

## The Jesuits: Opposers of the Sabbath

Among the most brilliant and dedicated men in history, the Jesuits, the Catholic order of the Society of Jesus, have long been controversial. Jesuits have had political and religious power far in excess of their numbers. **Ignatius Loyola** (1491-1556), founder of the Jesuit Order, promoted the Catholic faith by militant means, and revived the infamous Inquisition. To this day, Jesuits render robot-like obedience to the Church of Rome.



The emblem or symbol of the Jesuits, Emperor Constantine's cross above the letters IHS (Latin, "*In Hoc Signo vinces*," which means, "with this sign, conquer"), is set on the background of the sun that Constantine worshipped.



Banned several times from many European and other countries around the world, the Jesuits nevertheless continue to be influential and controversial. Jesuits are the most methodical and implacable enemies of the Sabbath and Sabbath-keepers. Everyone who believes and practices the Bible Sabbath should "know thine enemy."

James A. Wylie's twenty-four book series, *History of Protestantism*, devotes one whole book to the Jesuits. Giving & Sharing has reprinted Wylie's "**The Jesuits**," available for a suggested donation of \$4.00 from **Giving & Sharing, PO Box 100, Neck City, MO 64849**. Wylie's entire book is on our website at [www.giveshare.org/churchhistory/protestantismwylie](http://www.giveshare.org/churchhistory/protestantismwylie).



Wylie (1808-1890) also authored, *History of the Waldensians* (available from G&S for \$7.50), *The Papacy: Its History, Dogmas, Genius, and Prospects* (on our website), and *Protestantism, the Sacred Cause of God's Light and Truth Against the Devil's Falsity and Darkness*. He wrote:

"The men who handed in this protest did not wish to create a mere void. If they disowned the creed and threw off the yoke of Rome, it was that they might plant a purer faith and restore the government of a higher Law. They replaced the authority of the Infallibility [of the Pope] with the authority of the Word of God. The long and dismal obscuration of centuries they dispelled, that the twin stars of liberty and knowledge might shine forth, and that, conscience being unbound, the intellect might awake from its deep somnolency [sleep], and human society, renewing its youth, might, after its halt of a thousand years, resume its march towards its high goal," from *The History of Protestantism*, by James A. Wylie.

An excellent study of the Jesuits is the VHS NTSC video, "**History of the Jesuits**," by James Arrabito, available from Giving & Sharing for \$5 for a 14-day loan, or \$23 postpaid to keep.

No discussion of the Jesuits would be complete without mentioning **Alberto Rivera** (1935-1997), who claims he left the Jesuits in 1967, after years of infiltrating and working to destroy numerous Protestant Churches. Rivera then began a movement exposing the evils of the Jesuit order ([www.albertoaic.com](http://www.albertoaic.com)). Although discredited and debunked by Catholics, Rivera's personal story of Jesuit espionage and intrigue is believable. In the end, God through His Son will decide who is on His side, and who is not.



## Goals of Giving & Sharing

Giving & Sharing was founded in 1978 by Richard C. Nickels. Our mission statement is:

(1) to *distribute Bibles, religious books and articles* at the lowest possible cost,

(2) to *promote* observance of essential Biblical doctrines: *Good News of the Messianic Kingdom, Biblical Law, Bible Sabbath, Bible Holy Days, Tithing, Healing, Laws of Health, Marriage and Family,*

(3) to *oppose* eating *Unclean Meats, Holidays of Pagan Origins, Divorce, and Sexual Perversions.*

(4) to *provide* a community of *fellowship for like-minded brethren* who wish to serve one another and extend the blessings of the Kingdom of God to others.

## Seventh-day Adventist Books

Those who have studied Seventh-day Adventist history know that the original writings of SDA pioneers, especially Ellen G. White, have been doctored (sanitized) in later editions.

Elder W.H. Olson of Florida, a retired pastor from the Church of God, Seventh Day, and a former Adventist, has lots of original SDA books and has decided to sell his library via mail. For a list, send SASE to: **W.H. Olson, 2000 Leisure Drive, Winter Haven, FL 33881.**

## Kenya Church Progressing

With help from G&S donors, the Church building in Kenya is progressing. The modest structure is up with a roof, but there is need for more funds to finish the walls and floor. Our representative in Kenya, **Andrew Koech**, has been a Church of God, Seventh Day, Elder since 1996. He has spread the gospel in many regions of Kenya and Tanzania. Donations for the "**Kenya Church Building Project**" are gratefully accepted.

## Giving & Sharing Newsletter

Number 68, December, 2002

Subscription: Free. [www.giveshare.org](http://www.giveshare.org)  
Editor: Richard C. Nickels, 3316 Alberta Drive, Gillette, WY 82718, [Richard.Nickels@giveshare.org](mailto:Richard.Nickels@giveshare.org).  
Publisher: **Giving & Sharing, Box 100, Neck City, MO 64849.** Bookstore: Earl & Wanda Lewis, 417-525-4211, [Earl.Lewis@giveshare.org](mailto:Earl.Lewis@giveshare.org)

### International Representatives:

You may send orders, or make donations in local currency, to the following countries:

**AUSTRALIA:** Jim & Lyn Carnochan,  
7 Sunnyridge Road, Arcadia, NSW 2159  
E-Mail: [lyn\\_carnochan@hotmail.com](mailto:lyn_carnochan@hotmail.com)

**NEW ZEALAND:** Colin Moffat,  
8 Chelsea Court, Bethlehem, Tauranga 3002  
E-Mail: [cmoff@paradise.net.nz](mailto:cmoff@paradise.net.nz)

**SOUTH AFRICA:** Dr. Barbara Boss,  
123 Blairgowrie Drive, Randburg 2194  
E-Mail: [barbaraboss@worldonline.co.za](mailto:barbaraboss@worldonline.co.za)  
Telephone: 011-789-4167.

### Newsletter Distributors:

**GHANA:** Maxwell Oppong-Asare, Church of God, Box 65, Prestea, West Region. Phone: 233-24-282950.

**KENYA:** Andrew Koech, Box 61, Chebunyo, c/o Sotik, Email: [joskomix@yahoo.com](mailto:joskomix@yahoo.com).

**MALAYSIA:** Duncan Dominic, c/o 1 - Jalan Bertam 10, Taman Daya, 81100 Johore Bahru, Johore D.T.

**NIGERIA:** Jude M. Adindu Anyanwu, Box 264, Nkwogu, Aboh Mbaise, Imo State, E-mail: [pastorjudeadindu@yahoo.com](mailto:pastorjudeadindu@yahoo.com).

**PHILIPPINES:** Enrique M. Gabuyo, #398 Kinsville Subdivison, Calamba, Laguna 4027.  
E-mail: [cogemg007@yahoo.com](mailto:cogemg007@yahoo.com)

To become an International Representative or Distributor for Giving & Sharing, contact Richard Nickels at [Richard.Nickels@giveshare.org](mailto:Richard.Nickels@giveshare.org).

Join us for **Telephone Sabbath Services**, the *third Sabbath of every month. 918-222-7158.* After the recording, press **0566#** to join the conference call. Time: noon Eastern, 11 AM Central, 10 Mountain, 9 Pacific. See [www.giveshare.org](http://www.giveshare.org) for updated schedule.

**Have a personal problem?** Contact **Steve Kieler of Help Lines, 515-576-5743, [sskieler@juno.com](mailto:sskieler@juno.com)** 2193 Shekar Drive, Fort Dodge, IA 50501-8707.

**Contributions** above our suggested donation are USA income tax deductible. Donors receive an annual financial statement, and are encouraged to ask questions about our finances.

**How You Can Help:** (1) Our brethren in Africa are in need of Bibles and other Bible-based literature. Our "**Bibles to Africa Project**" sends Bibles directly to Church of God brethren. (2) We need word processing assistance. (3) We need a computer expert to be our Webmaster. Contact Richard Nickels at 307-686-5191.

**Write: Sharing Library, John D. Crissinger, PO Box 581, Granville, OH 43023** for a catalog of materials available for free loan

Visit our website, [www.giveshare.org](http://www.giveshare.org).

