



## Family Seasons Lesson 5 2Q 2019

### Wise Words for Families

by Tim Jennings (announcements at end)

What a joy and privilege for Christie and I to share this message and see so many hearts moved, the tears in people's eyes, the freedom from fear so many people told us they now experience and how incredible this truth about God is.

One lady came up, with the Bulgarian version of CIBTS in her hand and pointing to the word "Biblical" said, "Whenever I see the word Bible on something I never read it. But after your lecture I am going to read this."

One of the translators who translated my talk, *The Science of Belief* and then translated about an hour of Q&A afterward said, "I am an agnostic, but I really like the God you presented here."

One little girl brought me this handmade card. Another lady brought me this picture of Jesus she had drawn. Others brought flowers, which we could not bring back, but very much appreciated. The love of God was poured out and hearts were being healed.

Thank you for all of you who support this ministry, you make this possible!

The New Paradigm pamphlets are being shipped out and if you have read it and like it and would like more to share in your local community, please email us and we will ship them anywhere in the US for free. Canada, South Africa, Australia and New Zealand should be available soon.

Has anyone had any feedback from those who have read this pamphlet that they would like to share with the class?

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David Siebert an online listener from South Africa, sent in this insight from EGW found in 15 MR 58.2:

There are those who suppose that they are set to guard the actions of their brethren and sisters, and if these souls step out of the line that they have marked out, they think that they must put on the restricting line. Oh, what a farce this is! **Such a course is not after God's order.** He invites, "In all thy ways acknowledge Him, and He shall direct thy paths." **Let no human agency seek to outline the duty of his fellows, or to force his opinions upon another, lest he get in the way of the Lord's counsel.** - 15MR 58.2



## SABBATH

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Read second paragraph, “Whatever our situation...” They quote Proverbs 1:8, “My son, hear the instruction of your father, And do not forsake the law of your mother” —this sounds like guidance to a child who has reached the age in which they can think for themselves. If so, is this a Bible Proverb that is supposed to be applied to all people, or is it specific for this one son?

Does it matter who the parents are as to whether a child should follow the instructions of the parents?

If a parent teaches their child lies or destructive principles should the child follow those principles?

So, at some point, are people to think for themselves or merely follow what their parents have taught them?

What are the keys to a godly life?

- John 17:3 knowing God
- John 8:32 the truth—what truth, would it be the truth about God and His kingdom of love?
- Ps 119:165 “Great peace have they who love your law, and nothing can make them stumble.”
  - Would knowing and loving God’s law be a key?
  - What if we substitute God’s law for man’s law?
  - And what type of law is God’s law?
  - What type of law is man’s law?
  - So what happens if we teach that God’s law functions like man’s law, a system of rules that requires legal accountability and imposed punishments? Is there any wonder that Christianity has failed thus far to prepare the world for Christ’s return?

## SUNDAY

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Read first paragraph, “The godly person...” What is the problem with committing adultery? The lesson suggests the problem is that we must answer to God—is that the problem?

What does the idea that the problem is that we must answer to God reveal? In other words, why would the lesson say that we must answer to God for committing adultery—what is the underlying belief that would cause them to say this?

Would it be the idea that God’s law functions like human law and God is the ultimate law-enforcer of the universe?

And if this were how things worked, that sin is breaking rules and gets us in trouble with God and one day we must answer to Him, then what is the solution for sin? To get some legal adjustment by some method—to get the enforcer to pardon or forgive.



This leads to questions like the one I got from a Christian high school student:

If God will forgive you then why can't you have sex before marriage?

Where does this question place the problem with sin? The problem is not in the sin, the problem in this false view is what God will do to you.

It is like asking, "If your father will forgive you for smoking two packs a day what is wrong with smoking cigarettes?"

It is all based on Satan's lie about God's law and it exactly what we get with the way Christianity has been taught for over 1000 years. This is what Paul prophesied to Timothy about, that at the end of time there would be all this terrible behavior but with a form of godliness without any power to change lives.

What is the truth? God's law is design law and what happens to the person who commits adultery? Do they have more peace, more happiness, more contentment, more love, or do they have more fear, more worry, more distrust of others, do they sear their own conscience and harden their hearts—unless they repent and are healed by God?

Does God have to do anything to them to injure them for their adultery?

But is adultery or sexual sin the worst of sins?

