

The

Good News

International Magazine of The Church of God



Paper for your ENVOY delivered to Ambassador College Press in Pasadena.

AUGUST, 1966



More About Our Cover...

Eager ENVOY staff members inspect the fine paper to be used in the 1966 edition. Union Pacific brought this paper direct to our plant from the Consolidated mills in Wisconsin. More details and an up-to-date report on the progress of your 1966 ENVOY will appear next month.

Ambassador College Photo

What our READERS SAY...

French Tour Report

"It has been very hot here in Paris for the last few days; however, it has just turned cold and rainy. We have visited 20, baptized 6, missed 4, and have been able to see 8 of our old members. The Sabbath remains the Number One problem. The cost of living in Paris has skyrocketed, and I will be very happy to get out of here just as soon as possible. It is stinking and dirty, and as I said, expensive. Seeing some of the skirts, I wonder why they even bother to wear any. Our hours are long but very profitable. People here see a lot of visions due to their former religion. The French do have problems! Please give my regards to all."

Mr. Dibar Apartian
Paris, France

• A thorough report coming next month.

"Thank you very much for *The GOOD NEWS*, which I received just yesterday. I was very much impressed by the articles, especially the one on 'Philadelphian or Laodicean.'"

B. D. S., Michigan

"Thank you for *The GOOD NEWS* articles 'You Can Defeat Discouragement,' and especially, 'Whose Opinion Counts?' Having grown up in a broken home where there was very little instruction or chastisement given, and having an unconverted mate, I have always been grateful for any instruction from God's servants, and have grown to love our local minister more as a father because of the instruction and correction he has given me. 'Whose Opinion Counts?' has helped me understand and respect the authority of God's servants much more and given

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There are only a few days until the Feast of Tabernacles — the greatest Feast ever! All of us are rejoicing as we look ahead anticipating a wonderful vacation, God's way, at the place God has chosen. That is — almost all of us!!

Some won't be able to go — that is — unless we all extend more help from the second tithe! Requests are *pouring in* to Headquarters from field ministers requesting help for hundreds upon hundreds of widows. Many only need another \$35 or \$40 to attend the Feast. Last year we helped every deserving person covered by God's second tithe. This year the requests are just as heavy — yet, there is only *one third* the amount we had last year in the second tithe fund!

God's admonition to His "flock" is to show a special love and concern for our widows (James 1:27; Isa. 1:17; Zech. 7:10; I Tim. 5). The need is great! Some of you who have excess second tithe, that you *know* will not be needed — would you now, before you forget, send it airmail? You will help a sister in Christ keep the Feast! You will, if you can do so, have a greater blessing through giving and sharing!

The Good News

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scattered abroad

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ARE YOU QUALIFIED FOR ETERNAL LIFE—NOW?

Can you say with ABSOLUTE CONFIDENCE, "I am NOW qualified for a place in God's Family?" NOTHING could be more important to you RIGHT NOW! It's the very reason for your existence! READ this article, and CHECK UP on yourself!

by Charles F. Hunting

London, England

ARE YOU AFRAID to answer the question in the title of this article? Perhaps, if you DO answer it honestly with yourself, your answer would be something like this: "Well-ll-ll . . . no, not *right* NOW! I know I'm not as close to God as I *should* be—I know I need to study and PRAY more, and overcome more—but I'm *working* on it!"

What a DISASTER!

Will God *accept* such an answer? Will you make it into God's Kingdom if you meet with sudden unexpected *death* within MOMENTS from now?

You Need ABSOLUTE ASSURANCE!

You're HUMAN. Humans die. Even *Christian* humans die. Remember, brethren, the New Testament is a complete chronicle of the DEATH of the servants of God.

The apostle Paul was inspired to write, "For whether we live, we live unto the Lord; and whether we die, we die unto the Lord: whether we live therefore, or die, we are the Lord's" (Rom. 14:8); and James asked, "Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away" (James 4:14).

Recently, we were stunned to hear of the sudden death of two of God's servants who occupied high positions in God's Work. If *they* could be taken by death—*suddenly, unexpectedly*, could YOU?

At funeral services we're sobered. We pause, reflect, think deeply about *ourselves*, perhaps even make a few personal promises and resolutions. But then, as is characteristic of all human beings, we quickly hurry on into our daily routines of LIFE and *living*, and we FORGET what we promised ourselves. The resolve and fervor gradually wanes—we relax a little.

But your life is held only by a very tenuous thread. It's a terrible TEMPORARY thing to you—and can be ended SO VERY quickly!

You Need to Be Sure

KNOWING this—knowing the real TRUTH of God about the deadly seriousness of this temporary life—and the magnificent promise of the life to come—YOU DESPERATELY NEED TO BE SURE!

Paul was!

He was able (and the Holy Spirit *inspired* to him to say it, he wasn't "hoping" or "bragging" about himself!) to say HE KNEW a crown awaited him (II Tim. 4:8). He was POSITIVE! He was SURE!

Are you?

Frankly, brethren—*many* of you are playing a bizarre game of spiritual hide-and-seek, spiritual tag, spiritual guessing games! You're KIDDING yourselves—deceiving your own self!

What *causes* much of the self-deception is surprising!

You brethren have learned the TRUTH about the calling of God. You now KNOW Christ is *not* going to return "right now, tonight!" You *know*

there is no EVER-BURNING hell fire. You know a certain amount of *prophecy*, of world conditions, and what must take place prior to Christ's return.

And that's DANGEROUS KNOWLEDGE—dangerous if you begin to *let down*, drifting into a "wait-it-out" attitude—decide the end is STILL YEARS AWAY!

Subconsciously, MANY brethren have decided, "I've got TIME to overcome this problem. I'll keep working on it—maybe I can overcome it next year, or the next!"

But you DON'T HAVE TIME to wait until next year!

Now is the important time!

Commandment-Keeping NOT ENOUGH!

Some are already *disqualifying*!

Unbelievably, some "in" God's Church are continually and KNOWINGLY breaking the commandments. They're *giving in* to minor temptations—stupidly hacking away at THEIR very foundation of *eternal* salvation—mutilating and destroying *character*!

Could this be YOU?

Is there no REALITY of God?—a God *intimately* aware of EVERY minute detail of your life! Surely you *must* know God considers ALL our works! David said so in Psalm 33:15. Maybe *you* are deluding *yourself*. Many are. By their actions they are saying God is sloppy—that He is a *liar*. He won't keep His promises.

But, He will! ALL OF THEM! The God who promised He would "break

the pride of the power of Israel" for disobedience is keeping *that* promise RIGHT BEFORE YOUR EYES. This same God PROMISES through the apostle Paul that those who manifest the works of the flesh "... SHALL NOT inherit the Kingdom of God!" (Gal. 5:19-21.)

God means what He says. You'd better stake your life on it!

But we can get in a "rut" of commandment-keeping. We can delude ourselves all that is required of us is just to be *careful*. Just don't break one of the ten great commandments, then everything will be OK.

Ask yourself, "Why do I keep the commandments?" The probable *honest* answer: "Because it is for *my* good."

This is the *total* answer in *so many* cases. We keep the physical laws for *our own good*—like we keep traffic laws—so we won't smash ourselves into insensibility! Commandment-keeping is for *our* protection. It's a common-sense matter of self-preservation. We're *afraid* NOT to keep them!

It's also a matter of convenience. We've renounced our old ways—some of them at least. We've given up our old companions—that is, *most* of them. We've informed our boss we're going to keep the Sabbath and antagonized husbands, wives and relatives by loudly proclaiming—in too many cases—points of God's truth and by showing our determination to obey God.

We've made new friends—*joined a new club*. We like the companionship of God's people. It's all a very pleasurable experience—the Feasts, the Spokesman Club, the picnics, the beer, the sporting events. We like it here! Besides all that—there are enough floaters just like ourselves so that we don't feel *too* uncomfortable.

No, brethren, your Bible clearly states commandment-keeping is not enough!

READ IT! "So likewise ye, when ye shall have done ALL those things which are *commanded* you, say, We are UNPROFITABLE servants: we have done that which was our duty to do" (Luke 17:10).

Christ said to cast the unprofitable servant into outer darkness! (Mat. 25:30.)

This could be YOU!

We *profit* by tithing. We are *better*

off because we obey the laws of health. OUR children aren't as troublesome when taught obedience. WE have a *better* life! But it's *NOT* enough for eternal life!

What, then, *is* ENOUGH?

God Wants US To KNOW!

Let's understand one thing. GOD IS FAIR! He called us to HIS *Work*. He tells us what our wages will be. He explains what He *wants* from us. He tells us, as any fair employer would, what the standards are. We don't have to *guess*!

We *do* have *promises*. Paul said, "But if the spirit of him that raised up Jesus from the dead [really] dwell in you, he that raised up Jesus from the dead *SHALL* [an *absolute* promise] also quicken your mortal bodies..." (Rom. 8:11).

He further stated: "Christ *in* you the hope of glory..." (Col. 1:27).

What does this mean, "Christ *in* you"?

Paul clearly explains in Romans 8:1 when he said, "There is therefore *now* NO condemnation to them which are *in* Christ Jesus, *who walk not after the flesh!*" The ones who are STRIVING after the spiritual character of Christ and NOT seeking *their own* physical pleasure—they are the ones who are *IN* Christ!

Maybe we do keep the physical part of God's laws. We're not stealing, committing adultery, murdering. But what about the *spiritual* sins—hatred, envy, irritability, jealousy? Are we *guilty* of these?

Paul said, "I WARN you, as I have WARNED you before, that those who behave in such ways WILL NEVER *INHERIT* the kingdom of God!" (Gal. 5:19 *New English Bible*.)

What about *envy*—are you *totally* free of it—ALWAYS? Do you *ever* cause any strife—with friends, relatives, or children? What about *wrath*—do you *ever* express bad temper or irritability? OF COURSE YOU DO! None of us is totally free of guilt.

Paul called these "*works of the flesh*." He stated further in Romans 8:8, "So then they that are *in the flesh* CANNOT please God." God says this is A WAY OF DEATH!

Yet because we are not *totally* free from some of these sins are we *disqualified*? Not necessarily, but we could be!

How Much is Required?

The BIG question is, "How much of Christ should there be "in" us—how MUCH of God's Spirit do we need? Can there be *too little*?"

Yes, INDEED! There *can* be TOO LITTLE of God's Spirit and not ENOUGH of Christ *in* us!

The foolish virgins had *too little* oil. The oil mentioned in Matthew 25:8-11 is symbolic of God's Spirit! They were part of the Church—they were undefiled by the religions of this world (Rev. 14:4). When they were in trouble they turned to the members of God's Church for help—they knew where to go, where the answers were! When they couldn't help they turned in desperation and cried out, "Lord, LORD, open unto us!" Christ answered, "I KNOW YOU NOT!"

If Christ were "in" them *enough*, He would have recognized them. Christ KNOWS His own! If they had been led *enough* by God's Spirit they would not have had to end up in the horror of tribulation and the very real possibility of being kept *out* of God's Family!

Romans 8:14, 17 says, "For as many as *are* [right now] led by the Spirit of God they *are* the sons of God... and if children then heirs... with Christ."

Did you get that?

Right NOW we *can* be qualified heirs of God and joint heirs with Christ!

If, IF, IF we are led by God's Spirit.

But like the foolish virgins do we have *too little* of God's Spirit? Sadly, we must admit we do not measure up to Christ. We fall *far* short. We fail miserably at times. BUT the task is NOT HOPELESS!

Here, however, comes the BIG difficulty. We see our *weakness*. We admit our *faults*. But we don't see any *immediate* penalty—God doesn't strike people dead who we KNOW are worthy of the death penalty. So, we say to ourselves, "God knows our frame. He knows we are but dust, that we are weak." Then we procrastinate. We ex-

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PHYSICAL EXERCISE DOES PROFIT!

Is physical exercise important? Does it matter to God what condition your body is in? What are the benefits of physical exercise? What kind of exercises are good for you and how should you exercise? This article answers these questions.

by Dennis G. Luker

BEFORE John F. Kennedy was assassinated, he appointed a President's Council on Physical Fitness. He was so concerned about the *lack* of physical fitness in the adults of this nation that he appointed this Council to study the problem and give its recommendations. The Council did, in the form of a booklet entitled *Adult Physical Fitness*. On the inside of the front cover of this booklet is a message from John F. Kennedy to this nation.