# Contrast Between Christ And Mohammed

Study No. 209

Mohammed	Christ
The prophet of war.	The Prince of Peace ( <b>Isaiah 9:6-7</b> ).
His disciples killed for their faith.	His disciples were killed for their faith ( <b>Acts 12:2; II Timothy 4:6-7</b> ).
Promoted persecution against the "infidels."	Forgave and converted the chief persecutor ( <b>I Timothy 1:13-15</b> ).
The taker of life.	The giver of life ( <b>John 10:27-28</b> ).
He and his fellow warriors murdered thousands.	Murdered none but saved many (compare <b>John 12:47</b> ).
His method was COMPULSION.	His aim was voluntary CONVERSION ( <b>Acts 3:19</b> ).
Practiced FORCE.	Preached FAITH ( <b>John 6:29, 35</b> ).
Was a WARRIOR.	Is a DELIVERER ( <b>Colossians 1:13; I Thess. 1:10</b> ).
Conquered his enemies with the sword.	Conquered his enemies with another kind of sword, the sword of the Spirit, which is the Word of God ( <b>Hebrews 4:12; Acts 2:37</b> ).
Said to the masses, "Convert or die!"	Said, "Believe and live!" ( <b>John 6:47, 11:25-26</b> ).
Was swift to shed blood ( <b>Romans 3:15-17</b> ).	Shed His own blood for the salvation of many ( <b>Ephesians 1:7</b> ).
Preached "Death to the infidels!"	Prayed "Father, forgive them, for they know not what they do" ( <b>Luke 23:34</b> ).
Declared a holy war (Jihad) against infidels.	Achieved a holy victory on Calvary's cross ( <b>Colossians 2:14-15</b> ) and His followers share in that victory ( <b>John 16:33</b> ).
Constrained people by conquest.	Constrained people by love ( <b>II Corinthians 5:14</b> ).
Modern terrorists derive their inspiration from Mohammed and carry out their despicable atrocities in the name of his god Allah.	Christians derive their inspiration from the One who said, "Blessed are the peacemakers" ( <b>Matthew 5:9</b> ).
Some modern-day disciples of Mohammed responded to the terrorist attacks by cheering in the streets.	Modern-day disciples of Christ are deeply grieved at past atrocities carried out by those who were "Christians" in name only (the Crusades, the Spanish Inquisition, etc.).
Many Muslims are peaceful and peace-loving because they <i>do not</i> strictly follow the teachings of their founder.	Many Christians are peaceful and peace-loving because they <i>do</i> strictly follow the teachings of their Founder ( <b>Romans 12:17-21</b> ).
Called upon his servants to fight.	Said, "My kingdom is not of this world; if My kingdom were of this world, then would My servants fight. . . but now is My kingdom not from hence" ( <b>John 18:36</b> ).
Ordered death to Jews (see A. Guillaume, <i>The Life of Muhammed</i> , Oxford University Press [1975], p. 369).	Ordered that the gospel be preached "to the Jew first" ( <b>Romans 1:16</b> ).
The Koran says, "Fight in the cause of Allah" (Qu'ran 2.244).	The Bible says, "we wrestle not against flesh and blood" and "the weapons of our warfare are not carnal" ( <b>Ephesians 6:12; II Corinthians 10:4</b> ).
"Fight and slay the pagans wherever ye find them" (Qu'ran 9.5).	Christ said, "Preach the gospel to every creature" ( <b>Mark 16:15</b> ).
"I will inspire terror into the hearts of unbelievers." (Qu'ran 8.12).	God inspires His terror (fear, reverential awe) into the hearts of believers ( <b>Isaiah 8:13</b> ).
The Koran (Qu'ran) is a terrorist manual which condones fighting, conflict, terror, slaughter, and genocide against those who do not accept Islam.	The Bible is a missionary manual to spread the gospel of peace to all the world ( <b>Romans 10:15</b> ).

Mohammed	Christ
Mohammed's mission was to conquer the world for Allah.	Christ's mission: conquer sin's penalty and power by substitutionary atonement ( <b>II Cor. 5:21; I Peter 3:18</b> ).
Considered Christ a good prophet.	Proclaimed Mohammed to be a false prophet ( <b>John 10:10; Matthew 24:11</b> ).
Claimed that there was but one God, Allah.	Christ claimed that He was God ( <b>John 10:30-31, 8:58-59, 5:18, 14:9</b> ).
Mohammed's Tomb: Occupied!	CHRIST'S TOMB: EMPTY!

— by George W. Zeller, *The Gospel Standard*, Box 500, Boston, MA, 02102, USA Ω

## A "Kinder, Gentler," Islam?

*Question:* Is it true that Islam is undergoing a reformation much like the Protestant Reformation in the sixteenth century? Supposedly that would make for a "kinder, gentler" Islam. Is that possible?

*Answer:* The Protestant Reformation was provoked by the wide and longstanding departure of the Roman Catholic Church from Scripture into heretical teachings and practices. The Reformation was all about getting back to the Bible. A major cry was "sola scriptura!" Like Islam, wherever it had the power, the Roman Catholic Church for more than 1,000 years forced its false doctrines upon the populace under penalty of death. Its false gospel offered heaven through baptism, sacraments, indulgences, the wearing of scapulars and medals and other good works. The popes matched the Muslim promise of Paradise for the jihad martyr, by offering a plenary indulgence and instant entrance into heaven for all who died in the Holy Land Crusades. Such practices were directly contrary to the teachings of the Bible and the example of Christ and of the early church. Returning to the sole authority of Scripture through the Reformation brought freedom from religious oppression.

A reformation of Islam to bring it back to the uncompromising teachings of the Qur'an and to follow faithfully the example of Muhammad does exactly the opposite. Instead of bringing freedom from oppression, it intensifies the oppression that Islam has always exerted over non-Muslims through forced conversions and over Muslims through threat of death for converting to another faith.

In fact, an Islamic "reformation" has been in process for many years. It grew out of the

defeat of the Arab armies that attacked Israel when it declared its independence in 1948, and accelerated with the humiliating defeats of 1967 and 1973. It was decided that Allah had not blessed the Muslim armies as he had at the beginning of Islam, because Muslims had strayed so far from orthodox Islam. Defeat would turn to victory if the Muslim world would return to the teaching of the Qur'an and of Muhammad in the hadith — and follow the examples of his life and the lives of his early successors who were able to spread Islam through conquest by the sword all the way from Spain to India and China.

The Islamic "reformation," then, does not produce a "kinder, gentler" Islam, but an Islam that is stronger and absolutely uncompromising. It involves a revived commitment to the teaching that Muslims must conquer the world and impose their religion and way of life upon all mankind to the glory of Allah.

Such was the goal of Osama bin Laden and his Al-Qaeda network, and it was to this end that the hijackers of September 11, 2001, sacrificed their lives. A return to true Islam as taught in the Qur'an demands perpetual jihad with the sword — even against fellow Muslims who are not willing to live by strict Islamic law (shari'ah). Such is the goal of any number of fundamentalist Islamic groups, and a takeover by them is feared by semi-secular regimes in Islamic countries such as Morocco, Algeria, Egypt and even Saudi Arabia. The only way to make Islam "kinder and gentler" would be to abandon the Qur'an and the teaching and practice of Muhammad — to invent a new Islam. But what would that prove? — by Dave Hunt, from *The Berean Call*, February, 2002. Ω

## New Book: *Islam Versus the Bible*

Giving & Sharing announces a new 56-page book, *Islam Versus the Bible*, available for a suggested donation of \$5.00, from **Giving & Sharing, PO Box 100, Neck City, MO 64849**. It contains much information contrasting Christianity versus Islam.

## The Sabbath From Eden To Sinai

One of the most common arguments used against the observance of the seventh-day Sabbath, is that there is no evidence of its having been observed by anyone from its institution at creation until it was given as one of the Ten Commandments. Those who raise this argument would have us believe that all of history from Eden to Sinai passed without one single Sabbath being kept.

It is the purpose of this study to examine the records of Scripture and history to determine once and for all whether it is true that the Sabbath was not observed between Adam and Moses, or whether the real truth is that there is considerable evidence of Sabbath-keeping in the books of **Genesis** and **Exodus** before the giving of the Decalogue.

In addition to Scripture, we shall call as witnesses many authors, men who were not at all biased in favor of the seventh day, but whose honest statements support what we believe to be the truth.

