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# I Come to the Garden Alone

“**T**he precious Bible is the garden of God, and His promises are the lilies, and the roses, and the pinks. Why do you not gather the fragrant flowers, and leave the thistles alone? Why do you not dwell on the love of Jesus? Why do you not bring gratitude into your life for all the benefits you have received from your Heavenly Father? The more thankfulness you express, the more you will have to express. The whole universe is looking upon us; and see what efforts God has made for our salvation. He has given His only begotten Son to die for us. He was willing to come to our world, to leave the royal throne, that He might save the fallen race of men. Says the prophet, ‘He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we esteemed Him not. Surely He hath borne our griefs, and carried our sorrows; yet we did esteem Him stricken, smitten of God and afflicted. But He was wounded for our transgressions, He was bruised for our iniquities; the chastisement of our peace was upon Him; and with His stripes we are healed.’ He made an infinite sacrifice on Calvary’s

cross for us. Then why is it that we are always talking of our bruises? Why are we not healed? He died to pardon our sins, and to become our righteousness. When Satan comes to tell you that you are sinner, tell him that you know you are, but that Christ came into the world to save sinners, and that makes Him your Saviour. I love Him; I believe in Him today.

Let the soul be uplifted from the lowlands of sin to contemplate the God of all goodness, mercy and love, but who will in no wise clear the guilty. Meet goodness with goodness. Cleanse the soul temple from all defilement, and open it to the blessed Spirit of God. We may be bright and shining lights in the world. Let us search our Bibles, digging into its mines for the precious jewels of truth; and all the time we may bear a brighter and a brighter testimony to the glory of God. We may have a little heaven in our hearts as we journey on toward the heaven above. We may learn the song of victory that is to be sung on Mount Zion. I praise God for His matchless love to us.” —*The Review and Herald*, March 19, 1889

*Ellen G. White*



# Value

Adapted from a sermon by Timo Martin

**H**ow much value does a piece of clay have? Very little. But, when an artist takes this piece of clay and forms a beautiful vase from it, it is suddenly valuable. A piece of stone is also worth nothing, but when a sculptor cuts it, shapes it into an image of a famous person, this worthless stone becomes valuable. A canvas and paint are worth very little. After an artist paints a picture on the canvas, it can be worth thousands or even millions of dollars.

So it can be with us also, we can be worth very little. Our body is made of the dust of the ground, and in the end, we turn to dust again. If our characters remain selfish, proud, covetous, impa-

tient, jealous, unforgiving, evil, and dishonest—we become completely worthless—such persons God is going to throw in the fire and burn up as completely worthless. And not only worthless, but detrimental to have, harmful. The world would be better without such people. “Give up all for Him; for unless you are broken, you are worthless.” —*Selected Messages*, bk. 1, p. 329

In ancient Israel, several times we read how thousands died in the wilderness. Was this right? Many of them will not have eternal life and their life was cut short. This was the only life they had and suddenly it was taken away. Two months after leaving Egypt, 3,000 men died when

they rose up to play and to eat and drink. The sin was worldly entertainment. A little later, when the daughters of Moab tempted them, in one day, 23,000 died. The sin was lust of the flesh. For this sin, also Sodom and Gomorrah perished.

After a while they became dissatisfied and murmured against Moses and Aaron. They wanted to return back to Egypt. Again, many people died because of the stings of the serpents. They were dissatisfied in the way that God had led them.

Finally, all of the 600,000 men over 20 years of age who left Egypt had died in the wilderness, never to see the Promised Land, never to enjoy life in their

own country. Why did God not let them live and enjoy their life to the fullest, and if they were not faithful, in the end they would be lost?

They were removed from the nation because they were stumbling blocks to others. By their example and influence, others would have been lost. So, God removed them that the rest of the nation would not perish. Only those were removed who had sinned against the Holy Spirit, who had no more chance of salvation.

It seemed cruel, when all the nations living in Canaan were killed, including men, women, and children. But, life only has value when there is a chance of salvation. After that, people are worth nothing. Because of their characters, they had no value, life was meaningless. They were only a hindrance to others.

Yes, the people of Israel all kept the Sabbath, they all paid tithes, they all worshipped God. But they all did not change their characters. They did not overcome their selfishness, pride, impatience, and vanity. They had stopped growing spiritually. Their character-building had come to a stop.

We have learned that the wedding garment we need is Christ's righteousness. In other words, a Christlike character is the beautiful garment that we all need.

"Awake, awake; put on thy strength, O Zion; put on thy beautiful garments, O Jerusalem, the holy city: for henceforth there shall no more come into thee the uncircumcised and unclean." Isaiah 52:1

Is selfishness beautiful? Ellen White writes that "God abhors all selfishness and covetousness."—*Seventh-day Adventist Bible Commentary*, vol. 3, p. 1158. Do you think God would allow a selfish person in heaven? No, no. Can you see beauty in pride? Is a self-important person attractive? A proud person, who is easily offended, and thinks highly of themselves is not beautiful in character. The Bible says, "God resisteth the proud, but giveth grace unto the humble." James 4:6

Even children hit other children when they fight over a toy. Even children of godly parents will be lost if they are unruly and disobedient.

building. In this natural state, we are of no value, no more than the unformed lump of clay, or a rough, unfinished stone, or a blank canvas with no picture. We are worthless in this stage. Years in the church have no value, a knowledge of the Bible does not benefit us if our characters have faults that we do not want to correct.

"Since thou wast precious in My sight, thou hast been honourable, and I have loved thee: therefore will I give men for thee, and people for thy life." Isaiah 43:4

If you want to be precious in the sight of God, "Likewise, ye younger, submit yourselves unto

“  
Thou wast *precious* in My sight,  
thou hast been *honourable*,  
and I have *loved thee*.  
Isaiah 43:4”

A covetous person, is he attractive? Always seeking his own benefit, working only for his own good, desiring more than God has given him, who helps others very little, and outside of tithes, he gives very little to the church. He is not fit for heaven.

An impatient person is ugly in character. Many divorces occur because of this characteristic, there is no tolerance for the other person's faults. They easily speak offending words, hurting others deeply with their impatience. All these characteristics are very cheap material, God has no use for them in His spiritual

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." 1 Peter 5:5. There is beauty in humility. The greatest gift that heaven can give—grace—is given to the humble.

Moses was chosen for the important office of leading the children of Israel because he was the meekest man on the earth. When he was falsely accused of wrong, he was silent. Not even with one word did he defend himself. Can you do this, that you are never upset about anything, never raise your voice in anger? This is



a character that is precious, very valuable, worth more than millions of dollars. Then you are not angry any more, no longer a rough stone or a lump of clay, but a work of art, created by the Master Artist, God Himself.

and answer softly, and still love the person, then your value has grown in the sight of heaven. You are not just a blank, cheap canvas, but the image of Christ is painted on you.

