

A Seventh Day Baptist Publication
November 2018

Sabbath Recorder

*Joy
of the
Lord*



Those who trust in the Lord will find new strength. They will soar high on wings like eagles.

—Isaiah 40:31 NLT



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Like other Baptists, we believe in:

- salvation by grace through faith in Christ Jesus.
- the Bible as the inspired word of God. The Bible is our authority for our faith and daily conduct.
- baptism of believers, by immersion, witnessing to our acceptance of Christ as Savior and Lord.
- freedom of thought under the guidance of the Holy Spirit.
- the congregational form of church government. Every church member has the right to participate in the decision-making process of the church.

THE SEVENTH DAY

God commanded that the seventh day (Saturday) be kept holy. Jesus agreed by keeping it as a day of worship. We observe the seventh day of the week (Saturday) as God's Holy Day as an act of loving obedience – not as a means of salvation. Salvation is the free gift of God through Jesus our Lord. It is the joy of the Sabbath that makes SDBs a people with a difference.

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Finding the Joy in Life

By Pastor JR Shick



Have you ever been around someone who seems to be oozing with delight all the time? I have met only a few people who exhibit such extreme happiness and I found it incredibly intoxicating. This intoxication left me desiring and wanting more. I don't think happiness would be the right word to describe the way they look at life. For example, I know this gentleman by the name of Terry. He is in his mid-eighties and is one of the most upbeat people you will ever meet. When talking with him you would never know that he has stage-4 cancer. He never complains, never even lets on that he has anything ailing him. If anyone had something to complain about it would be him, and yet he doesn't. WHY? I will get back to that in a bit.

At my last place of employment on a factory floor, there was an employee who made a comment that he would be happier and care for his job more if the company would pay more. So I asked him how much it would take to make him happy. He was unable to give me an amount and continued to be baffled in looking for an answer. Many people come with an attitude of: "If I had more money, I would be able to get myself out of debt and be happy." Or, "If I could buy a new car I would be happier." This is true in relationships: "If I were just with a different person, I could be happier." Or "If only my significant other would do this or not do that, I would be happier."

The problem when people think this way is they are only looking for short-term happiness or a quick fix. If you are looking to be just happy, you will never be completely satisfied. Being happy or feeling happiness is just an emotion and can come and go like a wave. Sadness and anger are also emotions and have their

place and can come and go just like happiness. If we receive this amount of money, we find out that we will need more. If we get a new car, it will lose its luster and new car smell after a while. If we did not fix the issue from the last relationship that made us leave, it will only happen again in the next. Then we will be in the same place we were before—looking for happiness.

So if happiness is not the answer to what many of us are looking for, then what is it?!?! JOY!! I know many of you are saying that happiness and joy are the same thing. I would have to disagree with you. How many of us have witnessed individuals going through tough moments in their lives and still have calm in the chaos? The last night before Jesus was crucified, He spoke about this very issue. John 15:9-11 says: **"As the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete."**

Remember Terry? This is what Terry has said he found—joy. A completeness in knowing joy in the Lord. The Lord's joy shines through the pain and the trials my friend Terry faces on a daily basis. Terry does not see hopelessness or despair in what he is facing; he only sees the Lord working for HIS glory! This is a principle we could all live by. The waves of emotions, like anger, pain, and sorrow, will come and go, but our hearts can remain light in God even through the endless waves of life. Joy is the buoyancy that comes from the enjoyment of the unchanging privileges from God's love and grace. SR

The Joy of the Lord is Your Strength

—Nehemiah 8:10

By Susan Bond



“Do you love glory, Grandma?” Two-year-old Reagan’s big blue eyes were shining. The dark clouds forming around my own eyes totally dissipated. I was standing over her small form lying on her bed, on the verge of landing a good sound round of something other than applause. She had given more excuses than anyone’s ever thought of for climbing out of bed, and I’d had it. Across the room, her older sister had settled nicely under her blankets, her CD player softly playing songs about Jesus. Thus came Reagan’s burst of joy. All I could do was smile and say, “Yes, Reagan, I love glory.” What power was unleashed when the joy of the Lord came bounding out of that child, power to disarm this looming grandma, three or four times her size!

Flash back to a different time, a different place, another child: Nephew Micah, just two or three years old, was running around the huge back yard at my in-laws’ chasing nothing but fresh air. Once in awhile, he would in dash my direction, unaware I was watching through the kitchen window. He would stop short, long enough to take a whiff of the flowers in the bed below. Then off he’d go again fueled with delight. *“And a little child shall lead them.”*

“Out of the mouth of babes and sucklings, Thou hast ordained strength.” (Psalm 8:2). [Read how Jesus quotes this verse in Matthew 21:16 with an important change in word choice.] I was able to grab hold of this truth around a campfire at Camp Joy when campers were challenged to suck juice from a baby bottle. There was little or no success with that. The power God places in the jaws of a newborn no longer exists in those of us who have grown teeth. So what about us who have teeth? Where does our strength come from? God gave us the answer in His words to Nehemiah: *“The joy of the LORD is your strength.”*

What is joy? The root definition as used in Nehemiah 8:10 is as follows: 1) make glad; 2) be joined; 3) rejoice. “Be joined” brought to my mind David’s words in Psalm 2:12 where he writes, *“Kiss the Son...”* Why this verse? Because in the margin of my Bible I have noted that the word “kiss” is identified with “kindle, burn—with the idea of fastening up, touch; as a mode of attachment to equip with weapons; armed men, rule.” [If I were savvy enough with modern technology, I would insert a picture of a power ranger right here.] Yes, it is our attachment to the LORD that is our JOY, and only through relying on Him can we face the battles in this life with assurance of victory. *“In the world you will have tribulation, but be of good cheer; I have overcome the world.”* (John 16:33)

“Joy comes in the morning.” These words penned by David (Psalm 30:5) came to me more than once in my preparation to write this essay. Indeed, I do prefer the light of day. (I know God made night owls, too; this way I figure He has someone praising Him somewhere at all times.) Even so, when I sit before the Lord in the freshness of dawn, it can take awhile to still my thoughts. I appreciate learning that the definition of “still” can apply to the “muzzling of a hostile animal.” A verse commonly committed to a believer’s memory is *“Be still and know that I am God”* (Psalm 46:10). If you are not familiar with the context of this command, it is so worth looking up. The same God

who inspired Nehemiah to encourage His people with His joy and who gave Word to the Psalmist to “be still and know,” meets us where we are.

When we see where Nehemiah was when the Lord set forth His recipe for strength amongst the returned exiles who were hearing His Law for the first time, aren't we most blessed to have access to His Word day and night, both in print and ALIVE in us?

So, what do we do with His Glad Word when times seem dark and grief saps our strength? That's the whole point, or two points. We don't need to manufacture our own joy or strength. The returning Israelites were told, “Mourn not, nor weep...neither be ye sorry; for the joy of the LORD is your strength....Hold your peace...neither be ye grieved.” Years ago, I learned a song from Zephaniah 3:17: “A mighty God is in your midst, a Warrior strong to save us. He will rejoice over us with joy. He will renew us in His Love. He will rejoice over us with [shouts of joy] singing.” (In the New Testament we read that the Apostle Paul not only wrote, “Rejoice in the Lord always,” but also put those words into practice while in prison.) Rejoice! Or “rejoin” the LORD in His joyous singing!

Some time ago I carried the weight of sorrow from a break in a relationship with one very dear to me. There was nothing I could do but wait and pray. A year had gone by when I was given the opportunity to sing for my first time in Handel's “Messiah.” The music that the composer wrote to express Jesus' Words in Matthew 11:28-30 sent my broken heart soaring. After practicing these words, “My yoke is easy and My burden is light,” with lilting notes of sopranos and trills of tenors bouncing off the deep-voiced basses, while I belted out my alto, all I could say is, “This is hilarious!”—much to our director's astonishment. Yes, my heart forgot to be sad. I could “see” and “know” God's answer to my prayer before it actually came to pass. What joy there is in singing His Own Words back to Him. Indeed, He renewed my strength with His song.