The Sabbath was created at the very beginning of human history. In **Genesis 2:1-3** we read that God blessed and sanctified the seventh day. The Hebrew word translated "sanctified" in **Genesis 2:3** and "hallowed" in **Exodus 20:11** is *qadash*, a word meaning "to hallow, to pronounce holy, to consecrate, to set apart for holy use."<sup>1</sup>

There is no denying that God was here setting aside the Sabbath as holy time. Is it logical to believe that God first created man, then the Sabbath, and then failed to mention to man that the seventh day was holy time? Certainly not! God must have immediately explained to Adam all about His sacred seventh day. We might say that God preached a sermon to Adam and Eve on the first Sabbath of human history, telling them how to observe His day as He wanted it to be observed.

Speaking on this point, John Newton Brown says: "When it is therefore said by the inspired historian that God 'sanctified the seventh day,' I must understand him to say that God set it apart (from the other six days of labor), to be religiously employed by man."<sup>2</sup>

Jonathan Edwards says in one of his sermons: "What could be the meaning of God's resting the seventh day, and hallowing and blessing it, which He did, before the

giving of the fourth commandment, unless He hallowed and blessed it with respect to mankind? . . . And it is unreasonable to suppose that He hallowed it only with respect to the Jews, a particular nation, which rose up above 2000 years after."<sup>3</sup>

In **Mark 2:27**, Jesus says: "The Sabbath was made for man." The Greek has an article before "man," so the phrase could be rendered, "The Sabbath was made for the man." This is a likely reference to Adam, the first man and representative of the whole race that descended from him. This reasonable conclusion — that Adam kept the Sabbath — is held by Jewish writers. Solomon Goldman says: "Both Philo and the Rabbis assumed that the first man emulated his Maker and rested on the Sabbath."<sup>4</sup>

John Kitto says: ". . . the most judicious commentators agree that Adam and Eve constantly observed the seventh day, and dedicated it in a peculiar manner to the service of the Almighty; and that the first Sabbath . . . was celebrated in Paradise itself, which pious custom [was] transmitted from our first parents to their posterity."<sup>5</sup>

*The Pulpit Commentary* tells us: "Precisely, as we reason that the early and widespread prevalence of sacrifices can only be explained by an authoritative revelation to the first parents of the human family of such a mode of worship, so do we conclude that a seventh-day Sabbath must have been prescribed to man in Eden."<sup>6</sup>

These are sensible and logical conclusions. It is just not reasonable to think that God would make the Sabbath for man and then keep it from him for over 2000 years until Moses. So the only fair conclusion is that Adam and Even were keeping the Sabbath from the very beginning.

The very fact that the seven-day week existed, is good evidence the Sabbath also existed. Joseph Scalinger is quoted as say-

ing: "The septenary arrangement of days was in use among the Orientals from the remotest antiquity."<sup>7</sup> The arrangement of time into weeks of seven days carries with it the Sabbath, and Scaliger's statement is only one of many from authorities that the seven-day week is as old as the human race.

Here is another valuable statement from a magazine that the week is a "time unit that, unlike all others, has proceeded in absolute invariable manner since what may be called the dawn of history."<sup>8</sup>

A week of seven days is frequently met with in Scripture. In **Genesis 7:4** and **8:10 and 12** we see that Noah was acquainted with a seven-day week. Unless the Sabbath was their pivot of time, people then could not have used such a measure of days. In fact, the marginal rendering of **Genesis 7:10** is "on the seventh day," a reference to nothing but the Sabbath. We may be sure that Noah, a just man who walked with God (**Genesis 6:9**), knew about and kept God's seventh-day Sabbath.

In **Genesis 29:27-28**, we read that Jacob fulfilled a week for Rachel. The week here is not synonymous with the seven years Jacob served Laban for Rachel, nor does it mean seven years passed before Jacob married Rachel. The language shows Jacob married Rachel one week after he had married Leah, and then he served Laban another seven years, as explained in **verses 29-30**.

In **Genesis 50:10**, we find that Joseph mourned for his father Jacob seven days, that is, one week. So Joseph knew about the seven-day week.

**Exodus 7:25** mentions a seven-day period in the time of Moses just before the Exodus. This is certainly an exact week, for we read, "seven days were fulfilled." In addition, **Numbers 12:14-15** mentions a seven-day period following Israel's departure from Egypt and before they arrived at Mt. Sinai.

Again, in **Judges 14:10-18**, we read that Samson's marriage feast lasted for seven days, another reference to the week.

Once again, in **Job 2:13**, we are told that Job's three friends sat and grieved with him for seven days and seven nights — a complete week.

So it is obvious that a seven-day week with the seventh-day Sabbath was familiar to the patriarchs. It is as John Dudley has written: "Adam, when put in the Garden of Eden, was placed in a state of trial, and must

have been subjected to the same laws, both moral and religious, as now are and ever have been obligatory on all his descendants."<sup>9</sup>

Of course he was subject to the same laws, and so were and are his descendants. And one of those unchanging laws is the law of the Sabbath.

Martin Luther wrote: "Adam . . . held the 'seventh day' sacred; that is, he taught on that day his own family."<sup>10</sup> Luther is right. Having been told by God that the Sabbath was to be observed, he not only did so himself, but he certainly would have taught his family by precept and example to do the same.

This is proven in **Genesis 4:3**: "And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD," and in **verse 4**: "And Abel, he also brought of the firstlings of his flock, and of the fat thereof."

The words "in process of time" are translated from the Hebrew *mikkets yamim*, meaning "at the end of the days." This can only be telling us that on the Sabbath, Cain and Abel, with the rest of Adam's family, gathered to worship God. Adam Clarke says, "it is more probable that it means the Sabbath, on which Adam and his family undoubtedly offered oblations to God, as the divine worship was certainly instituted, and no doubt the Sabbath properly observed in that family."<sup>11</sup> Jamieson, Fausset, and Brown say it was "probably on the Sabbath."<sup>12</sup>

Another commentary has this to say: "More likely this phrase denotes the Sabbath . . . the end of the weekdays. And as it is plain that the Sabbath was observed as holy time since its formal institution by God in Paradise, it was doubtless kept holy by such appointments of worship as would distinguish the day."<sup>13</sup>

There is nothing in nature that can be pointed to as measuring the week; only the Sabbath marks it. And only the Sabbath could come "at the end of days." Clearly, the family of Adam and Eve kept every Sabbath sacred unto the Creator.

There is another interesting corroboration of the meaning of "at the end of the days" in **II Samuel 14:25-26**. We read that Absalom "polled his head . . ." The Hebrew for "at every year's end" is "from the end of days to days," that is, at stated times. This reference, while of course not a reference to the Sabbath, nevertheless shows such Hebrew expressions

as are found here and in **Genesis 4:3**, refer to definite and specific stated times, one of which is the Sabbath.<sup>14</sup>

James Gilfillian, in his book on the Sabbath, has some valuable things to say about the account of the worship of Cain and Abel. He says: "Cain and Abel came together for Divine service. They were not the only persons present, as appears from Cain's postponement of his murderous deed till he and his victim were out of the sight of others in the field."<sup>15</sup> He goes on to point out that "the Hebrew word for 'brought' is used never in reference to private and domestic sacrifices, but always of such as were in the times of the Jewish polity brought to the door of the tabernacle of the congregation."<sup>16</sup>

As Gilfillian remarks earlier: "The prevalence of public worship, with its various accessories, necessarily implies the obligation and observance of a Sabbath."<sup>17</sup> Yes, without question, Cain and Abel, like all the family of Adam, regularly observed the Sabbath. In so doing, they were keeping an institution given to Adam at the very beginning.

The next man of God with whom we meet, was certainly keeping the Sabbath, is Enoch. In the Old Testament apocryphal books, in Jubilees 4:18, we read of Enoch that he "recounted the Sabbaths of the years."<sup>18</sup>

Lange, in his *Commentary*, says: "Enoch, we cannot hesitate to believe, kept holy Sabbath, or holy seventh day . . ."<sup>19</sup>

**Genesis 5:24** says Enoch walked with God. **Hebrews 11:5** says he pleased God. Unless he was keeping God's laws, including the Sabbath, Enoch could have neither walked with God, nor pleased Him. To suggest that he did not know about the Sabbath when his ancestors did is to suggest God dealt differently with men from generation to generation, something utterly contrary to God's nature.