“However much your enemies

and give your money to the poor, would you hesitate? Or would you immediately comply? If the mantle of Elijah was cast upon you, would you leave your work immediately, and become a messenger of God, like Elisha?

“

My grace is *sufficient* for thee.

2 Cor. 12:9

”

When you can honestly say, not my will but Thine, O Lord, be done, even that the way of God may bring you suffering and affliction, when you resign your life to the will of God, and when the sense of duty is stronger in you than your desire for comfort, angels will admire your character for its beauty. When you can listen to angry words

have bruised and wounded your soul, forgive them. . . . Endure the pressure. Submit to wrong, bear the suffering part of religion for Christ's sake, rather than sin against God by seeking to deliver yourself.” —*The Upward Look*, p. 42

If the Lord would tell you one day, go and sell all that you have

One day we will understand these words of Jesus, “He that findeth his life shall lose it: and he that loseth his life for My sake shall find it.” Matthew 10:39. Many say, “If I had a house, or a car, or a marriage partner, and have all my debts paid, I would live again, be happy again, now I only exist.” But, would you really gain anything if you have all that you want in this life? God says, “My grace is sufficient for thee.” 2 Corinthians 12:9

In the light of eternity, it is not important how much we enjoy this life in ease and comfort. The only one thing that counts is our sal-



vation. It does not matter whether we are poor, sick or healthy, whether we are alone or in company, if we have affliction, sorrow or prosperity. These are important only if they help our character building. Will these make us kind, loving, and patient?

The world has millions of worthless, cheap characters—worth less than nothing. There are professed Christians who will be cast into the fire and burned up, because of the cheapness of their characters. God is looking for people with noble characters, who are solid, enduring materials, shaped in His own image to make up the number of the 144,000.

In the island of St. Kitts, I went to the factory where they made clay and ceramic pottery. They had on the shelves, some beautiful creations, symmetrical shapes, works of art, and expensive. Out-

side at the back of the factory, I saw a mountain of pottery, all kinds of shapes for free, they did not cost anything. But when I looked at them, they all had some defect, some deformity, or were broken.

“And they shall be Mine, saith the LORD of hosts, in that day when I make up My jewels; and I will spare them, as a man spareth his own son that serveth him.” Malachi 3:17

If you look at the 144,000, they all have perfect characters, not one flaw or deformity in them. Not in one point below the character of Christ. They have His humility, His love, His patience, His faithfulness, His spirit of sacrifice. When they are in one great square, standing on the sea of glass before the throne, singing the new song, it can be that you are one among this

company. This is your privilege and opportunity. This is the purpose of life. Is this your desire? You want to be like Jesus. Then put aside everything else in your life and concentrate your efforts in one great object—your character building. Do not give up. Let the trials and fire do its work to burn away all worldliness.

Then you are not a worthless lump of clay, a rough stone, but a work of art, more valuable than the whole world together. Then you can stand beside Christ, the King of glory. Reflecting His character fully, this is a greater marvel, a greater miracle than the creation of the world. Christ created this world in six days, however it is work of the lifetime for the Master Artist to reproduce His own image in you. Amen.

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*Canadian Field*

# Newsletter

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## Western Youth Seminar: The Three Angels' Messages

The Canadian Field Music Department, with support from the Youth Department, recently facilitated a special event in Calgary for our young people. As the youth orchestra prepares music centered on the Three Angels' Messages, a youth seminar was organized to help participants understand these messages more deeply and thoughtfully incorporate them into their music.

From February 13 to 15, youth gathered from across Canada—including British Columbia and Ontario—to study the

Three Angels' Messages while also rehearsing together as an orchestra. This combination of spiritual learning and musical preparation made the event especially meaningful.

The group is now preparing to produce special music videos during the orchestra camp in July, which will be followed by a live performance at the Canadian Field Conference 2026.

Recordings of the messages presented during this program are available on the IMS Canada Official YouTube channel.





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# Canadian Field Leadership Workshop: Called to Serve, Empowered to Lead



The Canadian Field Conference held a two-day Ministers, Workers, and Leaders Workshop under the theme “Effective Christian Leadership in the Church” with the motto “Called to Serve, Empowered to Lead” based on 1 Peter 4:10.

Across both days, leaders and workers participated in training sessions on Christian leadership, church planning, doctrinal unity, spiritual growth, and handling church challenges. Departmental reports from Youth, Publishing, Missionary, Music, Multimedia, and other ministries were also presented.

Overall, the workshop emphasized leadership development, unity, and organized church work, while also revealing ongoing concerns about cooperation, communication, and the need for stronger engagement with younger members.

May our leaders continue to grow in humility and wisdom, working together for the strengthening of the church and the unity of its members, always prioritizing service, integrity, and collective growth above personal recognition or achievement.



# What Does

# The Cross

## Mean for Me?

*By Makoto Matsumoto (AB)*

There is probably no human on this earth who has not seen the sign of the cross. It is the universal symbol of the Christian religion.

And indeed, the cross is important. Having grown up in a Christian family, I often heard the familiar words: "Jesus died for you." "We are saved by His sacrifice on the cross." These phrases were repeated so often that they became almost ordinary.

Yet if we pause and think deeply, a question naturally arises: How is the cross related to me? How does the death of Someone who lived 2,000 years ago have any real connection to my life in the 21st century? Why do Christians speak so much about the cross? Why does it matter so profoundly?

Let us explore this step by step.

### Why Do Sins Lead to Death?

When we ask, "Why does Jesus' sacrifice matter?" many people would quickly answer, "To save us from death." But how exactly is the cross connected with life and death?

The Bible declares: "For the wages of sin is death." Romans 6:23





The cross is directly related to the forgiveness of sin. And sin, we are told, leads to death. But this leads us to a deeper question: Why does sin lead to death? Is death merely a punishment imposed by an angry God?

There is a well-known story about a university professor who challenged his students with a question: "Did God create everything that exists?" A student bravely replied, "Yes He did!"

"God created everything?" The professor asked. "Yes sir," the student replied. The professor answered, "If God created everything, then God created evil, since evil exists, and according to the principal that our works define who we are, then God is evil." The student became quiet before such an answer. The professor, quite pleased with himself, boasted to the students that

he had proven once more that the Christian faith was a myth.

Another student raised his hand and said, "Can I ask you a question, professor?"

"Of course," replied the professor. The student stood up and asked, "Professor, does cold exist?"

"What kind of question is this? Of course it exists. Have you never been cold?" The students snickered at the young man's question. The young man replied, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Every body or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-460 F; -273 C) is the total absence of heat; all matter becomes inert

and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat."

