

# Hour Times

\$2.00

Vol. 1

Issue 3



*The Incomparable Jesus*  
*Does He Still Care?*



Editor  
JAY  
GALLIMORE

Associate Editor  
DWIGHT HALL

Assistant Editor  
CARI HAUS

Design Layout  
EDDIE  
HERNANDEZ

Graphics Design  
PENNY HALL  
and  
EDDIE  
HERNANDEZ

Marketing  
Representatives  
ROYCE SNYMAN  
and  
SCOTT ERB


Copyright © 2000 Remnant  
Publications

**Cover:**

An original oil painting commissioned by the Versacare Corp. to demonstrate the love of Jesus for all people of the world."

## FEATURES

God With Us .....  ..... 9

Victory In Jesus .....  ..... 14

## DEPARTMENTS & COLUMNS

Editorial ..... 3      Lifestyle Matters ..... 12

Words of Hope and Encouragement..... 4      Recipes..... 13

Berean Corner ..... 8

## COVER STORY

### The Incomparable Jesus



## COMING ISSUE

### Jesus Is Coming Again!

Heard it before? Is that what Grandpa and Grandma, Dad and Mom believed? Is the Second Coming an old wise tale, a fable handed down from generation to generation, a myth? Or is it a present reality? What do you think? What do you believe? It's a matter of life and death! *Hour Times* unfolds the amazing truth regarding the imminent Second Coming and unveils the devil's grand counterfeits.



### Our Mission:

*Hour Times*, published by Remnant Publications, a nonprofit organization, is produced for the sole purpose of leading individuals, families and society to "A Better Way of Life," as found through God's Holy Word, the Bible. We believe that the Bible is the inspired, infallible Word of God, its principles and counsel are as relevant and binding upon humanity today as they have been throughout the ages.





## What Really Happened at Calvary?

By Jay Gallimore

When we think of Calvary's cross, the *physical suffering* of Jesus is often the first picture that comes to mind. Ministers talk about it, Passion Plays reenact it, and devout Christians everywhere ponder it throughout the year. And it does us good to think of that heart-wrenching scene—complete with rough Roman soldiers, jeering mob, and flesh-piercing spikes. When we realize what Christ did for us there—the pain He endured and the way He poured out Himself *physically* for our unworthy selves—it does something beautiful to our hearts. It softens and changes us and makes us want to pour ourselves out for Him.

But while much attention is and should be given to the *physical suffering* of Christ, it's important to realize that His *physical pain* was only a faint reflection of the *mental anguish* He endured.

### SOME TOUGH QUESTIONS

To more fully understand this anguish, we must ask ourselves some very thoughtful questions such as:

- How could a Father give up His only begotten son?
- How could the Son sacrifice Himself?

The Bible says that “God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” (John 3:16). From this great familiar text, we know that God already loved us—long before Calvary's cross. The real challenge for us humans is to try to comprehend that love—to understand more fully the price God really paid at the Cross.

### A TRIP TO MT. MORIAH

With this in mind, let us return to that awful Old Testament scene on Mt. Moriah more than a thousand years before it held the Son of God. If you remember the story, God asked Abraham to do a truly unthinkable thing: to take his son, Isaac, the heir of his possessions and only legitimate son, and kill him—that is, sacrifice him on an altar.

Being the great man of faith that he was, Abraham would have done exactly what God asked him to do. Except for that final moment when God stayed his hand, Abraham would have brought the knife down on his beloved son.

### FILLED WITH AGONY

Although we can only imagine it, that long march to Mt. Moriah—when Abraham *thought* he was going to sacrifice Isaac—had to have been filled with an unspeakable


grief. And there, on Mt. Moriah, we can sense some of the agony that the Father and the Son experienced at Calvary's cross.

Never—not in the entire universe—were there closer or more tender bonds of affection than those between this Father and Son. Yet sin is such a wretched evil that when Jesus became sin for us, it tore those bonds. And the result was incredibly painful—an indescribable agony to hearts wrung out by sorrow was the prospect of eternal separation between a Father and His Beloved Son. Which is why we hear that awful cry of *mental anguish* echoing down through the ages from Calvary's cross, “My God, my God, why hast thou forsaken me?” (Matthew 27:46).

### THE ULTIMATE SACRIFICE

That fearful afternoon, when Jesus looked death in the face, He could not see beyond the tomb. As physical clouds of darkness pressed around the cross, all Christ could see was an eternal darkness—eternal separation from the Father He loved more than life itself. When He uttered those three awful words *It is finished*, it was to Him a reality. For our sakes, He tasted the death of every sinner who will, at the great judgment day, be eternally separated from God. Yes, Jesus paid that price for you and me. And Jesus—the incomparable Jesus—is the theme of this magazine, especially this issue.

So we ask you to consider the incomparable Jesus. See Him born as a babe in Bethlehem, into a wretched, poverty-stricken world filled with violence, anger and sin. See Him growing up as a lad in Nazareth, so good and kind. Consider His faithfulness to His earthly father and mother for the first 30 years of his life. Watch His dusty feet going from town to town—touching the untouchable lepers, bringing sight to blinded eyes, opening ears that could not hear, leaving whole villages and towns without a sick person. Hear how He taught men and women and young people to love their enemies, their friends and life itself. Hear His call to pity sinners, His agonizing prayers, His weeping and heartbreak for those who would not hear. See His tender regard for the disciples, His unyielding stand on principle, His hatred of evil, His great compassion for the human race. Watch Him as a man of sorrows, acquainted with our grief. And remember that with His stripes we are healed.

The incomparable Jesus. There never has been, there never will be anyone like Him. How can we help but love Him? 