Presidential Message

Here is that message—"Ours is not a regimented society where men are forced to live their lives in the interest of the state. We are, all of us, as free to direct the activities of our bodies as we are to pursue the objects of our thought. But if we are to retain this freedom, for ourselves and for generations yet to come, then we must be willing to work for those physical qualities upon which the courage and intelligence and skill of man so largely depend.

"In the past, on many occasions, I have stressed the importance of vigorous physical activity for our children. I have asked parents to support physical fitness programs in their schools and to provide additional opportunities for developing strength and stamina in their homes and in the communities. We must do still more.

"We must illustrate by deed and example, as well as by words, the importance of physical vitality and health. We must live our lives in such a way that our children, and their children after them, will form a natural and lasting commitment to the vigorous life.

Only in this way can we be assured that the spirit and strength of America will be constantly replenished.

"This booklet contains the recommendations of my Council for improving the physical fitness of adults. I urge each of you to follow these recommendations—to have frequent medical checkups, to get sufficient rest and nourishment and, above all, to exercise regularly and vigorously.

"The need for increased attention to physical fitness is clearly established. The Government cannot compel us to act, but freedom demands it. A nation is merely the sum of all its citizens, and its strength, energy and resourcefulness can be no greater than theirs." (John F. Kennedy in *Adult Physical Fitness*.)

In that message there is *truth* which we need to understand and apply!

But What Does God Say?

In I Timothy 4:8, Paul was inspired by God to write, "For bodily exercise profiteth little..." This sounds like a negative statement, but a more proper rendering of this verse into English from the inspired Greek is, "For bodily exercise profits for a little time" (see marginal reference). This is a *positive* statement! Bodily exercise *does* profit for the "little time" of our physical existence on this earth. As long as we are *physical* human beings, *physical* exercise will profit this *physical* body.

God wants us to be healthy and physically fit. He inspired John to write, "Beloved, I wish above all things that thou mayest prosper and *be in health*..." (III John 2). We are given instructions in I Corinthians 6:20 that we are to glorify God in our *bodies*.

After we have truly repented and been properly baptized, our bodies become the temples of God's Holy Spirit and God warns, "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, *which temple ye are*" (I Cor. 3:16-17). God expects us to keep our bodies physically fit so that they will be a glory to Him and so we can accomplish something worthwhile through the power of His Spirit in us. God's Spirit cannot work effectively in a tired, "run-down," sickly body. Physical fitness *is* needed.

What Is Physical Fitness?

Physical fitness is a measure of the body's strength, stamina and flexibility. It determines your ability to work with vigor and pleasure, without undue fatigue, with energy left for enjoying hobbies and recreational activities, and for meeting unforeseen emergencies. How you look and feel is a reflection of your physical fitness. The body is not separate from the mind and how you feel physically affects how you feel mentally.

Vital to physical fitness are proper nutrition, adequate rest and relaxation, good health practices (If you don't already have it, be sure to send for the article, "The Seven Laws of Radiant Health"!) and last, but not least—regular and vigorous physical exercise!

Why Exercise?

A few facts about your human body will help you to understand why you need exercise.

"The human body contains more than 600 muscles; overall, it is more than half muscle. Muscles make possi-

ble every overt apparent motion. They also push food along the digestive tracts, suck air into the lungs, tighten blood vessels to raise blood pressure when you need more pressure to meet an emergency. The heart itself is a muscular pump." (*Adult Physical Fitness*, p. 5.)

"Your heart is a bundle of muscles about the size of your fist. If you clench your fist, open it, then clench it again, you can get a rough idea of the action of the heart. But if you open and close your fist, again and again, at a rate of little more than once every second, your muscles will feel tired after a couple of minutes. Your heart, meanwhile, is contracting and dilating at an average rate of 72 times a minute, which adds up to about 100,000 times a day or nearly 40 million times a year. And the only rest the heart muscles get is the fraction of a second pause between beats.

"The work done by your heart is about equal to the work you would perform if you lifted a 10-pound weight three feet off the ground and repeated this task twice every minute for a lifetime. One scientist has figured that heart muscles work twice as hard as the muscles of a person who is running.

"The heart has to be very efficient to continue its pumping job, day and night, year in and year out. It is, in fact, more efficient than man-made engines that convert gasoline or coal into mechanical work. The heart converts up to 50 percent of the fuel available, in the form of food, into work. A well-tuned automobile or a steam turbine, by comparison, has a mechanical efficiency of only about 25 percent. The heart gets only one tenth of the oxygen received by the entire body, but no organ uses the oxygen more efficiently. The heart uses 80 percent of its share of oxygen, making it about three times as efficient in this category as other parts of the body." (Reprint from *Today's Health*, January, 1960.)

No wonder David said, "I will praise thee; for I am fearfully and wonderfully made..." (Psalm 139:14)!

Our muscles, including the heart, were made to need exercise to keep them in top physical condition!

"Technological advances have changed our way of living, have made strenuous physical exertion largely unnecessary. The word 'chore' has virtually gone out of use.

"But the needs of the human body have not changed. Muscles are meant to be used. When they are not used, or not used enough, they deteriorate. If we are habitually inactive—if we succumb to the philosophy of easy living—we must then pay the price in decreased efficiency" (*Adult Physical Fitness*, p. 5).

We are, to a degree, what our muscles make us—weak or strong, vigorous or lethargic!

Why You Should Exercise

What will proper exercise do for you? There are many physical, mental, emotional, and even spiritual benefits which can be derived from GOOD EXERCISE. Proper exercise is one of the keys to vibrant and radiant HEALTH—and unless a person is physically strong and alert, his mental, emotional and spiritual condition will tend to be weak, lacking in drive, vigor and balance!

Physically, however, exercise of the muscles will bring many benefits—it will help firm up flab, result in a stronger and steadier heartbeat, improve circulation throughout the body and cause breathing to deepen. It will increase strength, endurance and coordination. It will also help make the joints more flexible, reduce minor aches, pains, stiffness and soreness, and correct some *posture* defects.

Exercise will also contribute to a better appearance and increase the efficient use of energy in physical and mental tasks. It helps a person to relax and helps reduce tension and fatigue. In general, it aids in controlling weight, helps stave off diseases, and PROLONGS a person's active, useful years!

Obviously, then, you can see WHY you definitely need to have the right kind of exercise, if at all possible!

I might add here that it would not be wrong to have a physical check-up and to receive advice from a suitable physician regarding exercise and diet. Luke, remember, was a physician (Col. 4:14). He gave advice on how to obey

the natural, physical laws of God which govern the human body.

But remember, if we BREAK one of these physical laws—which is physical sin—then we will be physically sick and should obey the command in James 5:14 to call upon the elders (ministers) of God's true church to be anointed and *God will HEAL* the sickness—forgive the sin.

If You're Handicapped

If you have a physical handicap or an illness, it would be wise to seek advice before attempting *any* type exercise. If you live in a church area, counsel with your local pastor first. Physicians have found, however, that in many cases exercise helps in combating many chronic problems, such as arthritis, asthma, diabetes and emphysema. A common type of low back pain has been traced to weakened back muscles. Exercise has been found useful in bringing relief and helping to prevent recurrence of such problems.

Nevertheless, remember that only God can heal us when we are sick. Still, God wants us to do OUR PART—by obeying *all* of His laws, physical and spiritual.

General Types of Exercises

There are three general types of exercises—warm-up, conditioning, and circulatory.

Warm-up exercises stretch and limber up the muscles and speed up the action of the heart and lungs. They prepare the body for greater exertion and reduce the possibility of unnecessary strain.

Conditioning exercises are for the purpose of toning up abdominal, back, leg, arm, and other major muscles.

Circulatory exercises produce contractions of large muscle groups, for relatively longer periods than the conditioning exercises. They stimulate and strengthen the circulatory (blood flow) and respiratory (breathing) systems.

Warm-up Exercises

Here are some good exercises to help you wake up in the morning! They will help "warm you up" by stretching, limbering up, and speeding up the heart and lung action.

(Continued on page 12)

WHAT IS GENUINE HUMILITY?

Many confuse meekness with weakness. Others put on a "false front" of humility. Few understand TRUE humility! Read this article and find out how you can grow in proper humility.

by William F. Dankenbring

LOOK around you. Everywhere you look in this modern world, you see the signs of vanity! Vanity is at the root of human problems. Because of vanity, many become puffed up and inflated with their own ego. And because of vanity, others mope around with a terrible inferiority complex!

Women are vain about their beauty. Athletes are vain about sports. Fishermen brag about the "one that got away." Hunters regale their friends with monstrous untruths about their latest hunting expedition. Scientists are vain about their staggering intellects. Businessmen boast about their latest "killing" on the stock market, or their latest "big deal."

All out of sheer VANITY!

Wherever you take a look—you see the ghastly, gruesome signs of out-and-out VANITY! Sports—movies—art—literature—politics—science—and EVEN RELIGION—the whole world reeks with VANITY!

True humility is a RARE virtue, today!

The WORST Vanity

Men and women become vain about every conceivable accomplishment—and even things they have NOT accomplished. The attitude of many poor people is "We's just poor folks and proud of it!" They feel every successful man must be a crook and a cheat!

But the worst kind of vanity before God is *spiritual* vanity! Religious pride is among the WORST of sins! God is disgusted with the attitude of those who inwardly snort with contempt, "Stand by thyself, come not near to me; for I am holier than thou" (Isa. 65:5).

The "holier-than-thou" attitude causes many to ridicule and mock all religion. Perhaps this despicable attitude has crept into *your* life, and since conversion you have "looked down your nose" at those in the corrupt world!

There were Pharisees in Christ's day. We have our spiritual Pharisees, today!

Notice this parable of Jesus!

"He also told the following parable to certain persons who were sure of their *own goodness* and *looked down upon* everybody else. 'Two men went up to pray in the temple; one was a Pharisee and the other was a tax gatherer. The Pharisee stood up and said his prayer as follows; "I thank thee, O God, I am not like the rest of men, thieves, rogues, and immoral, or even like yon tax gatherer. Twice a week I fast; on all my income I pay tithes." But the tax gatherer stood far away and would not lift even his eyes to heaven, but beat his breast, saying "O God, have mercy on me for my sins!" I tell you, he went home accepted by God rather than the other man; for everyone who uplifts himself will be humbled, and he who humbles himself will be uplifted'" (Luke 18:9-14, *Moffatt* Translation).

This parable reveals the tremendous difference between spiritual pride and VANITY and true, genuine humility! The Pharisee was spiritually proud—lifted up in his own estimation. He felt he had an "inside track" to God's throne. He felt he was a "favorite" with God. He was "superior" to other men.

But the other man? He felt so unworthy and undeserving that he couldn't even lift his eyes upward. He felt like crawling and squirming through the nearest "rathole," he was

so unworthy to approach the throne of God.

His attitude was accepted. His prayer was heard by God; but the Pharisee was just wasting time, talking to himself. God wasn't listening to his conceited, lofty, and eloquent "prayer"!

Pride Leads to Ruin

As long as King Uzziah steadily worshiped God, God gave him fantastic success. His armies conquered lost territory. His enemies could not stand against him. His fame and power were broadcast throughout the Middle East, as far away as Egypt he was renowned (II Chron. 26:1-8).

But Uzziah's success and fame began to go to his head. And the result—disaster! In the *Moffatt* translation we read, "But when he attained power, he became haughty, and that RUINED him" (verse 16). Uzziah became so proud he thought he could take over the duties of God's priests and offer incense in the Temple.

What happened?

"He was holding a censer to burn incense, and there, beside the altar of incense, as he raged at the priests, leprosy broke out on his forehead, before the priests in the temple of the Eternal!" (Verse 19.) He was a leper till the day he died.

King Nebuchadnezzar was another who let power and self-glory go to his head. As he walked on the roof of his palace, he exclaimed, "There lies Babylon the great, which I have built for a royal residence by my vast power and to my noble majesty!" (Dan. 4:30.) Because of his sins, and this display of vanity, God struck Nebuchadnezzar and

for seven years he lived like a cow, munching grass (verse 33).

Finally the king came to his senses. He realized what had happened, and confessed, "Now I Nebuchadnezzar praise and exalt and honour the King of heaven, for all he does is right, his dealings are all just, and haughty men he is able to **ABASE**" (verse 37).

Why are these examples of pride found in the Bible?