I read this in a book *Steps to Christ*:

**God does not regard all sins as of equal magnitude;** there are degrees of guilt in His estimation, as well as in that of man; but however trifling this or that wrong act may seem in the eyes of men, **no sin is small in the sight of God.** Man's judgment is partial, imperfect; but God estimates all things as they really are. **The drunkard is despised and is told that his sin will exclude him from heaven; while pride, selfishness, and covetousness too often go unrebuked. But these are sins that are especially offensive to God;** for they are contrary to the benevolence of His character, to that unselfish love which is the very atmosphere of the unfallen universe. He who falls into some of the grosser sins may feel a sense of his shame and poverty and his need of the grace of Christ; but pride feels no need, and so it closes the heart against Christ and the infinite blessings He came to give. {SC 30.1}

What does this mean?

Does this mean there are sins that are unimportant? No! why? Because all sin damages the sinner. If all sins are damaging, why are some more serious than others? Because of the impact the sin has on the person—the sins which more quickly damage the ability to respond to the Holy Spirit—which impair the ability to be aware of how one is out of harmony with God and His law of life are the most



serious. The sins of the physical pleasures often cause guilt, shame, and problems in this life which alert the person that something is wrong and increases the opportunity to repent and seek help. But the sin of pride often leads to self-sufficiency and success in this world and interfere with the ability to realize how the heart is infected with selfishness.

This is why leprosy was a metaphor for sin because leprosy damages the ability to feel pain so one doesn't even realize they are being injured.

What is it about sexual sin and adultery that is so damaging and why does Satan attack us in this way?

This aspect of our being is designed by God for the greatest level of bonding and unity possible. Adultery is a breach of trust and causes terrible internal guilt, shame, self-recrimination that if not repented of results in hardening the heart and destruction of godliness and love.

Sexual promiscuity damages the ability of persons to enter into the deepest levels of intimacy, bonding, and unity and thus causes emotional isolation, increases fear, insecurity and divisions.

Satan is a divider and does not want unity of love and thus attacks humanity in all areas where unity is a godly experience in order to introduce discord and selfishness.

So why is adultery and sexual wrong? Is it because we will have to answer to God and God will use His power to punish or that it breaks God's design and causes pain, suffering and the destruction of one's soul if not healed by God?

Proverbs says:

For a man's ways are in full view of the Lord, and he examines all his paths. The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly. Prov 5:21-23

What do you hear? Do you hear God causing pain and suffering and death for punishment of sin? Why do the wicked die? Because the wicked are ensnared by their own choices and die as a result of their own actions. Galatians 6:8 the one who sows to the carnal nature from that nature reaps destruction.

Read last paragraph, "In the human fallen condition..." Is sexual sin an unpardonable sin?

- Judah visited prostitutes
- David and Bathsheba
- Solomon with 700 wives 300 concubines
- Many of the Patriarchs practiced polygamy
- Simon the Pharisee and Mary Magdalene

Simon had led into sin the woman he now despised. She had been deeply wronged by him. By the two debtors of the parable, Simon and the woman were represented. Jesus did not design to



teach that different degrees of obligation should be felt by the two persons, for each owed a debt of gratitude that never could be repaid. But Simon felt himself more righteous than Mary, and Jesus desired him to see how great his guilt really was. He would show him that his sin was greater than hers, as much greater as a debt of five hundred pence exceeds a debt of fifty pence. {DA 566.5}

Is the sexual instinct, desire or longing, sin? No, it is a God designed desire. So, it is not wrong to feel sexual desire.

What has Satan done to exploit this desire? He has changed our understanding of reality. He has obscured people's view or understanding of sin, by replacing the truth about God's law, so people think it is merely rule breaking and not violations of how life and health work.

Also, it is not merely sexual desire that leads many into sexual sin, but often emotional emptiness, loneliness and fear of rejection—a longing to find love and substituting sex for genuine love. **I think this is one of the greatest deceptions that leads to sexual sin of all**—that sex is substituted for a genuine trusting love relationship before sex.

It is like many people who seek happiness, which is a by-product of healthiness, but instead of seeking healthiness people substitute pleasure seeking.

Additionally, 1 out of 3 women are sexually assaulted or exploited in some way before the age of 20. Such assaults can alter a person's developing sense of self and if not healed properly result in acting out behaviors based on internalized lies from the abuse. Such lies as:

- I am ugly
- I am dirty
- I am worthless
- I am ruined

Such ideas create greater sense of insecurity and fear of rejection and longing to be validated by others, which leads to greater fear of saying no when people try to take advantage. This can lead to many sexual encounters merely trying to make themselves feel loved. But it is all driven by unhealed wounds of the past.