Considering again Nehemiah's words to the exiles, I have to think their mourning had been due to their conviction of sin upon hearing God's Law. A chorus sung in churches these days goes, “I'm trading my sorrows for the joy of the Lord.” That's exactly what God was telling His people to do back then. How much greater our joy should be! Yes, how much greater! We know the Savior, God in the flesh, Who for the Joy set before Him endured the cross in order to free us from our sins and infuse us with the same Power who raised Him from the dead. “The joy of the Lord is your strength.”

For much of my adult life, my favorite verse was “In everything give thanks, for this is the will of God in Christ Jesus concerning you.” (1 Thessalonians 5:18)

It was through reading Merlin Carothers' book *From Prison to Praise* that I readily put it into practice. Around that same time I'd learned, during a study in the Battle Creek SDB Church, to be honest with God in my prayers since He knows how I feel anyway. I don't have to FEEL like giving thanks; I just have to DO it. It didn't take long to recognize the by-product of giving thanks in all things: JOY. No wonder that verse was my favorite.

Then, many years later came a full year of adjustment in my life during which joy seemed out of reach no matter how often I gave thanks. I could see then that I'd used that verse to get what I wanted—joy. Hmm! I thought, “Well, Lord, maybe I don't have to have joy all the time.” I heard a true story that helps me along: “A young woman went to her pastor with concern that she receive particular gifts of the Holy Spirit. His advice: ‘Seek not the gifts but the Giver of the gifts.’” I take this as admonition to seek not joy but the Giver of joy. I NEVER have to look far. Emmanuel—God with us—Psalm 139.

After three attempts to write on this topic, my repertoire of inspiring thoughts increasing each time, I thought, “I could write a book about this!” Then the Holy Spirit reminded me that He already wrote 66 books. Indeed that is where all the inspiration was coming from! The Bible contains a whole arsenal of joy with which to overthrow the enemy. It's there that we read God's direction to set singers rejoicing at the forefront of battle. It's there that God's living, active Word delights and surprises us as He shows us His constant loving Presence—giving us just the right words at just the right times.

And joy does come in the morning! When I stepped out the door to see what the air felt like this early autumn morning, I was delighted to be greeted by four larger-than-usual morning glories, their purple petals wide open, and it wasn't even dawn! WOW! Shortly after, as I settled into my special time for morning devotions, the word “glory” popped into my mind accompanied by the familiar memory that almost always joins in:

“Do you love glory, Grandma?” SR



What
is
Joy?

When Salvation Feels Like Condemnation



By Pastor Philip Lawton

Recently I preached a hard sermon. It wasn't hard because I had to do in-depth research. It wasn't hard because the passage was particularly confusing. It was hard because it was truth that people don't like to think about, let alone hear. It was hard because it called people to change.

I could spend this post writing about all the ways that the sermon was hard for me. I could talk about the consequences of hard conversations on the person who initiates that conversation. But the reality is that more often than not we are on the receiving end of hard conversations. This is not a post for those thinking about having hard conversations. This is a post for those who have heard a hard truth and don't know how to respond.

I titled this **When Salvation Feels Like Condemnation** because I think sometimes we don't understand the Gospel. In my sermon I conflated John 3:17 with John 10:10. In the first passage, Jesus tells us that He came to save and not condemn. In the second, Jesus tells us that He came to give us life to the full. Both passages should be good news. Both passages are the Gospel. Both passages remind us that the Gospel should be salvation and life, not condemnation and death.

OK enough preamble.

If you've been part of a hard conversation, or you fear that the next conversation you have will be a hard one, then here are some things to remember:

This is for those who have heard a hard truth and don't know how to respond.

Don't Run

Running from problems is natural. We don't want to admit that something about us needs to change so we run from it. We think that if we run then we won't have to deal with it. The sad truth is that the things we run from are always faster than we are. They will catch up with us sooner or later. Better to deal with them now when they are small and weak.

There are going to be times that people confront you with a truth about yourself in a way that is not the gospel. They are going to say things that are purposefully hurtful. They are going to do it in a way that isn't truly meant to make you grow. But hear me: Just because they intended it for evil doesn't make it false. Some of the hardest times to admit our own fault is when we hear it from someone who we know doesn't actually care about helping us grow.

When you have a hard conversation and it feels like condemnation, don't run. Lean into what was said to you. Ask Jesus if there truly is something that you should change. Look for the truth in what was said to you. If you have trouble looking past all the hurt you feel then...

Remember Who You Are

One of the reasons that we have trouble hearing hard things is because we don't really know who we are in Christ. We hear that there is something that we need to change and we think that means that we are horrible people—that no one can love us. Part of that is true. There are times that we all are horrible people. There is no changing that, but that is not the gospel. That is not really what we need to remember.

Therefore there is now no condemnation for those who are in Christ Jesus...For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"

Paul reminds us who we are in **Romans 8**. We have been called children of God. We are not condemned by God. We are part of the family of God. Paul tells us that we are **co-heirs with Christ**. We receive, by adoption, what Jesus has by nature. We gain the inheritance of the Son of God. That means that we have nothing to fear.

Being the children of God doesn't mean we never have to change. It means we don't have to fear that change. It means we know that the changes God wants to do in us are for our benefit. Our adoption into the family of God means that we must conform to the family of God. Being co-heirs with Jesus means that there is a standard to live up to. When people come to us with hard truth about our lives, often that is God reminding us of this standard. The problem is that we sometimes forget that God has given us the power to live up to that standard. If you feel like you don't have that power then...

Remember Who Satan Is

One of the biggest problems with how we handle hard conversations is that we forget about the accuser. We forget that there is someone out there whose whole plan is to stop us from realizing what we were created to do. We act as if all our problems are only with other people. We think that if people just left us alone then we would be happy. The reality is that the only way to be truly content is to be who God created us to be. The only way to do that is to follow Jesus.

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly.

In the **Gospel of John**, Jesus tells us that all those who came before Him were **thieves and robbers. Jesus is the good shepherd**. He is the one that will lead the flock. Jesus tells us that if we follow Him then He will give us a full

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life. If we follow anyone else our life will be full of death and we will be robbed of contentment. Only Jesus can show us how to live the life we were created to live.

When people come to you with a hard conversation it can be easy to see them as the enemy. We think that they want to rob us of our joy or contentment. The reality is that if we aren't following Jesus then we really don't have those things. A life that does not seek after Jesus is not really life. Seeking our own pleasures or the temptations of Satan will only lead to death and rob us of the good that God wants to give us. If you find that your life is full of pain, sadness, and death then maybe you need to...

Remember What Jesus Did

Even as a Christian it can be easy to forget what Jesus did for us. The church has often preached a form a godliness that was devoid of the true Gospel. What Jesus did was not simply about forgiving our sins, though that was part of it. **Jesus came to earth to show us how to live.** Jesus is the perfect human. We are to follow His example.

For God did not send the Son into the world to judge the world, but that the world might be saved through Him.

We are created in the image of God, but we don't do a good job reflecting God. Jesus came to show us what that looks like. Our reflection of God is always flawed. Please don't hear me saying that you are a failure. This is not meant to condemn you. It is meant to give you hope. The gospel is not about telling us all the things we have done wrong. Most of

The gospel is not about telling us all the things we have done wrong. The Gospel is about telling us that we don't have to keep living that way.

us know that already. The Gospel is about telling us that we don't have to keep living that way.

Jesus came to save us. He came to show us the best way to live. He came to free us from the power of sin and death and Satan. Now that we are free from those powers we have the ability to live the way that God called us to live. That means that you will have to change some things. That is the point of hard conversations. But those changes are not meant to hurt you. They are not meant to condemn you. They are meant to teach you how to live the abundant life. That should be something we all desire, no matter how many hard conversations it takes to get there. SR

May you run to God, not away from hard conversations.

May you remember your status as a child of God.

May you never forget that the schemes of Satan steal life.

*May you remember that Jesus came to free you
and show you the way to live.*

*And may God continue to shape you into
the person He created you to be.*

Amen!



The following SDB churches or groups are looking for pastoral leadership. Please keep them in prayer as they search for their churches' more preferable future.