The student continued, "Professor, does darkness exist?" The professor responded, "Of course it does." The student replied, "Once again you are wrong, sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact we can use Newton's prism to break white light into many colors and study the various wavelengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man

# Why do we avoid death?

to describe what happens when there is no light present."

Finally, the young man asked the professor, "Sir, does evil exist?" Now uncertain, the professor responded, "Of course as I have already said. We see it everyday. It is in the daily example of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil.

To this the student replied, "Evil does not exist, sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light."

The professor sat down. The young man's name was Albert Einstein.

Whether or not this story about Albert Einstein is historically accurate, the lesson is powerful. Darkness is real—but it is the absence of light. Cold is real—but it is the absence of heat. Evil is real—but it is the absence of God.

This understanding helps us grasp why sin leads to death. Sinners do not die because God is offended and wishes to punish

them arbitrarily. By committing sin, human beings separate themselves from God. And God is the Source of life. When we separate from the Source of life, death is the natural result.

Death is not something artificially added to the sinner. It is not an external penalty imposed at random. It is the inevitable consequence of departing from God. Just as a branch separated from the vine withers and dies, so a soul separated from God cannot sustain life. The cross, then, addresses this separation.

## Why Do We Avoid Death?

Before talking about how the cross addresses this separation, another question arises. Why do we seek to avoid death? Is it simply because we are afraid of dying?

Interestingly, Christians—who seek salvation through Jesus—have often shown remarkable courage in the face of death. History records thousands upon thousands of martyrs who dedicated their lives to Christ and faced death with peace. They were not terrified of the moment of death itself. Why? Because they possessed hope.

Christians are not primarily concerned about the first death—the physical death that all humanity experiences. What they seek to

avoid is the second death—the eternal separation from God.

Now, if believers are not afraid of the experience of death, why are they so eager to avoid the second death? It is because they desire eternal life.

And this leads to another important question: If Christians are not afraid of death, why do they long to live forever?

## Why Do We Seek Eternal Life?

The short answer is this: to live and commune with God forever. But why? Why do we want to live and commune with God forever?

Let us return to the beginning: "And God said, Let us make man in Our image, after Our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in His own image, in the image of God created He him; male and female created He them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given

every green herb for meat: and it was so." Genesis 1:26–30

In these verses, we see that God blessed humanity with family, dominion, and provision. The word blessing means happiness.

Human beings were designed to find happiness in family life, in responsible dominion, and in the provision of food. But these blessings were not meant to lead to selfish indulgence. They pointed to something deeper.

Through family life, humans were to learn that love produces life. By giving birth, they were privileged to participate in God's creative work of a new human. Furthermore, as parents nurture their children, they begin to understand God's patience, mercy, and compassion. Therefore, family life was a school of God's character. The family was to be a little heaven on earth.

Through dominion, humanity was to reflect God's rulership. God alone is the true King of the universe, yet He entrusted human beings with stewardship over the earth. In caring for creation, they were to learn how God governs—with responsibility, wisdom, and love.

Through food and provision, they were to appreciate God's sustaining care. Every meal was a reminder of divine generosity. By interacting with nature—animals and plants—humans learn how God created these things with much love and care for their sake.

Now, all these blessings share one central theme: communion with God. True happiness was always rooted in a relationship with Him.

As it is written: "The home of our first parents was to be a pattern for other homes as their children should go forth to occupy the earth. That home, beautified by the hand of God Himself, was not a gorgeous palace. Men, in their pride, delight in magnificent and costly edifices and glory in the works of their own hands; but God placed Adam in a garden. This was his dwelling. The blue heavens were its dome; the earth, with its delicate flowers and carpet of living green, was its floor; and the leafy branches of the goodly trees were its canopy. Its walls were hung with the most magnificent adornings—the handiwork of the great Master Artist. In the surroundings of the holy pair was a lesson for all time—that true happiness is found, not in the indulgence of pride and luxury, but in communion with God through His created works. If men would give less attention to the artificial, and would cultivate greater simplicity, they would come far nearer to answering the purpose of God in their creation. Pride and ambition are never satisfied, but those who are truly wise will find substantial and elevating pleasure in the sources of enjoyment that God has placed within the reach of all." —*Patriarchs and Prophets*, p. 49

God is not only the Source of life—He is the Source of joy. To separate from Him is to lose both. And that is why we seek for eternal life. It is not the terror of death that motivates us to find eternal life. We are seeking to be truly happy, by being restored to communion with God.

# Why do we Etern

## Why Do Some Feel Happiness from the World?

You may ask, "If true happiness comes only from God, why do people feel happy from worldly things?"

The world offers many substitutes: pride, luxury, indulgence, city life, sensual pleasure, overeating, and countless distractions. These experiences can produce temporary excitement. But they do not satisfy the soul.

They function much like addiction. Alcohol, tobacco, and drugs may produce a brief high—but when the effect fades, the emptiness deepens, and the craving intensifies.

King Solomon experimented with everything the world could offer—wealth, pleasure, achievement, wisdom. His conclusion was sobering: "Vanity of vanities, saith the Preacher, vanity of vanities; all is vanity." Ecclesiastes 1:2

The happiness the world offers is not true happiness—it is fleeting and deceptive. It may thrill us for a moment, but once the excitement fades, it leaves behind a hollow echo. What once seemed so satisfying quickly dissolves into vanity.

The joy found in God, however, is altogether different. It is steady, enduring, and life-giving. The world's pleasures merely skim the surface of our senses; they stir emotions but cannot

# Do we seek Eternal Life?

sustain the soul. God's joy, on the other hand, reaches into the deepest chambers of the heart. It anchors us in peace, sustains us through trials, and remains even when circumstances change.

Jesus explained the difference between temporary satisfaction and eternal fulfillment: "Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:13-14

The world offers many kinds of water—but none truly satisfy. Only Christ gives water that becomes a fountain of everlasting life within the soul.

## How Does the Cross Give Us True Happiness?

Now we return to our central question. We were created to find happiness in communion with God. Sin separates us from Him. How does the cross restore that communion?