**It's important to realize that His physical pain was only a faint reflection of the mental anguish He endured.**



---

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.  
Amazing love! How can it be  
That Thou, my God, should'st die for me?  
—Charles Wesley

---

“Everything in Christ astonishes me. His spirit overawes me, and his will confounds me. . . . I search in vain in history to find the similar to Jesus Christ, or anything which can approach the gospel. Neither history, nor humanity, nor the ages, nor nature, offer me anything with which I am able to compare it or to explain it. Here everything is extraordinary.”

—Napoleon Bonaparte (in *Yancey*, 83)

“When we were utterly helpless with no way of escape, Christ came at just the right time and died for us sinners who had no use for him. Even if we were good, we really wouldn't expect anyone to die for us, though, of course, that might be barely possible. But God showed his great love for us by sending Christ to die for us while we

were still sinners.”

—Paul, in Romans 5:6-8  
(Living Bible)

“Regardless how you phrase it, the truth is ever so sobering: the cross was no accident.

“Jesus' death was not the result of a panicking, cosmological engineer. The cross wasn't a tragic surprise. Calvary was not a knee-jerk response to a world plummeting towards destruction. It wasn't a patch-job or a stop-gap measure. The death of the Son of God was anything but an unexpected peril.

“No, it was part of a plan. It was a calculated choice. . . .

“He didn't have to do it—

but he did.”

—Max Lucado, *God Came Near*, 38-39

“Since Jesus came to dwell with us, we know that God is acquainted with our trials, and sympathizes with our griefs. Every son and daughter of Adam may understand that our Creator is the friend of sinners.”

—Ellen White, *The Desire of Ages*, 24

“It would be easier, I sometimes think, if God had given us a set of ideas to mull over and kick around and decide whether to accept or reject. He did not. He gave us himself in the form of a person.”

—Philip Yancey, *The Jesus I Never Knew*, 261

“I am the way and the truth and the life. No one comes to the Father except through me.”

—Jesus, in John 14:6 (NIV)

“Believe in the Lord Jesus, and you will be saved.”

—Paul and Silas, in Acts 16:31 (NIV)

---

“If we only permit Christ to be our  
Saviour, then we have won.”  
—Martin Luther

---

We value the opinions and thoughts of our readers. Please share how *Hour Times* has made an impact on your life. Your feedback is essential to our success. Thank you.

**Hour Times P.O. Box 426, Coldwater, MI 49036**





Photo by Niharini Grewar

# The Incomparable Jesus

By Philip Samaan

“I would be like Jesus” we sang at the end of church, though it seemed like many of us were just going through the motions—mouthing the poignant words as we anticipated going home. Then I noticed the teenager sitting next to me. He seemed caught up in the meaning and spirit of the hymn, interspersing the words with sincere petitions: “Jesus, I would be like You,” and “Yes, help me to be like You.” Worshiping with him was a spiritual blessing I won’t easily forget.

As we walked out of the sanctuary, I told him I was indeed blessed by his sincere spirit of worship. “You really want to be like Jesus, don’t you?” I commented.

“My life had been crowded with many competing ambitions,” he explained, “but ever since I committed my life to Christ, becoming like Him has been my greatest joy and highest ambition.” His words rang with an unmistakable conviction.

## A DRIVING AMBITION

Should this not be our heartfelt testimony too? And should not Christlikeness

be the greatest driving ambition of our lives? That was the magnificent testimony of the apostle Paul, who counted everything as “loss” and “rubbish” when compared to the “surpassing greatness of knowing Christ.” (Phil. 3:7, 8, NIV).

Prizing to know his beloved Master, Paul yearned to become more and more like Him. He was Spirit-driven to put self to death so that Christ might form within. Thus he could triumphantly declare, “I have been crucified with Christ; it is no longer I who live, but Christ who lives in me.” (Gal. 2:20, RSV). Christ formed and living within was all that really mattered to him. And should it not be all that matters to us as well?

## A FRANTIC SEARCH FOR IDOLS

All around us we see people frantically searching for idols, role models or heroes to imitate. An innate need relentlessly propels us to look up to someone bigger than

**All around us we see people frantically searching for idols, role models or heroes to imitate.**



ourselves, someone to trust and to emulate. Unfortunately, human beings often overlook Christ as their supreme hero and model, the one to trust, emulate, and worship.

What greater Model can we have in this world! Not only is He the creative genius, He is the God of the universe who embodies in Himself all love, mercy, wisdom, power, glory, trustworthiness and righteousness. "For in Him dwelleth all the fulness of the Godhead bodily." (Col. 2:9). In Him reside the answers to all our predicaments, and the fulfillment of the deepest desires of our hearts. "All that can satisfy the needs and longings of the human soul, for this world and for the world to come, is found in Christ. Our Redeemer is the pearl so precious that in comparison all things else may be accounted loss."<sup>1</sup>

Moreover, not only is He the greatest giver of all good gifts, but beyond that He gives Himself. He is the source of life itself, for He gave Himself for humanity both in the Garden of Eden and at Golgotha. In the garden He made us in His image, fashioned us after His likeness, and breathed into our form His *breath* of life. (See Gen. 1:26; 2:7.) And at Golgotha He shed His *blood* of life to restore us into His likeness. (See Eph. 1:7-10.)

The grand and ultimate object of salvation is to restore the image of Christ and His likeness in us. This is the heart and essence of the gospel—what Paul had in mind when he wrote about God revealing the glory and the mystery of all the ages. What was that mystery? "Christ in you, the hope of glory." (Col. 1:27, RSV). It was Paul's passionate desire for the Galatians, with whom he continued to be "in travail until Christ be formed in you." (Gal. 4:19, RSV).

## AN ALL-ABSORBING PRIORITY

Christ formed within needs to be our passionate desire too, our all-absorbing priority. The indwelling Christ transforms our inner being and fashions it after His own likeness. We become dead to self, but alive to Him. (See Rom. 6:11.) He lives out His life in and through us, and we continue until in Him we "become mature, attaining to the whole measure of the fullness of Christ." (Eph. 4:13, NIV).