Here is an interesting quotation from the Church Father Tertullian, who was certainly no friend of the Sabbath: ". . . Adam observed the Sabbath . . . Abel, when offering to God a holy victim, pleased Him by a religious reverence for the Sabbath; . . . Enoch, when translated, had been a keeper of the Sabbath . . ."<sup>20</sup>

Next we come to Noah. We have already seen that he was well aware of the week. This man who walked with God (**Genesis 6:9**) certainly knew and kept the Sabbath. The reference to Noah building an altar to worship God in **Genesis 8:20**, follows Sabbath refer-

ences in **verses 10 and 12**, which suggests he built an altar and worshipped God immediately upon leaving the ark, very possibly on the following Sabbath.

Here is another proof that Noah kept the Sabbath. Peter calls Noah a preacher of righteousness (**II Peter 2:5**). **Psalm 119:172** says of God: "All Thy commandments are righteousness." So righteousness amounts to being a commandment keeper. If Noah preached commandment-keeping to those around him, then he kept the commandments himself, and one of the commandments he certainly was keeping was the Sabbath.

Our next witness is Job, a man we have already seen knew of the week. This man is described by God Himself in **Job 1:8 and 2:3** as perfect and upright, fearing God and eschewing evil, a man like whom there was no one else in the earth. Job was so careful about the possibility of sin that we read in **Job 1:5** that he offered burnt offerings for his children after they had feasts because they might have sinned and cursed God in their hearts. He did this continually. Here was a man who truly feared and served God. Such a man certainly would have kept God's Sabbath.

We even find hints that Job may have been directly involved in conducting worship. In **Job 4:3-4** we read that he had "instructed many" and his words had "upholden him that was falling." The patriarch says of himself in **Job 30:28**: "I stood up, and I cried in the congregation." Finally, in **Job 42:8-9**, God commands Job's three friends to offer seven bullocks and seven rams as a burnt offering while Job prays for them. When they did this, God accepted Job. All of this could have taken place the very next Sabbath.

Moving on from Job, we pass through the patriarchal period, a time when some claim there is no hint of Sabbath observance. But this claim is unfounded and will not stand up. Matthew Henry says in his *Commentary*: "Sabbaths are as ancient as the world; and I see no reason to doubt that the Sabbath . . . was religiously observed by the people of God throughout the patriarchal age."<sup>21</sup>

Lange, whom we quoted above, says this:

"To object that the Bible, in its few brief memoranda of their [the patriarchs'] lives, says nothing about their Sabbath-keeping, any more than it tells us of their forms of prayer and modes of worship, is a worthless argument."<sup>22</sup>

Joseph H. Hertz says: "Abraham . . . Isaac . . . Jacob. The Patriarchs are often represented as having observed the Sabbath."<sup>23</sup>

In a prayer used in Jewish afternoon Sabbath services, the following statement occurs in reference to the Sabbath: "Abraham was glad, Isaac rejoiced, Jacob and his sons rested thereon."<sup>24</sup>

Cunningham Geikie has this to say about Abraham: "No details are given of the creed of Abraham, but . . . it must have included all that was true in the popular beliefs of Chaldea. This would imply his knowledge of the Sabbath; for the seventh day, by a tradition handed down from Eden, was 'holy' in his Eastern native land, and was honored by the cessation of all work on it."<sup>25</sup>

Of course the patriarchs kept the Sabbath. What do we read of Abraham? In **Genesis 26:5**, God says, "Abraham obeyed My voice, and kept My charge, My commandments, My statutes, and My laws." That has to include the Sabbath.

Furthermore, Abraham would have passed on the true worship of the true God to his children and their children, including Isaac and Jacob, for we read in **Genesis 18:19** that God said: "For I know him, that he will command his children and his household after him, and they shall keep the way of the LORD."

One function of patriarchal worship we find mentioned a number of times is the building of altars: Abraham in **Genesis 12:7-8, 13:4 and 18, and 22:9**; Isaac in **Genesis 26:25**; Jacob in **Genesis 33:20 and 35:1, 3 and 7**. Also, **Genesis 21:33** tells us that Abraham planted a grove and called on the name of the everlasting God. In every case (except probably the sacrifice of Isaac) building an altar and calling upon God must have included Sabbath worship.

Next we come to Moses and Aaron. It is frequently suggested that Israel, while living so long in bondage in Egypt, forgot the Sabbath and perhaps were not even able to keep it under the hardships of their slavery. But there is considerable reason to think this is not true.

Certainly **Joshua 24:14** tells us at least some of the Israelites served false gods in Egypt. But there is no reason to assume this means every one of them did. God always preserves for Himself a remnant, however small (cp. **I Kings 19:18**). While some or many of the Israelites may have worshipped

Egyptian idols, the family of Moses is proof that not all did, and **Exodus 1:17** mentions the midwives who feared God.

Furthermore, the Midrash records the following: "He [Moses] saw that they had no rest, so he went to Pharaoh and said: If one has a slave and he does not give him rest one day in the week he dies; similarly, if thou wilt not give thy slaves one day in the week rest, they will die. Pharaoh replied: Go and do with them as thou sayest. Thereupon Moses ordained for them the Sabbath day for rest."<sup>26</sup>

Further along we find this: ". . . the Israelites possessed scrolls with the contents of which they regaled themselves . . . each Sabbath, assuring them that God would redeem them. Thus because they rested on the Sabbath, Pharaoh said to them: Let heavier work be laid upon the men, that they may labour therein: and let them not regard lying words . . . let them not take delight or rest on the Sabbath day."<sup>27</sup>

In **Exodus 5:1 and 10:9** we read that Moses and Aaron said to Pharaoh that he should let Israel go to keep a feast unto God. Gilfillian points out the feast may have been the Sabbath because of Pharaoh's words in **Exodus 5:4-5**: "Wherefore do ye, Moses and Aaron, let the people from their works? . . . ye make them rest [sabbatize] from their burdens." He then adds that immediately upon leaving Egypt they kept the Sabbath (**Exodus 16**), and that in **Exodus 12** the Passover references to seven days, to rest from work, and keeping a holy convocation, all suggest Israel was already well acquainted with such things.<sup>28</sup>

Perhaps the most striking proof that the Sabbath was well-known before the giving of the law at Mt. Sinai, is found in **Exodus 16**, three to four weeks before Israel arrived at Mt. Sinai. In this chapter the Sabbath is seen as something known and accepted. But whether new or not, this is emphatically before the giving of the Ten Commandments.

In **verses 22-24**, Israel was told to gather enough manna for two days and promised that it would not breed worms or putrefy (stink). In **verse 25** Moses tells them the next day is the Sabbath, and he repeats it in **verse 26**. When some of the people broke the Sabbath by looking for manna on that day, **verse 27**, God angrily demands to know how long Israel was going to refuse to keep His laws, specifically the Sabbath, **verses 28-29**. So then the people rested on the Sabbath, **verse 30**.



If the Sabbath was so new to Israel, just announced to them in fact the day before, it is understandable some could have been confused about its proper observance. In such a case, God's anger hardly seems justified if He had just introduced the Sabbath the day before. No, Israel had long known of the Sabbath, and God's anger was aroused because some of the people failed to honor His day as He had directed.

