read: "Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as Christ is the head of the church: . . ."

Does this apply to you if your husband is *unconverted*?

Here is the Biblical answer. "Likewise, ye wives, be in *subjection* to your own husbands; that, IF ANY OBEY NOT THE WORD, they also may *without the word* be won by the conversation of the wives" (I Pet. 3:1).

If your husband doesn't understand the truth, you shouldn't try to convert him by constantly repeating your belief and by insisting that he listen to the broadcast or read the literature. That will only drive him further away from the truth. Rather, you should wait until he questions you concerning a certain truth. Then you should be prepared to give a convincing Biblical explanation.

Peter further instructs Christian women: "Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a *meek and quiet spirit*, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted God, adorned themselves, being in *subjection* unto their own husbands:" (I Pet. 3:3-5).

Certainly, controversies will come up in families if they disagree on religion. In such a case, the wife should submit to God rather than to her husband. For example, if the husband wishes his wife to break the Sabbath day by doing the family shopping on Saturday, or by attending a football game or movie with him, she should refuse to do so. However, she should explain in a very *kind* way that the Sabbath is the day God commanded us to keep holy. She should, in such a case, *obey God rather than man*. Yet, she should *always* obey her hus-

band when his authority does *not* conflict with the higher authority or law of God.

The wife should obey her husband and be in subjection to him *even though he may not be converted*. Though he may never be converted in this life (I Cor. 7:12-16), yet if she obeys him and respects him as the Bible commands, he will love and respect her. As a result, he may be won by her good example. He may be inspired to want to obey the truth when he sees what a godly and righteous life she is living (I Pet. 3:1). In any event, her constant love and respect, and her cheerful recognition of her husband's rightful place as head of the house will result in them both living a happier and fuller life together at this present time.

All of you wives need to respect and obey your husbands as the Bible commands. This is God's *way*—the *Christian way*. Most women have not understood this subject, and much unhappiness has resulted. Ask God to help you honor your husband as you should.

Why Calcium?

(Continued from page 3)

less. One-half cup of cooked dried soybeans contains about one-tenth of the quota. One orange will supply about one-twentieth of a gram of calcium, with all other fruits about half as much.

While a quart of milk consumed daily will provide the allotted amount, it is better to get part of the supply from other sources because milk is usually deficient in iron, copper, manganese and iodine. Blackstrap molasses makes an excellent supplement to milk since it contains B vitamins in addition to these minerals.

Other Elements Necessary

Glancing over this list, you may think, "Well, I've been eating many of those foods all the time, and yet I've had decayed teeth." That is quite possible. Several other things must be present along with the calcium so that your body can use it. The major ones are vitamins C and D, phosphorus and manganese. Vitamin C is present in most raw foods, but when vegetables are stored at a temperature much above freezing, the action of oxygen from the air tends to destroy it. Most foods lose it during cooking

also. Acid in foods helps preserve vitamin C. That is why tomato juice is recommended and why lemon juice added to foods prevents them from turning dark.

Vitamin D is not found in many foods. Egg yolks, butter, cream, and some fish contain it. The action of ultraviolet rays on the oil of the skin may produce all the body needs, if it is not washed off before being absorbed. Cod liver oil is a good source of vitamins A and D. A practice of taking this during the winter would benefit people who work indoors most of the time.

Since phosphorus and manganese are present in grain products, few need to worry about getting enough of them. Sugar and foods containing it should be avoided since it depletes the supply of calcium in the body. Moderate use of sorghum, honey, and sweet fruits should satisfy any normal desire for sweets.

Calcium-rich foods are often mentioned in the Bible. Notice with what favor milk was regarded. To inspire in the minds of the Israelites a picture of a prosperous land, God called Palestine "a land flowing with milk and honey." Cheese is also referred to. We need to use these nourishing foods to-day just as they did in that time when men were in more vibrant health because they inclined to eat these natural foods as God intended.

Your Destiny

(Continued from page 5)

Your destiny will be determined in a great measure by how well you practice certain virtues in your daily life. The zealous performance or careless omission of these duties is largely a matter of **HABIT**.

This is a *key* that can *build* or *wreck* your life!

You should get in the *habit* of kneeling down two or three times a day and *earnestly praying* to God—getting to know Him as your Father. This should be the most important *habit* of your life. Don't let circumstances break this habit!

Studying your Bible for a few hours each week is next in importance. Unusual circumstances may necessarily interfere with daily Bible study at times, but you *can* arrange to study the Bible for at least four or five hours each week. And this means the Bible *itself*—not literature about the Bible. Diligently and prayerfully studying God's word is a habit that will give you the *faith* and *understanding* you long for. Make it *your habit*!