These are case histories, recorded for **US!** "For whatsoever things were written aforetime were written for **OUR** learning..." (Rom. 15:4). God says, "So let anyone who thinks he stands secure, take care in case he falls" (I Cor. 10:12, *Moffatt*).

Pride and vanity have wrecked the lives of others. They can also wreck **YOUR** life, if you are not on your guard, wary, and careful! Pride—vanity—these traits are just the opposite of what God wants to see in His people!

What kind of an attitude pleases God?

David tells us, "The sacrifices of God are a *broken spirit*: a *broken* and a **CONTRITE** heart, O God, thou wilt not despise" (Ps. 51:17). Jesus said the **MEEK** will inherit the earth (Mat. 5:5).

But just what is meekness? What is genuine humility?

What Humility Isn't

First, humility is not play-acting. It is not a self-conscious parade of reticence, timidity, or cringing boot-licking. It is not servile fawning before others. It is not a false front of pseudo-spirituality!

Some treat their employers with courtesy and respect, but become slave-drivers when the boss is away. They act humble and meek when their boss calls them on the carpet; but swell into brutish tyrants and crack the whip when they are given any authority. This is not humility—this is blatant hypocrisy!

Humility isn't *weakness*. It isn't being a doormat and letting everyone run over you. It is not a spineless, wishy-washy condition synonymous with quiet timidity and back-pedaling indecisiveness. Humility is **NOT** weak and it does

not cringe with fear. Yet, it is submissive to authority, respectful of others, and does recognize its own shortcomings. True humility gives a person boldness to speak up when necessary; and yet not always "putting himself forward," or in the "best light" possible.

He will admit his mistakes and errors, without excuses. He will confess his failures and sins, without condoning them or trying to reason out why they were not really so bad. He will accept correction with a spirit of love and gratitude. He will not be comparing himself with others, but will be striving to do the will of God in his own life.

True humility breeds courage and conviction. It gives spiritual **POWER** and forcefulness, because vanity doesn't stand in the way between it and God. God works through a spiritually humble person—one who does not put on "airs" of importance, one who is not greatly "impressed" with his own ability. But one who just humbles himself, and acknowledges his weakness, and turns to God completely, is the one who will be a useful instrument in the hands of God.

The Source of Humility

Human nature is naturally antagonistic toward humility. It naturally seeks to bolster its image of itself, lift itself up, and have the respect and adulation of other people. Some in the world might "put on" an outward facade of humility, but it is usually so transparent you can see right through it.

Real humility comes from one great source. "But the *fruit of the Spirit* is love, joy, peace, longsuffering, gentleness, goodness, faith, *meekness*, temperance [self-control]: against such there is no law" (Gal. 5:22-23).

God's Spirit is the "spirit of meekness" (Gal. 6:1; I Cor. 4:21). True humility comes from *God*—it is a gift of His Holy Spirit. It is an attitude of mind which comes from Almighty God.

True humility from God is associated with spiritual **STRENGTH**—"For the spirit that God gave us is no craven spirit, but one to inspire strength, love, and self-discipline (II Tim. 1:7 *New English Bible*). It is associated with

God's wisdom—"But the wisdom that is from above is first pure, then *peaceable, gentle*, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy" (Jas. 3:17).

Jesus Christ had this kind of *humility!*

The Mind of Christ

"Let nothing be done through strife or vainglory," wrote Paul; "But in lowliness of mind let each esteem other better than themselves" (Phil. 2:3). How many have this kind of attitude, today?

Even in God's Church there is too much strife, contention, straining for recognition and honor. But Paul says we are to lay aside those selfish kinds of attitudes, and highly esteem our brothers rather than ourselves! The "competitive" spirit leads to a disastrous fall.

What kind of attitude should we have, then? "Treat one another with the same spirit as you experience in Christ Jesus. Though he was divine by nature, he did not set store upon equality with God, **BUT EMPTIED HIMSELF** by taking the nature of a servant; born in human guise and appearing in human form, he *humbly stooped* in his obedience even to die, and to die upon the cross" (Phil. 2:5-8, *Moffatt*).

What a remarkable example! Jesus Christ—very God—did not cling selfishly to His Godship—but for you and me He was willing to humble Himself and even **DIE** on the stake as a mortal man! Jesus **GAVE** of Himself completely. He came to **SERVE** others. He did not grasp at honor or crave adulation of man. His mind was not filled with thoughts of ambition, knifing someone else in the back, "getting ahead," and looking after His *own* interests.

He was filled with concern about **OTHERS**, and emptied Himself on their behalf! There, is an example of true humility!!

And God the Father is well aware of the supreme sacrifice made by our Saviour, Jesus Christ. "Therefore God raised him high and conferred on him a Name above all names, so that before

(Continued on page 22)

IS GOD ALL POWERFUL?

Why bad weather at the Feast of Tabernacles? Is there a reason for the heavy rains, snow, hurricanes? Doesn't God AUTOMATICALLY give us good weather for His Feasts—especially the Feast of Tabernacles?

by Paul S. Royer

AT FIRST glance you might think this a strange title for *The GOOD NEWS*. After all, we are the "peculiar people" of this earth who really do believe in God and know that He is all powerful—or do we?

We certainly are "peculiar!" No one would argue that point.

Just a few months ago, eleven to be exact, I heard these very words on Jekyll Island. The Feast was over and all had gone except a handful of men who remained as the cleanup crew. I had stayed behind to see that the tent was down, that all equipment was returned or stored and for the purpose of paying our bills.

In one of the gift shops across from the Aquarama, the shopkeeper was busy taking inventory. The woman clerk speaking to the manager was overheard to say, "They are a peculiar people. They didn't buy one single pillbox!! You won't believe this—but one of them told me that they didn't even believe in taking aspirins!"

It is for sure, we are peculiar! We are the people who believe in honesty at all cost, in setting the right example, in keeping the Sabbath. We believe in a Living God, and a dynamic God that sees and hears all—at least that is what I thought we believed in—now I am not so sure!!

Blessings or Cursings

Remember the hurricane of 1964 that preceded the Feast of Tabernacles? That terrible storm just about made it impossible to hold the Feast at Jekyll Island. Its rains carried right over into the Feast itself. But God miraculously reversed the hurricane—and punished Cuba with it.

Those of you who attended Jekyll Island last year will remember the vio-

lent rainstorm that began forming out over the Atlantic. As we watched the storm approach, it suddenly took a direct course straight for Jekyll Island! It hit the northern section of the Island with such force and impact that we wondered if our huge tent would survive another ten minutes. Some of our northernmost campers were practically flooded out of their camps!

Mr. Armstrong was forced to cancel an afternoon service and, of all things, it repeated itself during the evening. It actually rained out one family three different times, drenching their bed clothes and other belongings!

We have had other rain, snow and wind storms at just about every Feast site around the world. I well remember the terrible winds that struck just before and during the Feast of Tabernacles in Squaw Valley, California, two years ago. Our giant canvas backdrop was ripped to shreds!

Have you ever wondered why we have had such storms, so much weather trouble at the Feast of Tabernacles? Especially so when God says He "createth the wind, and declareth unto man what is his thought..." (Amos 4:13)!

We who are the "peculiar chosen people" of God need to examine our Feast conduct! We need to understand the power of God and His concern for His Feast of Tabernacles and His peculiar people!

These worldwide storms during the Feast of Tabernacles caused me, out of curiosity, to do a little checking. I wanted to know if there was a reason why we were not receiving eight days of blessings during the Feast of Tabernacles.

What I found will shock and amaze you! Jekyll Island will be the principal

example, since it is representative of all God's Feasts.

This is, then, the inside—the behind-the-scene story:

Camp of Israel's Shocking Conduct

Even though we had over 7,000 people registered for the Feast of Tabernacles in Jekyll Island, the highest attendance count for any one service was only 6,326. Our attendance actually dropped below 6,000 on two different occasions during the Feast.

Let's analyze the attendance of one service. All services, including some of our other Feast sites, are proportionately the same. Take the attendance breakdown for the morning service of October 17, 1965. The actual attendance for the morning service was 6,139 people. Of this number, 723 people got up and left the tent during the service for one reason or another. The morning before, the count showed that over a thousand people left the tent during services. Ninety-four who left were children and parents to the spank room. (We noticed that out of the ninety-four, 80 to 90 percent were repeats at every service; one woman took her child out fifteen different times in one service!)

Two hundred and twenty-three went to the restroom. Eighty-two mothers and children went to the mothers' room. Three hundred and twenty-four people were counted just milling about outside the tent or in the parking lot!

Add to this the number who were in their seats, not paying attention, perhaps sleepy from too much night life the night before! Out of 7,042 registered, perhaps 4000 were awake, alert and really kept the Feast. You begin to wonder if maybe God really is right in showing that half of our people "slum-

ber and sleep"—and miss the "boat" at the coming of Christ. (Mat. 25:1-13.)

Is it any wonder that we had a rain-storm? That's not all—there is more!

From some of the deacons' and ministers' reports we received the following: one day during the Feast, during the services, thirty some people went fishing! Others were observed sleeping in camp and in their rooms. Our Security Patrol found an adult couple sound asleep in their car in our parking lot during the services. Another elderly couple was seen shopping across the street from our huge tent *during services!*

I personally talked to one young man who was sitting in the shopping area across from the tent, with his Bible and notebook supposedly listening to the service over the loudspeakers. He was sitting outside the washateria *doing his laundry!* The young man first tried to dodge behind cars so that I would not see him. Where does he think *God* is? Is *God all powerful?* Is *God alive* to this young man?

Another car with three church members in bathing suits were seen leaving a motel just prior to afternoon services. Others had been observed sunning themselves by the pool at their motel while you were attending services.

Another family spent a good deal of time in their motel room—when their children were questioned they said, "Mom goes to morning services and Dad goes to the afternoon services. We just play around." No one was sick, services just weren't that important. Another family missed services because they were corrected for bringing their dog to the Island. They disagreed with Mr. Armstrong's admonition to leave all dogs at home.

One of our deacons overheard one of our members say through a motel bathroom wall, "To hell with you, I need half an hour in the bathroom." Another example of disinterest and Laodiceanism was a young man sitting beside one of our deacons during a sermon. The man squirmed relentlessly in his seat crossing first one leg, then the other, smacking loudly on a piece of gum, looking at his watch time after time, letting out great sighs and, in short, displaying a disgusting attitude

of impatience. *Makes you wonder why he came!*

We have examples of people who actually wrote in for more than one reservation for the Jekyll Island housing. They received their *confirmations*, then selected the one that suited them best.

One woman wrote in this year asking for accommodations. "We have received official permission to attend the Jekyll Island Feast. If "Standard" accommodations are not available *on the Island*, our second choice is "Deluxe" *on the Island*, third is economy. If accommodations are not available *on the Island* please refund. F.B."

In reviewing some of the housing forms this year I was particularly impressed with the number of *abled-bodied persons* who wrote in to our new Housing Office in Jekyll Island and said that they were physically handicapped. Take one from the New York area. We just happened to know this man personally. He is hale and hearty—in fact, he is a good athlete. On his form requesting housing he lists a series of problems such as asthma, hay fever, and getting tired, as difficulties with his health, and requests housing on the *first floors, most definitely on the Island!*

It makes you wonder—does this man believe that God is all powerful? Or does he believe with the other people of this world that God is dead?

There are many other problems. Some of our people are *still writing*

in to make their own reservations! It is not difficult to see that most of the problems revolve around selfishness and the fact that many of our "peculiar people" *expect better service at the Feast than they have at home!*

The few that cause the problems evidently look upon God as an old, senile, physical human being who is not capable of performing His job. Such concepts can bring down the *wrath of God upon all of us!*

I don't want any of you to get the impression that *all is bad!* Rather I want all of you to see *what actually goes on behind the scenes* and let each one of you think about THE PROBLEMS WITH THE WEATHER!!

The Wonderful "Peculiar People"

Let me emphasize that we have many wonderful "peculiar people" in God's Church. Attitudes as a whole, have been tremendously good! Take the example of the lady who wrote in after we returned her two checks refunding her the cost of the tent that she purchased for the 1965 Feast of Tabernacles and an additional discount on a tent that had one door instead of two!

Although I know that God pours out His blessings on us in unexpected ways, I feel that I should return both of these checks to Pasadena where they will be put to use in His Work. I know that I am getting full value in a tent fly which is waiting for me in Big Sandy. I was excited about the prospect of having a second double door in the tent, but now that I have used it, I think that with two occu-



Mr. Swisher smiles in spite of the heavy rains that poured in, drenching several of our people and forcing cancellation of an afternoon service.

pants the second door space can be used better for other purposes.