Middle Island SDB Church (New Milton, WV)
First SDB Church of Hebron (Coudersport, PA)
Covenant SDB Fellowship (Hungry Horse, MT)

There are other potential vacancies in the near future. If you are interested in one of these vacancies, if you are called to pastoral ministry, or if you know someone who might be interested in pastoral ministry, **please contact the Director of Pastoral Services by email at jpethtel@seventhdaybaptist.org.**

*We could learn a lot from crayons.
Some are sharp, some are pretty, and some are dull.
Some have weird names, and all are different colors,
but they all have to live in the same box.*

The Eight Important Covenants in Scripture

By Rev. Dale E. Rood

Covenant is something we hear about but I'm not sure it is well understood. It is often compared to a contract in which two or more parties develop and identify a relationship by which to accomplish certain purposes. Covenant, however, is more than that, as it has, shall I call it, a sacred dimension that establishes a relationship with strong consequences if it is broken. It was used to establish rules of behavior by which trust and predictability could be introduced into social and political relationships such as a ruler with his people or the people with each other. Biblically, covenant was the means by which the relationships and responsibilities of the people of God could be regulated with God and with each other.

Historically, there were two basic types of covenantal relationships. Suzerainty identified a relationship of a king or lord to his vassals. It was a superior to an inferior relationship. The second type was parity, which established a relationship between two equals. When you look at the Ten Commandments, you will see both these covenantal dimensions there. The first three commands are of God to His people, a superior to an inferior. The last six are of the people to each other, a relationship of parity. The fourth commandment, which is the Sabbath commandment, is a transitional part of this covenant.

Covenants were also divided between conditional and unconditional covenants. Promises in scripture generally are examples of unconditional covenants that God makes with His people. Viewing promises as covenants, there are hundreds of covenants in the Bible. Conditional covenants have the dimension of "if-then" in them. The Ten Commandments are a prime example of a conditional covenant.

There are eight covenants that stand out, each defining more clearly God's relationship with His people and His purposes for them. Those eight covenants are:

1. the Edenic Covenant (Genesis 2:15-17),
2. the Adamic Covenant (Genesis 3:15),
3. the Noahic Covenant (Genesis 9:9-16),
4. the Abrahamic Covenant (Genesis 12:2-3),
5. the Mosaic Covenant (Exodus 19:5),
6. the Palestinian Covenant (Deuteronomy 30:3-6),
7. the Davidic Covenant (2 Samuel 7:16), and
8. the New Covenant (Galatians 3:23-29, Hebrews 8:6-11)

Of these, some are unconditional and some are conditional. My purpose here is to examine these eight covenants and how each has identified more clearly God's purposes and expectations for His people as time progressed. We will also explore which are conditional and which are unconditional.

The Edenic Covenant is the very first covenant in scripture. It is between God and Adam and Eve, and determines the boundaries of their relationship with God and their responsibilities in the Garden of Eden. This is a conditional covenant as it requires a response from mankind. There are two parts of this covenant. 1) They are to "tend and keep" the Garden (vs. 15) and 2) they are to abstain from eating from the Tree of the Knowledge of Good and Evil. (Notice there is no exclusion from eating from the Tree of Life. That exclusion comes later.) It would seem that this covenant would have been the only covenant necessary if it had not been violated. We are familiar with the Bible story about how Adam and Eve were banished from the Garden of Eden and thus from the Tree of Life because they failed to keep this one simple agreement: not to eat of the Tree of Knowledge of Good and Evil. This is really the story of all of us, with Adam being representative of all mankind. Adam in Hebrew literally means "mankind."

From this point on, God's purpose with His creation is to restore the lost relationship destroyed by the failure to keep the Edenic Covenant. Each succeeding covenant

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from now on further defines the boundaries within which God's restoration process will function.

The second covenant, the first after the fall, is the Adamic Covenant, which is an unconditional covenant. It is found in Genesis 3:15 where God speaks to Satan, represented by the serpent, saying there will be enmity between the Seed of the Woman and Satan, and that "He shall bruise your head, and you shall bruise His heel." This covenant delineates that the restoration God is working will come through human kind, the seed of the woman, and not through heavenly intervention. This is behind Jesus' refusal to call "more than twelve legions of angels" to rescue Him. (Matthew 26:53). How did God do this? He did it by Himself becoming human in the person of Jesus Christ.

The third is the Noahic Covenant, the covenant made to Noah, all his descendants, and all creation following the flood, signified by the rainbow. It is found in Genesis 9:8-17 and is an unconditional covenant. In this covenant God reveals His true character, that of mercy and not judgment. The flood that destroyed all of life on land except for that which was with Noah on the Ark was not characteristic of God. God's heart is not for the torment and destruction of mankind. He will never again destroy all mankind or life with a flood. Whatever total destruction that happens in the future will not be at the hand of God but will be because mankind and all creation never came in out of the realm of darkness and into God's light. See John 3:18-19.

The fourth covenant is the Abrahamic Covenant and is found in Genesis 12:2-3 and Genesis 15:5. It is made to Abraham, the father of all Israel, and is an unconditional covenant, though it is based on Abraham's character and faith (Genesis 15:6, 18:19). This covenant establishes Israel, determines that the path of God's redemption will be through Abraham's descendants, eventually blessing all mankind. (Genesis 12:3)

The Mosaic Covenant is the fifth covenant established with Moses and the people of Israel, freshly come out of Egypt, in Exodus 19:5-6. This is a conditional covenant with conditions identified primarily by the Ten Commandments in Exodus 20:1-17. By this covenant sin is defined. Remember the Tree of the Knowledge of Good and Evil in the Edenic Covenant? This covenant formally defines what is good and what is evil (notice Romans 7:7) and offers consequences when not obeyed. It was not necessary to define sin under the Edenic Covenant, but this became necessary when mankind thought to obtain godhood (Genesis 3:5) and understand for himself what is good and evil.

The sixth covenant is the so-called Palestinian Covenant found in Deuteronomy 30:1-10 and Joshua 1:6-9. This is a conditional covenant with the people of Israel promising success and restoration when the precepts of this covenant are maintained or renewed. Notice the emphasis on the

condition of the heart in this covenant. God's concern here is not so much on the jots and tittles of the law as upon the condition of the heart. We are focusing more narrowly on the purposes and heart of God for His people and their restoration. God's restoration is not here yet, but the promise of restoration from sin and the means by which it will take place is becoming clearer.

The seventh covenant is the Davidic Covenant, found in 2 Samuel 7:8-16 with a focus on verse 16. This is an unconditional covenant though, like Abraham, it was based on David's faith and character. This covenant is between God and David and David's family line. Israel is still the people of God, but the trail of restoration and salvation is more narrowly defined. God's salvation will come through David's family line. The people of Jesus' day were well aware of this and were looking for somebody from David's family line who would come and redeem Israel. Notice the many references the people made to Jesus as the Son of David. (Matthew 21:9, Mark 10:48, etc.)

Finally we come to the New Covenant, the eighth and final covenant of God with His people. In this covenant God's purposes for salvation and restoration of His people are narrowed to One Man, the Lord Jesus Christ. (Hebrews 1:1-4, 8:6-12, Jeremiah 31:31-34, Galatians 3:23-29) This is a conditional covenant and the condition is that one must believe. In John 6:29, 14:1, and many more, God's plan of salvation and restoration is now fully revealed, and the People of God is now expanded to all who believe, whether they be Jew or Gentile, male or female, slave or free, etc. Understanding of the New Covenant is made clearer by all the previous covenants that have been made. The Kingdom of God is breaking in. (Matthew 4:17)

Do you see the progression of the purposes of God through history, and how the day is sure when the Edenic Covenant or its equivalent will be restored? When Jesus uttered the words, "It is finished!" from the cross, this is what He meant. It hasn't happened yet, but everything is in place to bring it about. It is a matter now of waiting, looking for the Kingdom of God already in our midst, and anticipating its fullness when Jesus Christ comes again. SR

*It is a matter now of waiting,
looking for the Kingdom of God*



It's Not About You

On Wednesday mornings there is a group of men who meet for breakfast in Janesville, WI. One of the men had an “aha” moment after one of these gatherings. He realized “it” was not about him, but rather God! This gentleman had t-shirts made up that said on the front, “It’s Not About Me...” and on the back, “It’s Not About You Either!” There is no “I” in team because it is not about you or me, but rather about what WE can do for others. It is all about servanthood. It is about what we can do for those with spiritual, physical, and emotional needs.