God's law is perfect—an expression of His character. Justice demands that sin results in death, for "the wages of sin is death." Yet mercy longs to save the sinner. The only way both justice and mercy could be satisfied was for a sinless

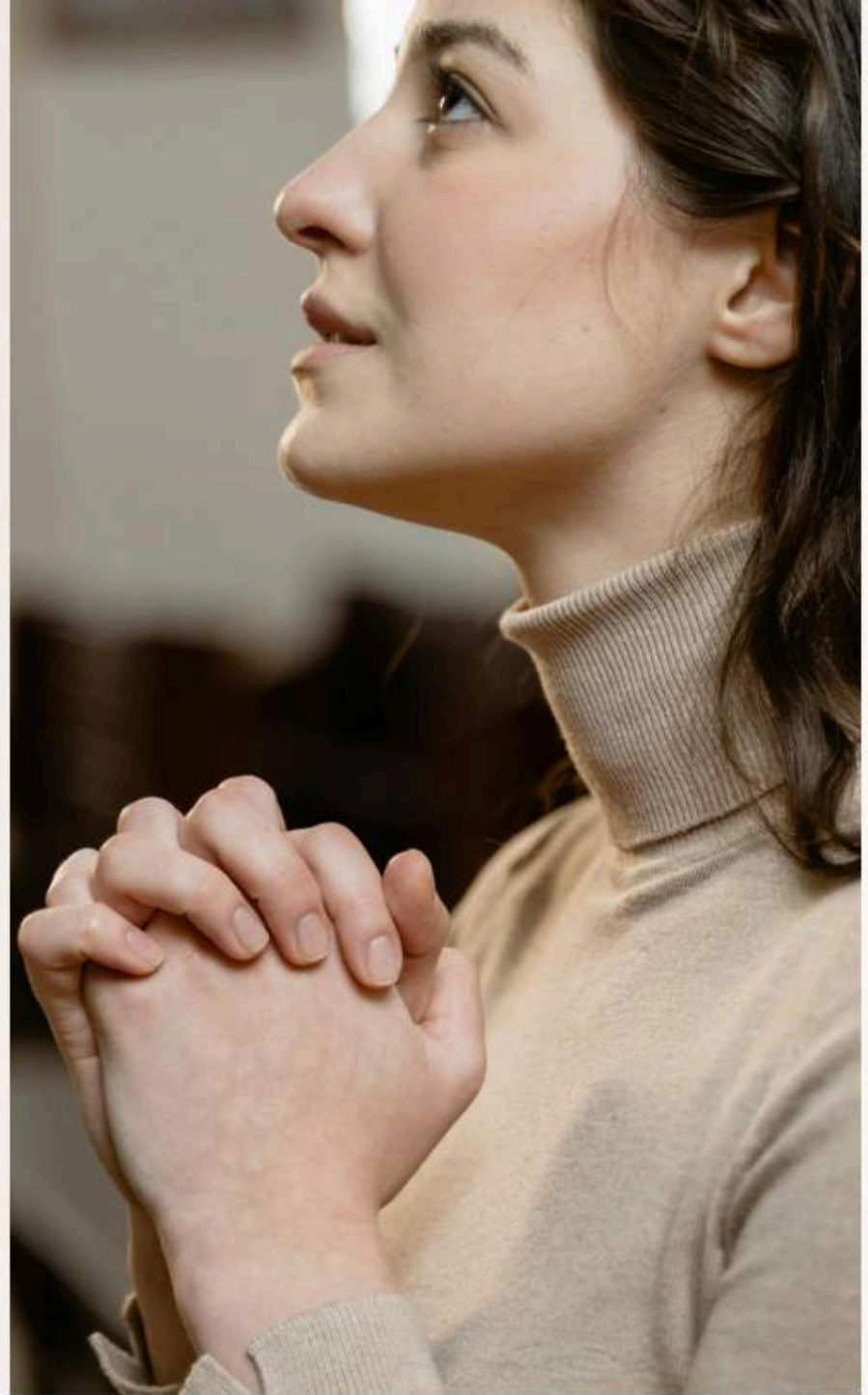
Substitute to take our place. Someone without sin had to bear the consequence of separation so that we might be restored.

That Someone was Jesus. He lived a sinless life. He took upon Himself the guilt of humanity. And on the cross, He experienced the awful separation that sin produces. That is why: "Jesus cried with a loud voice, saying, Eli, Eli, lama sabachthani? that is to say, My God, My God, why

hast Thou forsaken Me?" Matthew 27:46

Could not God simply change the law? No—for the law is perfect.

Water is defined as two hydrogen atoms and one oxygen atom. Change that composition, and it is no longer water. Likewise, true happiness is formed by ten elements—the Ten Commandments of God. They are not arbitrary rules but the very structure of moral harmony. Remove one,



redefine one, or set one aside, and what remains is no longer the happiness God designed.

You may have seen children carefully stacking stones in delicate balance. As long as each stone remains in its place, the structure stands firm. But touch one end—shift even a single stone—and the entire arrangement collapses. In the same way, if even one part of God’s law were altered, the harmony it upholds would be broken. True happiness could no longer stand.

To suggest that the law must be changed in order to make us happy is self-contradictory. It is like saying we must dismantle harmony to create music, or break the formula of water to quench our thirst. It does not make sense to destroy the foundation of happiness in order to obtain it.

As it is written: “If the law could be changed, man might have been saved without the sacrifice of Christ; but the fact that it was necessary for Christ to give His life for the fallen race, proves that the law of God will not release the sinner from its claims upon him. It is demonstrated that the wages of sin is death. When Christ died, the destruction of Satan was made certain. But if the law was abolished at the cross, as many claim, then the agony and death of God’s dear Son were endured only to give to Satan just what he asked; then the prince of evil triumphed, his charges against the divine government were sustained. The very fact that Christ bore the penalty of man’s transgression is a mighty argument to all created intelligences that the law is changeless; that God is righteous, merciful, and self-

denying; and that infinite justice and mercy unite in the administration of His government.” —*Patriarchs and Prophets*, p. 70

### Conclusion

That being said, let us return to our first question: *What does the cross have to do with me?* Everything.

Jesus died on the cross so that we might be set free from sin—not merely from its penalty, but from its power. He bore what we could not bear, satisfied what we could not satisfy, and restored what we could never restore on our own. The cross is where justice and mercy met; where the perfection of God’s law was upheld, and yet sinners were embraced with grace.

Through His sacrifice, we are offered eternal life—not simply unending existence, but restored fellowship with God. The cross opens the way back to communion with Him. It removes the barrier that sin erected and invites us into a relationship that is living, personal, and eternal.

And in that communion is true happiness: not a passing emotion, not a fragile pleasure, but a deep, abiding joy that flows from being reconciled with our Creator. The cross, then, is not a distant historical event. It is the doorway to freedom, to eternal life, and to the only happiness that lasts forever.