The Sabbath was a well-known institution in Israel, something they had been acquainted with long before this time. *The Catholic Encyclopedia* tells us: "The Sabbath is first met with in connexion [*sic*] with the fall of the manna . . . but it there appears to be an institution already well-known to the Israelites."<sup>29</sup>

Adam Clarke has this to say: "There is nothing in either text or context that seems to intimate that the Sabbath was now first given to the Israelites, as some have supposed: on the contrary, it is here spoken of as being perfectly well known, from its having been generally observed."<sup>30</sup>

Joseph H. Hertz, speaking of **Exodus 20:8**, comments: "The use of the word 'remember' may indicate that the institution was well-known to the Israelites, long before their manna experiences; that it was a treasured and sacred institution inherited from the days of the Patriarchs."<sup>31</sup>

Samuel Wakefield, in discussing the mention of the Sabbath in this case, says that it was "the recognition of an institution which had been observed from the beginning, and had never been either forgotten or suspended." He adds, "There is not the slightest intimation in the passage that the event which it records was the original institution of the Sabbath," but rather, he says, "The contrary seems to be the natural inference from the whole narrative. The Sabbath is spoken of exactly in the manner in which a historian would speak of a well-known institution."<sup>32</sup>

Yes, when God says in **Exodus 20:8** to "Remember the Sabbath day," He is referring to something Israel already knew, or they could not have "remembered" it. Sir Charles Marston writes: "The very word 'Remember' presupposes that the Sabbath day was already in existence . . ."<sup>33</sup>

Another writer observes: "The use of 'remember' in connection with the fourth commandment implies that the weekly rest

day was not a new institution. It was observed before Sinai was reached. The Sabbath was a recognized institution long before the days of Moses."<sup>34</sup>

Wakefield, in discussing the giving of the Ten Commandments, makes the following remarks: "We are not to suppose that the Decalogue imposed new duties upon men which had never been before required. It only enjoined those which had been previously instituted . . . The giving of the Decalogue, therefore, did not originate the laws which it contains, but was only a republication of them in a new and convenient form, and under circumstances which were calculated to make them most solemnly impressive."<sup>35</sup>

He then offers these cogent observations:

"The fourth commandment contains two distinct allusions to the previous institution of the Sabbath. The first is in the clause 'Remember the Sabbath day,' which represents the Sabbath as having been previously instituted . . . The second is in the reason assigned for keeping the Sabbath. It is 'the Sabbath of the LORD thy God' the day in which He 'rested' from all His creative work. 'Wherefore, the LORD blessed the Sabbath day, and hallowed it.' Thus the seventh day was set apart from the beginning as a holy day of sacred rest."<sup>36</sup>

Charles Buck says the fact that the Sabbath is not mentioned in the patriarchal age is no proof against it, any more than "it is against its existence from Moses to the end of David's reign, which was near 440 years."<sup>37</sup>

We have seen that the Sabbath was generally observed from Adam to Moses, and, as Buck says, it was certainly observed during the reign of David, a man after God's own heart (**I Samuel 13:14**). There are many references in the Psalms to worshipping before God and in God's house, all of which imply Sabbath worship and Sabbath-keeping.

The evidence is now complete, irrefutable, and satisfying to any honest mind. The Sabbath was kept by God's faithful people from Adam to Moses, honored and observed by those who walked with God. To say there is no indication of Sabbath observance between Adam and Moses is to show a total lack of knowledge of the facts.

— © Copyright 1984. Available in print from: **Sabbath Research Center, PO Box 565, Westfield, IN, 46074, USA** Ω

## Footnotes

- 1 Benjamin Davies, ed., *Hebrew and Chaldee Lexicon*, p 554.
- 2 John Newton Brown, *The Obligation of the Sabbath*, p. 48.
- 3 Jonathan Edwards, Sermon XIII, *Works*, Vol II, p 95.
- 4 Solomon Goldman, *The Book of Human Destiny*, Vol. 2, "In the Beginning," p 744.
- 5 John Kitto, *An Illustrated History of the Holy Bible*, p. 47.
- 6 *The Pulpit Commentary*, Vol I, p 36.
- 7 Joseph J. Scaliger, *De Emendatione Temporum*, lib 1, quoted by James Gilfillian, *The Sabbath Viewed in the Light of Reason, Revelation, and History*, pp. 364-5.
8. *Nature*, June 6, 1931.
9. John Dudley, *Naology, or, a Treatise on the Origin, Progress, and Symbolical Import of the Sacred Structures of the Most Eminent Nations and Ages of the World*, p. 47.
10. Martin Luther, *Commentary on Genesis*, Vol I, p. 139.
- 11 Adam Clarke, *Commentary*, Vol. I, p. 58.
- 12 Robert Jamieson, A. R. Fausset, and David Brown, *A Commentary . . . on the Old and New Testaments*, Vol. I, p 20.
13. Melancthon W Jacobus, *Notes on the Book of Genesis*, p. 133.
14. On this, see Thomas Scott, *The Holy Bible with Explanatory Notes*, Vol. II, p 152.
- 15 James Gilfillian, *The Sabbath*, p. 281.
16. *Ibid.*, pp. 281-282.
17. *Ibid.*, p. 281.
18. Jubilees 4:18, in R. H. Charles', *Apocrypha and Pseudepigrapha of the Old Testament*, Vol II, p. 18
19. John Peter Lange, *A Commentary on the Holy Scriptures*, Vol. I, p. 197.
20. Tertullian, *An Answer to the Jews*, chap. IV, "Of the Observance of the Sabbath," *Ante-Nicene Fathers*, Vol. III, p. 155
21. Matthew Henry, *A Commentary on the Holy Bible*, Vol. I, p 8.
22. Lange, *op cit*
23. Joseph H. Hertz, *The Authorized Daily Prayer Book*, p. 579.
24. Samuel M. Segal, *The Sabbath Book*, p. 122.
25. Cunningham Geikie, *Hours With the Bible*, Vol. I, p. 258.
26. Midrash Rabbah, Exodus, Soncino ed., on Ex. 8:28, p 35.
27. *Ibid.*, on Ex. 5:18, p 98.
28. Gilfillian, *op cit*, p. 284.
29. *The Catholic Encyclopedia*, Vol XIII, art "Sabbath," p. 288
30. Clarke, *op. cit.*, Vol. I, p. 386.
31. Joseph H. Hertz, ed., *The Pentateuch and Haftorahs*, p. 297.
32. Samuel Wakefield, *A Complete System of Christian Theology*, p. 503.
33. Sir Charles Marston, *New Bible Evidence*, p. 207.
34. Henry T. Scholl, quoting H Clay Trumbull, *New York Christian Observer*, December 24, 1913.
35. Wakefield, *op. cit.*, p. 505.
36. *Ibid*
37. Charles Buck, *A Theological Dictionary*, art. "Sabbath," p 403.

## More Sabbath Resources

A major purpose of Giving & Sharing is to promote the seventh-day Sabbath, and the annual Biblical Holy Days. See our website, [www.giveshare.org/HolyDay](http://www.giveshare.org/HolyDay), for lots of Sabbath and Holy Day information. Order our 500-page book, *Biblical Holy Days* (\$20 suggested donation). Order two excellent free tracts to share the Sabbath with others: "**Why Do You Observe Sunday?**" and "**Roman Catholic and Protestant Confessions about Sunday.**" Two excellent booklets on the Sabbath are: *A History of the Sabbath and Sunday*, by John Kiesz, 64 pages, \$3 donation, and *Rome's Challenge: Why Do Protestants Keep Sunday?* \$1.

Want to know about other Sabbathkeepers? Order *The Directory of Sabbath-Observing Groups*, 246 pages, \$15 postpaid. This excellent resource lists over 400 Sabbatarian groups, and over 1600 congregations. Advertise the Sabbath as you travel by car, with a license plate holder which says, "**The Seventh Day Is Still God's Sabbath,**" \$10 for a set of two.

How did Sunday-keeping enter the professing Christian Church? Read Dr. Samuele Bacchiocchi's book, *From Sabbath to Sunday*, 373 pages, \$15. What is the spiritual meaning of the Sabbath? See *Divine Rest for Human Restlessness*, by Bacchiocchi, 319 pages, \$15, and *The Sabbath: Its Meaning for Modern Man*, by Heschel, 118 pages, \$10. Need ammunition to defend the Sabbath? Read *Sabbath Under Crossfire*, by Bacchiocchi, 303 pages, \$15.