In March 2005, I wrote an article for the *Sabbath Recorder* encouraging Seventh Day Baptists to take the next bold steps in their beliefs, maturity, and ministry. My good friend, the Rev. Rod Henry, will tell you that this makes us a “Next Step” people. We specialize in calling people to belong and not just participate in church. However, we need tools of ministry to build the steps to Christian maturity and a sense of belonging. People won’t get a sense of belonging if they just show up to meeting after meeting. They need to be invited, included and involved in the ministries of the church.

INVITE — The future growth of SDB churches depends on how we develop and implement new ministry opportunities in order to **invite** new people to our churches. The challenge will be to take a discovery assessment of future needs of the church and then be creative in meeting those needs. The *PULSE* program can do just that for your church! If you want to hear more about *PULSE*, please contact John Pethtel, Director of Church Development & Pastoral Services—he can fill you in on the details. jphtel@seventhdaybaptist.org

INCLUDE — There is a necessity to move beyond being friendly towards each other and become

CARING to each other. That means getting out of your comfort zone to include others in the activities in and out of the church. When someone new comes to your church, they are already uncomfortable when they arrive. They feel self-conscience about including themselves in the already established relationships. They feel alienated because they don’t belong to any group yet. Have you ever met someone new at church and then not seen them again until you ran into them in the grocery store? You wonder to yourself, “Where have they been? Why didn’t they come back? Didn’t they feel at home or welcome at my church?” The challenge for us is to move beyond being friendly to becoming CARING with each other! We must move beyond making people part of our Sabbath morning experience to making them part of our lives. **It would be very easy for them to not come back a second time if we do not take the first bold steps to making them feel a part of our church community.**

INVOLVE — We need to involve **all** the people of the church in our activities to ensure a sense of belonging. This can be through new ministry programs. When we focus on a particular goal, or group of people, we sometimes focus too much in that one area—at the detriment of other important things. We need to be aware of **all** in the church, not just those that are new. This will ensure that individuals and people groups have a ministry focus and direction in their Christian maturity.

We must learn to work together as we develop our new ministry opportunities. New programs will bring about change; and **we must learn to be flexible with each other.** SR



By Rob Appel
Executive Director



Staying on Assignment

On September 15, 2018, in a worship celebration lasting almost five hours, the Miami SDB Church along with many other friends celebrated thirty years of service by Andrew Samuels as pastor.

There were many guests who had the opportunity to speak on the theme of "Staying on Assignment." These included Pastors Garfield Miller and Noel Campbell, who served as Masters of Ceremonies, as well as Pastor Norman Fearon, who delivered the main message for the evening from 2 Timothy 4:1-5. The Miami SDB Praise Team led out in multiple songs. There was also worship through dancing and mime. Three different members of the church gave testimonials about the ministry of the Samuels family in each of their three decades of service. Testimonies and gifts were also offered by local SDB churches, local clergy, members of a local soccer club, and from the General Conference. There was also an offering to launch the "Next Generation Fund" to help reach the next generations of the church.

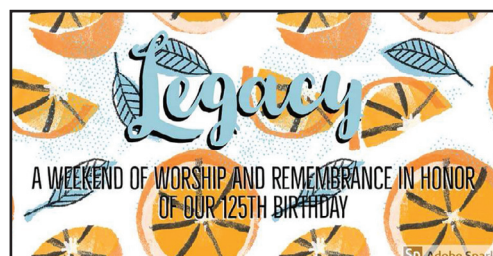
After a rousing evening, refreshments were served. Thank you, Pastor Andy and Kay, for your tireless and devoted service to SDBs in Miami for the last thirty years!

A Legacy for the Boulder SDB Church

During the meetings of the Mid-Continent Association of SDBs from October 5 to 7, 2018, the SDB Church of Boulder celebrated 125 years of ministry around the theme, "Legacy."

After 125 years of ministry in the Boulder County area, in 2019, the church has decided to replant itself into the Carbon Valley community, miles away. However, the legacy of the church and of the many people who served and were disciplined there has to be celebrated.

The party began in the community of Dacono for a praise service in the meeting place that will likely be used for the replant. Many gathered to sing songs and to hear of the importance of legacy, not just longevity. On Sabbath, Conference President, Jane Mackintosh, talked about the importance of identity to Christians of all ages while sharing some of her plans for the General Conference sessions in 2019. Lunch and



fellowship followed. In the afternoon, Katrina Goodrich shared about what a legacy is and how to leave one for others. In the evening, there were games and food reminiscent of a birthday party. On Sunday, the Association business meeting was held.

Association President Tiffany Rankhorn and the SDB Church of Boulder hosted an excellent weekend of worship, fellowship, and legacy. May God continue to use the ministry of the SDB Church of Boulder for the next 125 years to actively advance God's Kingdom in the Carbon Valley and beyond!

Galarneau is Ordained

Friends and family gathered in Johnson City, TN, at Shepherd's Fold Ministry SDB Church on September 29, 2018, to celebrate the work of God in this church and in the life of Pastor Chris Galarneau as they ordained him to the gospel ministry.

After having an ordination council for Pastor Chris during Appalachian Association meetings in June 2018 at Camp JOY, the church voted to ordain him on the recommendation of the council.

During the ordination celebration, guests from all over the country participated. Leigh Anne Crouch, the moderator of the church, affirmed the church's vote to ordain. Shay Rankhorn, George Lawson, John Pethtel, Nick Kersten, and Steve Osborn all gave testimony to how God has been using and working in Pastor Chris. Abigail Galarneau provided special music for her father's celebration. Pastor George Lawson preached the charge to the church and candidate. All pastors in attendance laid hands on Pastor Chris and Kellie and prayed for them, their family, and their ministry. A certificate was presented along with a gift for Chris and Kellie.

A dinner was held immediately after for all the visiting guests. The fellowship was sweet. May God bless the ministry of the Galarneau family among SDBs and for the Kingdom!



Church
Development &
Pastoral Services

John J. Pethtel
Director

Calling In the Artillery: Prayer Warriors Needed

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.

—2 Corinthians 10:3-4



For most of my life, I have been fascinated by military tactics. Beginning around my early teen years, I became persuaded that the tactical decisions made by those on the battlefield have been the hinges of history. The generals who have made these critical decisions have had the history of the world swing on those precious moments in which the outcome of the battle hangs.

We know that in spiritual battle we are not to use the tactics of the world (as noted above)—we would be foolish to think that there are no tactical pieces to our Christian walk. Through God’s giving of spiritual gifts, talents, and abilities to His people, He makes sure that His church is prepared in every circumstance.

An important part of God’s provision for His people comes in the form of prayer. Beyond its many spiritual values in building spiritual sensitivity in us and intimacy in our relationship with God, prayer is a means that God uses powerfully in our world to affect His purposes. Throughout Scripture, we see God responding to and using the prayers of His people to bring about His plans and accomplish His will. Through prayer, the blind have their sight restored and the seeing have their sight taken (2 Kings 6:17-18), the sick are healed (1 Kings 17:20-22), cities are saved (1 Chronicles 21:26-28), demons are cast out (Mark 9:28), and faith is imparted (Mark 9:24). When the apostle Paul lays out the so-called

“Armor of God” in Galatians 6:10-18, he concludes with an admonition to his audience to, “...[pray] **at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,**” before also asking them to pray for him personally.

We neglect prayer for ourselves, our families, our churches, our General Conference, our communities, our nation and our world at our peril. It is a powerful tool which God wants to use. If you are not availing yourself of the privilege you have to go to God in prayer, I encourage you to rectify that lacking immediately—your continued spiritual growth in Jesus Christ depends on it.

But beyond that general encouragement to prayer for all of us, it also seems the case that God specifically gifts and calls some people to pray at length for others in an extraordinary way. These gifted intercessors often feel a burden to pray for hours at a time and in very specific ways or for very specific people or situations. These people are often somewhat private about their ministry, as they know it is for the Kingdom, and they are not seeking the plaudits of people in it.