Christ forming within reveals that the kingdom of grace is doing its transforming work in our hearts. This reality also gives us the hope and assurance of inheriting the kingdom of glory, for "when He shall appear, we shall be like Him, for we shall see Him as He is." (1 John 3:2). Becoming Christlike is the golden thread that inextricably weaves together the realms of grace and glory in our lives. By *faith* we are becoming like Him in this world, so that by *sight* we may be like Him when we see Him face-to-face in the world to come.

## AN AUTHENTIC RELIGION

The Scriptures constantly call for us to have an authentic religion. Indeed, the most offensive thing to God is religious pretense, outwardly professing to be Christians while at the core we are far away from Him. He wishes we were either cold or hot, not lukewarm, which is so repugnant that Christ declares, "I will spew you out of my mouth." (Rev. 3:16, RSV).

To be a genuine Christian is to be Christlike—or allow God to reveal through us what Christ is like. Are we in our innermost beings Christlike or selflike? Do oth-

ers see more of ourselves and less of Christ? "When we take the name of Christ we pledge ourselves to represent Him. In order for us to be true to our pledge,

---

**The grand and ultimate object of salvation is to restore the image of Christ and His likeness in us.**

---

Christ must be formed within, the hope of glory. The daily life must become more and more like the Christ life. ... Christ will have *nothing* to do with pretense. He will welcome to the heavenly courts only those whose Christianity is *genuine*. The lives of professed Christians who do not live the life of Christ are a *mockery* to religion."<sup>2</sup>

We must see Christ in this world before we can see Him in the world to come, for we cannot behold Christ in heaven if we do not behold Him here. Christ will see *there* whom He knows *here*—*it's* as simple as that. He turned religious people away from entering His kingdom simply because He didn't know them. (See Matt. 7:23.) "We cannot keep Christ apart from our lives here, and yet be fitted for His companionship in heaven."<sup>3</sup> We need to be familiar with Him and faithful to Him in everyday life in order to see Him face-to-face for all eternity. "To His faithful followers Christ has been a daily companion and familiar friend. They have lived in close contact, in constant communion with God.... *They are prepared for the communion of heaven: for they have heaven in their hearts.*"<sup>4</sup>

A truly saved person loves Christ and longs to abide with Him and be like Him. This longing to emulate Christ results from a personal, passionate devotion to Him. And from such ardent devotion



issues all virtues, for in being possessed by Christ we possess all else. It is an awesome privilege that through the grace and power of God we may become like our Creator and Redeemer!

### ONENESS WITH CHRIST

Oneness with Christ is the secret of becoming like Him. Satan knows the divine plan to defeat him in this spiritual battle, and he fights it ruthlessly. Our union with Christ is what he dreads most, for he knows that a dynamic union will break his power. His foremost objective is to sever the divine-human relationship and deceive people into believing they can be their own saviors apart from Christ.

But Satan's abominable scheme backfired at Calvary's cross, where it became possible for humanity to be more intimately connected with Christ than ever before. "It was Satan's purpose to bring about an eternal separation between God and man; but in Christ we become *more closely* united to God than if we had never fallen. In taking our nature, the Saviour has bound Himself to humanity by a tie that is *never* to be broken."<sup>5</sup>

It overwhelms us to contemplate the thought that Jesus, in His boundless desire to restore us to His likeness, irrevocably altered His own very nature for eternity. For our sake He will forever retain His humanity. And in heaven, the redeemed will gaze into His face and be struck with the realization that, for the sake of their restoration, their divine Creator will forever remain intimately identified with them. An infinite commitment impelled Him to become like us in our humanity so that we may become like Him in His divinity! Boundless love propelled our Creator and Redeemer to partake of our human nature so that we may

partake of His divine nature! (See 2 Peter 1:3, 4.)

"Jesus Christ laid hold on humanity, that with His human arm He might encircle the race, while with His divine arm He grasped the throne of the Infinite."<sup>6</sup> He is fully divine and fully human, experiencing both the glories of heaven and the miseries of earth. "As our Example, we have One who is all and in all, the chiefest among ten thousands, One whose excellency is beyond comparison. *He graciously adapted His life for universal imitation.*"<sup>7</sup> Not only does He sympathize with our weak-

---

**Christ's greatest desire is to clean away the grime in our hearts and retrace in our souls His image and likeness.**

---

nesses but He also saves us from our sins and empowers us to win the spiritual race. In Christ we may experience victory in reflecting His image, because we are looking unto Him, "the author and finisher of our faith." (Heb. 12:2).

A lost silver coin, marred and covered with grime, is difficult to recognize as valuable because the dirt obscures its image and superscription. Similarly, when a person created in God's image stays away from Him and imitates the world, its grime eventually covers up His image and likeness. To many onlookers it seems that sin has completely effaced God's image, but Christ looks at the person's heart and potential.

The good news is that Christ searches untiringly for the lost. And although it isn't easy to discern His image in a lost soul, His original traces are still there. "God desires to recover that soul and to *retrace upon it His own image* in righteousness and holiness."<sup>8</sup> No one is ir-

redeemable, and God's presence always brings the promise of restoration. Not only is He able to accomplish it, but He derives profound joy from doing so. For He "delights to take apparently hopeless material, those through whom Satan has worked, and make them the subjects of His grace."<sup>9</sup>

Christ's greatest desire is to clean away the grime in our hearts and retrace in our souls His image and likeness. Heaven has committed all its resources to accomplish this. Has Christ's great love and His enduring commitment to our restoration softened our hard

hearts and made them pliable and moldable in His creative hands? "As wax takes the impression of the seal, so the soul is to take the impression of the Spirit of God and retain the image of

Christ."<sup>10</sup>

May the wax, which symbolizes our lives, soften from the warmth of Christ's love. May it be pliable and workable in the creative and redemptive hands of the Master so that He may retrace on it His image and likeness. ✠

<sup>5</sup>Ellen G. White, *Christ's Object Lessons* (Washington, D. C.: Review and Herald Pub. Assn., 1941), p. 115.