“It was to redeem us that Jesus lived and suffered and died. He became ‘a Man of Sorrows,’ that we might be made partakers of everlasting joy. God permitted His beloved Son, full of grace and truth, to come from a world of indescribable glory, to a world marred and blighted with sin,

darkened with the shadow of death and the curse. He permitted Him to leave the bosom of His love, the adoration of the angels, to suffer shame, insult, humiliation, hatred, and death. ‘The chastisement of our peace was upon Him; and with His stripes we are healed.’ Isaiah 53:5. Behold Him in the wilderness, in Gethsemane, upon the cross! The spotless Son of God took upon Himself the burden of sin. He who had been one with God, felt in His soul the awful separation that sin makes between God and man. This wrung from His lips the anguished cry, ‘My God, My God, why hast Thou forsaken Me?’ Matthew 27:46. It was the burden of sin, the sense of its terrible enormity, of its separation of the soul from God—it was this that broke the heart of the Son of God.” —*Steps to Christ*, p. 13

To bring us into everlasting happiness—the unspeakable joy of seeing God face to face—an immeasurable price was paid. Heaven gave its very best. The sacrifice was not small, nor was it cheap. It cost everything.

Now the choice rests with us. Will we accept this priceless gift of grace? Or will we continue to pursue temporary and empty worldly satisfactions that can never truly fill the longing of our hearts?

I would like to conclude by reading the rest of our first Bible verse: “For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:23

May we choose the gift. May we choose life. May we choose the only true happiness. And may we choose Jesus.

Amen.



# Father's Love

By Anthony Gallo (Italy)

Adapted from *L'osservatore del sabato*, Vol. 40, No. 1

**“B**ehold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God... Beloved, now are we the sons of God.” 1 John 3:1–2

“Like as a father pitieth his children, so the Lord pitieth them that fear Him.” Psalm 103:13

Recently, young Diletta Balocco dedicated these words to her father Alberto, who died at the age of 53 in sudden and tragic circumstances: “... You were always our strength and motivation, teaching us to grit our teeth in the face of hardship, to be determined and stubborn like you, who never gave up—not even an inch... because you loved us with your whole being and never missed a chance to show us. Because every hug you gave,

every goodnight kiss, every hand you held while walking us to school, every phone call on your way home from work—every one of your gestures was truly FULL of love... You always set the right example, and now your voice lives within us, guiding us. With every step we take from now on, we’ll think, ‘Dad would have done this’... You gave us everything. You are our pride and our anchor. Now you are our hero. And it’s up to us to show that we learned all you taught us. We love you madly. We will love you always...”

While Jesus was on earth, referring to the care that earthly fathers have for their children, He once said: “If a son shall ask bread of any of you that is a father, will he give him a stone? or if he ask a

fish, will he for a fish give him a serpent? Or if he shall ask an egg, will he offer him a scorpion? [Of course not!] If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father...” Luke 11:11–13

The love of an earthly father for his children, while admirable and able to inspire the best feelings in his offspring, is only a pale and inadequate reflection of that immense, infinite, boundless, and eternal love which is the very essence of the character of our good Heavenly Father.

“He has toward them an exceeding tenderness, as far surpassing what our father or mother has felt toward us in our helplessness as the divine is above the human.”  
—*The Desire of Ages*, p. 327

## We Often Do Not Understand How Great the Father's Love Is

His love is so unreachable in its quality, strength, breadth, and duration that it remains completely incomprehensible even to those who, having known it, chose to reject it. "[Satan] could not fathom the mystery of this great sacrifice. His selfish soul could not understand such love for the deceived race." —*The Desire of Ages*, p. 115

"Unto whom it was revealed, that not unto themselves, but unto us they did minister the things, which are now reported unto you by them that have preached the gospel unto you with the Holy Ghost sent down from heaven; which things the angels desire to look into." 1 Peter 1:12

Even for the angels of heaven, the Father's love is a wondrous mystery before which they bow in reverence, a sacred subject to be studied and deeply investigated at every moment.

"The glorious plan of man's salvation was brought about through the infinite love of God the Father. In this divine plan is seen the most marvelous manifestation of the love of God to the fallen race. Such love as is manifested in the gift of God's beloved Son amazed the holy angels." —*Testimony Treasures*, vol. 1, p. 219

"We dishonor God when we think of Him only as a judge ready to pass sentence upon us, and forget that He is a loving Father. The whole spiritual life is molded by our conceptions of God; and if we cherish erroneous views of His character, our souls will sustain injury. We should see in God one who yearns toward

the children of men, longing to do them good. . . . No earthly parent could be as patient with the faults and mistakes of their children as is God with those He seeks to save." —*The Review and Herald*, January 14, 1890

"Think of the Father subjecting Himself to sorrow, sparing not His own Son, but freely delivering Him up for us all. God had to do a strange work; for He says, Fury is not in Me. O that we had a better understanding of His love!" —*Manuscript 76*, 1903

"Said the angel, 'Think ye that the Father yielded up His dearly beloved Son without a struggle? No, no.' It was even a struggle with the God of heaven, whether to let guilty man perish, or to give His darling Son to die for them." —*Early Writings*, p.127

"The declaration in His intercessory prayer, that the Father's love is as great toward us as toward Himself, the only-begotten Son, and that we shall be with Him where He is, forever one with Christ and the Father, is a marvel to the heavenly host, and it is their great joy." —*Testimonies to Ministers*, p. 18

## How Do We Despise or Fail to Appreciate the Love of God?

### 1. By Loving the World

"It is an alarming fact that the love of the world predominates in the minds of the young. They decidedly love the world and the things that are in the world, and for this very reason the love of God finds no room in their hearts." —*The Review and Herald*, March 30, 1886

God requires our entire being and all our strength. He demands a

separation from the world and the things of the world.

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him." 1 John 2:15

We are called to separate from the love of the world, and what is offered to us in exchange? "[I] will be a Father unto you." 2 Corinthians 6:18

Must we separate from the affections of friends? Does the truth require us to stand alone in our service to God because others around us are unwilling to submit to Christ's claims? Are we required to relinquish our affection toward them? Yes—and this is the cross that many are unwilling to bear, saying, "I cannot yield to the appeals of God's word." But Christ says: "He that loveth father or mother more than Me is not worthy of Me: and he that loveth son or daughter more than Me is not worthy of Me." Matthew 10:37

And again: "If any man will come after Me, let him deny himself, and take up his cross, and follow Me." Matthew 16:24

This is the cross of self-denial and the sacrifice of self—separating from affections toward those who are unwilling to yield to the demands of the Gospel. Is this too great a sacrifice for Him who gave up all for you?

### 2. By Praying Little

"Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little!" —*Steps to Christ*, p. 94

# Behold

what manner of love  
the Father hath  
bestowed upon us,  
that we should be called

the sons  
of God

(John 3:1)



He grants us the privilege of calling the infinite God "Our Father." In speaking to Him or about Him, this name is a sign of love and trust, a pledge of His care and the kind of relationship He seeks with us. When uttered in supplication, the name "Father" is music to His ears.