As we enter a season of new ministries for our General Conference—in evangelism, in church planting, in outreach, and in the training of new leaders, and as we continue in a

time of disturbance and difficulty in our nation and world, these prayer ministers are incredibly important tactical pieces of God’s work in our time. The Christian Education Council is hoping to build a list of those who are doing this important ministry in the coming days so that we can distribute prayer lists to our dedicated prayer warriors. Then those called to this ministry can render their tactical prayer support to our shared work as Seventh Day Baptists. If you are called to this work (and especially) if you are already doing it, we would like very much for you to contact us by phone, letter or email (nkersten@seventh-daybaptist.org) so that we can add you to a list of people who will discreetly receive a regular list of prayer requests from our churches and ministries. We are calling in the artillery in the form of our prayer warriors—please contact us so we can help direct your prayers! ^{SR}



**Christian
Education
Council**

Rev. Nicholas J. Kersten
Director of Education
and History

Christmas Gift List 2018

Some of our SDB families have made it part of their year-end tradition to select items from our suggested gift list to support the ministry work of our Seventh Day Baptists brothers and sisters around the world. During this season when much of the world celebrates the greatness of our Father's love and the greatest gift of all, Christ Jesus, I hope you will consider sharing a gift, as well.



International Children's Relief Support

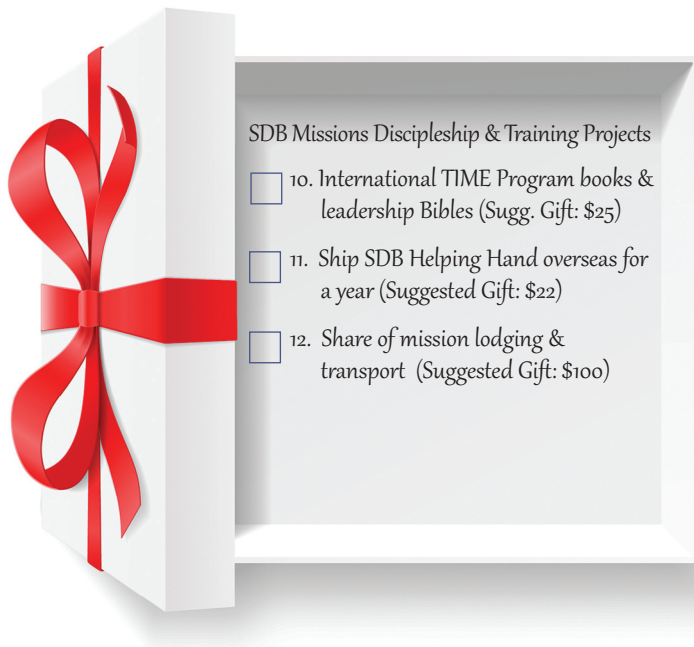
- 1. Helping orphans transition into new Christian homes (Suggested Gift: \$30)
- 2. Aid for children distressed by war & conflicts (Suggested Gift: \$50)
- 3. Buy seeds for sustainable food gardens in Uganda (Suggested Gift: \$25)
- 4. Dengue and Malaria preventing mosquito nets (Suggested Gift: \$10)



Foreign Community Outreach Ministries

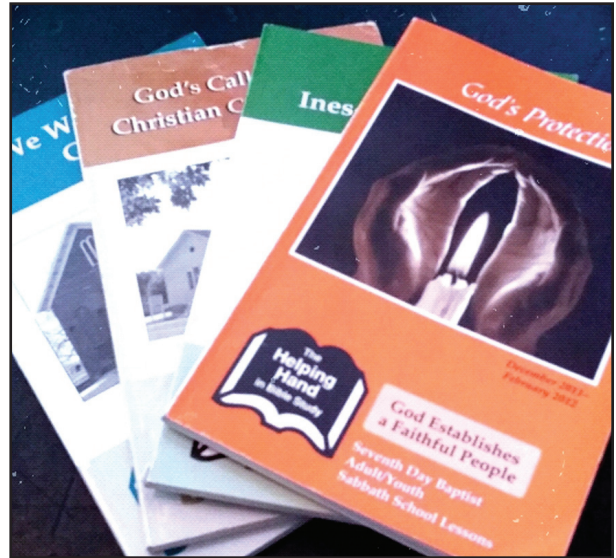
- 5. Shoes and clothing for the sick and poor (Suggested Gift: \$25)
- 6. Life saving medicine (Suggested Gift: \$12)
- 7. Share of an Evangelist's motorcycle in developing world ministry (Sugg. Gift: \$110 / Share the Cost: \$11)
- 8. Bibles and Gospel tracts for developing world congregations (Sugg. Gift: \$20)
- 9. Provide food and water in communities facing natural or manmade disasters (Suggested Gift: \$45)





SDB Missions Discipleship & Training Projects

- 10. International TIME Program books & leadership Bibles (Sugg. Gift: \$25)
- 11. Ship SDB Helping Hand overseas for a year (Suggested Gift: \$22)
- 12. Share of mission lodging & transport (Suggested Gift: \$100)



Sustainable Development

- 13. Freshwater Wells (Suggested Gift: \$400/Share the Cost: \$40)
- 14. Seeds for an orphanage garden in Uganda (Suggested Gift: \$25)
- 15. Pregnant Heifer (Suggested Gift: \$500 / Share the Cost: \$50)
- 16. Sponsor Sustainable Family Chicken Project (Suggested Gift: \$350 / Share the Cost: \$35)



I hope that you will prayerfully consider how the blessings you have received may help you be involved in God's ministry through the Missionary Society. And remember, if you send the gift in the name of someone else, we can contact that person with a thank you letter letting them know how their gift was put to use.

Clinton R. Brown



FOCUS on Missions

By Clinton R. Brown
Executive Director

Uncomfortably Speaking

One out of five women in America will be sexually assaulted during the course of their lifetime. If we narrow the spectrum down to those under the age of 18 the statistic becomes one in four. And 63% of sexual assaults are never reported to the police. There are so many women in pain, suffering because of their victimization and helplessness that they fail to do anything about it. (Don't forget male victims; though the statistics are different, their pain is no less real).

Sexual assault has been a hot button in the press and social media lately. It is a landmine to navigate because, by its nature, assault is a difficult and dark thing to process. But I believe that living in the culture we do, believing as we do, we as Christians need to step up and find a way to interact appropriately with victims. We need to be a help in their healing process rather than a detriment. I believe the church has some growing to do where this subject is concerned.

Sometimes the church has handled victims very well with support and love, but all too often people of the church are split when confronted with handling this task—especially if the offender is also a member of the church. Some people believe, some don't. Some blame the victim because they can't believe the perpetrator would do something so vile. There has to be blame somewhere, so it must be the victim's problem. The victim must not have been living up to Christian ideals of dress, speech, or behavior. If we are not attacking the victim, we're sweeping it under the rug, though in some cases unintentionally. Sexual assault is in the "ugly sin" category that is difficult to even think about, let alone discuss. So we shove the unpleasantness into a locked safe in our mind that will hopefully never have to see the light of day—but in order to do that, we have to ignore the victims and

their stories. Finding a way to keep these gut reactions in check would be helpful. Even more helpful would be to begin being proactive instead of reactive.

Reading articles and blogs concerning why so many assaults go unreported, a common thread of fear and shame became obvious in the victims' responses. Many victims are ashamed of what happened to them even though they had no control the situation. The only one who should feel shame is the predator who took advantage of them. But many victims feel guilty—convicted by a church that sends a message to women that the single most important thing they have is their virginity, their purity. What about when that is stolen? The church and Christians don't tend to address sexual assault at these moments and we need to start.

As difficult and uncomfortable as it is, we (the church) need to start talking about this issue. It is a black hole consuming far too many. Victims of sexual assault are all too common: one-in-five and one-in-four, if you're addressing a teenage group. It has been my experience that when purity conversations happen, no mention of assault is made. That is why I believe we need to begin addressing it. We need to be mindful of these statistics and how to reinforce someone bearing the scars. A victim should feel free and no shame when coming to the church—and to Christ particularly—when we are having the "purity" conversation.