<sup>6</sup>White, *Our Father Cares* (Hagerstown, Md.: Review and Herald Pub. Assn., 1991), p. 165.

<sup>7</sup>\_\_\_\_\_, *Christ's Object Lessons*, p. 414.

<sup>8</sup>\_\_\_\_\_, *Ibid.*, p. 421 (Italics supplied.)

<sup>9</sup>White, *The Desire of Ages*, p. 25 (Italics supplied.)

<sup>10</sup>White, *Messages to Young People*, p. 137.

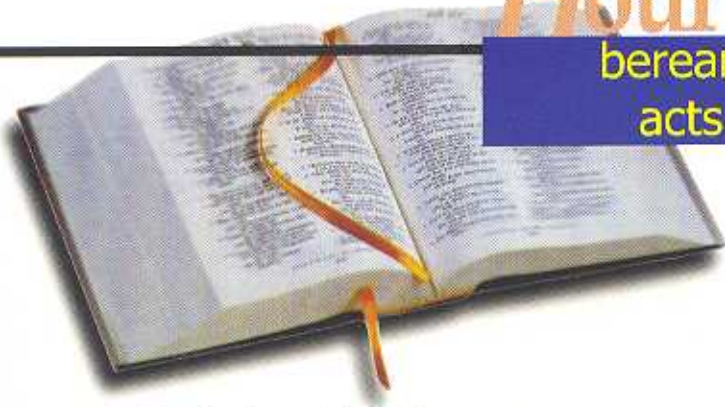
<sup>11</sup>White, *Reflecting Christ* (Hagerstown, Md.: Review and Herald Pub. Assn., 1985), p. 35 (Italics supplied.)

<sup>12</sup>\_\_\_\_\_, *Christ's Object Lessons*, p. 194 (Italics supplied.)

<sup>13</sup>\_\_\_\_\_, *Christ's Object Lessons*, p. 234.

<sup>14</sup>\_\_\_\_\_, *Selected Messages*, book 1, p. 337.





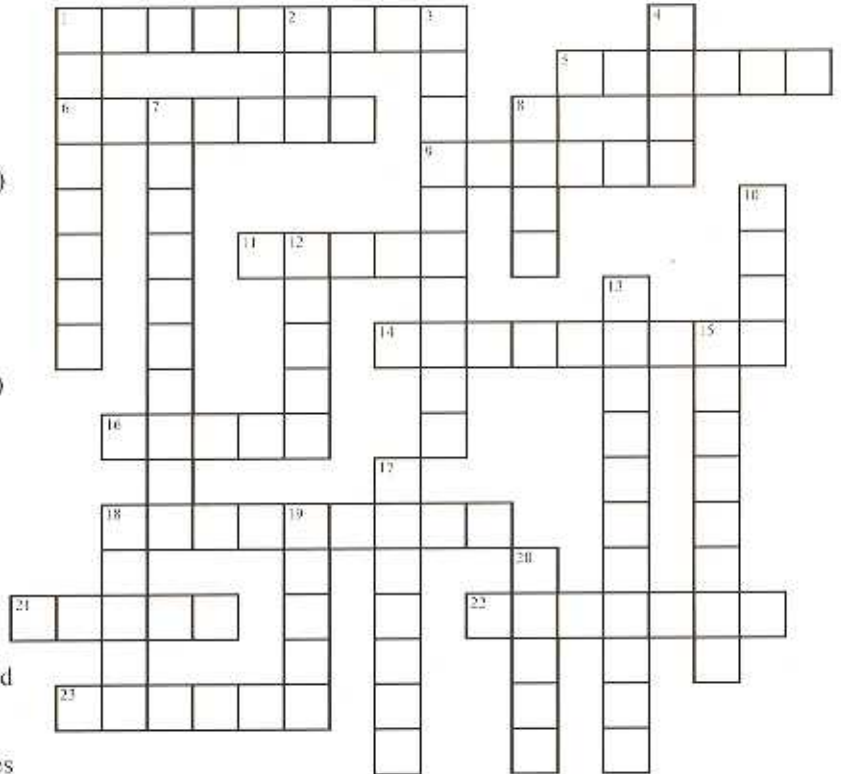
Use King James Version for answers.

### Across

- Town called "the city of David" (Luke 2:4)
- Prophet who caused an axe head to float (2 Kings 6:1-6)
- God commanded Jonah to preach there (Jonah 1:1-2)
- Jacob's dream ladder led to \_\_\_\_\_ (Genesis 28:12)
- To heal people, Moses made a serpent of \_\_\_\_\_ (Numbers 21:9)
- On what charge was Christ condemned to die? (Matthew 26:64-66)
- "He is not here: for he is \_\_\_\_\_" (Matthew 28:6)
- Where Jesus was born (Matthew 2:1)
- Number of days Jesus was tempted in wilderness (Luke 4:2)
- City that fell at the sound of a shout (Joshua 6:1, 20)
- Island of John's exile (Revelation 1:9)

### Down

- Tribe of first king of Israel (1 Samuel 10:19-24)
- Woman's name that is spelled the same forwards and backwards (Genesis 3:20)
- Person who lived 969 years (Genesis 5:27)
- Animal Samson tore apart with his bare hands (Judges 14:5-6)
- Age of Abraham when he was circumcised (Genesis 17:24)
- City where Jesus turned water into wine (John 2:1-11)
- Moses once stood on \_\_\_\_\_ ground (Exodus 3:5)
- First animal to leave Noah's ark (Genesis 8:6-7)
- Israel's enemies who captured the ark of God (1 Samuel 4:10-11)
- Hour of smiting the firstborn of Egypt (Exodus 12:29)
- Joseph interpreted the dream of \_\_\_\_\_ (Genesis 41:17-32)
- Town whose people examined Scriptures to see if Paul was right (Acts 17:10-11)
- God protected Daniel from these animals (Daniel 6:22)
- "The wages of sin is \_\_\_\_\_" (Romans 6:23)