On my trip this past week I read a fictional book entitled *Dawn of Wonder* by Jonathan Renshaw, which had a very interesting scene I want to share with the class about past trauma. The book is set in a fantasy world similar to our own but with different names of places. The main character, Aedan, was raised by an abusive father who beat his mother and when Aedan tried to intervene was himself severely beaten, and from that point on was repeatedly abused verbally and physically by his father, until at age 12 he left home to enroll into an academy to train marshals. Aedan's past abuse caused him shame, terrible fear and insecurity that, at times of confrontation, caused him to freeze and be unable to act to help his friends, compounding his self-loathing. Near the end of the book he finds



himself in a situation in which he and a teen female friend are about to be attacked by a brutal murderer. Aedan wants to act but is paralyzed by fear and then he suddenly has a life changing experience. As I pick up the story see if you can see in this story any elements of God's plan to cleanse us from sin and heal our wounds? Do you see obstacles in this description to our healing and do you see anything that could apply to the cleansing of the sanctuary and the investigative judgment?

*This was it then. All his life had been for nothing, for waste. Like arrows raining down in a thick and deadly hail, sharp thoughts began to run him through with such speed that everything else turned to a nightmarish stillness. He had failed. Failed Kalry. Failed Liru. Failed Peashot, Hadley, Osric. He had shamed himself and disgusted all who had supported him. Perhaps it was right that it should end here. He had caused enough ruin. Shaft after shaft pierced his mind—shafts that quivered and rang and screamed of pitiful failure and utter worthlessness. What was the point of living when he would continue to fail those who leaned on him?*

*Then, from within, another thought rose into the chaos of his hammering, shaking mind, a thought that stood out with icy clarity. He knew where the blame lay. His father. His father had planted the weakness in his bones that had caused him to wilt before Dresbourn, before Iver, before the Fenn, and now before Rork. It had meant injury not only to him, but to those he cared about.*

*Aedan's long-brewed, potent swill of violent resentment bubbled up inside him, turning his vision black. He would hate his father forever. Even in the grave. This hate was the one thing that couldn't be taken from him, the only thing left to him.*

*A faint, choking sob tugged at his ear, did not hear it, because everything suddenly disappeared. It was like being struck through by solid light. Heat built up in his chest until it seemed it would burn him to cinders, but instead it worked on him like the warmth of the morning sun. Power was crackling and sparking around.*

*Then he heard a voice that was the roar of thunder and the gurgle of a stream, a voice as old as the sky but filled with the lightness of a child's laughter. "Aedan," it said. And in that one word there was enough to make his heart burst. He was already on his knees, and he was glad of it. He could not understand what was happening, but he wanted to kneel before the one who spoke with this voice.*

*A warm, singing wind rose up and as it blew, the statue, Kultûhm, DinEilan, Vallendal—they misted and dwindled away until they were gone. Around him was starlight. His feet touched the ground, but it was like standing on clear ice, for stars glittered far beneath him too. The singing began to build, a growing, thrilling exultation that all but seared him with its beauty. Then it was as if a shroud made of stars was dropped. At first he could see nothing but the brilliance of pure, solid light pouring down around him.*



*When his vision cleared a little, he found himself before a great throne. It was not just a chair—it was more like a mountain before which even the heights of DinEilan would have been dwarfed. The upper reaches rose among the stars, lost to his eyes. Then, like an eruption of all the lightning ever to burn the skies, the throne was filled, and Aedan immediately dropped his eyes before one who was simply beyond the limits of sight or comprehension. The radiance was overwhelming. And in that untainted light, there was no hiding.*

*Of all the times he had found himself where he did not belong, none came anywhere close to this. Never had he fallen so far short of the requirements for entry, yet here he stood, and there was no bluff, no excuse, no argument he could make for himself that would hold up in this place.*

*Until now, he had always thought of himself as good and noble of heart. Yes, there had been some wrong choices, but it was an unasked-for history that had forced him into those paths. Those choices were his father's doing, his father's fault. He was damaged, not guilty.*