### 3. By Studying Little of the Bible and the Testimonies

"But whoso keepeth His word, in him verily is the love of God perfected." 1 John 2:5

"As I write I have a deep sense of gratitude for the loving watch-care of our Saviour over us all. As I read the Word of God and kneel in prayer, I am so impressed with the goodness and mercy of God that I cannot offer my petition without weeping.

March / April 2026

My heart is subdued and broken as I think of my heavenly Father's goodness and love. I hunger and thirst for more and still more of Jesus in *this* life. Christ was crucified for me, and shall I complain if I am crucified with Christ?" *-Selected Messages*, bk. 1, p. 79

### 4. By Not Meditating Upon His Works

"We are not merely to gaze upon the heavens; we are to consider the works of God. He would have us study the works of infinity, and from this study, learn to love and reverence and obey Him. The heavens and the earth with their treasures are to teach the lessons of God's love, care, and power." *-Manuscript 96*, 1899

### 5. By Speaking Little of His Love

"Many fix their eyes upon the terrible wickedness existing around them, the apostasy and weakness on every side, and they talk of these things until their hearts are filled with sadness and doubt. They keep uppermost before the mind the masterly working of the archdeceiver . . . while they seem to lose sight of the heavenly Father's power and His matchless love. All this is as Satan would have it. It is a mistake to think of the enemy of righteousness as clothed with so great power, when we dwell so little upon the love of God and His might. We must talk of the mightiness of Christ." *-Testimony Treasures*, vol. 2, p. 338

"If Christians would associate together, speaking to each other



of the love of God and of the precious truths of redemption, their own hearts would be refreshed and they would refresh one another. We may be daily learning more of our heavenly Father, gaining a fresh experience of His grace; then we shall desire to speak of His love; and as we do this, our own hearts will be warmed and encouraged. If we thought and talked more of Jesus, and less of self, we should have far more of His presence. If we would but think of God as often as we have evidence of His care for us we should keep Him ever in our thoughts and should delight to talk of Him and to praise Him. We talk of temporal things because we have an interest in them. We talk of our friends because we love them; our joys and our sorrows are bound up with them. Yet we have infinitely greater reason to

love God than to love our earthly friends; it should be the most natural thing in the world to make Him first in all our thoughts, to talk of His goodness and tell of His power." *—Steps to Christ*, p. 101–102

#### **6. By Dishonouring Our Parents**

"The fifth commandment is the only commandment to which is annexed a promise; but it is held lightly, and is even positively ignored by the lover's claim. Slighting a mother's love, dishonoring a father's care, are sins that stand registered against many youth." *—Messages to Young People*, p. 448

"To the great principle of love and loyalty to God, the Father of all, the principle of filial love and obedience is closely related. Contempt for parental authority will soon lead to contempt for the au-

thority of God." *—Patriarchs and Prophets*, p. 337

#### **7. By Failing in Our Role as Parents**

Fathers, provoke not your children to anger, lest they be discouraged (Ephesians 6:4).

We earthly fathers have much to learn from His love, to manifest it fully to our children, correcting—by the grace of our heavenly Father—our wrong attitudes, inattentiveness, and stubbornness, which often stem more from pride than from reason.

"Your practice shows that you misinterpret your position—house-band. You are nervous and dictatorial and often manifest great lack of judgment, so that however you may regard your course at such times, it cannot be made to appear consistent to your wife and children. When

once you have taken a position, you are seldom willing to withdraw from it. You are determined to carry out your plans, when many times you are not pursuing the right course and should see it. What you need is more, far more, of love, of forbearance, and less of a determination to have your way both in word and in deed." *-The Adventist Home*, p. 225

### The Love of a Father

"God beholds in all His children the image of His only begotten Son. He looks upon them with a love greater than any language can express. He enfolds them in the arms of His love. The Lord rejoices over His people." *-Letter 30, 1892*

"Jesus has been describing to His hearers the unfailing mercy and love of God, and He bids them therefore to be perfect. Because your heavenly Father 'is kind unto the unthankful and to the evil' (Luke 6:35), because He has stooped to lift you up, therefore, said Jesus, you may become like Him in character, and stand without fault in the presence of men and angels." *-Thoughts from the Mount of Blessing*, p. 76

"The mystery of the cross explains all other mysteries. In the light that streams from Calvary the attributes of God which had filled us with fear and awe appear beautiful and attractive. Mercy, tenderness, and parental love are seen to blend with holiness, justice, and power. While we behold the majesty of His throne, high and lifted up, we see His character in its gracious manifestations, and comprehend, as never before, the significance of that endearing title,

'Our Father.'" *-The Great Controversy*, p. 652

The heavenly Father has entrusted earthly fathers with a sacred duty: if fulfilled faithfully, children and youth will be well prepared to understand, accept, and desire to experience the love of God in their hearts.

"Let the father . . . point them to the beautiful flowers, the lofty trees, in whose very leaves they can trace the work and love of God. He should teach them that the God who made all these things loves the beautiful and the good. . . .

"He may take them into the garden and show them the opening buds and the varied tints of the blooming flowers. Through such mediums he may give them the most important lessons concerning the Creator, by opening before them the great book of nature, where the love of God is expressed in every tree and flower and blade of grass." *-The Adventist Home*, p. 222-223

### Jesus Surrenders to the Father's Love

In Christ's agony, faith and hope wavered because He no longer felt the assurance of the Father's favour and acceptance, which had always supported Him. The world's Redeemer had always been comforted by the signs of the Father's approval. But in His agony before death, He could cling only by faith to the One whom He had always joyfully obeyed. He was no longer bathed in the radiant beams of hope; thick darkness overwhelmed Him. In that deep gloom, nature itself suffered with Him; the Redeemer drank

to the dregs the mysterious cup. Stripped of all hope and confidence in the victory that awaited Him, He cried: "Father, into Thy hands I commend My spirit." (Luke 23:46) He knew the Father—His justice, His mercy, His great love—and He surrendered Himself trustfully and submissively into His hands.

### "For the Father Himself Loveth You"

All paternal love, renewed from generation to generation through the hearts of men—all the fountains of tenderness that have sprung forth from human souls—are but a tiny stream before the boundless ocean when compared with the infinite and inexhaustible love of God.

"Tongue cannot utter it; pen cannot portray it. You may meditate upon it every day of your life; you may search the Scriptures diligently in order to understand it; you may summon every power and capability that God has given you, in the endeavor to comprehend the love and compassion of the heavenly Father; and yet there is an infinity beyond. You may study that love for ages; yet you can never fully comprehend the length and the breadth, the depth and the height, of the love of God in giving His Son to die for the world. Eternity itself can never fully reveal it. Yet as we study the Bible and meditate upon the life of Christ and the plan of redemption, these great themes will open to our understanding more and more." *-Testimony Treasures*, vol. 2, p. 337

Amen!