The careful and friendly manner in which Headquarters always looks after my interests is sincerely appreciated. I am happy to forward these checks for God's use.

A man wrote in from Squaw Valley—

Many times the ministry has told us from the pulpit, from the first year at Squaw Valley of the problems that we were bringing on ourselves and the headaches which resulted from a lack of wisdom and rebellion. I have heard many of the complaints and grumbings myself each year, but this year was different. Only two gripes were aired within my hearing. One, the unconverted—the other from an elderly lady who seemed to be having her patience tried a bit!

Or the crippled woman who wrote in asking for a room close in, if possible. However, she added that if this were not possible she would understand. She just wanted to be at the Feast, she didn't care how far she had to drive each day so long as she got to attend the Feast.

A Pattern of Problems

Yes, our people do, for the most part, obey the Eternal God. Obedience does pay off in huge dividends!

Yet those of us who work with all four Feast areas have noticed a *pattern* of problems at the Feast of Tabernacles. The first few formative years, when we begin a new Feast site, there are all types of infractions of Church Government. There is a general lack of good common sense in some cases which leads to troublesome problems. Then as our people mature and put into practice what they hear from the pulpit at the Feast and at their local congregations the problems and the difficulties of past years, even from the weather, improve or disappear.

Words of Praise

We have other letters—special letters from high officials in government praising your good conduct. There are letters from realtors, businessmen, a governor, Chambers of Commerce, newspapers and the Department of Highway Patrol. They all welcome us and comment on our organization and on our *obedience to law and order!*

Compare our welcome from these individuals with the following statements from one of the residents of Jekyll Island.

I have lived here for twelve years and the Radio Church of God people are the finest people I have ever seen. I am amazed that all of your people seem to leave the area very happy and satisfied. This is a resort area, we are used to gripes and complaints from the general run of tourists and convention groups. Your group is such a contrast, I am amazed!

These are some of the good examples. There are hundreds more like them!



Several brethren brave the strong winds as they make their way back to their room following interruption of services at Jekyll Island last year.

There are also other examples of bad attitudes and disobedience, *especially in our newer Feast site, Jekyll Island!*

The Rains Came

Let's go back to the poor fellow who, with his whole family, got rained out during the rainstorm in Jekyll Island. His was the only family that I recall that had any *real problem* as a result of the rainstorm! Some of the rest got a little wet, but they quickly recovered and had their camp back to normal in a short time.

The poor fellow with the "real problems" spent his time, when it wasn't raining, complaining! Something was wrong with his tent, it was an inferior quality, the rain was too wet!

Patiently, the camp directors and fellow campers assisted this man and his family to become comfortable. The camp director explained that with any sudden downpours of this magnitude

the tent needs additional protection. Even the big commercial tent that we rent for Jekyll Island leaked in that rain. They told him that he needed to "ditch" his tent so that the water would run off *away* from the tent, not *in* the tent. He was also told that his tent should have a piece of 10 x 17 plastic over the top, then the tent would shed water like a duck during these *abnormally heavy downpours!* As a matter of fact, the camp director even offered to drive him over to Brunswick to purchase this *inexpensive* plastic.

But—he was too busy complaining!

He didn't need the plastic and didn't want to bother to "ditch" the tent.

Soon *another* storm blew up. There was a repetition of the first. He and his family got drenched for the *second time!* Loving brethren took them in again and dried off the little kiddies. Again there was peace and calm and then, of all things, it happened the *third time!*

That was the last straw! He demanded to talk to the head of "this outfit—this tent is worthless." He got as far as me—still complaining! I gave him his money back!! It was hopeless to try to help him. He wasn't about to understand or come through with "Works!"

It makes you wonder how far behind in Bible study and prayer this individual was—or whether he had borrowed from his second tithe! Perhaps this man thought that some miracle would hap-

(Continued on page 21)

PHYSICAL EXERCISE DOES PROFIT!

(Continued from page 6)

● *The pictures to the left of the explanations illustrate the proper position for the exercise.*



1.

1—BEND & STRETCH. Begin by standing erect, feet shoulder-width apart. Then count 1, bending your trunk forward and down, flexing your knees; stretch gently, trying to touch fingers to toes or floor. Count 2, returning to erect starting position. Do this exercise slowly stretching and relaxing at intervals, rather than in rhythm.



2.

2—KNEE LIFT. Stand erect, feet together, arms at your sides. Counting 1, raise your left knee as high as possible, grasping leg with hands and pulling your knee against body while keeping back straight. Counting 2, lower your knee to starting position. Counting 3 and 4, repeat the exercise with your right knee.



3.

3—WING STRETCHER. Start with an erect stance, elbows at shoulder height and spread outward, with your fists clenched in front of chest. Counting 1, thrust your elbows backward vigorously without arching your back, keeping your head up and your elbows at shoulder height. Return to starting position on count 2.



4.

4—HALF KNEE BEND. Stand erect, hands on hips; 1) bend your knees halfway while extending arms forward, palms down; 2) return to starting position.



5.

5—ARM CIRCLES. Start by standing erect, arms extended sideward at shoulder height, palms up. Then, describe small circles backward with hands; do 15 backward



6.

circles. Then reverse it, turn your palms down, and do 15 circles forward.

6—BODY BENDER. Start by standing, feet shoulder-width apart, hands behind neck, fingers interlaced. Counting 1, bend your trunk sideward to *left* as far as possible, keeping hands behind neck; counting 2, return to starting position. On counts 3 and 4, repeat the exercise bending to the *right*.



7.

7—PRONE ARCH. Start by lying face down, hands tucked under thighs. Count 1, raising head, shoulders and legs from floor; count 2, returning to starting position.



8.

8—KNEE PUSH-UP. Lie on floor, face down, legs together, knees bent with feet raised off floor, hands on the floor under shoulders, palms down. Counting 1, push upper body off floor until arms are fully extended and body is in straight line from head to knees. Counting 2, return to starting position.



9.

9—HEAD & SHOULDER CURL. Lie on back, hands tucked under small of back, and palms down. 1) Tighten abdominal muscles, lift head and pull shoulders and elbows up off floor; hold for four seconds. 2) Return to starting position.



10.

10—ANKLE STRETCH. Start by standing on a stair, large book or block of wood with weight on balls of feet and heels raised. Count 1, lower heels; count 2, raise heels.

These are very good WARM-UP exercises. However, some of them can also be used as conditioning exercises as well. Now let's notice some specially designed CONDITIONING exercises.

Conditioning Exercises

Remember—these exercises are for the purpose of toning up the major muscles of the body.

Some of these conditioning exercises can also be used as warm-up exercises. Whichever exercises you do—or if you do all of them—the number of REPETITIONS is up to YOU. Depending on your own physical fitness and condition, you should do enough exercises to tone up your muscles, without be-

coming exhausted or fatigued by overdoing them.

Generally, *just pick a few of them*, do some warm-ups, and then some conditioning exercises. Do as many repetitions as you comfortably can. As you become stronger you can gradually increase the number of repetitions.

Circulatory Activities

These exercises use large muscle groups and stimulate and strengthen the circulatory and respiratory systems of your body.

SEE ILLUSTRATIONS ON PAGE 14

Emphasis on Walking!

All these exercises are beneficial and profitable, physically, mentally, and can help you lead a more vigorous, energetic, healthful life. Perhaps the BEST single exercise, however, which almost everyone can do, is WALKING.

According to the President's Council on Physical Fitness, "Walking is actually one of the best all-around physical activities. The massaging action the leg muscles exert on the veins as you walk improves the flow of blood back to the heart; when you walk you're improving not only your leg muscles, but also the pumping action they provide. Walking costs nothing; there are many possible

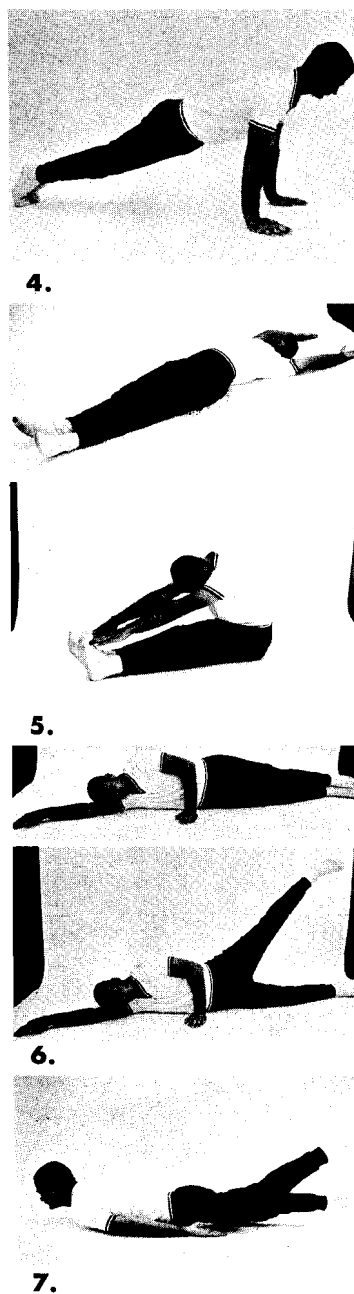


1—TOE TOUCH. Stand at attention. Counting 1, bend trunk forward and down, keeping knees straight, touching fingers to top of feet. Counting 2, bounce and touch fingers to top of feet. Count 3, bounce and touch fingers to toes. Then return to starting position.

2—SPRINTER. Start by squatting, hands on floor, fingers pointed forward, left leg fully extended to rear. Then, count 1, reverse position of feet in bouncing movement, bringing left foot to hands and extending right leg backward—all in one motion. Count 2, reverse feet again, returning to starting position.

3—SITTING STRETCH. Sit, legs spread apart, hands on knees. Then, count 1, bend forward at waist, extending your arms as far forward as possible. Count 2, return to starting position.

4)—PUSH-UP. Lie on floor, face down, legs together, hands on floor under shoulders with fingers pointing straight ahead. Count 1, push body off floor by extending arms, so that weight rests on hands and toes. Count 2, lower the body un-



til chest touches floor. At all times during this exercise, the body should be kept straight and rigid—buttocks should not be raised, back should not be arched, chest should not sag.

5—SIT-UP. Lie on back, legs straight and together, arms extended beyond head. Count 1, bring arms forward over head, roll up to sitting position, sliding hands along legs, grasping ankles. Count 2, roll back to starting position. If you have difficulty with this one, it might help to put your toes braced under a piece of furniture, or have somebody hold your ankles down. This exercise is very good for the abdominal muscles and stomach region.

6—LEG RAISER. Start, right side of body on floor, head resting on right arm. Lift left leg about 24 inches off floor, then lower it. Repeat on other side, raising right leg about 24 inches off the floor.

7—FLUTTER KICK. Lie face down, hands tucked under thighs. Arch the back, bring chest and head up, then flutter kick continuously, moving the legs 8-10 inches apart. Kick from hips with knees slightly bent, counting each kick as one.

daily opportunities for it, and it can be enjoyable. Develop a brisk step, breathe deeply, swing your arms.

"Allow extra time to get to the train, to the store, to meetings, other places you have to go so you can go, at least now and then, by footpower.

"Whenever you feel tense and nervous, try a walk—the brisker and longer, the better; but even a brief one will help discharge tension. Use a before-bed walk as an aid to sleep; it can be a big help in overcoming insomnia.

"On an occasional weekend, plan walking as a family enterprise. Set a goal; take a walking tour to a park, other scenic spot, or some place of historical interest."

That is good sound advice! Walking is something that Jesus Christ did plenty of!

Exercise DAILY

Just a "little" exercise now and then will not help you much. Or even a great deal only once in a while will not benefit you much—if any. The key to healthful living is DAILY exercise, so you can build up strength and remain in tip-top condition.

A few limbering-up exercises in the morning will be very helpful. A *short* walk in the evening every few days will help out. Exercising a *little* in the evenings, if it suits your schedule better, would be all right.

And then there are OTHER opportunities for DAILY exercise. For instance

—take the stairs instead of the elevator from time to time. Take a walk during your "coffee break" once in a while. Pull in your abdomen now and then and hold it taut for a few seconds, strengthening your stomach muscles. Perhaps a few muscle versus muscle (called isometric) exercises would help you release a little pent-up energy once in a while, and give your muscles a good "work-out" as well. For instance, pushing the hands together; or clasping them, and pulling them apart. Simple stretching is also something you can do many times during the day, limbering up your muscles and loosening a taut, tense back.