*He had loathed himself at times when seeing the warped changes taking place, but how could he blame himself? Measured against his father or any of the other tyrants he had known, it was obvious that he was on the better side of the line. Reasoning this way, he had always felt justified. Aside from a few smudges, his soul was clean.*

*But now, instead of being compared against dirt, he was searched by the radiance of utter purity. He gasped at what was revealed. He stood as a hog dripping filth, a hog that had somehow slipped into the royal throne room, blinking and stinking, and realising for the first time that there was a measure as high above the ways of the sty as life is above death. What answer could he make?*

*As he lowered his gaze, he saw that he was holding a deep cauldron. When he looked inside he almost vomited. He did not need to be told what it contained. It was the vile mixture of all the hatred stored and brewed for his father, the debt he had kept, that he intended to settle. It was his treasure.*

*“Kneel,” the voice said, shaking the ground. He tried, but the cauldron was as big as a storage vat. It prevented him from reaching his knees. Afraid to look up, he cringed, fearing that he would be told to release it, knowing he could not—would not—and dreading the wrath that would follow.*

*“I’m sorry,” he whispered, thinking not only of his unbending knees, but of all the filth of the sty he had brought with him, and his inability to rid himself of it. He would be thrown out. He should be thrown out. That would be justice. He began to turn away.*

*The next words were quiet, but they caused every muscle to lock and hold him in place. “If you choose, you may walk away from me, Aedan. But I will not walk away from you.”*



*“But ... I don’t understand,” Aedan stammered. “Am I here to be punished?”*

*“You are here to be freed.” The words rumbled like an avalanche, and the shudder in Aedan’s chest was beyond any emotion he had ever known. That word, kneel, echoed again in his mind. In it rang not the groans of enslavement, but the song of freedom. He knew why. It was about belonging, the right kind of belonging.*

*It was isolation that led to enslavement. He had discovered that. Though there was more to fear before this throne than in ten thousand of Kultúhm’s giant beasts, it was not wrath that he sensed or dread that welled in him. An invisible torrent surged from the throne, washed through him, wrapped around him.*

*He felt as if he were a fish that had hatched and managed to survive in the muddy pool of a dry riverbed, and was now being swept up into soft, clear waters. It was unlike anything he could define. This was defining him. And then he looked into the cauldron. The fumes were poison, and the container stood between him and the throne. It blocked part of the life-giving flow, leaving a shielded place where bitterness still coursed through his veins and gathered in dark clots. Did he really want this?*

*The decision was more intimidating than any bridge-or cliff-jump, but he drew a breath, and in his mind, leapt free of the old, dark refuge. He tried to pull the cauldron away from him, but he could not. It was as if it had grown into his skin.*

*“Help me!” he cried. There was no surge of power, just the faintest tingling in his arms. He looked down and pulled again, and this time, it tore partly away from his skin. The pain was intense, and as the raw skin was exposed, he felt a sudden vulnerability, for the cauldron had been a kind of shield.*

*But from the river that was rushing around him, he drew courage and wrenched again. The cauldron ripped free, and once he had torn it loose, he flung it down on the ground where the noxious liquid poured out and was washed away. Finally, he was able to fall to his knees, and as he did so, the stains that covered him began to fade.*

*Then, from a distance, he saw his father. His fist clenched automatically and he felt something in his grip. It was a dagger. He understood at once what he needed to do, what he had never been able to do before. Looking not at his father, but towards the foot of the throne, he opened his hand and dropped the blade, releasing judgement to one higher.*

*As the dagger melted away, light flooded that part of him that he had kept hidden by the cauldron, kept in bitterness and shadow, and he yelled with fright at what was revealed. Crouching in that inner bastion of hate, that long-guarded place where he had so often fled and braced himself with fantasies of revenge, he saw it. It was not strength that had kept him*



*company in that place, but a coiled, venomous thing of fear. His numbing, paralyzing fear. A lying, twisted demon that now looked up at him with more hatred than he had ever known.*

*But the light that illuminated suddenly became solid, a pure rushing torrent. It struck the twisted shape with power both infinite and effortless, tearing it loose and flinging it out, its screams fading to nothing. The bitterness and poison slowly washed away.*

*It was peace, deeper and broader than the starfields around him. It was belonging. It was freedom.*

*Kneeling before the one who could only be the Ancient had not been the cost of freedom, but the means.*

*For a long time he laughed and wept and laughed again, released. p 606-611.*

## MONDAY

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Read first paragraph, “The characters...” What are the qualities that make healthy fathers?