An important habit which most of

you *have not realized* is that of *fasting*. When you are faced with a special problem, when you are in a temptation or if you feel you are growing lukewarm, one of the surest remedies is to *fast* and *pray*. This subject will be discussed at length in future articles. But zealous Christians *should fast* at least one or two days during each month. This *habit is vital!*

Many brethren know it is God's *command* that we faithfully render tithes and offerings for His work, but they have not acquired the *habit* of doing this as they should. God loves a *cheerful giver* (II Cor. 9:7). If you are not in the *habit*, it may be hard for you to give cheerfully to the *most important work on earth*. Study the twelfth chapter of Luke. Here Christ is clearly and forcefully showing that your life is *not* made rich by the things you possess. Rather, your true wealth is what is laid up in heaven because your *pocketbook* as well as your heart has been converted to God's service.

Was Christ mercenary? *Decidedly not!* But He knew that if you weren't trying hard to put more of your material wealth into God's work, your *interest* and *zeal* would soon *die out*. "For where your *treasure* is, there will your *heart* be also" (Luke 12:34). I stress this point because I well know that most of you have not been trying to make more money for the *purpose* of helping God's work. Some of our older brethren who fully understand the significance of this work and the times we are in work *extra hours* in order that they may give *more* toward carrying out the true gospel.

How important is God's work to you? This *habit* which shows God that you *really mean it!*

A Constant Practice

The very *basis* of real Christianity is that you pattern your life after Jesus Christ. He is our *perfect* example. We need to *study* God's word continually to know how to follow Christ's example.

A vital *habit* that can aid you marvelously in achieving this is the following: Whenever you are about to do *anything* significant, stop and ask yourself, "How would Jesus handle this situation?" Then ask *God* to guide you in *acting* as Christ would. This can alter the course of your life!

You *must* have studied God's word and Jesus' example for this to help as it should. But even trying this *as you learn* will bring you closer to God *every single day*.

This habit may be exercised before you walk in a room, before a party, before work, at the start of each new day. Just ask God, "How would Jesus act

now?" Then, with God's help—*ACT that way!*

If you sow this habit, you should reap *eternal life!*

The Result

According to prophecy, God's people will soon enter the period of the church of Laodicea. Many will not overcome the *trials* which God will set before us. They will not profit from His *chastening*. They will have fallen into *wrong habits*. Their condition will be **LUKEWARM** (Rev. 3:14-16). Christ will cast them out of His church unless they **REPENT**. They will not have been *watching* and *praying* that they might be worthy to *escape* the coming *tribulation* on God's people (Luke 21:36). Therefore they will be among those saints who will be permitted to **SUFFER** in order to learn (Rev. 6:9-11).

God's people will be divided into *two classes*: those who are zealously *growing*, and those who gradually become lukewarm. The first class will be protected during the tribulation and because they have overcome (Rev. 2:26), they will be given rule over the nations as kings and priests under Christ. The other class will be allowed to *suffer* in this coming tribulation in hope that they might learn to *put God first*.

Your practice of the *habits* herein described will largely determine which class you will be in. You will need God's help to *form* and *keep* these habits. He is more than willing to guide you through His Spirit (Luke 11:13). And remember that the regularity of a *right habit* makes it so much easier!

Your *destiny* is in your *own* hands. Remember that it is largely *a matter of habit*.

Whose Opinion Counts?

(Continued from page 2)

open and *ready* minds. Then they *searched* the scriptures to prove *whether those things were so*.

The Apostle James tells Christian believers to "receive with *meekest* the engrafted word, which is able to save your souls" (James 1:21). Once God reveals to you who His true ministers are, listen respectfully and with *open minds* to their instruction.

Then you need to "*study* to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (II Tim. 2:15). The more you *study*, the more you will understand and agree with the instructions of God's *true* servants.

"*Prove* all things; hold fast that which is good" (I Thes. 5:21). But *prove* it by the *Bible*—NOT by what you *think*, or *what some denomination teaches!* Re-

member Jesus said, "Thy **WORD is TRUTH**" (John 17:17).

In all your study, however, you should keep an *attitude of respect* for what God's ministers have said. You shouldn't go to the Bible with the idea of *refuting* what they have taught, or of *justifying* your own ideas. But search the scriptures (Acts 17:11) whether *those things* be so—*the things God's servants have taught*.

The respect to God's ministers is respect to God himself who "calls" any *true* minister to that office, and it is respect to the Holy Spirit through which God will inspire and direct His servants.

Unity in the Church

Many of you brethren have had to "come out" of this Babylonish system and its churches. You have been regarded—and perhaps *have regarded yourself*—as an "independent" or radical in matters of belief.