If you work in a sedentary occupation, getting up now and then and walking around will help. Mr. Herbert W. Armstrong has often recommended towelling vigorously after a shower or bath to stimulate muscles and skin.

Sports

Here is another opportunity for many to get refreshing, relaxing, healthful exercise. If you enjoy athletic events or sports, then you can get your exercise and really have fun at the same time!

God has given us the capability of enjoying a large variety of sports which can be very stimulating and healthful, if participated in with moderation. Such sports activities as swimming, softball, basketball, handball, soccer, weight lifting, bicycling, hiking, skating, tennis, running, skiing, rowing, canoeing, water skiing and skin diving are very

beneficial. Surely you can find at least *one* of these which you enjoy!

Don't overdo it however!

Keep a right BALANCE in your various activities! As the servants of God we do NOT want to become too engrossed in physical pleasures or sports activities, letting them become some sort of idol in our lives!

Let's be BALANCED in exercising—doing it for health and physical fitness, so we can become more EFFECTIVE servants of God! Let's not let exercise become an end in itself, striving after physical rewards, out of vanity or selfishness, allowing us to take our eyes off the Kingdom of God and His righteousness.

Exercise can be a VITAL TOOL to help us serve God and His people, if we use it properly, keep it in its rightful place, and make it serve US rather than the other way around!

Jesus Christ probably enjoyed such sports as swimming and hiking. He was a rugged outdoorsman and hard worker. Christ never sinned which means He was never sick, which means He must have EXERCISED to help keep His body in perfect physical health! We are to follow Christ's example.

Use Wisdom

In this article I have tried to show you the necessity of physical exercise and a little bit about how to exercise. It is God's way! There are many benefits! Be careful, though, and *don't*

(Continued on page 20)



3.

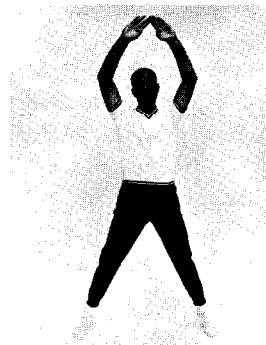
1—WALKING. Step off at a lively pace, swinging arms and breathing deeply.

2—JUMP ROPE. Any form of skipping or jumping is acceptable. Gradually

increase the tempo as your skill and condition improve.

3—RUN IN PLACE. Staying in one spot, raise each foot at least 4 inches off the floor, jogging in place. Pick up tempo as you wish, without overdoing it.

4—SIDE-STRADDLE HOP. Stand at attention. Counting 1, swing arms sideward and upward, touching hands above head (arms straight) while simultaneously moving feet sideward and apart in a single motion. Counting 2, spring



4.

back to starting position. Two counts in one side-straddle hop. Repeat several times, for greater benefit.

5—JOG-WALK. Very

slow run alternating with walking.

6—JOG. Very slow run.

7—RUNNING. For those who are able, a brisk, steady run on a regular basis is very refreshing and healthful. All these circulatory activities, however, tend to be more ACTIVE. Therefore, be careful and don't push yourself too hard in the beginning. Start out slow, at a comfortable pace, and gradually BUILD UP your strength, energy, and endurance.

JOHN'S GOSPEL— *Written for Us*

The apostle John specifically mentions he wrote for OUR edification. We need to use this book as a tool to build our faith. Read this article and learn how the miracles of Christ recorded in John can help you to increase in faith.

by Paul W. Kroll

THIS IS an age of man-made gadgets and achievements. Trust is placed in the physical THINGS man has made. We share this world's feeling entirely too much. God is left out of the picture all too often.

That is exactly when we *begin to have troubles!* That's when we begin to doubt God's help, His forgiveness, His healing. We *forget* God is the one who supplies our physical needs. We *forget* about the goal of the resurrection. We *forget* God has power over any physical circumstances—that there is NO PROBLEM which He cannot solve for us. We *forget* that He truly is merciful. We *forget* Christ had so much concern for us that He gave His life *willingly* for us!

When we forget these things we are losing faith! We no longer really believe in God.

God *knew* we would have these problems. That's why He recorded what the God Family is able to accomplish. The Bible is written for us. It's full of God's fantastic power. The four gospels of Christ's life point specifically to our Saviour. Among those four, is the life of Christ written by the apostle John. He records certain *specific* miracles for a very special purpose.

Carefully Selected Proofs

John said he could have written an earth-sized bookcase full of reports about Christ's words and deeds (John 21:25). But he didn't. Under God's direction, John wrote only twenty-one chapters. Carefully, John points out in these chapters *seven special* miracles—which Christ, before His resurrection,

accomplished through God's power. All with a very special purpose in mind.

Here it is from John's gospel.

"And many other signs truly did Jesus in the presence of his disciples, which are not written in this book:

"But these ARE WRITTEN"—and here is the purpose—"that YOU MIGHT BELIEVE that Jesus is the Christ, the Son of God; and that believing ye might have life through his name" (John 20:30, 31).

This gospel wasn't written for the original disciples. They were there. They SAW what Christ did.

These miraculous occurrences were *recorded* for God's Church in *future years*—for us who are now reading this article.

Water Into Wine

Christ attended a wedding ceremony with his disciples (John 2). Suddenly, in the midst of the festivities the wine supply gave out. Then followed a strange request and conversation.

Suppose you were the host and you fell short on the food or drink supply? What would be the normal thing to do? Why you would try to get some more *yourself*.

But here was Christ—simply a guest at the ceremony—being asked to get more wine! Notice further—the *unusual conversation* which follows.

"And when they wanted wine, the mother of Jesus saith unto him, They have no wine.

"Jesus says unto her, Woman, what have I to do with you? *mine hour is not yet come*" (John 2:3, 4).

Now, this was a rather surprising answer.

Why did Christ answer this way?

Because he was trying to *point something out* about this miracle or sign he was going to accomplish.

What was the significance of the statement "my hour is not yet come"?

The answer is revealed later by John!

"And Jesus answered them, saying, 'The *hour is come*, that the Son of man should be glorified' (John 12:23). 'Now is my soul troubled; and what shall I say? Father, save me from *this hour*: but for this cause came I unto *this hour*'" (John 12:27). "Now before the feast of the Passover, when Jesus knew that *his hour was come* that he should depart out of this world unto the Father" (John 13:1). He finally said in John 17:1, ". . . *THE HOUR IS COME . . .*"

Christ was talking about his crucifixion! In this example, Christ made the water into wine. What does wine represent? Read I Corinthians 11:23-26. The wine represents the *life* that Jesus Christ gave to pay for our spiritual sins.

Notice (John 2:9) that only the *servants* knew what Christ had done. How true that is! The world doesn't really comprehend the sacrifice of Christ. Only the servants of Christ—His people whom He has chosen out of this world—know what Christ really did for us.

Christ was showing the beginning of His plan of salvation! His payment of the Supreme Penalty for our sins. He wants us to think about it—to meditate

on this sacrifice. It is a recurring theme in the gospel of John. He devotes more words to describe the last hours and death of Christ than the other gospels.

First Miracle Recorded

John records: "This *beginning* of miracles did Jesus in Cana of Galilee" (John 2:11). Interestingly enough the Greek word used for "miracle" is *semeion*.

In Hebrews 2:3 we read: "How shall we neglect so great salvation; which at the first began to be spoken by the Lord, and was *confirmed unto us* by them that heard him [including John]."

"God also bearing them WITNESS BY SIGNS and wonders, and with divers miracles, and gifts of the Holy Spirit, according to His own will" (Heb. 2:3-4).

In Hebrews, the word translated "sign" is the same Greek word used in John for miracle. It points to the *significance* of the miracle. John was emphasizing the MEANING AND IMPORTANCE of what Christ did.

Of course, it wasn't a sign or miracle of Christ's *Messiahship*. Of this He gave only *one* (Mat. 12:40). These miracles are a demonstration of God's power which signified He was able to solve any similar problems we might have.

Nobleman's Son Healed

Jesus came back to Galilee—to the same town of Cana where He performed the first miracle (John 4:46). A nobleman heard Christ had returned. Immediately the nobleman wanted Christ to heal his son who was almost dead.

At the very hour of the nobleman's request, the boy's fever began to leave. You can read the account in John 4:46-54.

"This is again the second miracle [sign] that Jesus did, when he came out of Judea into Galilee" (John 4:54). John again continues our count for us—leading us to see that there is some significance in evaluating each of the miracles.

Just what was Christ trying to get across to us here?

One meaning is quite obvious.

Notice, that this was done in the same area as the first miracle. Here He healed someone. Christ was merely pointing out: "I am the God that heals" (Exodus 15:26). Remember, Christ WAS the God of the Old Testament.

This is one of the biggest problems God's people have—really trusting God for their healing. He knows it too! He *knows* that in this age of pills, medicines, drugs, doctors, "health" foods, vitamins—and all the rest—we tend to look to the *physical* instead of to Him for our healing.

But God *is* our Healer—and He wants us to know that! He very specifically points it out in John's gospel.

Infirm Man Healed

The third miracle was also a healing. But by the context and what Christ said about that healing, He wanted to put emphasis on a SPECIAL ASPECT of this healing.

The account is found in John 5:1-15.

A man had been bedridden for thirty-eight years (two time cycles) by a sheep pool called Bethesda—waiting to be healed. Jesus came along and simply told him to rise, pick up his bed and walk.

But later here is what Christ told the same man.

"Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: *SIN NO MORE*, lest a worse thing come unto you" (verse 14).

Christ was pointing out that He had power to FORGIVE SINS! A prerogative given to Him by God the Father. Read Matthew 9:6 where Christ told the man with the palsy the same thing.

Christ wants us to know He has been given the power, the responsibility—as our High Priest—to forgive our sins. The impotent man didn't even have faith or know Christ had this power. Yet, in mercy Christ healed the man. In mercy, He forgave the sins which had caused the sickness.

As Mr. Armstrong has said, so many times we feel unworthy, we become discouraged, we say, "Surely Christ won't forgive me for *this* sin—it's too big." No, Christ forgives ALL OUR SINS.

Notice, Psalm 103:3: "Who forgives *all* your iniquities; who heals all your diseases." Read the whole of the Psalm 103.

Meditate on it.

BELIEVE IT!

Feeding Five Thousand

"When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat?"

"And this he said to *prove him*: for he himself KNEW what he would do.

"Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little" (John 6:5-7).

There were about five thousand men—and probably as many women plus children. All these people were fed by Christ from five loaves of bread. Even more astonishing was the twelve baskets of crumbs taken up. There was more bread in the end than in the beginning and all the thousands ate heartily.

What was the significance of this miracle?

"I AM THE BREAD OF LIFE: he that comes to me shall never hunger; and he that believes on me shall never thirst" (John 6:35).

Christ is our sufficiency. We have little strength as a collective body (Rev. 3:8). But Christ opens the doors—and no man shuts. In our personal lives we have little strength to combat our problems. But Christ supplies us with the strength (John 15:5).

He wants us to come to God with our problems. As mentioned, even Christ said He couldn't do anything of himself. While He was a physical human being on earth, it was the power of God which accomplished the work.

Again, we need to apply this to our own lives. We need to beseech God for strength to overcome—and *believe* He will help us. In doing God's Work we can't look to physical things. In the same way, we must rely on God to supply the money, the manpower and open the doors so that His Work will be accomplished. But, of course, we must always do our part in tithes, offerings, prayer, and helping wherever we can.

Walking on Water

The account of this miracle is found in John 6:15-21.

"And when the even was now come, his disciples went down into the sea, and entered into a ship, and went over the sea toward Capernaum. And it was now dark, and Jesus was not come to them.

"And the sea arose by reason of a great wind that blew."

"So when they had rowed about five and twenty or thirty furlongs, they see JESUS WALKING ON THE SEA, and drawing nigh unto the ship: and they were afraid.

"But he saith unto them, It is I; be not afraid.

"Then they *willingly received him* into the ship: and immediately the ship was at the land whither they went."

Christ miraculously demonstrated the power of the God family over ALL physical things! He demonstrated that God has the power to alter the physical laws that govern the universe. There just *isn't any physical explanation* for Christ's walking on the water and the ship suddenly being put on shore.

Again, Christ wants us to get a particular point.