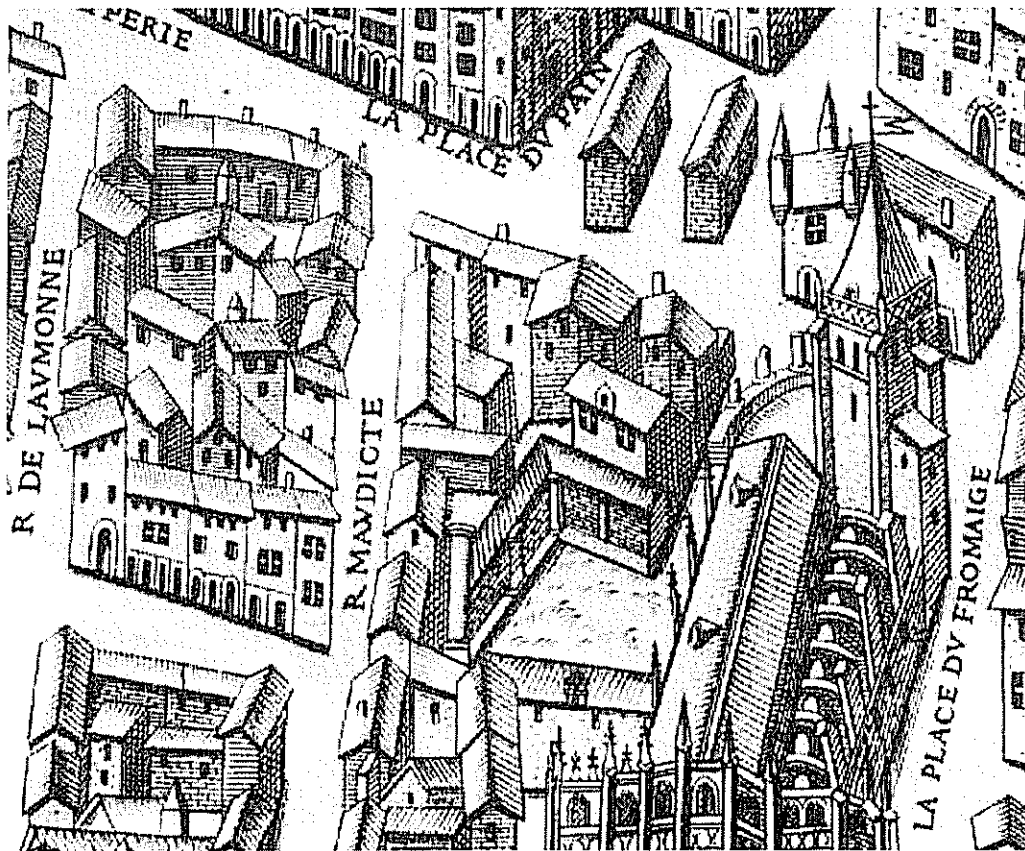
## Scenes of the Ancient Waldensian Church



Waldensian Symbol, "Lux  
Lucet in Tenebris," or "Light  
Shines in the Darkness"



Peter Waldo (Valdesius)  
(Reformation monument,  
Worms, Germany)

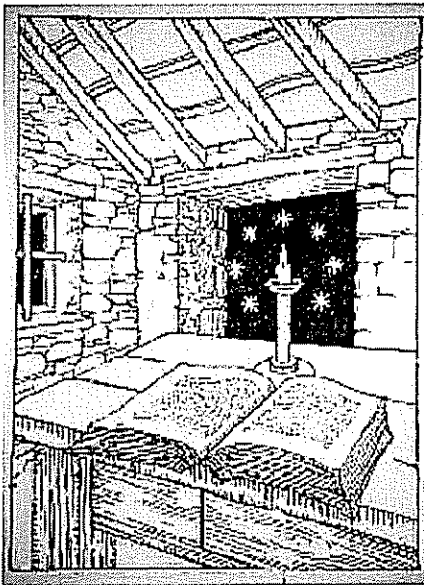


The St. Nizier quarter in Lyon. Valdesius lived in Rue Vandran, which was called Rue Maudicte (Jinxed Street) after his expulsion from the city (from A. Molnar, *Storia dei Valdesi*, Claudiana 1974).



**A group of Waldensians at the stake near Toulouse in 1251.**  
*Engraving of the Dutch Jan Luyken (16th century)*

**The School of the *Barba***  
*(Il Coulége di barba)*



Interior of the *coulége*, cut by  
 Paolo Paschetto, 20<sup>th</sup> century

An ancient stone hut deep in the Angrogna Valley, at *Pra del Torno*, where in pre-Reformation times itinerant Waldensian teachers (*barba*) studied scripture and prepared themselves for their rounds across the continent.

The site, restored through the efforts of Pastor Stefano Bonnet in the nineteenth century, occupies a key niche in the Waldensian collective memory.

“At length we came upon that mysterious sanctuary-fortress Pra del Torno, the very heart of the Valleys: here in the pre-Reformation era was the theological school for ‘teachers, evangelists, and martyrs.’ Here scripture and Latin alike were studied, pocket manuscripts of portions of scripture were copied and religious tracts were written.

“From here the neo-pastors departed, two-by-two, to meet their sisters and brothers all across the continent — to Calabria, to Puglia, to Moravia, Hungary, and Bohemia. Ostensibly, lest they draw attention to hostile eyes, they were merchants or physicians, but their real calling, as opportunity would provide, was seeding the word of God.”

— from *Alle Porte D’Italia*, a book by the famous Italian writer, Edmondo De Amicis (1884)

## The Cave Church (La Guieiza 'd la tana)

This cavern was formed by the natural juxtaposition of massive rock slabs. Tradition has it that the site in times of pogroms against the Waldensians served as a secret refuge and worship place, *guieiza* meaning 'church' in dialect.



The opening to the *guieiza*, cut by Paolo Paschetto.

“ . . . In the persecution era the cavern was a venue for Waldensian worship and shelter. If one does not know just where it is, it is almost impossible to find. . . .

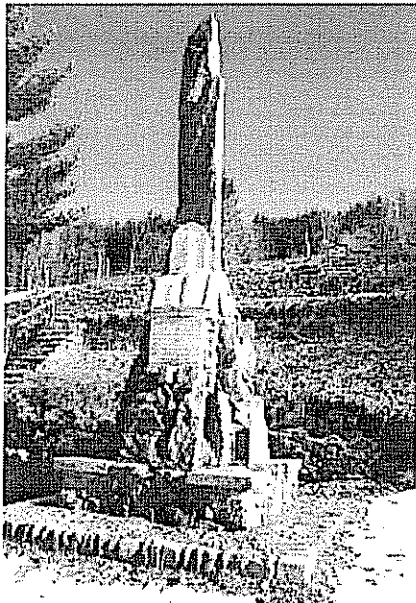
“Though wide, the entrance is just several hand-lengths in depth, all jagged edges, permitting only a labored entry in distorted positions . . . .

“Long and narrow, a great shaft in the rock, the interior can accommodate some 200 persons. It is illuminated by three upper apertures which admit only enough light as to have the rocky depths resemble a castle’s subterranean dungeon whose prisoners were fed from breaks in the vault above. . . .

“It all must have moved deeply the white-bearded pastor who, from that pulpit of stone, a torch in hand, preached in guarded voice to a people who, bent over in a kind of natural crypt, could well imagine having worked their way inside for the last time. While the pastor preached or the faithful sang psalms in muted voices, youth stood watch on nearby heights.

Upon any distant sign of approaching hostile force, signal was given. Below, in the cavern, the silence of the tomb stole over all. Until the threat had passed, embraces and prayers took over. When spies and police dogs headed the soldiers in the right direction, sentinels raced to bring the terrifying news, mothers pressed children to their breasts, fathers blessed their families, and friends exchanged farewells. Then, motionless, wordless, scarcely breathing, all strained their ears and commended their spirits to God. Oh! The frenzy at the entrance, the ultimatums to come out! And the sound of timber and dry leaves at the aperture! And the first whiffs of smoke stealing in, accompanied outside by bursts of cursing and contemptuous laughing . . . .” From *Alle Porte D’Italia*, by Edmondo De Amicis (1884).

## Chanforan — Monument to Compromise



A meadow at *Serre* in the Angrogna Valley, where in their Synod of 1532 the Waldensian leadership considered the appeal of Swiss reformers and acted to merge into the Protestant Reformation, giving up some of their former beliefs. The Waldensian leadership worked out a declaration of faith, with seventeen articles, which, with another from the twelfth century, would take its place as a Waldensian foundation document. Four hundred years later, in 1932, a monument based upon the design of artist Paolo Paschetto, was erected at the Chanforan site.

The Waldensians went from persecution and martyrdom, to compromising their faith. *Do we still practice the faith of the School of the Barba and the Cave Church? Or instead, have we, like the Waldensians, gone to Chanforan, and surrendered to Protestantism and Rome?*

For more interesting Waldensian historical scenes, see [www.geocities.com/luoghistorici/English](http://www.geocities.com/luoghistorici/English).

For proof that many Waldensians were Sabbath-keepers, see *Truth Triumphant*, by Benjamin Wilkinson, 424 pages, \$15.00. This book covers a whole range of Sabbatarian history. For post-Waldensian Church History, we recommend *History of the Seventh Day Church of God*, by Richard C. Nickels, 158 pages, \$9.50, and *Six Papers on the History of the Church of God*, by Richard C. Nickels, 354 pages, \$14.00.