**S**tudy to show thyself approved . . . rightly dividing the word of truth. 2 Tim. 2:15.

Answers

1. JERUSALEM 2. ISAIAS 3. NINEVEH 4. BETHLEHEM 5. BRASS 6. TREASON 7. HE IS NOT HERE 8. BETHLEHEM 9. 40 10. JERUSALEM 11. SNAKE 12. HERESY 13. WOMAN 14. DEATH 15. JERUSALEM 16. HE IS NOT HERE 17. BETHLEHEM 18. 40 19. JERUSALEM 20. JERUSALEM 21. SUDAN 22. BEASTS 23. DEATH

*God's Answers to Your Questions*  
*Answers from the sources of all wisdom*  
**THE BIBLE**  
 If you like crossword puzzles, you'll love *God's Answers to Your Questions*  
 This unique book lists hundreds of thought-provoking questions on topics such as:  
 The Future      The End of Suffering & Sin      Baptism  
 Death      Health      Prophecy

**Order Yours Today \$9.95**  
**800-423-1319 Plus \$3.00 S&H**





## A Friend of Sinners

By Ellen G. White

The plan for our redemption was not an afterthought, a plan formulated after the fall of Adam. It was a revelation of "the mystery which hath been kept in silence through times eternal." Romans 16:25, R. V. It was an unfolding of the principles that from eternal ages have been the foundation of God's throne. From the beginning, God and Christ knew of the apostasy of Satan, and of the fall of man through the deceptive power of the apostate.

### "LO, I COME"

Nearly two thousand years ago, a voice of mysterious import was heard in heaven, from the throne of God. "Lo, I come." "Sacrifice and offering thou wouldest not, but a body hast thou prepared me...Lo, I come (in the volume of the Book it is written of Me;) to do thy will, O God." Heb. 10:5-7.

In these words is announced the fulfillment of the purpose that had been hidden from eternal ages. Christ was about to visit our world, and to become incarnate. He says, "A body hast thou prepared me." Had

He appeared with the glory that was His with the Father before the world was, we could not have endured the light of His presence. That we might behold it and not be destroyed, the manifestation of His glory was shrouded. His divinity was veiled with humanity, the invisible glory in the visible human form.

### A FRIEND OF SINNERS

Since Jesus came to dwell with us, we know that God is acquainted with our trials, and sympathizes with our griefs. Every son and daughter of Adam may understand that our Creator is the friend of sinners. For in every doctrine of grace, every promise of joy, every deed of love, every divine attraction presented in the Savior's life on earth, we see "God with us."

Satan represents God's law of love as a law of selfishness. He declares that it is impossible for us to obey its precepts. The fall of our first parents, with all the woe that has resulted, he charges upon the

**Every son and daughter of Adam may understand that our Creator is a friend of sinners.**



Creator, leading men to look upon God as the author of sin, and suffering, and death. Jesus was to unveil his deception. As one of us He was to give an example of obedience. For this He took upon Himself our nature, and passed through our experiences. "In all things it behooved him to be made like unto his brethren." Hebrews 2:17.

If we had to bear anything which Jesus did not endure, then upon this point Satan would represent the power of God as insufficient for us. Therefore Jesus was "in all points tempted like as we are." Hebrews 4:15. He endured every trial to which we are subject. And He exercised in His

own behalf no power that is not freely offered to us. As man, He met temptation, and overcame in the strength given Him from God.

By His humanity, Christ touched humanity; by His divinity, He lays hold upon the throne of God. As the Son of man, He gave us an example of obedience; as the Son of God, He gives us power to obey.

In stooping to take upon Himself humanity, Christ revealed a character the opposite of the character of Satan. But He stepped still lower in the path of humiliation. "Being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross." Phil. 2:8. As the

high priest laid aside his gorgeous pontifical robes, and officiated in the white linen dress of the common priest, so Christ took the form of a servant, and offered sacrifice, Himself the priest, Himself the victim. "He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him." Isaiah 53:5.

Christ was treated as we deserve, that we might be treated as He deserves. He was condemned for our sins, in which He had no share, that we might be justified by His righteousness, in which we had no share. He suffered the death which was ours, that we might receive the life which was His. "With His stripes we are healed."

## Description of the Roman Scourge

"A single scourging consisted of 39 excruciating lashes. The scourge itself was a multi-thonged, short-handled whip made of ox-leather, knotted with small knuckle-bones, or lead balls, or even bronze hooks made to tear the flesh.

He would be stripped naked, jeered at and insulted, hung by his hands from rings in the ceiling, or against a wall, or spread-eagled around a pillar and then, thus exposed and vulnerable, he would be flogged back and front by two or more men chosen for their physical strength, and trained to inflict the most frightful injuries without actual killing.

During this flogging, the victim would first be lashed and wealed, then the flesh would rise in ragged furrows, then the blood would begin to flow, and then he would be practically cut to pieces by the incessant blows on the arms, shoulders, back, kidney areas, buttocks, thighs, legs, the soft flesh of the belly and loins; the skin torn away in jags and strips, the ribs flayed, and even the bowels laid open—blow on blow, until he hung, one wound."

*Watch With Me*, G.W. Target, p. 36

### Our Savior went through this awful torture, twice, for you and me!

"From insult to renewed insult, from mockery to mockery, twice tortured by the scourge—all that night there had been scene after scene of a character to try the soul of man to the uttermost. Christ had not failed. He had spoken no word but that tended to glorify God. All through the disgraceful farce of a trial He had borne Himself with firmness and dignity. But when after the second scourging the cross was laid upon him, human nature could bear no more. He fell fainting beneath the burden."—*The Desire of Ages*, p. 742.