Church should be a place for victims to come unashamedly; a place of healing even if the church at large isn't aware of the healing occurring. We need to go on the record sincerely, relieving the burden of guilt and shame from the victims. [SR](#)



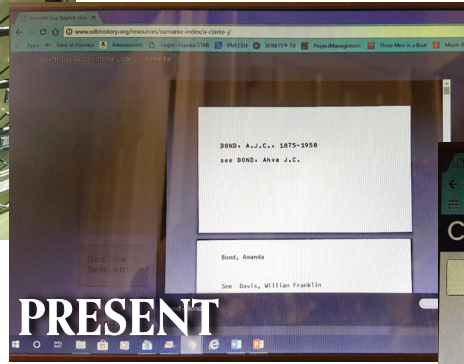
Women's
Society

By Katrina Goodrich

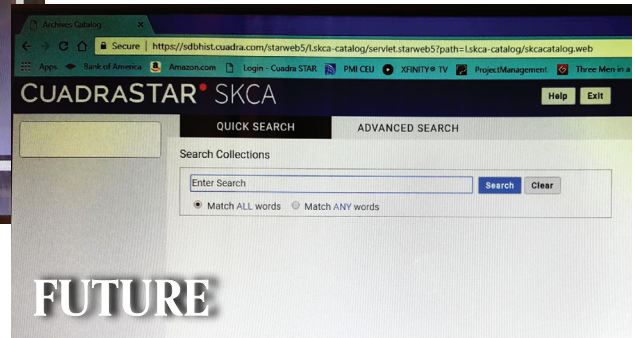




PAST



PRESENT



FUTURE

Meet our Stars and Join the All-STAR Team!


by Kim Merchant

One of the SDB Historical Library's challenges, faced by many specialized libraries, is how to make our materials available to online researchers. In the olden days, researchers expected to travel to the library, pull out a card catalog drawer and rifle through index cards to search for their subjects. In these modern times, researchers assume that they will be able to complete their inquiries online.

Historians and genealogists find *The Sabbath Recorder*, dating back to 1844, to be a valuable resource. The surname index is currently available on our website in a searchable PDF format. That is a good start but researchers still have to virtually rifle through scanned images of the original index cards.

We are thankful for a burgeoning team of volunteers who are expanding our online catalog/index, CuadraSTAR, to include *The Sabbath Recorder* surname index. These STAR volunteers are currently creating records for each *Sabbath Recorder* issue to build the framework to house the surname index. Once this foundational task is complete, the fun challenge of simultaneously transferring and standardizing the surname index will begin.

Samantha Fick is our charter STAR volunteer. She has singlehandedly entered 775 records so far. Hooray, Samantha! At General Conference this summer, the Council on History issued a call for more STAR volunteers. More than a dozen volunteers signed up. The All-STAR team now includes Fran August, Justin Camenga, Madge Chroniger, Sandy Clare, Leigh Anne Crouch, Nathan Crouch, Samantha Fick, Dean Fox, Heather Gadd, Dianne Hibbard, Diane Merchant, Tom Mitchell, Gabriela Parra, Jewel Poole-Williams, Marva Shears, Raakeli Watt, and Jean Wynter-Barrett.

We would love to have you join this All-STAR team. All you need is a computer with an internet connection. We ask for a minimum commitment of four hours per month but you set your own schedule. For more information about becoming a volunteer (including its perks!), check out the "Latest Updates" section of our website (<http://www.sdbhistory.org/>) or e-mail Kim Merchant at kmerchant150@gmail.com. 



Council on History

Rev. Nicholas J. Kersten
Director of Education and History

BREATHE

Stop. Breathe in. Count to 5. Breathe out. Relax your shoulders. Close your eyes. Breathe in. Count. Breathe out.

Does anyone else get caught up in all the things you've said yes to? Like you finally finish one thing and before you can take a breath, four more things need your immediate attention? Come on, I can't be the only one raising their hand here. Sometimes I feel like I've said "yes" to so many things that by the time I've finished them all I don't have any energy left to do anything else. But why do we do this? Are we trying to prove that we are capable, are we scared of letting people down, or are we just so excited about the opportunities that we don't think before we say "yes"? Are we trying to prove to God that we are faithful and can do it?

But why? Why are we trying to prove to God who we are when He already knows us deeply and personally? Let's think about the story of Mary and Martha. Martha is playing host all by herself—and you can almost feel her frustration and stress as she runs through her to-do lists, making sure everything is perfect for the Savior sitting in the dining room. She is stressed to the point where she finally calls out to Jesus and says, "Lord, don't you care that my sister has left me to do the work by myself?" (Luke 10:40). But, what is Mary doing? She is sitting at the feet of the Savior. She is resting in His presence and allowing God to be God. She isn't trying to prove anything. She is listening. She lets everything else fade away and basks in His presence.

Am I telling you the only way to worship and bask in God's presence is just to drop everything you're doing and stop? No! Jesus responds to Martha by saying, "You are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her." (Luke 10:41) So yes, Jesus told us to come sit at His feet, but let's also look at what He did not say. He didn't tell Martha that her work was blasphemous or evil. Her hospitality was extremely important considering Jesus and His disciples had been on such a long trip. They needed the hospitality that Martha was offering. God LOVES us and our work ethic. Rather, Jesus is reminding us when we feel like we are not enough or when we feel like no one cares: go to Him. Let the world fade away and simply turn to Jesus. Breathe in His presence and rest in His love. I think Kari Jobe said it well when she wrote:



*"I want to sit at your feet
Drink from the cup in your hands
Lay back against you and breathe
Feel your heart beat.
This love is so deep
It's more than I can stand
I melt in your peace
It's overwhelming."*

Let God be your peace when you get overwhelmed with all of the things on your To-Do list. He sees you, and He loves you.

I've read a couple awesome devotionals related to taking a breath when we are getting overwhelmed. So check them out if you're interested:

- *Spread Too Thin: Opting Out of Frantic Living. Opting in to Lasting Peace* by Ellen Miller

or if you have the Bible App:

- *"Finding Rest in a Busy World"* by Susan Narjala SR

Young Adult

By Willy Villalpando

Maranatha Community
Church, Colton, CA

An Open Letter To SDB Young Adults

Dear Young Missionaries,

Hello! How are you all doing? I pray the past few months since Conference have been treating all of you well! I know that many of you were quite ready to get stuff done in the wake of Conference and I hope we've all had the opportunity to do just that!

Now, I want to specifically talk to the Young Adults ages 18-25. I have a proposition for you all! I want you to keep in mind the theme from last year, **Less Talk, More Action**. I thought it was a very needed theme for SDBs

but I think we should take the idea behind it beyond a theme. It is with the idea of *doing*, or in this case *going*, that I bring my proposition to you.

There is a Missions Conference that happens every couple of years called the "Cross Conference." My church, the Milton SDB church, is heading up a trip to this conference which will be happening in Louisville, Kentucky, from January 2 to 5, 2019. At this conference there will be speakers such as Trip Lee, David Platt, and John Piper. There will be breakout sessions led by people such as Kevin DeYoung! If that doesn't convince you, there will also be a KB concert included in this! But as far as the teaching goes, there are very few conferences and events that will better equip you for the work of missions than the teachings of these people.

Now we move to a less exciting topic. The cost for this, if you go through our group, is looking to be around \$300. But if that sounds like a ton of money, especially for us college students, there is hope! We will be fundraising for this—something you can get started on yourself and something you can contact us about. Also, we have been told that the denomination is willing to help pay for some of this to lessen the load. And I'm certain that in your individual churches there are kind souls willing to help fund you to go to something that will equip you to bring the Gospel wherever you go!

If you meant it when you said you wanted less talk and more action, if you feel a call upon your life for missions of any kind, and if you are between the ages of 18-25 (or a youth leader of some kind), I ask that you pray and ask God if this is what He wants you to do. If the answer is yes, trust God and act in faith!

If you are interested, then please contact me at (608) 436-8792 or email me at micahcran333@gmail.com and I can direct you from there. God is going to do great things through SDBs—but you have to be willing to go! Think about that.

Best Wishes,
Micah Crandall



...exists to see our generation live for the most loving cause in the universe: bringing people from every tribe, tongue, and nation into the everlasting joy of knowing and worshiping Jesus.

Our time. Our call. Some send. Some go. All pray. All rejoice.