# My Home Circle: A Symbol of Heaven

By Bruno Allaman (Benin)

“**A**nd My people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places.” Isaiah 32:18. The home occupies a sacred place in the plan of God. It is the first school, the first church, and the first missionary field. God intended that the home should reveal His character and prepare human beings for citizenship in Heaven. When Christ reigns in the family circle, the home becomes a sacred place where angels delight to dwell. “Except the LORD build the house, they labour in vain that build it.” Psalm 127:1

“The mission of the home extends beyond its own members. The Christian home is to be an object lesson, illustrating the excellence of the true principles of life. Such an illustration will be a power for good in the world. . . . Home should be made all that the word implies. It should be a little heaven upon earth.” —*The Adventist Home*, p. 31, 15

## God’s original plan for the home

The family was ordained by God before the fall of man. Marriage and home life were part of God’s perfect creation and reflected divine order, love, and harmony. “And God said, Let us make man in Our image, after Our likeness... male and female created He them. And God blessed them.” Genesis 1:26–28

“God celebrated the first marriage. Thus the institution has for its originator the Creator of the universe. ‘Marriage is honourable’ (Hebrews 13:4); it was one of the first gifts of God to man, and it is one of the two institutions that, after the Fall, Adam brought with him beyond the gates of Paradise,” — *Patriarchs and Prophets*, p. 46

“The family tie is the closest, the most tender and sacred, of any on earth. It was designed to be a blessing to mankind. And it is a blessing wherever the marriage covenant is en-

tered into intelligently, in the fear of God." –*The Ministry of Healing*, p. 356

### Sin destroys the harmony of the home

#### Eden, a symbol of Heaven

Eden was the model home, designed to reflect Heaven on earth. God Himself communed daily with Adam and Eve, making their home a place of divine fellowship. "And they heard the voice of the LORD God walking in the garden in the cool of the day." Genesis 3:8. In the beginning God created man as His representative and placed him in a home prepared by Himself. Eden was a symbol of Heaven.

"The garden of Eden was a representation of what God desired the whole earth to become, and it was His purpose that, as the human family increased in numbers, they should establish other homes and schools like the one He had given. Thus in course of time the whole earth might be occupied with homes and schools where the words and the works of God should be studied, and where the students should be thus fitted more and more fully to reflect, throughout endless ages, the light of the knowledge of His glory." – *Education*, p. 22. Here, God would delight to dwell with the children of men.

Sin shattered the harmony of the first home. The entrance of sin brought fear, separation, suffering, and death, effects that are still seen in families today. In a 2021 Canadian legal-problems survey approximately 34% of people reported experiencing at least one serious dispute or problem, including family breakdown or relationship difficulties. In 2023, about one-third (approximately 33%) of Americans who have ever been married reported that their first marriage ended in divorce. This means that about 1 in 3 married adults have experienced a divorce at some point in time (Pew Research Center). According to Census Bureau figures, the annual divorce rate (new divorces per year per population) was about 2.4–2.5 divorces per 1,000 people in the U.S. in 2023 (cdc.gov). This is the daily work of Satan, as Jesus clearly reveals to us: "The thief cometh not, but for to steal, and to kill, and to destroy." John 10:10

"And unto Adam [God] said... cursed is the ground for thy sake." Genesis 3:17. After the transgression of Adam, the order of Heaven was disturbed in the family. Sin brought discord, and where it is cherished, there



And My people shall dwell  
And in sure dwellings, and

will be alienation, strife, and confusion. Many homes that should be places of peace and happiness are made scenes of bitterness and contention.

#### A home that permits sin

A home that tolerates sin, neglects discipline, or abandons spiritual leadership opens the door to moral and spiritual ruin. "Because thou hast rejected knowledge, I will also reject thee." Hosea 4:6. Parents who indulge their children in wrongdoing, who fail to restrain them, are sowing seeds that will bear a harvest of sorrow. By their neglect they place their children where Satan can control their minds, and they themselves are accountable before God for the results of their unfaithfulness.

#### Jesus restores the home

Jesus Christ came to undo the work of Satan and to restore what sin has destroyed—including the home. "Except the LORD build the house, they labour in

vain that build it: except the LORD keep the city, the watchman waketh but in vain. Psalms 127:1 "Behold, I make all things new." Revelation 21:5

He (Satan) works with untiring energy to bring discord into families, to alienate the affections, to weaken love, to sow seeds of jealousy, distrust, and strife. But Christ came to counterwork the devices of Satan. He came to restore the moral image of God in man, to rebuild what Satan has torn down, and to establish in the home principles of righteousness, peace, and love. Wherever Christ is received as an honored guest in the home, His presence brings order where there was confusion, hope where there was despair, and love where there was bitterness. Through His grace the family may become united, and the home may be transformed into a little Heaven on earth.

#### Christ at the Centre

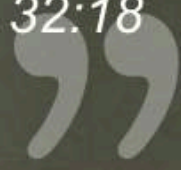
"Therefore whosoever heareth these sayings of Mine, and doeth

them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock." Matthew 7:24–25. "The presence of Christ alone can make men and women happy. All the common waters of life Christ can turn into the wine of heaven." — *The Adventist Home*, p. 28. The home where Christ is a daily Guest will be a place of peace and love. If Christ is abiding in the hearts of the parents, there will be peace, comfort, and joy in the home.

#### The divine pattern of Heaven at home

Heaven is a place of perfect order, love, and obedience—and God desires the same pattern in the home. "For God is not the author of confusion, but of peace, as in all churches of the saints. Let all things be done decently and in order." 1 Corinthians 14:33, 40. "Nevertheless let every one of you in particular so love

in a peaceable habitation,  
in quiet resting places. Isaiah 32:18



his wife even as himself; and the wife see that she reverence her husband." Ephesians 5:33. "Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee." Exodus 20:12. "Fathers, provoke not your children to anger, lest they be discouraged." Colossians 3:21

A pleasant, cheerful, and peaceful home is a Heaven on earth. Love must be revealed in action. The home should be the centre of the purest and most elevated affections.

Kind words, pleasant looks, a cheerful countenance—these are present in a home where love dwells. The spirit of kindness and tenderness makes the home a little paradise. "Order is Heaven's first law, and the Lord desires His people to give in their homes a representation of the order and harmony that pervade the heavenly courts." *Counsels on Health*, p. 101 A well-disciplined family is a powerful witness for the truth. Firmness and decision are necessary; too much indulgence can ruin the children, but harshness drives the heart

away from God (*Child Guidance*, p. 259).