When we are having a problem, to us it seems there is no possible solution. It might be with a marriage problem, bad health, loss of job, tight finance, spiritual weakness—or whatever. A case where there is no answer to the problem apart from God! Just looking at the facts, we find there is absolutely no way out of the difficulty. *We* face a dead-end street.

But with God *all things are possible!* He can work out the problem no matter what it is. He can surmount any obstacle for us. Move mountains and kingdoms if necessary. Suspend or intervene with the laws of the universe (remember Joshua's long day). Remove men and set up men.

God has control of the universe. There simply is no problem too big for Him—if we willingly go to Him, willingly receive Him. That's the lesson of this fifth sign.

Man Born Blind

"As Jesus passed by, he saw a man which was blind from his birth. And

his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind?

"Jesus answered, neither hath this man sinned, nor his parents: but that the works of God should be made manifest in Him" (John 9:1-3).

Why did God cause a man to be born blind? Surely, if He just wanted to show His healing power, He could have healed hundreds of blind people that had brought it on themselves!

But here was actually a part of *God's plan* being acted out! True, this example is a proof of the fact that God heals.

But there is a *deeper* meaning.

Notice, the man was NOT RESPONSIBLE for his blindness—he simply couldn't help it. God was responsible. He allowed it.

Christ knew this man was born for a specific purpose. How did He know? God may have revealed it to him.

The real purpose of this healing and its hidden meaning is found in Isaiah 29:18, "And in that day shall the deaf hear the words of the book, and the *EYES OF THE BLIND SHALL SEE* out of obscurity, and out of darkness." We have all been born blind with human nature. All of us have had hard hearts. It has taken the power of God to chip away the mental scales from our eyes. God is *responsible* for the nature He has given us. God created our evil minds. (But He did not create sin. We are responsible for it.)

But all has been for a great purpose. So that the works of God should be manifested in us.

This example is packed with meaning. The man had to *wash* before he received his sight. So we must be washed by God's Word—we must begin to obey His Word to receive His Spirit. Then we must continue to obey Him.

The man was healed on the Sabbath day. Certainly this can represent the *whole world* receiving spiritual sight during the seventh thousand-year period—the Millennium.

Christ Himself tells us one meaning of this example.

"And Jesus said, For judgment I am come into the world, that *they which see not might see*; and they which see might be made blind" (John 9:39).

Lazarus Raised from the Dead

Christ heard that Lazarus was sick. He was only a couple of miles or so from where Lazarus lay in his sick bed. Perhaps a half-hour walk.

But Christ remained in the exact spot for two days (John 11:6).

Christ also KNEW that Lazarus died during that time. But it is obvious He didn't get this information through any human source. His disciples didn't know it—and they were right with Him. As a matter of fact, Christ had a hard time getting it through their heads that Lazarus really *was* dead (John 11:11-14).

It was now four days after Lazarus had been put in the grave (John 11:17).

Martha, the sister of Lazarus ran up to Christ when He finally came.

"Martha said unto Jesus, Lord, if thou hadst been here, my brother had not died.

"But I know, that even now, whatsoever thou wilt ask of God, God will give it thee. Jesus said unto her, Thy brother shall rise again.

"Martha said unto him, I know that he shall rise again in the resurrection at the last day.

"Jesus said unto her, *I AM THE RESURRECTION, AND THE LIFE*; he that believeth in me, though he were dead, yet shall he live: and whosoever liveth and believeth in me shall never die" (John 11:21-26).

Immediately after, Jesus Christ raised Lazarus to physical life.

We know this was not the *only* resurrection which Christ accomplished. He raised a girl to life. As a matter of fact, after His resurrection many who had just recently died were resurrected to physical life as a witness of God's power.

But John selected this significant example.

It demonstrates the final aspect of God's plan. The end of the last enemy—the resurrection to eternal life. Christ

was showing that God had the power of life and death.

Do we *really* believe it—or is it merely words we parrot?

He's written this example for our faith. God uses the physical things as examples. The unseen things of God's plan are to be understood by those things we can see and experience (Romans 1:20). God gives us this physical example as proof that He WILL resurrect us to eternal life.

He wants us to remember this and never forget it.

God's Plan

These are seven specific miracles recorded for our edification. They begin with the sacrifice of Christ proving that He gave His life for us. Christ then shows us that God is our healer. Thirdly, that He does have the authority to forgive sins.

He wants us to realize we must go to GOD with all our problems—that we don't have power *of ourselves*. But we need not be discouraged. He is with us throughout our life. We don't need to

fear *any* problem which may beset us. The God-family has all power to find the solution to any problem.

Finally, He wants us to look BEYOND our own overcoming to see His plan. God is going to open the eyes of the whole world. Finally, comes the end of God's plan—the resurrection from the dead.

Read the gospel of John from beginning to end. Mark down each of these miracles. Meditate on them. Ask God in prayer to help you apply them to your own life. Ask Him for greater understanding, for increased faith. Remember, "Faith comes by hearing, and hearing *BY THE WORD OF GOD*" (Romans 10:17).

And that is one reason why God had this gospel of John written for us.

"And many other signs truly did Jesus in the presence of His disciples, which are not written in this book:

"But these are written, that YOU MIGHT BELIEVE that Jesus is the Christ, the son of God; and that believing you might have life through His name" (John 20:30, 31).

ETERNAL LIFE — NOW?

(Continued from page 4)

cuse ourselves. We think we've got *time*. But some *don't*—they're DEAD! Their time was all used up.

Do *you* want to gamble on how much time *you* have left? In this day of violence, tragic accidents and madness, gambling on *tomorrow* is like playing Russian roulette with *all* the chambers of the gun *loaded*. It's the road to sure destruction.

To the Philadelphia Church Christ said, "Him that OVERCOMETH will I make a pillar in the temple of my God..." (Rev. 3:12). In seven other places in Revelation the word "overcometh" is used to designate a person who *has* qualified.

It doesn't say to him who *tries* to overcome, but to him who DOES!

Overcome *what*?

Overcome the disqualifying deeds of the flesh—envy, jealousy, strife, wrath, etc.!

How *much* must we overcome?

God does not measure overcoming by any mathematical formula. But we

are responsible according to the knowledge, time, ability and opportunity God has given us. An Ambassador College student, or a long-time Church member is going to be much more responsible for growth than newly baptized brethren who have *no* Church contact. Unto whom *much* is given, *much* will be required (Luke 12:48).

The Standard for Spiritual Success

But the standard is still absolute! We can KNOW! Peter said, "Wherefore the rather, brethren, give *diligence* to make your calling and election SURE." When you're SURE, there is no guesswork. "For *if* ye do these things, YE SHALL NEVER FALL!" (II Peter 1:10.)

Here is an *inspired* promise of *success*! What did he mean when he said, "if you do these things, you will NEVER fall?" THIS IS IMPORTANT!

Peter had just briefly mentioned God's tremendous promises of our fan-

tastic future—of the glory we will share with Christ. Because of this tremendous heritage, he said, "For this very reason make every effort to supplement [add to] your faith with virtue, and virtue with knowledge, and knowledge with self-control and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. For if these things are yours and abound, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ" (II Pet. 1:5-8 R.S.V.).

Peter was inspired to say, "*if these are yours and ABOUND* they will keep you from being ineffective and unfruitful!" That is EXACTLY what an unprofitable servant would be—ineffective and unfruitful!

Considering the goal of eternal rulership with Jesus Christ, do we have any possible excuse for not ABOUNDING in spiritual attributes and good works? Of course not!

Here then is the crucial point—*would we succeed if we were suddenly given NO MORE TIME?*

We must be *continually* striving by hard, diligent effort to ADD those spiritual qualities we KNOW we lack. We must also be striving to ABOUND increasingly in ALL facets of God's nature.

Sure we *stumble* at times. Certainly there will be times when we will not exercise perfect self-control nor show the right kind of brotherly affection. But those times of failure must be *fewer* and *farther* between *if* we are really qualifying!

SUCCESS IS A MATTER OF CONTINUAL GROWTH!

But that's not all.

When we recognize these disqualifying shortcomings, we will battle against them with greater effort. We will come to abhor any of these attributes which could HURT the Work of Jesus Christ or His people. WE WILL CHANGE!

Vital Questions

Are you *more* or *less* enthusiastic for God's Work than you were a year ago?

Let's be SPECIFIC! There is nothing remotely as important as the Work of

God. God is using HUMAN instrumentalities to do HIS WORK. HE HAS CALLED YOU! Do you feel more a part of this Work NOW than you did a year ago?

If you *are* more a part of it, you're *praying* more for it. You'll be more anxious for its success, and *less* anxious about your own!

If you're *not* more fervent in prayer, if the overwhelming importance of this Work to the world is *not* greater and *growing* in your mind and effort—then YOU'RE IN TROUBLE!

When is the last time you *fasted* for the Work—SPECIFICALLY?

What about your personal life—your relationship with God? Is God more real to you now than a year ago—so you know when you pray, God is there listening?

Yes or no?

When you pray, are your prayers answered—I mean specific prayers you KNOW are God's will to answer?

If your contact with God through Bible study is less and the Correspondence Course is no longer worthy of your time—WATCH OUT! You're disqualifying yourself!

How can you possibly expect to be gaining more of God's Spirit without recognizing Him as the source and acknowledging Him in your prayer, and in feeding on His Word? "It is the Spirit that gives life . . . the WORDS that I have spoken to you are spirit and LIFE!" (John 6:63 R.S.V.) Since His words are spirit and life, then you would have to conclude that *without* them there is nothing but spiritual DEATH! And there will be NO OTHER POWER WHATSOEVER given us to help overcome the works of the flesh!

Are You Concerned for Your Nation?

Let's check ourselves further. What about your concern for the nations of Israel—*your* nation and its future? We seldom get our minds on the *big picture*. We say in effect by our unconcern, "WE HAVE OUR OWN PROBLEMS."

Is this the attitude of Christ? Will Christ's Spirit in us produce this attitude? It will not! Christ looked over the city of Jerusalem and saw the agony, the misery, and the horror it faced

throughout history! He said, "How oft would I have gathered your children together as a hen gathers her brood under her wings, and you would not!" (Mat. 23:37 R.S.V.)

This same Jesus Christ—the God of the Old Testament—inspired His servant with an *end-time prophecy*, "Go through the midst of the city, through the midst of Jerusalem, and set a mark upon the foreheads of the men THAT SIGH AND THAT CRY for *all the abominations* that be done in the midst thereof" (Ezek. 9:4).

But notice the TREMENDOUS IMPORTANCE of having this *qualifying* mark that shows the same attitude Christ had toward Jerusalem.

It is important to have this attitude—notice the answer.

"Slay UTTERLY old and young, both maids, and little children, and women: *but* come NOT near ANY man upon whom *is the mark!*" (Verse 6.)

In *far* too many cases we don't really have a concern for the world that Christ died for. The prophet Amos said in Chapter 6, verses 4-6 (R.S.V.), "WOE to those who lie on beds of ivory . . . eat lambs from the flock [those who live in a time of prosperity and have material blessings] *BUT who are not grieved* over the RUIN of Joseph!"

In this day of false prosperity, of a world totally given over to unbelievable depravity and iniquity, our love and concern can grow cold. Christ said it would happen! (Mat. 24:12.)

If you spent an adult lifetime in a world of murder, brutality and perversion, you're probably pretty calloused. You didn't have much natural affection to start with—were unconcerned about how wretched an effect sin is having on others.

We don't see or care!

Rather than being *grieved*, too many of *us* are quite capable of ENJOYING this world—its useless unprofitable pleasures, its off-color, sick humor and music! Is this serious? Christ said, "WOE unto you that laugh now! for you shall mourn and weep" (Luke 6:25).

Is it wrong to laugh and to enjoy life? Most certainly not! Christ didn't expect anything but laughter when He changed water into wine at the wedding

feast. But a wedding feast was a *time* to enjoy life—it was a clean and wholesome occasion. Joy is definitely one of the attributes of God's Spirit.

But we are not going to be calloused to the horror that live, warm human beings—like ourselves—are going to face in the future just because they don't have God's truth. We are going to have a GROWING concern that God will give a greater and more dynamic witness to this world through His WORK!

Our prayers are going to be directed to the end that God's will WILL be done on earth as it is in heaven (Mat. 6:10), so that friends, relatives, and maybe some of our own immediate family might have their minds open to God's truth!

Have You Concern for the Brethren?

Check yourselves on another point.