Milton SDB Church Cross Conference Sign Up

- **What:** Cross Conference is a missions focused young adult conference. Great speakers, great small group discussions, great exhibitors. David Platt and John Piper are among the speakers.
- **For whom:** 18-25 year olds; high school seniors (even if you are not 18 years); and adult ministry leaders who attend with students
- **When:** 2019 - Wednesday, January 2 (4PM Kickoff) – Saturday, January 5 (done in morning)
- **Where:** Louisville, KY, a 6 ½ hour drive from Milton
- **How will I get there?** We hope to caravan together.
- **Deadline:** ASAP. Keep in mind that tickets need to be purchased, rooms reserved and fundraising needs to be done. Rooms at the recommended hotel are limited so...the sooner the better. See ticket rates below*
- **Cost:** Ticket cost plus the cost of food and hotel at \$115 per room (rooms can be shared) – if rooms are still available at the hotel. We currently have a limited number of hotel rooms reserved to receive this discounted rate and to hang out together. If you are undecided but considering going, contact Linda anyway so we can reserve extra rooms just in case.
- **For more information:** go to <https://crossforthenations.org/>
- **To Register and for Questions:** See Linda Lyke for questions: lykelinda@miltonsdb.org or 608-314-5953 (text or call) or on Facebook – Linda Risse Lyke

*Ticket Rates:

- **\$109 until 10-5-18**
- **\$119 until 11-30-18**
- **\$139 until 12-18-18**

Note: If you register with the Milton SDB Church group, there is a \$20 per ticket discount for being a part of our group.



Kidney Disease

Unless you have had a kidney stone, you have probably given little thought to your kidneys, even though they are vital to your overall health. Most of us have two kidneys each about the size of a fist, located on either side of the spine at the lowest level of the rib cage. Their major function is to remove waste products and excess fluid from the body. They also regulate the body's salt, potassium and acid content, remove drugs from the body, balance fluids, release hormones that regulate blood pressure, produce vitamin D that promotes strong, healthy bones and control the production of red blood cells.

One in three American adults is at risk for kidney disease. Kidney disease often has no symptoms and can go undetected until very advanced. Major risk factors include diabetes, high blood pressure, a family history of kidney failure and being age 60 or older. Checking for albumin in the urine and creatinine in the blood can be done to check for kidney disease. Ask your doctor about ordering these at your next physical.

Chronic kidney disease (CKD) is a condition characterized by a gradual loss of kidney function over time. 30 million American adults have CKD and millions of others are at risk. Heart disease is the major cause of death for all people with CKD. Ironically, hypertension can cause kidney disease, and kidney disease can cause hypertension.

Causes of CKD include glomerulonephritis, a group of diseases that cause inflammation and damage to the filtering units or glomeruli, inherited diseases such as polycystic kidney disease which causes large cysts to form in the kidneys and damage the surrounding tissue, malformations that occur during development in utero, obstructions by problems like kidney stones, tumors or an enlarged prostate gland in men and repeated urinary infections.

Most people do not have any severe symptoms until their kidney disease is advanced. Symptoms may include tiredness, trouble concentrating, poor appetite, trouble sleeping, muscle cramping at night, swollen feet and ankles, puffiness around your eyes (especially in the morning), dry, itchy skin, or the need to urinate more often, especially at night.

If your test results show that you have chronic kidney disease your doctor may calculate your glomerular filtration rate (GFR) which is the best way to tell how much kidney function you have. This tells the stage of your disease and helps the doctor plan your treatment. An ultrasound or CT scan may be ordered to show whether your kidneys are too large or too small, you have a kidney stone or tumor, and whether there are any problems in the structure of your kidneys and urinary tract. A kidney biopsy may be done to check for a specific type of kidney disease or see how much kidney damage has occurred. You may be referred to a kidney specialist.

Kidney diseases can be treated successfully. Careful control of diseases like diabetes and high blood pressure can help prevent it or keep it from getting worse. Kidney stones and urinary tract infections can be treated quite well. For unknown causes of kidney disease, treatments are not as available and disease can progress to kidney failure. Dialysis is the treatment when this occurs. A kidney transplant, which has a high success rate, may be needed.

The best way to avoid chronic kidney disease is to know and control your risk factors. This includes being careful of the over-the-counter medications that you take. Non-steroidal anti-inflammatories such as Aleve and ibuprofen can cause kidney disease, especially in people over 60. Always consult your physician before self-medicating.

Information from National Kidney Foundation

Healthy Action in Emergency Health Situations

It is no surprise that sickness and disease can originate in a body that has a spirit which is dead. We know that sin causes spiritual death and separates us from God.

We know all have sinned...

We live in a world of sin. Until we shed this earthly body to reside in Heaven, we know that all who accept Jesus Christ as Savior are dead in Christ. We know that by His stripes we are healed. So, how can we access the healing those stripes have granted?

We know that fear, the byproduct of sin, separates us from God, and prevents access to healing. The medicines and remedies of this world can cause comfort and alleviate some of the fear and anxiety that overtake us when we face the prospect of sickness, disease, and death. However, there are times when we are alone or separated from the physical help that we have come to rely on. At that time, what can we do?

There are temporary fixes. There is long-term maintenance. And there is complete healing. Why? Because according to our faith, we receive our healing. With prayer, all things are possible and any remedy can work.

When you are in an emergency health situation, it is normal for fear to overtake you. The primary goal at that time is to gain control over fear before it causes a breakdown of body systems. For instance, when a person is rushed to the hospital with any condition that does not involve rapid loss of blood, the individual is given a drug or combination of drugs with the purpose of bringing some form of relaxation to the problem area. This decreases anxiety and fear—and causes a stabilization of the body systems. After that, tests are run to determine the problem and course of action.

Prayer has the power to lower blood pressure and blood sugar, decrease anxiety and fear, relieve tension, and decrease pain. Prayer focuses your attention outside of self and towards God. This lifts you out of a state of fear and into a state of grace. So, when faced with an emergency health situation, use prayer to lift you above your state of fear, so you can function clearly enough to get the help you need.

By Marqueta Aiken
Philadelphia Seventh Day Baptist Church

Is. 59:1,2; Rom. 3:23; Is. 53:5; Gen. 3:10; Matt. 9:28,29; Mark 9:23; Matt. 2 1:22; Phil. 4:13

give thanks

"Jesus asked, 'Were not all ten cleansed? Where are the other nine? Was no one found to return and give praise to God except this foreigner?'" (Luke 17:11-19 NIV)

Jesus healed ten lepers; one came back to thank Him (vv. 12 & 15). Two thousand years later my dad gave a significant monetary gift to three grandchildren and four new high school graduates from his church; one wrote a thank you note.

I can't begin to count the number of times I have mailed a gift to someone and never even learned whether it was delivered, let alone appreciated. Similarly, I have issued invitations and then figuratively "pulled teeth" to get a response from a good number of invitees. "If you don't want to come, just say so!" I want to scream.

One day a Thanksgiving sermon with the above-named title prompted me to wonder: If I feel slighted when my good intentions are not acknowledged or accepted, how must God feel when we don't accept or acknowledge His mighty gifts to us?

By Donna S. Bond

CHURCH NEWS

From THE GOOD NEWS SEVENTH DAY BAPTIST CHURCH

September 2018

Sabbath Recorder Readers,

God's blessings to you! We are praying this update for our fellowship finds you praising God in your daily walk with our Lord.

We have some exciting news! We now have a permanent home! We are meeting at **The Point Church**, located at the junction of Highway 1 and Highway 55! Our heartfelt thanks goes out to the Appalachian Association for their support and many thanks to Rob Appel for helping us with the search for a meeting place! The address is **1402 E Williams St, Apex, NC 27539**. Sabbath School begins at 9:15 and Worship begins at 10:30. Currently, the adults are studying the *Helping Hand*, and we also offer children's classes. We encourage all who are in the area to come and worship with us! If you have family or friends you know are in our area, please pass this information along to them.

Our group is small, but growing, and we pray for God's continued blessings on this ministry.

By now, we hope you have located us on **Facebook**. Please LIKE our page so we know you are enjoying the content and daily postings. This will help reach your friends and family and increase our visibility. Our website is <https://goodnewssdbchurch.wixsite.com/gnsdb>. Our prayer is that we will continue to reach more and more people in the Raleigh-Durham community.

Please let us know, either by phone (919-592-3490) or email at goodnewssdbchurch@gmail.com, if you have any prayer concerns—or anything that our group can help you with. If you need ANY additional information about us, please let us know.

Yours in God's Service,
Debbie Rod and Valerie Heath

Want to see your church's news in the *Sabbath Recorder*? Go to this link for a form to submit your news!