**W**as the flood of Genesis *universal*, covering all the earth or was it *local*, merely covering a small area of the earth? This question has often troubled many readers of the Genesis story.

For many, evolution is the foundational underpinning for the geological and biological sciences. (See, *Creation or Evolution, Does It Really Matter What You Believe?* United Church of God, Box 541027, Cincinnati, OH 45254.) Since evolution is so widely accepted, many believe that the geological record can only be interpreted using evolutionary guidelines. These evolutionary guidelines supposedly show that the present is the key to the past. According to this concept, often called uniformitarianism, since there are no earth-wide floods occurring now, there have been none in the past.

Many compromising readers of Genesis, in order to not offend the scientific community, have given in to the concept of a local flood. The Bible is very clear on the magnitude and scope of the flood. That the earth was indeed covered by an earth-wide flood can be proven by the Biblical story.

How long did the flood last? Many believe that the rain merely lasted 40 days and 40 nights. Then after a short period the earth was dry and ready for Noah and the animals. They fail to realize how long the flood episode lasted. The flood lasted for *371 days* (compare **Genesis 7:11** and **Genesis 8:13-14**). During this time period the earth was covered by water for 150 days. "And the waters prevailed on the earth one hundred and fifty days," (**Genesis 7:24**, NKJV).

How deep and how widespread was the water? The Bible indicates that the tops of all the mountains all around the world were covered to a depth of 15 cubits or about 22 ½ feet (**Genesis 7:20**). Even if the antediluvian mountains were smaller, this is still an enormous amount of water (**Psalms 104:5-9**).

Another indication of the hydrological forces involved can be gathered in the following verses: ". . . and, behold, I will destroy them with the *earth*," (**Genesis 6:13**). The earth would also be destroyed along with wicked humanity. This principle is repeated again at the conclusion of the flood. ". . . Never shall all flesh be cut off by the waters of the flood; never again shall there be a flood to *destroy the earth*," (**Genesis 9:11**). The flood of Noah was an earth-wrecking

experience. The earth after the flood was different than the earth that existed before the flood. Many geological formations stand as natural witnesses to the destructive force of the flood.

The need for the ark is proof of the magnitude of the flood. If the flood was a local flood, it would have been a simple matter for Noah to move. There would have been no need for the gathering of all the animals and Noah's family into the ark. The Bible reveals that the flood was of such a magnitude that provisions were made to insure the survival of both humanity and the animals. The whole point of building the ark would have been meaningless if the flood was local.

The New Testament bears abundant evidence that its writers considered an earth-wide flood a historic event. "For this they willfully forget: that by the word of God the heavens were of old, and the earth standing out of water and in the water, by which the *world that then existed perished*, being flooded with water," (**II Peter 3:5-6**). In these verses the Apostle Peter plainly comments on the veracity of a global flood. Interestingly, he states that even during his time some people "willfully forget" the obvious.

Jesus Christ also understood the flood from the same perspective. He used the flood as an example in his teaching. "And as it was in the days of Noah, so it will be also in the days of the Son of Man . . . until the day that Noah entered the ark, and the *flood came and destroyed them all*," (**Luke 17:26-27**).

## Misconceptions about the Ark

Many people are under the false assumption that the ark could not possibly have carried all of its intended cargo. Scoffers of the Genesis story often picture the ark as a small vessel, complete with the giraffe's head sticking out the front and the elephant's tail sticking out the back, sinking under the weight of an overloaded cargo of millions of animals. This concept is based on several misconceptions.

A cursory reading of the sixth chapter of Genesis will reveal some often overlooked, but very important details. The Bible nowhere states that Noah would have to take on board the ark representatives of *every* living creature. There were three requirements for the animals that were going to be loaded on the ark. These requirements were: (1) air breathing, (2) terrestrial, (3) interbreeding animals, often called by the Biblical term — *kind*. “And behold, I Myself am bringing floodwaters on the earth, to destroy from under heaven all flesh in which is the *breath of life*; everything that is *on the earth* shall die. . . . And of every living thing of all flesh you shall bring two of every sort into the ark, to keep them alive with you; they shall be male and female. Of the birds after their *kind*, of animals after their *kind* . . . ,” (Genesis 6:17, 19-20).

### Species and the Biblical Kind

The word species and the Biblical word “kind” are often used interchangeably. This is incorrect since they are not synonymous. The Biblical word “kind” denotes an organism that reproduces others like itself. The species concept is more narrow than this. Therefore many species can be included in a single Biblical “kind.” The word “kind,” is probably closer to the modern taxonomic unit of genus, and in some cases the larger taxonomic unit, family.

The *Canidae* (canine) family includes about 14 genera of doglike animals. These include the coyote, dog, wolf, jackal, etc. The ark did not have to contain the hundreds of species of canines that make up this group. In reality, these were all represented by a few “kinds.” These “kinds” would then produce all the animals that make up the *Canidae* family. For example, all of the hundreds of varieties of domestic pigeons that have been produced, originated from one species, the wild rock pigeon (*Columbia livia*).

The ark *was not* required to carry every species (possibly numbering in the millions) of animal. The ark *was* required to carry every Biblical kind (numbering in the few thousands) of terrestrial, air breathing animals.

In reality, the majority of the animals would not have been taken on board the ark. The reason is obvious; enough representatives would have survived the flood without any assistance from Noah. These would have

included all aquatic-dwelling animals, such as the crustaceans (lobsters, crab, etc.), salt and freshwater fishes, echinoderms (starfish, sea urchins), mollusks, worms, corals, sponges, and myriad of other animals that do not live on dry land. This category would even include such mammals as the whales, porpoises, seals, walruses, and many other mammals that live in aquatic environments, because even though they have the breath of life they do not live on land. Some reptiles and most amphibians would also fall into this category.

Other animals that are terrestrial, but do not have the breath of life, would also survive outside the ark. These would include insects and protozoa.

God reiterates this point when He describes the kind of animals that perished during the flood. These were specifically the type of animals that Noah was told to take on board the ark. “And all flesh died that *moved on the earth*: birds and cattle and beasts and every creeping thing that creeps on the earth, and every man. All in whose nostrils was the *breath of . . . life, all that was on dry land died,*” (Genesis 7:21-22).

When a statistical approach is used it is easy to see that the ark could have carried its intended cargo (see box). According to John Woodmorappe (*Noah's Ark: A Feasibility Study*, 1996, p. 7) the number of animals that Noah would need to have in the ark would be between 2,000 and 16,000.

### Immense Size of the Ark

The second of these misconceptions is the size of the ark. In reality the ark was an immense ship. Let's examine the Biblical record to gain an appreciation of its dimensions. Notice what God instructed Noah. “Make yourself an ark of gopher wood; make rooms in the ark, and cover it inside and outside with pitch. And this is how you shall make it: The length of the ark shall be three hundred cubits, its width fifty cubits, and its height thirty cubits. You shall make a window for the ark. . . . You shall make it with lower, second, and third decks” (Genesis 6:14-16).

A cubit is approximately eighteen inches. Most Hebrew scholars believe the cubit to have been between 17½ to 21½ inches long. This means that the ark would have been 450 feet long, 75 feet wide and 45 feet high if the eighteen inch cubit was used. If a larger cubit

was used it would have been proportionately longer.

The displacement tonnage of the ark, which is the weight of water it would displace at a draught of fifteen cubits, would be almost 22,000 tons. By comparison, the USS Salem, a large heavy cruiser, 716 ft long, commissioned in 1949, has a displacement tonnage of 21,500 tons. The ark's gross tonnage, which is a measure of cubic space (100 cubic feet is one gross ton), would be 15,100 tons. Its total volume would have been 1,518,000 cubic feet. This would equal the capacity of 569 modern railroad stock cars. The standard size for a stock car is forty-four feet long with a volume of 2670 cubic feet. This would make a train more than 5 ½ miles long.

The deck space for the ark would be over 101,000 square feet. This would be more floor space than 21 standard college basketball courts. By comparing the measurements of the ark, it is easy to see that it would be comparable to today's ocean-going vessels. It was probably the largest vessel of its type built, until the late 1800s when metal ships were first constructed (John Whitcomb and Henry Morris, *The Genesis Flood*, 1998 edition, p. 10).