"For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow in His steps: Who did no sin, neither was guile found in His mouth: Who, when He was reviled, reviled not again; when He suffered, he threatened not; but committed Himself to Him that judgeth righteously: Who His own self bare our sins in His own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." 1 Peter 2:21-24.



By His life and His death, Christ has achieved even more than recovery from the ruin wrought through sin. It was Satan's purpose to bring about an eternal separation between God and man; but in Christ we become more closely united to God than if we had never fallen. In taking our nature, the Saviour has

---

**It was Satan's purpose to bring about an eternal separation between God and man.**

---

bound Himself to humanity by a tie that is never to be broken. Through the eternal ages He is linked with us. "God so loved the

world, that He gave His only begotten son." John 3:16. He gave Him not only to bear our sins, and to die as our sacrifice; He gave Him to the fallen race.

In Christ the family of earth and the family of heaven are bound together. Christ glorified is our brother. Heaven is enshrined in humanity, and humanity is enfolded in the bosom of Infinite Love.

The work of redemption will be complete. In the place where sin abounded, God's grace much more abounds. The earth itself, the very field that Satan claims as his, is to be not only ransomed but exalted. Our little world, under the curse of sin the

one dark blot in His glorious creation, will be honored above all other worlds in the universe of God.

Here, where the Son of God tabernacled in humanity; where the King of glory lived and suffered and died—here, when He shall make all things new, the tabernacle of God shall be with men, "and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God."

And through endless ages as the redeemed walk in the light of the Lord, they will praise Him for His unspeakable Gift—Immanuel, "God with us." ❧

*(This article comprises excerpts from the book The Desire of Ages, pp. 22-26, written by Ellen G. White.)*

## He Died of a Broken Heart!

Twice tortured by scourging, Christ fainted  
Neath His heavy cross;  
May our hearts just break, when we realize what  
Salvation has cost!  
Simon, a Cyrenian, cried out in compassion as  
Christ fell beneath His load;  
The Roman soldiers made him carry the cross  
Up Calvary's road.

At the place of the crucifixion, Jesus was spiked  
To the cruel tree;  
"Father, forgive them, they know not what they do,"  
Was His earnest plea!  
Lifting the cross, the soldiers dropped it in a hole—  
Causing Him terrible pain!  
Blood dripped from His thorn-pierced brow,  
Hands, and lacerated frame!

The angels of Heaven veiled their faces—  
Weeping at the awful sight;  
Even nature sympathized; it became  
Dark as midnight!

A broken-hearted Savior cried, "My God—  
Why hast Thou forsaken Me?"  
His Father longed to reply, "My Son—  
I am right here with Thee."

Physical pain was hardly felt in the light of  
His Father's separation;  
Jesus could not sense His approval—  
Only condemnation!  
He was bearing the sins of the world—  
The guilt of every man;  
Their separation might be eternal—  
'Twas more than He could stand!

He must tread the winepress, alone—  
God's wrath against iniquity;  
What if He were to remain in the tomb?  
He couldn't visualize victory.  
But faith heard the words of approval—  
"This is My beloved Son";  
His expiring cry vibrated through Heaven—  
The victory was won!

By Kay Collins





## BIBLE HEALTH AND GOD'S ANSWER

By Vicki B. Griffin, Ph.D., MACN, Author, Lecturer, Researcher

### WHAT'S REALLY GOING ON?

We live in a society where "anything goes." If it feels good, do it; if it feels right, it is right; if you want it, take it; if you can't afford it, charge it! But most important, don't think about it—just do it! In many subtle ways this thinking has permeated the philosophy of many societies today, both Christian and non-Christian. Unfortunately, this philosophy doesn't produce much real happiness. People have more questions than ever. Why the restlessness, unhappiness, chronic disease, social instability, and downright confusion, even in prosperity? Paul addresses this very issue, with a note of irony, to the "anything goes" Corinthians: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:19-20. He adds: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." He closes with the solemn warning: "Let no man deceive himself." 1 Cor. 3:16-18.

### Fast Facts

■ **Type II diabetes is on the rise among children in the U.S. A new Japanese study confirms a similar diabetes problem in Japanese school children. The cause? Increased dietary animal protein and animal fat, combined with less exercise. *Clinical Pediatrics* 1998; 37.**

■ **Premenopausal women who consumed five or more servings of fruits and vegetables daily had a 23% lower risk of breast cancer than those who ate less than two servings per day, according to a team of U.S. researchers. *Journal of the National Cancer Institute* 1999.**

### COUNTDOWN TO ACCOUNTABILITY

You are not your own, if you believe the words of Scripture. But many have convinced themselves that God's will is whatever they will to do! But you have been purchased with a great price, and God really has a double claim on you and me: we belong to Him by creation and redemption. As a responsible Owner, God wants to alert us to the dangers we are exposed to in a sinful world. Jesus said: "Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting [gluttony] and drunkenness, and cares of this life, and so that day [His second coming] come upon you unawares." Luke 21:34. Think about it. Lifestyle diseases alone, such as heart disease, cancer, stroke, dementia, obesity, chronic stress, and diabetes are claiming the lives of 3 out of every 4 adult Americans. Stress-related problems alone cost \$43.7 billion per year. Our "hyperdemic" of physical and emotional disease in this nation is a sure marker of a society that is out of control in diet and lifestyle. Does it matter? Do lifestyle choices affect the morality and spirituality of people, as well as our physical health? Do these choices even affect the course of society? God has the answer: "Abstain from fleshly lusts, which war against the soul." 1 Peter 2:11. "From whence come wars and fightings among you? Come they not hence, even of your lusts that war in your members?" James 4:1.