Have you grown calloused to a member *leaving* God's Church? Or does it strike you with sadness and *fear* for them! Or do you say in your mind, "Well, that's tough luck. That's the way the old ball bounces." Does this really describe *the way you feel* about one of the saddest episodes in history—the eternal destruction of one *who could* have had eternal power and life as God!

Do we *fervently* pray they will repent before it's too late? That God will cause circumstances to come about where they will see the error and realize the horror awaiting them? How about it—into which category do YOU fit?

Can we have an unconcern about those who are missing out and still be "in" Christ? The answer should be obvious—NO!

Has our concern increased for those in God's Church?

Christ said, "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me" (Read Mat. 25:35-40).

Hold it right there! Stop!

How much more are *you* doing for the people in God's Church than you did a year ago? Christ clearly said with *absolute positiveness*, "Truly I say to YOU, as *you did it not* to one of the

least of these, you did it not to ME. And they will go away into eternal punishment . . ." (Mat. 25:45-46 R.S.V.).

Notice what He said to those *qualified* to inherit the Kingdom! "Come, you blessed of my Father, inherit the Kingdom prepared for you from the foundation of the world. For I was an hungered, and you gave me meat: I was thirsty, and you gave me drink: I was a stranger, and you took me in: naked, and you clothed me: I was sick, and you visited me: I was in prison, and you came unto me. . . . Verily I say unto you, Inasmuch as you have done it unto one of the least of these my brethren, you have done it unto ME" (Mat. 25:35-40).

The whole message is an attitude of deep concern for the people in God's Church. Those in God's Church who need the prayers, warmth of friendliness, encouragement, visiting, financial help, hospitality. How about it? Are you now showing more desire to help fellow members?

Let's put it this way—do you go out of your way *more* now to seek the welfare of Church brethren than you did previously?

God loves EVERY son He calls! Do you love them? Is this love GROWING?

Christ gave up His life for *them*. We who have God's Spirit will also be giving up our life—time, energy, *money*—for them *increasingly!* That is—*if we are qualifying!*

Are You Ready Now for Christ's Return?

Paul said with positiveness he had kept the faith. He knew there WAS eternal life awaiting him! But not just for *himself*.

NOTICE! "Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous Judge, shall give me at that day: and not TO ME ONLY, but unto ALL them also that love His appearing" (II Tim. 4:8).

Would you *love* His appearing RIGHT NOW because WE HAVE QUALIFIED? Or does this thought strike you with fear as to its possibilities for yourself? Or does it even *bother* you? Do you have the spiritual courage to face this question HONESTLY?

Could you look Christ in the eye and

expect to hear Him say, "Well done, thou good and faithful servant" (Mat. 25:21)?

You *could* have this confidence!

This confidence *could* be yours TODAY!

All too many of us know we haven't measured up as we should.

But WE CAN! How?

Read I Corinthians 15:58! "Therefore, my beloved brethren, be ye STEADFAST, *unmoveable*, ALWAYS ABOUNDING in the WORK of the Lord, forasmuch as ye KNOW that your labor *is not in vain* in the Lord!"

If we would thoroughly examine ourselves TODAY and determine by *real* action to CHANGE—begin to take ACTION on our knees before God, He will give us *time*.

It might and probably *will* take a discouraging lifetime to overcome so many of our sins, faults and spiritual shortcomings. But it takes NO TIME AT ALL to *start* WORKING on them!

We may *never totally* overcome, but that's no excuse for not putting out ALL effort—to labor! "For God is not unrighteous to forget your work and labor of love, which ye have shewed toward His name, in that ye have ministered to the saints, AND DO MINISTER [as a CONTINUOUS WORK]" (Heb. 6:10).

If you can't say you have grown and will continue to put forth ALL EFFORT to abound in the spiritual attributes—YOU'RE IN GRAVE DANGER!

Don't Be Spiritually Blind

Peter said, "He that lacks these things is BLIND and cannot see *afar off* . . ." (II Pet. 1:9).

This blindness is the same word used to pinpoint one of the outstanding weaknesses of a whole Church era—people who are going to face the terrifying, frightening tribulation.

This could be YOU!

Why? Because YOU *say* in your complacency, I am rich, and increased with goods, and have need of nothing! You don't realize "you are wretched, and miserable, and poor, and blind, and *naked!*" (Rev. 3:17.)

You CAN get rid of this attitude! You've GOT to get rid of it!

What is the solution? Start *today*,

NOW, repenting of this complacency! Don't wait for tomorrow—and you'll be ready for the WORLD TOMORROW!

EXERCISE

(Continued from page 14)

overdo it. Don't exercise too hard too soon and burn yourself out. Use WISDOM!

If you still don't know how to obtain proper exercise—then find out! Talk with your ministers or others who may know. Check with your nearest YMCA, YWCA or local gymnasium. They often have physical exercise programs for adults. And you can always exercise at home.

The booklet referred to in this article, *Adult Physical Fitness*, shows many good exercises and shows how to stay in shape exercising at home. It gives exercises for men and women, and briefly covers weight training and sports. If you want a copy of it for your own reference, you can write the Superintendent of Documents, U. S. Government Printing Office, Washington, D.C. 20402, and obtain one for 35 cents. A local gymnasium may be able to give you a copy as well.

Be Alert, Alive—and Healthy!

Proper exercise will HELP YOU stay alive, alert, and enjoy life! It will stimulate your senses, help you avoid contracting diseases, and help you FEEL stronger, healthier, and more robust.

Remember the words of John Fitzgerald Kennedy—"The NEED for increased physical fitness is clearly established. The Government cannot compel us to act, but freedom demands it. A nation is merely the sum of all its citizens, and its strength, energy and resourcefulness can be no greater than theirs."

Let's apply these words to ourselves as members of God's true Church. God will not compel us to act, either—but freedom (the TRUTH—John 8:32) demands it! God's Church is merely the sum of all its members. Let's be *dynamic* members of God's true Church! Let's glorify God in our bodies! Let's accomplish His Work! We need *good healthy bodies* to do this.

Physical exercise does profit!

IS GOD ALL POWERFUL?

(Continued from page 11)

pen if he just *came* to the Feast, bad attitude and all, and "exposed" himself to the "Word"!

When a young single man with a room containing two double beds befriended our "camper," he wanted to know "How come you got the room and I had to camp?" Is it any wonder that our camper had problems!!

These are only a few of the incidents that occurred at the Feasts in Jekyll Island, Big Sandy and Squaw Valley. There are many other incidents of similar nature that occurred at Blackheath, Hayling Island, Fort-de-France, Merri-



A hearty crew of willing hands heave ho baling down loose ends during a lull in the storm last year at Jekyll Island.

mac, Scottsborough and soon Long Beach. All are God's Feast sites. All function relatively the same with the same pattern of problems mixed with the good attitudes of the majority.

Feast for the Converted

Some of our biggest problems are the result of unconverted relatives who attend the Feast.

Remember, brethren, the Feast of Tabernacles is a place where God's people gather together to keep the Feast as one body, picturing the time when, after the time Jesus Christ returns to this earth, His Kingdom will begin. The Feast is the time and place where all of us who are of *like mind* gather to the place where God has chosen to place

His Name, and to worship our Creator apart or separate from the world. Realizing this, none of us SHOULD URGE UNCONVERTED RELATIVES TO ATTEND. Many have thought to coerce unconverted mates or relatives to attend the Feast of Tabernacles in hopes that the Feast of Tabernacles itself would convert them. THIS IS A MISTAKE!

Brethren, many of our problems have been occasioned by the presence of unconverted people at the Feast of Tabernacles who do not understand God's way, and who have given a wrong impression to the public. In many cases, bringing unconverted people to the Feast of Tabernacles can be a *stumbling block* to them and actually postpone or prevent entirely their conversion at this time.

If you have unconverted mates or children who *sincerely desire* to attend, then I am sure *they will be welcome*. However, you should be *sure* they are not hostile toward the truth and toward God's Church. You should be *sure* that they have a sufficient understanding so as not to stumble at some of the strong meat they may receive during these days.

By all means, brethren, IF YOU HAVE ANTAGONISTIC FRIENDS OR RELATIVES—THEY SHOULD NOT ATTEND THE FEAST OF TABERNACLES UNDER ANY CIRCUMSTANCES! I am sure you will understand why this must be done. I also know you will all endeavor to cooperate in every way in this respect.

The Feast of Tabernacles is for God's people! Converted people! People that are really "peculiar"—peculiar people that believe and have proved that God is *all powerful*, that He is a *living, dynamic God* who does bless or curse according to our "Works" and obedience! The Feast of Tabernacles is specifically designated and designed for peculiar people that don't complain. Peculiar people who are honest and sincere, who make mistakes but are glad to have them immediately corrected. They are peculiar people who repent to God on their knees in the privacy of their closet, booth, or tent and acknowledge the great omnipotent Creator God that watches over the ten worldwide Feast sites with a "jealous" eye!

God is a God that is all powerful. He is most assuredly alive! You can't hide from God (Amos 9:1-3). He is a God that loves to give blessings and rewards (Deut. 5:29)! Yes, and even good weather.

The whole earth is God's. He sends both the sun and the rain. He is slow to anger and great in power. He has His way in the whirlwind and in the storm... (Nahum 1:3). We are a peculiar treasure to God (Ex. 19:5). If we were to obey we could expect *good weather*, perhaps a gentle rain or two during the Feast.

Israel Rained Out

Three Thousand Years Ago!

Several thousand years ago in Samuel's time the people of God sinned. Samuel said, "I will call unto the Lord, and He shall send thunder and rain; that ye may perceive and see that your wickedness is great"—The Lord sent thunder and rain that day—"and all the people greatly feared the Lord and Samuel" (I Samuel 12:17-18).

Jesus Christ is our High Priest today. Maybe we didn't pray for the rain ourselves. Most of us were praying for good weather. Then, is it possible that our High Priest sent the rain to show us our sins?? You have seen by example that we *do* have sins—sins that need to be repented of!

This is true all around the world, not just at Jekyll Island and not just at the Feast of Tabernacles! But every day of our lives! The real purpose of this article is to point out our problems—so we can repent and "Be [become] ye therefore perfect"—(Mat. 5:48). God *will* give us what we need to show us our sins so we *can* become perfect.

Now that you have the inside picture—the behind-the-scenes story—let's work harder than ever to be better Christians. Let's put this knowledge to work and have a happier, more wonderful Feast of Tabernacles this year than ever before!

The problems that you have just reviewed should help you to appreciate the Godly qualities of our Father in Heaven a little more and cause you to strive more diligently to be perfect like Him! God is alive, God is all power-

ful—He will bless the 1966 Feast of Tabernacles—if we ask Him and if we obey Him!

Let's all strive diligently, as *one body*, to give of our time, our *good attitudes* and show loving kindness toward all. Let's try to outdo each other in the *good qualities!* Let's forget the getting, and GIVE!

We'll see you at the Feast in just a few more weeks!

Readers Say . . .

(Continued from page 2)

me a greater understanding of God also." Mrs. L. H., Arizona

Lie Literature

"In an article of what's called 'Anti-Armstrong' literature, I found over twenty lies, deliberate deceptions, and misapplications of logic. If the author has to write lies about a minister to get the people to follow him, then I am going to take a close look at what he denounced."

D. A. T., New York

New Feast Site

"I want to express my excitement over the new Feast site by saying 'Wow!' I've lived in California all my life and have never seen Long Beach in quite the way I saw it at Pentecost. I am really excited and find waiting for the Feast of Tabernacles difficult. I am really thankful to be so close to Headquarters as to be able to attend in Long Beach."

K. H. W., California

Some People Believe Anything

"I have decided that the answers to all the world's problems lie in Communism. I travelled from Moscow to Peking. All along the rail journey I saw advancement in industry, in agriculture, and the people were happy. In our so-called 'Christian' countries I saw the peasants dominated by the rich, and the rich were mainly the senior members of the Church. This brought home to me Marx's saying, 'Religion is the opium of the people.' I saw the huge confidence trick which the church is.

So friend, give me socialism any day."

W. P., England

Protected

"I enjoyed the Days of Unleavened Bread at Sacramento, even though another lady and I had the experience of being robbed on the way home from church. She lost her purse and my Bible (which was rather new). The strap on my purse broke, so it fell to the street and I retrieved it. I thank God neither of us was physically hurt."