Many of you, having been disillusioned by false ministers, have come to feel that you could place no reliance on anyone or anything except yourself. You have been in the habit of studying the Bible and accepting *your* conclusion as final. It was between you and God alone. "Me and God," said the German Kaiser. That is the way some of you have felt and acted—perhaps without realizing it.

But *should* you be an "independent"?

Didn't Jesus build a church which will endure *forever*? Haven't we just shown you that God's true ministers—whom He sets in His church—speak in His name with authority?

If you have really been converted, you have been "baptized" or *put into* God's church by receiving His Spirit. You are then *no longer* an "independent," but a member of the true Church of God—the body of Christ.

"God is not the author of confusion, but of peace, as in all churches of the saints" (I Cor. 14:33). Even though you may be separated from local church fellowship, you *belong* to God's church which has *order* and *government* in it—not confusion.

The apostle Paul commands us to be humble, "Endeavoring to keep the *unity of the Spirit* in the bond of peace" (Eph. 4:3). Some ministers quote this text to persuade their congregation to blindly follow them in a *false* unity, NOT of the Spirit. The *unity of God's Spirit* is that mutual harmony and love which it produces because we will *all* be seeking *God's will*. It is *not* a "unity" based on *man's reasoning* swayed by the devil!

God gave some individuals positions of preaching and teaching, "*Till* we all come into the unity of the faith" (Eph.

4:12-13). His ministers are *responsible* for teaching and guiding the flock in the *right* way as God's Spirit reveals *until* they come into the "unity of the faith."

We are all still human and have a lot of *growing* to do. We won't all see eye to eye on every point of doctrine at first. God's children are "knit together"—not in doctrine—but "in LOVE" (Col. 2:2).

But God has set His ministers in the church to preserve order, and to teach and instruct the brethren with *authority* so that each one may finally come to have "the mind of Christ" (Phil. 2:5).

The Final Authority

In Hebrews 13:17, Paul gives an inspired command to, "Obey them that have the rule over you, and *submit yourselves*: for they watch for your souls, as *they that must give account*, that they may do it with joy, and not with grief: for that is unprofitable for you." Here, and in verse seven, God is commanding *obedience* to His Ministers. It is *they* who must give account." They are *responsible* for teaching you the *truth*. When there is a doubt as to the meaning of a scripture, or when there is a church policy to be decided upon, God's ministers are given the **AUTHORITY** to make those decisions to be based on His *revealed* will. And He holds *them* **RESPONSIBLE** for seeking *His* will!

This of course applies *only* to those

whom you know by the "fruits" are God's *true* ministers.

And even then, if there is ever a case when you have a *real conviction* that one of God's ministers is teaching something contrary to His will, you ought to, "obey God rather than men" (Acts 5:29). But *knowing* that any true minister of God will be honest in seeking the truth, be sure to discuss the matter privately with him. Remember that you are not to rebuke an elder or minister, "but intreat him as a father" (1 Tim. 5:1). Then, any *true* minister of God will *study* and *pray* over the matter, and in due time will either show you your error—or he will confess his mistake and be thankful to find and teach the *truth*.

God himself has chosen ministers who are still quite *human*. But His ministers will remain yielded to Him and be willing to *grow*. It is **HIS responsibility** to remove them if they don't.

In all matters, then, it's *God's opinion* that really *counts*!

God has specially "called" His ministers to act as His spokesmen—teaching the people *His* will. Christ set the example (Mat. 7:29) when He astonished the people by teaching with **AUTHORITY**. That authority is to be *respected*! It is not respect to the man, but to the *office*, and to *God* who placed him in the office.

God's ministers need your *prayers*,

and your *love* and *co-operation* in carrying on this great work He has committed to all of us. Mr. Armstrong has set a wonderful example by his love, humility, wisdom, zeal, and his constant willingness to *grow* into more truth as God reveals it. God's *true* ministers will continue to seek and to teach *His* will—not their own.

We realize the great *responsibility* we have as God's ministers. We pray that you true brethren will respect the *authority* God has given us with which to carry on His work. This work of God is rapidly growing! To accomplish our mission successfully, we need to practice the way of *order* and *church government* which God has commanded. This way of God will be a great blessing to us—and to the *millions* who will hear the *true gospel* because we have been *willing* to set aside our selfish interests and to work together in *harmony*—under God's guidance—in carrying out His great work.

Let us all submit ourselves to *God's government* in His church—and in His kingdom to come. As the *true* Church of God, let us go forward together with *love* and *unity*, guided by *Divine wisdom*, and inspired by a contagious *zeal* to carry out with God's *power* and *authority* the great work of proclaiming the gospel of the kingdom as a "witness" to all nations before Christ's soon return as King of kings.

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