### WHO HAS DOMINION?

God's Word talks about a group of people in the last days "whose god is their belly." Phil. 3:19. All of us know what that feels like—out of control, not able to govern the appetite, passions, emotions, or even reason. We are slaves to bad habits, while vainly seeking answers to life's hard questions, in a hapless pursuit of personal fulfillment. God knows all about it: "Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey, whether of sin unto death, or of obedience unto righteousness?" Romans 6:16. Fortunately, all can find relief from this pitiable state: "If the Son therefore shall make you free, ye shall be free indeed." John 8:36. "He is able even to subdue ALL things unto Himself!" Phil. 3:21. The question is, who will have dominion over your life, your affections, conscience, and daily habits?



## EAGLE OR CHICKEN?

The story is told of a farmer who found an eagle and took him home to his barnyard, letting him grow up with his chickens and turkeys. The bird seemed content with his companions, even when he developed a 9-foot wing span! One day a naturalist came to visit and was intrigued by the eagle that spent his time with the chickens. He asked the farmer if he could see if the bird had an eagle or a chicken heart! The farmer laughed and said, "He's been in the barnyard too long—he'll never fly like an eagle!" The naturalist took the bird to the top of the house, and he flew right back into the barnyard. This happened several times. Then he took him far away, to the top of a mountain, and turned his head toward the sun. You guessed it. He caught the vision, gave an eagle's cry, and never returned to the chicken coop. We need to get out of the chicken coop of bad habits and sin—and God can give us the vision to have that mountaintop experience!

## GOD'S ANSWER: TEN FREE DOCTORS

We're just like that eagle—bungling through life in the barnyard of bad habits—when really we were created to be eagles! But just like that eagle, we can catch a vision of how special we are to God, and how powerful He is to help us! "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold,

all things are become new. And all things are of God." 2 Cor. 5:17-18. GOD'S ANSWER is an acronym—each letter stands for a word. In this case, each letter of GOD'S ANSWER stands for a basic health principle, that, if incorporated into the life with the help of God, will not only prevent much of the stress and lifestyle diseases afflicting Americans today but also work to bring healing and restoration to worried minds, diseased bodies, and broken down immune systems!

**"Therefore if any man be in Christ, he is a new creature."**

## YOU WILL BE AMAZED

For the next ten lessons, we are going to visit God's ten free doctors. These are doctors that you can—and should—be visiting every day. G= Gratitude and benevolence; O= Obedience; D= Divine help; S= Self-control; A= Air; N= Nutrition; S= Sunshine; W= Water; E= Exercise; R= Rest. As I stated before, it is a fascinating field in itself to study the many findings of scientific research that validate biblical health and lifestyle principles. Unlike the "do it and don't think about it" philosophy of today, Christ invites us to investigate and "reason together" with Him regarding the Christian health and lifestyle issues that are vital to our spirituality, happiness, health and well-being. As you review with me the medical findings of the past few years and compare them with the "Owner's Manual," you will be amazed! ☒

research that validate biblical health and lifestyle principles. Unlike the "do it and don't think about it" philosophy of today, Christ invites us to investigate and "reason together" with Him regarding the Christian health and lifestyle issues that are vital to our spirituality, happiness, health and well-being. As you review with me the medical findings of the past few years and compare them with the "Owner's Manual," you will be amazed! ☒

## recipes

### TOFU CROQUETTES

#### Ingredients:

1 lb. Tofu, firm  
1 Baked Potato, large, cold  
1/2 Onion, chopped fine  
3/4 C Bread crumbs  
1/4 C Walnuts, finely chopped  
2 Tb Olive oil  
1 Tb Parsley, dried  
1/2 tsp Onion powder  
1/2 tsp Marjoram  
1/2 tsp Oregano  
1 tsp Salt  
1 1/2 Tb Nutritional yeast flakes

#### Directions:

• Put all ingredients into a bowl and mush together very well, using your hands.

- Use a small ice cream scoop to form balls. Use a teaspoon to push balls off scoop onto a sprayed cookie sheet. Make sure balls are packed firmly.
- Bake at 350° for about 25-30 minutes or until golden brown.
- Leave croquettes on cookie sheet to cool. They will get firmer as they cool. Or serve directly from oven.

#### Serving Suggestions:

- These croquettes freeze beautifully and are great to pack in a lunch.
- Try them with a little spaghetti sauce on a bed of rice, or cold topped with your favorite mayonnaise.



*Guilt-free Gourmet*—Your Vegan Cookbook and Lifestyle Resource Book.

Finally, a cookbook featuring recipes that taste good and are good for you! More than 300 pages of scrumptious, mouth-watering creations that are nutritious, cholesterol-free and easy to make.

Order yours today. Only \$19.95  
**1-800-423-1319**





# Victory In Jesus

Photo by Corbis

By Dan Collins

Long ago, the Heart of Infinite Love desired a type of fellowship that He did not share with any of His other creation. The Father said unto His Son: "Let us make man in our image, after our likeness.... So

Before the creation of the world, Jesus offered to pay the supreme price for humanity's redemption if they should ever fall.

God created man in his own image, in the image of God created he him; male and female created he them. (Gen. 1:26, 27).

The Bible doesn't tell us how long God and the first couple he created had wonderful fellowship together, but we do know the communion was severed when they chose to distrust their Maker—and the heart of God

has been lonely for us ever since. Sin always causes us to separate ourselves from God: because God's presence is a consuming fire to sin, people are no longer able to hold face-to-face communication with Him.

Before the creation of the world, Jesus offered to pay the supreme price for humanity's redemption if they should ever fall. While it was difficult for God to give His only Son for the fallen race, there was no other way to save humankind. Only One equal with the divine law could pay the ransom; therefore, the Heavenly Father consented to the plan. "For God so loved the world, that He gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." (John 3:16).

In the process of time, when the world had become corrupt and the hearts of



people were hardened in sin, “the Word was made flesh, and dwelt among us, (and we beheld His glory, the glory as of the Only Begotten of the Father), full of grace and truth. (John 1:14).