<http://seventhdaybaptist.org/church-news-submission/>

NEW MEMBERS

REMEMBRANCE SDB CHURCH

Fort Worth, TX
Bill Burks, Pastor

By Testimony
Joe Salgado
Alba Salgado

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NEW LEADERSHIP POSITION OPENING

From THE SEVENTH DAY BAPTIST MISSIONARY SOCIETY

The Seventh Day Baptist Missionary Society is excited to announce a new leadership position opening: Chief Executive Director. This individual will be responsible for leading, facilitating, and organizing several key positions and programs within the Society. The Board of Directors is looking for someone who is:

- A person of integrity, actively growing in faith and functioning in spiritual giftings
- Passionate for and experienced in missions
- Dedicated to furthering the vision of the Society—to make disciples of all nations
- A strong leader and effective team organizer
- Successful at cross-cultural relationship building
- A highly capable administrator
- Able to work collaboratively with the SDB Conference of USA & Canada
- Very strong in written, verbal, and non-verbal communication
- Demonstrating faithfulness in their local Seventh Day Baptist church
- Able to travel globally as needed

(Don't let the inability to move keep you from applying.)

Interested candidates should send resumes to president@sdbmissions.org. Please direct questions to Danny Lee, 386-299-5709. We ask that all would join us in prayer as God leads us to the right individual for this position.

Board of Managers
SDB Missionary Society

What do you want to see in the Sabbath Recorder?

Questions about what is the purpose of the *Sabbath Recorder* are being asked:

Is it a newsletter for SDBs?

Is it an outreach tool?

The Tract & Communication Council will be looking at these questions over the next year as they consider how to keep producing this cherished publication for many years to come in a way that most effectively generates increases for God's Kingdom! ***More funding is needed to keep the Sabbath Recorder in its current form.***

About MORE church news...

A common theme is a desire to see more church news. It has always been a difficult thing to get churches to submit their news – which is why we'd like to take this opportunity to direct people to:

<http://seventhdaybaptist.org/church-news-submission/>

This is where you can find a form to submit your church news! We cannot be everywhere – so we challenge our churches, and you who want to see more church news, to lead the charge in your own church by submitting the news!



*All we have to do
is listen and ask!*

Do you hear from God?

I want you to ask yourself this question and really think about your answer. Think of a specific time when you have heard God speak to you, whether in a dream, thought, picture, or even an audible voice. Hearing God's voice is something we can all practice because the truth is that God is talking to us all the time! In Jeremiah 33:3 it says, "Call to me and I will answer you, and will tell you great and hidden things that you have not known." (ESV) This verse is telling us that we can hear from God! It's easy! In fact all we have to do is listen and ask! Now, asking is easy but we struggle to listen. Life moves quickly and it's extremely easy to get caught up in its rapid pace—but in order for us to hear from God we have to listen for Him! Sometimes this means just taking a couple of minutes to stop, breathe, and listen to nature. Even right now—stop, take a deep breath, and thank God for something or talk to Him about your day! Listen for His voice.

Now as you spend time listening for God's voice, I have a request. I have a special project for Conference next year that I have been asked to work on and I need help. I need stories. Stories about encounters with God, either from your life or the lives of kids around you. My project focuses on kids and youth, so anyone 18 or younger. If you could, either mail or email me your stories of how God has spoken to you or someone you know. Tell me about the amazing things you or someone around you has experienced from God! All stories in my project will be completely anonymous—but I need your help on my project. At church, if you know of kids who have heard God's voice, if your brother or sister has experienced God in an amazing way, let me know. You can email me at kitkatkmack@gmail.com. I really want to hear your stories of how you've experienced God. Remember Jeremiah 33:3. All we have to do is ask and listen and God will tell us amazing things! SR



THE BEACON

By Kayleigh Mackintosh
Next Step Church
Thornton, CO

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can provide real answers that heal people's problems, not just throwing Scripture at them. We must sit with them, listen, discern through the Holy Spirit what is really going on. Then we tell them how God sees them as loved and accepted, belonging to Him, created with significance, really touching their felt needs at the deepest level. Then, I believe, we will have people beating down our doors to get this help. We must begin getting healed ourselves. I now have found a program to teach us how to provide this help. It is scriptural, disciplined, easy to follow, and I have seen it really work. The church I trained in and counseled through has been doing this for decades and they blessed me and said, "Here is the material' Go, teach it in your church, denomination, spread this around." And they gave me the material on a thumb drive free of charge.

Doug and I have been to White Cloud, MI, already, for a weekend seminar (twelve hours of training) plus the first nine chapters that they studied before we got

there. They will continue to study the second half of the materials on their own. Then hopefully they will be ready to begin a lay Biblical counseling program in their church. We are headed to do the same in Daytona Beach the first of November, and New York City the first of December. We will make every effort to come to you, if your church, association, etc., is interested. There is no charge for our transportation or our housing, so the cost will be limited to printing the materials for your church which I can email you. Pastors, if you are interested in checking this out, I can email you the first half of the materials to look at and see if this is something you might like to do.

My email is: grandmamack@comcast.net.

I will talk about the second thing I think we need to do to "Get Ready" next month. These are just my ideas, but what is God saying to you about how to "Get Ready"? SR



How Do We *Get Ready*?

By Jane Mackintosh
Conference President

Last month I shared with you my theme of “People Get Ready” that was begun with seven words God spoke to me 25 years ago: “The Church is Returning to the Sabbath.” It was such a profound, startling experience. But God had not given me the “go ahead” to share this in a public manner all these years until now. My thinking is that if this means the Church, as in the entire Body, then Seventh Day Baptists are in a unique place to serve the Church since we know about the Sabbath. Thus, “People Get Ready” is an encouragement to get our house in order so we can fulfill our purpose. So how do we “Get Ready”?

I have two observations that I am passionate about as ways to “Get Ready.” The first stems from a lifetime of counseling others. I am not a professional counselor, but I have been listening to problems people have come to me with since college days many moons ago. They would tell me what they were struggling with and, when I would hear unscriptural thinking, an appropriate scripture verse would pop into my head. I learned decades ago to never take what I hear or see at face value, as it was clear to me that something else was going on that brought about unscriptural thinking. So I learned to ask questions, such as, “Who told you that?” or “Tell me about your family situation growing up.” Then we could talk about what led up to the wrong thinking and begin to replace it with scriptural thinking. Where I ran into trouble was when I began to get asked repeatedly to teach others how to counsel and I had no idea how to do that. I recognized the vast need for godly counseling and was overwhelmed with the needs of people who looked good on the outside, but were struggling with huge issues—sitting in church for decades struggling in silence. I keep saying, if you don’t think people struggling with suicidal thoughts, sexual abuse, fatherless childhoods, cutting, homosexual feelings, pornography addictions, sexual addictions and promiscuity, drug abuse, domestic

abuse, etc. are sitting next to you in church—then you need to think again, because I have heard every one of them. These things are very real struggles in our church populations and few are feeling like they can admit to them, much less get real help. “What will people think, I am a deacon, pastor, Sabbath school teacher, youth leader...?” My heart breaks for the silence and shame and worry that someone may find out. Thus the bondage of strongholds lives on and continues to devastate our people. Now let me be very clear—I am absolutely supportive of professionally trained and licensed counselors, and there are many problems that need this level of expertise. In fact, I believe all of us could benefit from this kind of help. The problem is that few can afford it.

Several years ago I got a vision for how to grow our churches. Since counseling needs are too great for a pastor to handle alone, I proposed that we should find some program to train our pastors who could then train their lay leaders in Biblical counseling/discipleship. I didn’t have a program about how to do this, but I did believe that if we could learn how, then we could get our own people healed and open the door for counseling those outside our churches. If we are struggling so much, think how much those outside the church are struggling. We know we have the answers to real problems, because we serve the God of all counseling and His prices are affordable—FREE. We just need to learn how to apply the healing balm of scripture to the problems and figure out how to do it.

My contention was that as soon as we could do this, we would never talk church growth again. I have always wondered and longed for that Zechariah 8:23 day when ten people will “grab hold of the hem of our robes and say, “Let us go with you because we have heard that God is with you.” I began to see this possibility if we

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at Janesville, WI
and additional offices



*Find joy in every day,
not because
life is always good,
but because
God is!*

— Source Unknown



COMING NEXT SUMMER!!

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July 28 – August 3, 2019

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Lancaster, PA