- Love for God and others
- Understanding God’s methods and principles
- Ability to listen and understand
- Having self-governance, so doesn’t fly into rages, doesn’t have addiction problems, doesn’t have spending problems
- Willingness to tolerate emotional discomfort to do what is good for their family
- Setting and enforcing healthy boundaries
- Has good time management
- Ability to teach his children God’s methods and principles

If a parent has all these attributes and lives them consistently, does that guarantee their children will grow up to be godly adults?

Read second paragraph, “In the end...” What does it look like to love the mother?

- To adore her, cherish her, sacrifice for her, value her including her ideas and opinions
- What about speak honestly to her, in kind ways—even if it is saying he doesn’t like a meal she prepared?
- Does it mean giving the wife what she wants all the time?

Is it best for children for parents to remain married in all circumstances? Why or why not?

What if a parent stays with a spouse who persistently abuses the other spouse either physically, verbally or emotionally? Is that good for children? Is it good for either spouse? What is the action that love takes toward a spouse that is abusive? Why?



## TUESDAY

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What is the difference between discipline and punishment?

Discipline means to disciple or teach and its focus is on the benefit, health, growth, good of the one being disciplined.

Punishment is about punitive consequences and is focused on the law and ensuring the law is enforced.

The lesson gets this right when it says in the second paragraph, “Through Christ discipline is seen not as punishment, not as an expression of authority, but as redemptive correction.”

But we only get this right when we reject imperial law views of God’s law and understand design law. If we believe God’s law is imperial/imposed, then we ultimately teach God as the inflictor of punishment—this undermines love and trust.

So, I love this sentence, “not as an expression of authority” punishment as an expression of authority is exactly how imperial law works, how sinful beings work, how Satan has alleged God works, that God in order to be just must punish sin. But this is a lie. God disciplines to bring us back to the ways of life, but if we refuse He doesn’t have to punish because the results of refusing Him is death.

What do you understand these Proverbs to mean?

- Folly is bound up in the heart of a child, but the rod of discipline will drive it far from him. Prov 22:15 NIV84
- The rod of correction imparts wisdom, but a child left to himself disgraces his mother. Prov 29:15

What is the rod of discipline? Does this mean a switch, a beating, a caning? Or does it mean a shepherd’s rod which is to protect and guide?

If it is a shepherd’s rod, does it mean it never spansks?

One of the keys to healthy discipline is consistency. Even when the discipline is severe, if it is consistent, so the child knows where the boundaries are and how to avoid the discipline and sees it applied evenly to all violations, then life becomes predictable and the child can internalize a sense of safety and security. But the inconsistent application of discipline, no matter how severe, even if just a verbal correction, causes significant problems for several reasons:

- it increases uncertainty, fear, anxiety, and upregulates amygdala increasing anxiety problems and self-doubt, this leads to insecurity, timidity and dependency on others—seeking to get others to tell them what to do for fear of being wrong.



- Example of walking on tile floor with some of the tiles being on concrete and able to hold your weight and other tiles being spun sugar that you fall through to spikes below.
- it undermines the child's ability to trust you and thus develop the ability to trust others in life. If you are inconsistent in your word with your child your child cannot trust you. Many parents allow inconsistency thinking they are being kind or merciful, but in reality, they are inciting terrible fear, doubt, uncertainty and planting seeds of relationship conflict with their child for years to come.

Another key to discipline, in addition to consistency, is to apply it in love, that you have dealt with your own feelings of frustration, irritation, anger and instead of disciplining with those feelings prominent, you focus on your love for the child and you discipline because you want what is best for them. When you have this motive in your heart during the discipline it changes the overall dynamic. The child will feel less like you are mad at them or don't like them, and more like you care about them.

## WEDNESDAY

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The Bible says that a merry heart does good like a medicine, what are the benefits of humor or merry heart?

