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## THE ESSENCE OF EXISTENCE

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### MY RELATIONSHIPS

**God:** “You shall love the LORD YOUR GOD WITH ALL YOUR HEART, WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’ This is the first and great commandment. And the second is like it: “You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets” (Mt 22:37-40).

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**Prayer:** "My voice You shall hear in the morning, O LORD; in the morning I will direct it to You, and I will look up" (Psalm 5:3).

"Now when He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb, each having a harp, and golden bowls full of incense, which are the prayers of the saints" (Revelation 5:8).

- Examples: Daniel 9 - Lord's Prayer - Gethsemane - John 17
- Lists: 1) Chronological, 2) Groups

"Jacob prevailed because he was persevering and determined. His experience testifies to the power of importunate prayer. It is now that we are to learn this lesson of prevailing prayer, of unyielding faith. **The greatest victories to the church of Christ or to the individual Christian are not those that are gained by talent or education, by wealth or the favor of men. They are those victories that are gained in the audience chamber with God, when earnest, agonizing faith lays hold upon the mighty arm of power**" (PP 203).

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**Bible:** *Bible Data > Secular Data - 4 Methods: 1) Start to Finish, 2) Topics, 3) Depth, 4) Memorization*

Dr. Glanz, Andrews: "The primary text seems to be so much more difficult than the textbook the student has read. The real text does not know of mental fast-food chains nor does it provide directions for those convenient mental drive-ins. But the “raw” text is also not a desert with no food or vegetation. It's full of delicious fruits and nutritious vegetables waiting to be harvested. But modern textbooks do not primarily focus on developing farming and cooking skills – they rather focus on food delivery."

**“One sentence of Scripture is of more value than ten thousand of man’s ideas or arguments” (7T 71).**

**Our salvation depends on a knowledge of the truth contained in the Scriptures. It is God’s will that we should possess this. Search, O search the precious Bible with hungry hearts. Explore God’s word as the miner explores the earth to find veins of gold. Never give up the search until you have ascertained your relation to God and His will in regard to you” (COL 111).**

"Let every student take his Bible and place himself in communion with the great Teacher. Let the mind be trained and disciplined to wrestle with hard problems in the search for divine truth" (COL 334).

"But there is but little benefit derived from a hasty reading of the Scriptures. One may read the whole Bible through and yet fail to see its beauty or comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained. Keep your Bible with you. As you have opportunity, read it; fix the texts in your memory. Even while you are walking the streets you may read a passage and meditate upon it, thus fixing it in the mind" (SC 90).

"The reason why the youth, and even those of mature years, are so easily led into temptation and sin, is that they do not study the word of God and meditate upon it as they should. The lack of firm, decided will power, which is manifest in life and character, results from neglect of the sacred instruction of God's word" (MH 458).

**"If the word of God were appreciated as it should be, both young and old would possess an inward rectitude, a strength of principle, that would enable them to resist temptation" (MH 459).**

"Take the Bible as a study book, and see if you are not filled with the love of God. Your heart may be barren, your intellect feeble; but if you will prayerfully study the word of God, light will flash into your mind. God works with every diligent student. Teachers who will learn from the Great Teacher will realize the help of God as did Daniel and his fellows, of whom the record states, "As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams." Daniel 1:17" (CT 455).

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## Memory

"Build a wall of scriptures around you, and you will see that the world cannot break it down. Commit the Scriptures to memory, and then throw right back upon Satan when he comes with his temptations, "It is written." This is the way that our Lord met the temptations of Satan, and resisted them" (RH April 10, 1888).

"Hang in memory's hall the precious words of Christ. They are to be valued far above silver or gold" (6T 81)

"Keep a pocket Bible with you as you work, and improve every opportunity to commit to memory its precious promises" (RH April 27, 1905).

"The time will come when many will be deprived of the written Word. But if this Word is printed in the memory, no one can take it from us" (MR 20:64 1906).

"Study the Word of God. Commit its precious promises to memory so that, when we shall be deprived of our Bibles, we may still be in possession of the Word of God" (MR 10:298 1909; LDE 67).

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**“The Bible is God’s voice speaking to us, just as surely as though we could hear it with our ears. If we realized this, with what awe would we open God’s Word, and with what earnestness would we search its precepts! The reading and contemplation of the Scriptures would be regarded as an audience with the Infinite One” (6T 393).**

**By study, contemplation, and prayer God’s people will be elevated above common, earthly thoughts and feelings, and will be brought into harmony with Christ and His great work of cleansing the sanctuary above from the sins of the people.** Their faith will go with Him into the sanctuary, and the worshipers on earth will be carefully reviewing their lives and comparing their characters with the great standard of righteousness. They will see their own defects; they will also see that they must have the aid of the Spirit of God if they would become qualified for the great and solemn work for this time which is laid upon God’s ambassadors” (5T 575).

“The Bible was not written for the scholar alone; on the contrary, it was designed for the common people. The great truths necessary for salvation are made as clear as noonday; and none will mistake and lose their way except those who follow their own judgment instead of the plainly revealed will of God. We should not take the testimony of any man as to what the Scriptures teach, but should study the words of God for ourselves” (SC 89).

“Only those who have been diligent students of the Scriptures, and who have received the love of the truth, will be shielded from the powerful delusion that takes the world captive” (GC 625).