#### Our home as a missionary centre

God desires every Christian home to be a witness for Him. Brethren, when our homes are fully surrendered to Christ, they become missionary centres, living sermons where love is practiced, faith is taught, and souls are won for the kingdom of God. "Ye are the light of the world. [says our Master Jesus] A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." Matthew 5:14–16. "As for me and my house, we will serve the LORD." Joshua 24:15

The strongest argument in favor of the gospel is a loving and lovable Christian home. Such a home reveals the power of Christianity and exerts a far-reaching influence for good

upon all who come within its circle. Every Christian home should be a place of light and love, a place where heavenly angels delight to dwell. Such a home will be a mighty power in winning souls.

In conclusion, the home was created to be a reflection of Heaven. Though sin has damaged God's original plan, Jesus Christ restores the family that surrenders to Him. When Christ reigns in the heart and the home, the family circle becomes a preparation school for Heaven. In the home is the heart of the nation and of the church. Well-ordered, well-disciplined families tell more in behalf of Christianity than all the sermons that can be preached.

The home circle is God's appointed symbol of Heaven on earth. When Jesus Christ is honored in the home, love, peace, and order reign. Today, God calls every home to stand for Christ, making the family a living testimony of Heaven and preparing its members for the eternal home above. May our home circles truly be symbols of Heaven. Amen.



*Samuel:*  
*Childhood Years* Part 1  
Based on 1 Samuel 1-3 By Edda Tedford (BC)

The boy Samuel “asked of God” was born  
by pious Hannah, the beloved Wife of  
faithful Elkanah the Ephrathite,  
a descendant of the Kohathites.  
The uniquely prayed for manchild may,  
by the grace of God,  
Banish the reproach of her barrenness to nought.  
Samuel was vowed to God unto the LORD  
for all his days,  
That God may use him in all His ways.  
After being weaned Hannah takes  
the young boy to Shiloh,  
To the high priest and judge Eli,  
who loved him as his own son,  
Whose own sons were wicked, ungodly men.  
The LORD in His wisdom intended  
to make this child  
To Him consecrated –  
to His beloved Israel a prophet,  
Which at that time was  
in a deplorable spiritual state.

Instructed by Eli, Samuel wearing a linen ephod,  
Attentively listening to every word,  
ministered unto the LORD.

Some years went by, the sons of Eli,  
in their ungodliness  
Committed ever more gross wickedness –  
Desecrated, polluted the people’s sacrifices  
By their vice – demanding  
the yet uncooked meat offering  
With the fat still on it to roast it,  
– fat was forbidden by God to eat;  
Doing thus, they made the holy offerings  
of the congregation  
An abomination.  
Besides defiling the priestly holy office  
with their downright lewd  
Immoral conduct,  
So that the people were grossly discouraged  
by their evil acts.  
But they kept themselves aloof



From their father's and others stern reproof. –  
Because Eli failed to instruct and discipline  
his sons to holiness and righteousness  
in their early youth –  
They yielded unrestrained  
to their carnal inclination,  
Leading to indecent, licentious deeds uncouth.

.....  
And Samuel grew on and was in favour both  
with the LORD  
And with men. —  
Then one day came an unnamed prophet  
with the words of God,  
Denouncing Eli for not correcting  
his both sons glaring misconduct;  
Heaping up great anger unto the LORD  
against Phinehas and Hophni,  
Predicting to cut off Eli's house and posterity

for their daring iniquity.  
He will raise Him up a faithful priest  
who will obey His will even in the least.

.....  
One evening as the light grew dim  
Eli laid down to sleep,  
with Samuel next room to him.  
The night was calm, serene,  
when suddenly a voice came into scene –  
God was calling Samuel.  
The boy awoke, arose, went to his Mentor Eli,  
Thinking it was him saying,  
"Here I am, you didst call me."  
The answer came:  
"I called you not, lie down again."  
A second time and a third God's voice was heard,  
And Samuel again appeared  
To Eli, and he perceived it was the LORD  
telling him to lie down  
And if he be called again to say:  
"Speak LORD, For Thy servant heareth."  
And once more the LORD did call:  
"Samuel, Samuel."  
And the child answered:  
"Speak, Thy servant heareth."  
Then God said He will perform  
what He had purposed concerning  
Eli and no longer delay His judgment  
against his house,  
Because – knowing but not seriously correcting,  
Restraining his sons vile,  
God-dishonouring living,  
That forever cannot be purged  
with any sacrifice nor offering.  
The boy trembled at the words he heard,  
and was afraid,  
But finally deep sleep due to him overcame him.

In the morning Samuel felt uneasy,  
his mind was sorely troubled.  
And he shivered when Eli  
– whom he dearly loved –  
Inquired what God to him revealed,  
He must not leave anything concealed.  
Then Eli consenting to God's verdict,  
simply said: "It is the LORD,  
Let Him do what seemeth to Him good." ...

End of Part 1  
To be continued

# HEALTHY RECIPE

By Linda Kolyn (ON)



## Almond Pumpkin Seed Roast

**Ingredients:**

- 1 cup pumpkin seeds (soaked for half to eight hours)
- 1 cup raw almonds (soaked for half to eight hours)
- 3 potatoes with peels
- 1 white onion
- 1 tsp. pink salt or 1 tbsp. Bragg Liquid Aminos or other alcohol free soy sauce
- ½ cup of water as needed
- Tomato Sauce (3 cans tomato paste, 3 cans water, Italian seasoning)

**Instructions:**

Combine all ingredients in a blender or food processor and mix well. Pour into ungreased casserole dish and cover. Let stand for half hour if possible. Bake one hour at 350 F/180 C uncovered in a convection oven.

Top with tomato sauce to serve. Reheat in tomato sauce.



Egypt



Finland



Mexico



Ecuador



The Philippines



Panama

**WE BELIEVE:**

The all-wise loving God created all things in the universe by His Son, Jesus Christ. He is the Owner and Sustainer.

He met the challenge to His loving leadership and authority by reconciling the world to Himself through the life, death, and resurrection of His Son, the Word made flesh.

The Holy Spirit, Jesus' representative on earth convicts of sin, guides into truth, and gives strength to overcome all unrighteousness.

The Bible is the record of God's dealings with mankind and the standard of all doctrine, the Ten Commandments are the transcript of His character and the foundation of all enduring reform.

His people, in harmony with God's word and under the direction of the Holy Spirit call all men everywhere to be reconciled to God through faith in Jesus.

Bible prophecy reveals that earth's history will soon close with the visible return of Jesus Christ as King to claim all who have accepted Him as the world's only Redeemer and their Lord.



**International  
Missionary Society**

Seventh-day Adventist Church  
Reform Movement