- Researchers have described laughter as a “powerful form of exercise that gives you more of a cardiovascular workout than many 'regular' aerobic activities.”<sup>1</sup>
- two stages of laughter have been described, the arousal phase, elevating the heart rate, and the resolution phase, resting of the heart.<sup>2</sup>
- Cardiologists at the University of Maryland found those patients who were suffering from myocardial infarction (MI) were 40% less likely to laugh. However, laughter was shown to be prophylactic against MI.
- Furthermore, an article by Miller M, et al. at the University of Maryland found beneficial effects of laughter on the blood vessel. Mental stress was shown to degrade nitric oxide, and therefore, laughter minimized the negative effects of stress by reducing the break down of nitric oxide and thus, leading to vasodilatation.<sup>3</sup> On average, laughter increased blood flow by twenty-two percent, and stress decreased blood flow by thirty-five percent.<sup>4</sup>
- Laughter had shown to affect the release of various immune mediators.<sup>5 6 7 8 9</sup>

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<sup>1</sup> Laughter Yoga International. Kataria M, Kataria M; <http://www.laughteryoga.org/>

<sup>2</sup> Diggs, T. S. *Laughter: Is it Healthy?* Magic Stream. <http://home.hiwaay.net/~garson/laughter.htm>.

<sup>3</sup> Wikipedia, The Free Encyclopedia. Nitric oxide; [Revised December 24, 2008]. [http://en.wikipedia.org/w/index.php?title=Nitric\\_oxide&oldid=259865728](http://en.wikipedia.org/w/index.php?title=Nitric_oxide&oldid=259865728).

<sup>4</sup> Vascular Medicine; Watching funny movies boosts blood flow to the heart. Health & Medicine Week, 1660. Research Library database. (Document ID: 980266611); 2006.

<sup>5</sup> Berk LS, Tan SA, Fry WF. Eustress of humor associated laughter modulates specific immune system components. *Annals of Behavioral Medicine*. 1993;15:11.

<sup>6</sup> Berk LS, Tan SA, Fry WF. et al. Neuroendocrine and stress hormone changes during mirthful laughter. *American Journal of the Medical Sciences*. 1989;298:390–6. [PubMed]



- Psychoneuroimmunological studies demonstrated connections between the brain and the immune system, such as the hypothalamic-pituitary-adrenal (HPA) axis and neural supply of lymphoid tissues.<sup>10</sup>
- In a study performed by Berk LS, et al., they found increased blood levels of interferon-gamma in ten healthy fasting males after being shown a comedy video (p=0.02).<sup>10</sup> As a result, interferons have become a line of pharmacotherapy in viral infections, systemic carcinomas, hepatitis B and C, in addition to the development of antiretroviral drugs.
- There are two types of stress: distress (the negative type), and eustress (the positive type also known as mirthful laughter). Distress increases stress hormones such as beta-endorphins, corticotrophins and catecholamines, but laughter (a form eustress) decreased these hormones, fortified activity of natural killer (NK) cells, activated T cells and B cells and increased Ig levels. Thus, laughter is capable of combating the negative aspects of distress and fortifying the individual's immune system to help fight against various immune mediated illnesses.<sup>5 6 7 8</sup>

Does this give any insight into why the Bible says we must call the Sabbath a delight? What happens if we observe the Sabbath but it is a rule, a restriction, a time of all the things we can't do which only causes us distress? Is the Sabbath a blessing to us then? Are we actually keeping the Sabbath if it is not a delight?

This is a key to all God's laws—they are design laws, but the real benefit is the impact on the heart/character. Love cannot be commanded; therefore, we cannot enforce God's laws with threats. The only way to truly keep God's law is from a free heart. To promote God's kingdom with any other method than love, truth and freedom is to advance Satan's kingdom.

Thus, one of the founders of the SDA church wrote:

The earth was dark through misapprehension of God. That the gloomy shadows might be lightened, that the world might be brought back to God, Satan's deceptive power was to be broken. **This could not be done by force. The exercise of force is contrary to the principles of God's government; He desires only the service of love; and love cannot be commanded; it cannot be won by force or authority. Only by love is love awakened.** To know God is to love Him; **His character must be manifested in contrast to the character of Satan.** This work only one Being in all the universe could do. Only He who knew the height and depth of

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<sup>7</sup> Berk LS, Tan SA, Napier BJ. et al. Eustress of mirthful laughter modifies natural killer cell activity. Clinical Research. 1989;37:115A.

<sup>8</sup> Berk LS, Tan SA, Nehlsen-Cannarella SL. et al. Humor associated laughter decreases cortisol and increases spontaneous lymphocyte blastogenesis. Clinical Research. 1988;36:435A.

<sup>9</sup> Martin RA. Is Laughter the Best Medicine? Humor, Laughter, and Physical Health. Current Directions In Psychological Science. 2002;11(6):216–8.