**An understanding of Bible truth depends not so much on the power of intellect brought to the search as on the singleness of purpose, the earnest longing after righteousness (GC 599).**

“We must be careful lest we misinterpret the Scriptures. The plain teachings of the Word of God are not to be so spiritualized that the reality is lost sight of. Do not overstrain the meaning of sentences in the Bible in an effort to bring forth something odd in order to please the fancy. Take the Scriptures as they read. Avoid idle speculation concerning what will be in the kingdom of heaven” (MS 30, 1904; 1SM 170).

**“Brethren, cling to your Bible, as it reads, and stop your criticisms in regard to its validity, and obey the Word, and not one of you will be lost.** The ingenuity of men has been exercised for ages to measure the Word of God by their finite minds and limited comprehension. If the Lord, the Author of the living oracles, would throw back the curtain and reveal His wisdom and His glory before them, they would shrink into nothingness and exclaim as did Isaiah, “I am a man of unclean lips, and I dwell in the midst of people of unclean lips” (Isa 6:5) (1SM 18).

“The Bible is not given to us in grand superhuman language. Jesus, in order to reach man where he is, took humanity. The Bible must be given in the language of men. Everything that is human is imperfect. Different meanings are expressed by the same word; there is not one word for each distinct idea. The Bible was given for practical purposes” (1SM 20).

“Let the youth, then, be taught to give close study to the word of God. Received into the soul, it will prove a mighty barricade against temptation. “Thy word,” the psalmist declares, “have I hid in mine heart, that I might not sin against Thee.” “By the word of Thy lips I have kept me from the paths of the destroyer” Ps 119:11; 17:4 (Ed 190).

"The Bible is its own expositor. Scripture is to be compared with scripture. The student should learn to view the word as a whole, and to see the relation of its parts. He should gain a knowledge of its grand central theme, of God's original purpose for the world, of the rise of the great controversy, and of the work of redemption" (Ed 190).

**As a means of intellectual training, the Bible is more effective than any other book, or all other books combined.** The greatness of its themes, the dignified simplicity of its utterances, the beauty of its imagery, quicken and uplift the thoughts as nothing else can. **No other study can impart such mental power as does the effort to grasp the stupendous truths of revelation.** The mind thus brought in contact with the thoughts of the Infinite cannot but expand and strengthen" (Ed 124).

"They were not to put a mystical interpretation upon the plain teaching of the Scriptures, and draw from theological stores to build up some man-made theory. It was through putting a mystical meaning upon the plain words of God, that sacred and vital truths were made of little significance, while the theories of men were made prominent. It was in this way that men were led to teach for doctrines the commandments of men, and that they rejected the commandment of God, that they might keep their own tradition" (RH June 2, 1896, par. 7; 5BC 1089).

"I am much afraid that the universities will prove to be the great gates of hell, unless they diligently labor in explaining the Holy Scriptures, and engraving them in the hearts of youth. **I advise no one to place his child where the Scriptures do not reign paramount.** Every institution in which men are not unceasingly occupied with the word of God must become corrupt" (GC 140-141; from D'Aubigne, b. 6, ch. 3).

"It is a light thing to die for the Word, since the Word which was made flesh hath Himself died" (GC 141).

"I consent with all my heart, that the emperor, the princes, and even the meanest Christian, should examine and judge my works; **but on one condition, that they take the word of God for their standard. Men have nothing to do but to obey it**" (GC 166).

"Both read the Bible day and night, But thou read'st black where I read white" (William Blake, The Everlasting Gospel, 1818).

## People: Time & Service

*Love - Listen - Learn - Lead - Leave (Examples: Gospel of John; 1 Corinthians 13; Lord's Prayer)*



### MY LIFE

- **Health: Faith - Relationships - Diet - Activity - Nature**

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies" (MH 127).

- Creation Week:    1. Light            2. Earth and Air       3. Vegetation/Diet  
                           4. Time                5. Fish/Birds         6. Animals & People (🧑)

**7. Sabbath**

- **Reduction:**        Less is More . . . Simplify, Simplify, Simplify



**MY FOCUS: MISSION**

*The Three Angels' Message of Revelation 14: The most important chapter, the 3 most important imperatives to humanity, the 2 most important (because final) outcomes (2 harvests).*

*Quotes on Revelation 14*

- "The message of Revelation 14 is the message that we are to bear to the world. It is the bread of life for these last days" (8T 27).
- "The fourteenth chapter of Revelation is a chapter of the deepest interest. This scripture will soon be understood in all its bearings, and the message given to John the revelator will be repeated with distinct utterance" (RH Oct 13, 1904).
- "These truths, as presented in Revelation 14 in connection with "the everlasting gospel," will distinguish the church of Christ at the time of His appearing. . . . And this message is the last to be given before the coming of the Lord" (GC 453-454).
- "The third angel's message, the great testing truth for this time, is to be taught in all our institutions" (6T 128).
- "The third angel's message is to be given to our world in clear, distinct lines. The third angel's message is to be at this time regarded as of the highest importance. It is a life and death question" (Lt 28, 1900/SDABC 7:980).



**YOU . . .**

Questions: Eternal Perspective? Connections? Start/Stop? God, Prayer, Bible, People, Forgiveness, Health (Faith, Relationships, Diet, Activity, Nature), Reduction, Focus, Time? What's my mission?

Earth vs Eternity . . . 2 options: with God the Father and His Son Jesus Christ in eternity, grow and learn without death and suffering, or eternal loss?

*"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).*