Mrs. A. B., California

A Good Light

"Our next-door neighbor called us and said they were listening to you at 11:30 p.m. and had ordered *The PLAIN TRUTH* and some literature. They said they had noticed how God has blessed us since we were baptized and keeping

the Sabbath, so they too are listening."

Mr. and Mrs. P. A. A.,
West Virginia

Truth Is Refreshing

"Before I saw the truth I saw no reason to want to be saved. If my life eternal or otherwise were spent just 'floating around heaven all day,' I thought 'ugh!' I don't even know how to play a harp and my singing voice would stop a proverbial clock. I'm overjoyed at having a purpose."

Peggy S., California

Point Made

"The article on 'The Point of No Return' was so inspiring to us. We realize that the time is really short and we hope that we are ready to land."

Mr. and Mrs. G. G., Oregon

What Is Genuine Humility?

(Continued from page 8)

the Name of Jesus every knee should bend in heaven, on earth, and underneath the earth, and every tongue confess that 'Jesus Christ is Lord,' to the glory of God the Father" (verses 9-11).

True humility—putting oneself LAST instead of first—pays off! It brings rich dividends, in the long run. It is well pleasing in the sight of God—and He is the One we must all ultimately please!

The Life of David

One of the outstanding examples of humility in the Old Testament is the life of king David. Even as a youth, David exhibited real humility and faith in God.

For weeks on end, Goliath had taunted the Israelite soldiers, and everyone was afraid to meet the Philistine giant in hand-to-hand combat. But when the youth David heard of the challenge, he put his confidence in God—and although he must have looked like a shrimp beside a whale, he ran forward to fight the towering, hulking giant!

Did David trust in his own prowess or strength? No, he told Goliath, "I come to thee in the name of the LORD of hosts, the God of the armies of Israel, whom thou hast defied" (I Sam.

17:45). He said, "... for the battle is the LORD'S, and he will give you into our hands" (verse 47).

And God gave David the victory. He slew the giant in mere minutes. The Israelites rejoiced, the people raved, and popular songs spread throughout the land shouting the praises of David. But David did not allow these things to "go to his head." He did not swagger with cockiness and braggadocio.

When king Saul offered David his daughter in marriage, David replied, "Who am I? and what is my life, or my father's family in Israel, that I should be son in law to the king?" (I Sam. 18:18.) He did not consider himself worthy to marry the king's daughter.

Obviously, David was not "politicking" to find favor with the king, or those above him. He did not studiously "play the angles" to see how he could get ahead. He did not "wheel and deal" to win influence among men.

Because of David's obedience, humility, and his submissive attitude, God highly blessed him. Saul grew increasingly envious—jealous of the youthful "upstart." David was probably in his late teens or early twenties at this time. Several times Saul sought to kill

him, and pin his hide—literally—to the wall!

David fled and escaped to the wilderness. But Saul did not give up; he sent his armed patrols combing the wilderness, mountains and caves. Saul himself led the patrols when they thought they had David cornered. But twice God delivered Saul into David's hands.

What was David's attitude? Did he consider this a time to get his "vengeance" on Saul? No—in spite of Saul's unworthiness, David highly respected the office he held. He said, "I will not put forth mine hand against my lord; for he is the LORD's anointed" (I Sam. 24:10).

In humility, David exclaimed to Saul, moments after he could have slain the king, "Whom is the king of Israel after? Whom are you chasing? a cur! a flea! May the Eternal be judge and decide between me and you!" (Verses 14-15 *Moffatt*.) David committed his cause into the hands of God in genuine humility, with great respect for the office held by king Saul.

What is YOUR reaction when others "snipe" at you, persecute you—taunt you, or seek to "slay" you with words behind your back? Do you feel affronted, "hurt," and seek to repay—take matters into your own hands, and retaliate?

Do you react with actions inspired by humility? Or do you fly into a rage at the slightest offense, or injury to your pride? Examine yourself! Search your own life!

David's Attitude Before God

Before the throne of God, David manifested even more remarkable humility and meekness. After God had bestowed wonderful blessings on him, and gave him the kingship over Israel, He told David, "I took you from the pasture-land, from tending sheep, that you should be prince over my people, over Israel" (II Sam. 7:8, *Moffatt*). God promised to build up and establish the throne of David.

David was sincerely overwhelmed by such attention—such wonderful blessings. David was so overwhelmed by emotion, he could hardly stammer his gratitude before God.

"Then king David went in and sat down before the Eternal, saying, 'Who am I, O Lord Eternal, and what is my house, that thou hast brought me thus far, Lord Eternal? And thou hast reckoned this a *small favour!* Thou hast gone on to speak of thy servant's house for ages to come, and shown me a long line of generations. What more need David say to thee? Thou knowest thy servant; thou hast promised to glorify thy servant, and from thine own heart hast thou acted in letting thy servant see all this great future. Great thou art, O Lord Eternal, for there is none like thee, there is no god save thee, that we have ever heard of'" (II Sam. 7:18-22).

David was awestruck! He hardly knew what to say. He gulped, and—practically speechless—gave God all the thanks he was capable of giving!

This is the kind of selfless humility which we are speaking of! This is the kind of attitude which pleases God in heaven. David maintained it throughout his life. Of course, he slipped and stumbled occasionally, as we all do since we are human—but he was steadfast and devoted to God. He continually put his confidence in God, and did not claim great things for himself.

In his own sight, David was very small. He did not speak of his own "good." He knew that everything he had came from God, and God Himself deserved all the honor, glory, and credit. David claimed none for himself—he just surrendered to God and served Him.

Notice the childlike, trusting attitude David always had before God. "No haughty heart is mine, O thou Eternal, no lofty looks are mine; I never meddle with high schemes, *with matters far beyond me*. No, I have soothed and stilled my soul, as a mother calms her weaned child; my soul is like a weaned child" (Ps. 131:1-2, *Moffatt*).

David had childlike humility and sincerity. And this is a great key to genuine humility!

As Little Children

The disciples came to Jesus and asked Him who the greatest was in God's Kingdom. They still had a competitive spirit among them, and were jostling

each other for the highest position in God's Kingdom.

Jesus, however, gave them a great lesson and told them, "I tell you truly, unless you turn and become like CHILDREN, you will never get into the Realm of heaven at all. Whoever HUMBLIES himself *like this child*, he is the greatest in the Realm of heaven" (Mat. 18:3-4, *Moffatt*).

Children are the example we are to follow. Of course, many children today are uncouth, rebellious, squalling little "monsters" because they have not been properly trained. However, God wants us to be like well-trained, dependent, trusting, obedient little children. He wants us without foolish visions of grandeur, pomp and vanity, conceit and pride. As little children look to their parents with absolute trust and faith, so we are to depend on God and look to Him!

Rooted in Love

True humility is rooted and grounded in true love—outgoing concern for other people. It is not selfish and SELF-CENTERED. Instead, it flows outward in consideration and respect for other people and the work they are doing. It is grateful for the work and faithfulness of other people!

True love is HUMBLE, genuine, sincere. Read I Corinthians 13 in the *Moffatt* Translation.

Do you see how love and humility go hand in hand? Both must be patient; kind; gentle; not jealous of others; not parading around ostentatiously or putting on "airs" of importance; always polite, never selfish, not irritated at others, or resentful of them; glad to hear good news; slow to bring out "dirt" about someone else; sad when hearing of evil, or wrong-doing; wanting to believe the best of others, filled with hope, and patient to the end! Love and humility are like reverse sides of the same coin.

True humility, then, instead of lifting itself up or glorifying itself, seeks to forget itself—BURIES itself, abases itself, puts itself down! True humility minds its own business and does not meddle with others; it does not think more highly of itself than it ought to. It recognizes the truth about human

nature and its own weakness. It is content to do its utmost, where it is, to serve and glorify God, and do all it can to help and strengthen other people.

True humility is POWERFUL! It is a strong tool for accomplishing much good. It is based on deep and sincere dedication to God and complete yielding to Him. It is not arrogant, boastful, or cocky. It is a moving, powerful force for good.

What You Can Do

What can YOU do to have more genuine, Christlike humility? First of all, be sure to EXAMINE your life and look for instances where you plainly displayed vanity. Set your mind NOT to repeat the same mistakes!

For instance, reread I Corinthians 13—the love chapter. These points, which also apply to humility, give you practical instructions in becoming more humble!

True humility is patient. Are you patient with other people? What if someone makes you wait hours on end, when you planned some event together? Does your temper flare up? Do you begin to make sour, caustic remarks about being on time? Are you angry because YOU had to spend your "valuable time" waiting for someone who was late?

Perhaps the other person was in the wrong—but still, true humility is PATIENT. It does not "fly off the handle" at other people. If you wish to be truly humble, then work on being more PATIENT!

Also, true humility makes no parade, gives itself no false "airs." It is not "stuffy," or snobbish toward other people. Examine your OWN life, now. Have you ever "high-hatted" someone who you felt was beneath you? Have you had a measure of disdain and contempt for the unconverted people in the world? Or have you even despised a poorer brother in Christ who has certain problems?

Here is another point you can WORK ON to develop true humility! Search your own life, and be careful to be considerate of ALL people. Be gentle and kind toward others, ALWAYS! Get rid of that inflated "image" of yourself—before someone else "pops" it like a

balloon for you, and then you feel pangs of miserable disgrace.

Some of God's people have been guilty of parading their "superior" Bible knowledge before others. They have been guilty of "putting on" an appearance, to impress their friends with their great "spirituality." They have put themselves forward in trying to pass out song books at Church services. They have lusted after offices in Spokesman's Clubs. Instead of humbling themselves, they have actually—perhaps unwittingly—sought to exalt themselves. Jesus said exalting the self is the quickest way to be "cut down to size"! It may lead to severe reproof and correction, either by a minister, or by circumstances themselves.

Here is another thing to watch for. When someone else is blessed with a new responsibility or opportunity to serve, does your mind suddenly become jealous—resentful—of that individual? Does your past friendship turn into a cold, frosty, even acid relationship, because you secretly wish YOU had received the job? This attitude is CARNAL—selfish—the exact opposite of true humility!

Get rid of jealousy, resentment, and rudeness, and you will be going a long way in getting rid of vanity! You will become more Christlike and humble before God. Instead of pangs of jealousy and "hurt feelings," when someone else is blessed, your reaction should be one of extreme gratefulness and thankfulness! That is the way of true humility.

One other everyday, practical point needs to be mentioned. This is the problem of gossip and sniping at others. A truly humble person does not go around "picking" at other people. When someone comes to you and says, "Did you hear about so-and-so," and then proceeds to belittle and downgrade the other person, you can be assured that person is NOT bringing forth the fruits of genuine humility. Humility does NOT gossip about or run down other people, in a vain attempt to "jack up" the self. Don't join in with your pet, evil comments.

Human nature seems to think one way to exalt the self is to downgrade others. Talking evil about other people,

and bringing up ancient "dirt" and skeletons in the closet, somehow is supposed to make the person who does it better! But such an attitude is contrary to God's Holy Spirit. It is the antithesis of real concern for others and genuine humility.

HUMILITY in Action

Those who are proud and lifted up in their own imaginations, are headed straight for a disastrous fall! God is far away from the proud and haughty. He doesn't hear their prayers!

The apostle James wrote, "The haughty God opposes, but to the humble he gives grace. Well then, submit yourselves to God; resist the devil, and he will flee from you: draw near to God, and he will draw near to you . . . humble yourselves before the Lord, and then he will raise you up" (James 4:6-10 Moffatt).

Peter commands, "Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be CLOTHED WITH HUMILITY: for God resisteth the proud, and giveth grace to the humble. *Humble yourselves* therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you" (I Pet. 5:5-7).

Heed this admonition! Don't be the typical strutting peacock, proud of its plumage! Don't be a pompous pigeon, swelling out its chest! Don't let vanity and self-exaltation be your motivation and goal! BURY YOURSELF! Develop genuine humility! Have the selfless, serving *mind* of Jesus Christ!

This is the way to be of service to God—to be a profitable servant in His awe-inspiring Work! *This* is the way of pleasing your heavenly Father.

Examine yourselves—and take a good, long look at YOURSELF! Do your actions reflect the mind of Christ—or the vanity of human nature!

Don't just read right over this, and ignore it. Don't just quietly agree, and let it go at that. Do something about it! God wants YOU to develop the very mind of Jesus Christ. God wants you to have genuine humility, so He can use you more effectively in His Work!

Learn the way of true humility—and walk in it!