<sup>10</sup> The Laughter - Immune Connection. Berk LS, Tan SA; [Revised November, 1996]

<http://www.hospitalclown.com/Past%20Issues/Final%20PDFs/Vol%202-2Berk.pdf>.



the love of God could make it known. Upon the world's dark night the Sun of Righteousness must rise, "with healing in His wings." Mal. 4:2. {DA 22.1}

**The man who attempts to keep the commandments of God from a sense of obligation merely--because he is required to do so—**[what kind of law is this describing? This is imperial imposed law, human law, the type of law that penal substitution theology operates upon. It is a fraud that cheats people from God's true healing plan] will never enter into the joy of obedience. **He does not obey.** When the requirements of God are accounted a burden because they cut across human inclination, we may know that the life is not a Christian life. **True obedience is the outworking of a principle within.** [Where is the focus of true obedience? Healing the heart, not legal accounting, this is design law] **It springs from the love of righteousness, the love of the law of God.** The essence of all righteousness is loyalty to our Redeemer. This will lead us to do right because it is right--because right doing is pleasing to God. {COL 97.3}

**A sullen submission to the will of the Father will develop the character of a rebel.** [why? Because this is a violation of the Law of Liberty and always results in rebellion or the destruction of individuality. This is what happens when we replace God's design law with the imposed law lie...people either reject the belief in God or become unreasonable believers in God who teach things that are non-sense like God is love and loves you but will torture you if you don't love Him.] By such a one service is looked upon as drudgery. It is not rendered cheerfully, and in the love of God. It is a mere mechanical performance. If he dared, such a one would disobey. His rebellion is smothered, ready to break out at any time in bitter murmurings and complaints. Such service brings no peace or quietude to the soul. {ST, July 22, 1897}

## THURSDAY

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What are the qualities of a truly wealthy wife according to Proverbs 31?

Read third paragraph, "These extensive talents..." The lesson gets this right, it is not about the talents or abilities, but about the traits of character. While we may not all have the same talents or abilities, through Christ we can all have mature character and it is this maturity of character that is most valuable of all: trustworthiness, compassion, reliability, faithfulness, kindness, industry—others?

## FRIDAY

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read and discuss questions



## ANNOUNCEMENTS:

**Thank you to all of our supporters!!! We appreciate your prayers and financial support.**

**To let you know what is IN THE WORKS in addition to our weekly class:**

- Audio version of the Remedy is in production, we have finished recording and are in final editing
- A weekly 15-minute radio show/podcast is now available
- **MARK YOUR CALENDARS!!!** January 17-19, 2020, in Allen Texas (30 miles north of DFW airport) we will have a Come and Reason Ministries: The Power of Love Training and Equipping Course. If you would like to be prepared to more effectively share this message then come to this course. More details will be forthcoming shortly.

**May 10,11, 2019:** Dr. Jennings will be speaking at Barrie SDA Church, 140 Mapleton Ave Barrie, ON L4N 9N7 Canada

**May 18, 2019:** Dr. Jennings will be a speaker at the Love and Transformation Institute: The Epidemic Rise of Anxiety, Depression and Suicide at the Phoenix Seminary, in Scottsdale, AZ.

**June 8, 2019:** Dr. Jennings will present The Aging Brain Seminar at Mid Columbia Medical Center, in The Dalles, OR.

**July 10, 2019:** Dr. Jennings will be speaking at the 3rd Global Health Conference, sponsored by the General Conference of SDA and held at Loma Linda University.

**July 19,20, 2019:** Dr. Jennings will be speaking at The Living Truth SDA Church, 970 Oxford St. West London ON, Canada.

**September 21, 2019:** Dr. Jennings will be speaking at Crossroads Community Church in Georgetown Delaware.

**October 9-12, 2019:** Dr. Jennings will be speaking at the American Association of Christian Counselors World Conference at the Gaylord Opryland Hotel in Nashville. Come and Reason Ministries will have a booth in the exhibit hall sharing our material with the attendees.

I want to thank Ventsi Bosev and all our new friends in Bulgaria for inviting me to Sofia and what an incredible experience. We spoke in public halls and the first three nights standing room only, with 70 people standing outside the entire two-hour lectures. We moved to the University of Sofia on Friday and then to a hotel convention center for Sabbath. The past conference president said it was the most successful and well attended church event in Bulgaria since 1993. Huge positive responses from attendees. Three out of four attendees were not church members.