The life of Jesus was a perfect reflection of God’s character, and as we behold Him, we are led to admire Him—to desire to be like Him. In His death we behold the infinite love of God, and begin to realize how much we mean to Him. Our hearts go out to Him in love and appreciation for what He has done for us.

Our hearts are broken when we realize it was our sins, *yours and mine*, that separated Jesus from His Heavenly Father at Calvary, causing Him to cry out, “My God, My God, why hast Thou forsaken Me?” (Matt. 27:46). It was this separation from His Father, not the agony of the crucifixion, that took the life of the Savior; *He died of a broken heart!* True repentance is far more than saying, “I am sorry”—it’s a deep sorrow of heart and a turning away from sin. For all who confess their sins, God has promised to be “faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9).

It’s a marvelous fact of grace that no matter how far we’ve gone in sin, when we confess our sinfulness to God, ask His forgiveness, and invite Jesus to be our personal Sav-

ior, He writes “Pardoned” by all the sins of the past, places His own spotless record of obedience to our account in heaven, and we stand justified, “*Just-as-if-I’d*” never sinned!

Being accounted righteous, we now desire to obey Him because we love Him. A victorious experience can then be ours, for “as many as received Him, to them gave He power to become the sons of God, even to them that believe on His name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God. (John 1:12, 13). Yes, friend, when we receive Christ, we receive power to live a life of victory!

#### THE SOURCE OF POWER

Jesus doesn’t expect us to obey in our own strength. “Without me ye can do nothing.” (John 15:5). Without the Holy Spirit living in our hearts, we are powerless to overcome one sin or temptation. Since Jesus gained the victory on Calvary, He has provided us with abundant power to live for Him.

The Word of God is His own personal Love Letter to each one of us. We may claim each promise as our own, taking to heart every word of reproof and counsel. Getting to know Jesus and our Heavenly Father is a foretaste of the joyous future that will be ours with Them.



Jesus prayed thus: “And this is life eternal, that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent.” (John 17:3).

Just as in any meaningful relationship, two-way communication is essential. Listen as your dearest Friend speaks to you in His Love Letter—the Bible. Personalize the promises, place yourself in the scenes of Christ’s ministry—know for certain that He lived and died

---

**Without the Holy Spirit living in our hearts, we are powerless to overcome one sin or temptation.**

---

for you. Open your heart and talk with God as you would talk to your very best friend, responding in heartfelt prayer as your gratitude overflows.

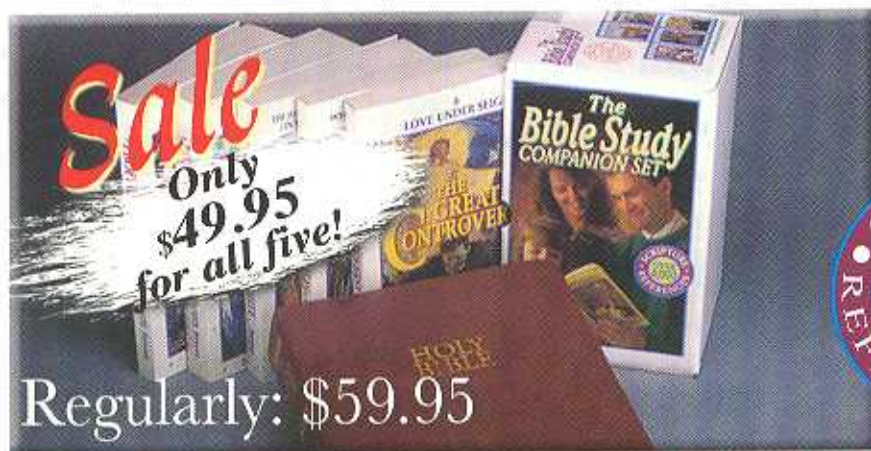
As we experience the joy of knowing Jesus through His Word we can exclaim with the prophet Jeremiah: “Thy words were found, and I did eat them; and Thy word was unto me the joy and rejoicing of mine heart: for I am called by Thy name, O Lord God of hosts.” (Jer. 15:16).

Your life will change as you get to know Jesus in a personal way. You will hate the sinful things you once loved, while things you once found distasteful bring great delight. Every day, as you choose the will and the ways of God, you will grow stronger in your Christian walk, finding happiness both in pleasing Him, and experiencing the joys of victory. ❧



# The Bible Study COMPANION SET

An indispensable aid to Bible study!



Regularly: \$59.95

*"I just can't understand the Bible!"*

- How did the universe begin? How did the world get here? Where and how did the human race start? *Patriarchs and Prophets* is a book about beginnings. In fascinating, easy-to-read language, it describes exactly how planet Earth—and the people who live on it—began.
- *Prophets and Kings* is volume two of the five-volume set that covers human history from the beginning of our time—and on into the future. This book begins with the reign of King Solomon and ends just prior to the first advent of Jesus Christ.
- The inexpressible desire of all ages cannot be found in things, fame, power or pleasure-seeking. It can be found only in a Person. *The Desire of Ages* is His story. This book will be the end of your search.
- You will again witness the enormous power of the early church as you read *The Acts of the Apostles*, a remarkable commentary on the book of Acts. Then you are invited to request it—and experience it—for yourself and your church.
- *The Great Controversy* begins at the dawning of the Christian era, traces the rise and fall of nations and religious powers down to our day, then plunges ahead to preview the future. And what this book sees coming is not based on guesswork. It is based on a source of predictions that has never yet missed in its prophecies.

To order by mail send your request to Remnant Publications, 649 E. Chicago Rd., Coldwater, MI 49036

## Hour Times

Remnant Publications  
P.O. Box 426  
Coldwater, MI 49036

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Coldwater, MI  
Permit #199

ORDER NOW!  
800-423-1319