The ark was built on a 1:6 ratio (50 cubits by 300 cubits). The science of naval architecture reveals that this is an extremely stable width to length ratio. Most ocean going "hopper barges" use this same ratio in their design. It is estimated that the ark could easily have survived even the largest of ocean waves. If the ark was equipped with a dragging stone anchor, it would have been properly positioned to meet any size ocean wave. The design of the ark would have made it almost impossible to turn over.

The ark was simply a floating barge-like craft. The Hebrew word for ark is *tebah* meaning "box." It did not need a prow (point) or rudder, sails, or any other type of propulsion; it simply had to float. Since it was constructed like a box, this would increase the interior carrying capacity.

### **Caring for the Animals**

Many scoffers of the Genesis Flood state that it would have been impossible for the eight-person crew of the ark to have adequately cared for all the animals. The reason is because of a common misconception that ancient people were very ignorant, and not as advanced as we are today. Although it is true

that we have more technology at our disposal today, the ancients were nevertheless very ingenious. Consider the seven wonders of the ancient world, which included the pyramids of Egypt, and many other notable man-made works. Many of these works have not been duplicated since. Much time would have been saved in the care of animals if labor-saving devices were incorporated into the design of the ark.

In reality most of the animals would have required very little, if any, care once loaded onto the ark. With the proper technology Noah could have built cage and confinement systems that would require very little human attention and would be self-sustaining.

### **Food, Water, and Waste**

The ark undoubtedly made use of self-feeding, self-watering, and self-cleaning technologies. These technologies were common knowledge in the ancient world.

The cages would use a mesh type floor and slanted waste system, which moves animal wastes into a gutter. Once in the gutter, the excreta could have been allowed to either dry (becoming odorless and inert), or be biologically composted by earthworms and bacteria, or it could have been dumped overboard by means of a slanted trough leading to the exterior. For the larger animals, the stalls could have been built with slatted floors. These containment areas would be large enough to allow the wastes to collect and become dry and inert. None of the waste would require human handling.

Food would have been preloaded into a chute or container on the side of the cages and the animals could self-feed. Enough food would have been loaded into the chutes to last for long periods of time. Extra food would have been located in overhead bins or near by. This same technique is used today in the animal industry to increase labor efficiency. This would greatly reduce the time needed to feed the various animals.

Water would be piped to self-filling bowls/troughs. The water would be gathered through a rainwater cistern system or would have been preloaded before the flood. Ancient people commonly made indoor pipes from reeds, clay, and bamboo tubing.

The ark *was not* a floating zoo. Animals kept in a zoo require much room, specialized food, and individual attention. The ark was an emergency vessel built by Noah under God's



guidance. It was more in keeping with the conditions found in modern animal laboratories, or mass production animal factories, which are crowded, but relatively clean, environments.

It is possible that many animals, which are not considered classic hibernators, have the latent ability to greatly lower their metabolic rate (Terry Vaughan, *Mammalogy*, 1986, pp. 421, 469-471). This lowered metabolic rate can be brought on by several factors. These include temperature fluctuations, unavailability of food and water, variability of light, and other environmental stimuli. Many rodent and small mammals go into torpor during the course of their daily cycle. During this torpor, animals do not eat, drink, or produce any waste. Although the ark's crew could

have easily cared for all the animals, this would have been *greatly reduced* if only part of the ark's inhabitants had either hibernated or gone into torpor.

It is evident, when all the facts are considered, that the crew of the ark could easily have cared for thousands of animals. Data from animal husbandry studies have shown a few people can care for tens of thousands of animals (John Owen, *Cattle Feeding*, Farming Press Limited, Suffolk, Eng., 1983, p. 101, and E.C. Miller and E.F. Hodges, "One man feeds 5,000 cattle or 60,000 broilers," *1970 Yearbook of Agriculture (USA)* (for 1970), p. 57).

— written by Arnold C. Mendez, Sr. © Arnold C. Mendez, Sr., & Mendez Enterprises, [acmendezsr@aol.com](mailto:acmendezsr@aol.com).

#### Animal Space Calculations for Noah's Ark

Most animals are not very large. When we think of animals we tend to think of large animals such as elephants and horses. In reality the average size of all animals, according to most biological authorities, is the size of a sheep. Other authorities state the average size would be even smaller, about the size of a small rodent such as a rabbit. One railroad stock car can carry about 240 sheep and each stock car has a capacity of 2670 ft<sup>3</sup>. Therefore each sheep requires 11.125 ft<sup>3</sup>. This would mean that all 16,000 animals could fit in 66 railroad cars. Since the ark's total capacity was 569 stock cars, the 16,000 animals would require less than 11.7% of the ark's space. In other words, all the animals could fit on a portion of one of the ark's three decks. This would leave the other 88% of the ark's space for Noah's family, food, supplies, baggage, and interior struts and construction supports.

Since there is some doubt as to what is the average size of the animals that were brought into the ark, and this article is a conservative analysis of the carrying capacity of the ark, we will use the larger sheep average. We will also base our calculation on three different occupancy estimates. The first two figures of 2,000 and 16,000 are based on the work of Woodmorappe. The figure of 2,000 is based on the Biblical kind being equivalent to the taxonomic rank of *family*. The 16,000 figure is based on the Biblical kind being equivalent to the taxonomic rank of *genus*. The final figure is an enlarged estimate of 40,000. Even though this is many times more than the ark would have to carry, this large figure should satisfy even the most skeptical.

The following calculations show the amount of the ark space that would be required to carry the stated number of animals, based on the average size of a sheep. The cubic capacity of the ark was 1,518,750 ft<sup>3</sup> based on the eighteen inch cubit.

$$\text{Volume of the Ark} = 450 \text{ ft} \times 75 \text{ ft} \times 45 \text{ ft} = 1,518,750 \text{ ft}^3$$

If the cubit was larger, the capacity of the ark would have been larger and the animals would have taken up less space. Also if the average animal size is indeed the size of a small rabbit the calculations shown below could be reduced by a factor of almost three.

$$\begin{array}{l} 2,000 \text{ animals} \times 11.125 \text{ ft}^3 = 22,250 \text{ ft}^3 \text{ or } \frac{22,250 \text{ ft}^3}{1,518,750 \text{ ft}^3} \times 100 = 1.4\% \text{ of the Ark's capacity} \\ \text{(kind = taxonomic rank of family)} \end{array}$$

$$\begin{array}{l} 16,000 \text{ animals} \times 11.125 \text{ ft}^3 = 178,000 \text{ ft}^3 \text{ or } \frac{178,000 \text{ ft}^3}{1,518,750 \text{ ft}^3} \times 100 = 11.7\% \text{ of the Ark's capacity} \\ \text{(kind = taxonomic rank of genus)} \end{array}$$

$$\begin{array}{l} 40,000 \text{ animals} \times 11.125 \text{ ft}^3 = 445,000 \text{ ft}^3 \text{ or } \frac{445,000 \text{ ft}^3}{1,518,750 \text{ ft}^3} \times 100 = 29\% \text{ of the Ark's capacity} \end{array}$$

Notice that even though we use the inflated figure of 40,000 animals, the smaller cubit of 18 inches, and the larger animal average (sheep vs rabbit) the ark would still only be 29% full! Ω

The flood can account for the following geological changes and facts.

- **Genesis 6:13**, the earth was devastated by the actions of the flood. It was an earth-wide flood with earth-wide results.

- The falling of the firmament: this caused a reorganization of the atmosphere. An atmospheric layer of water vapor, carbon dioxide, and ozonated air once covered the earth. **Genesis 2:4-6**, a mist (dew) waters the earth.

This would cause the earth to have a more temperate climate. No temperature extremes. The earth's climate would be mild and tropical. This firmament/atmosphere was where part of the water came from.

- The oceans were shallower and the mountains were smaller before the flood. After the flood the mountains rose and the ocean basins deepened. **Psalm 104:5-9**, the ocean waters would no longer cover the earth. **Genesis 7:11**, the fountains of the deep were oceans and underground water. Part of the floodwaters came from this source.

- The earth was covered by water. This deposited great amounts of silt and sediment. The earth had great tidal surges. The soft sediment was eroded by the fast moving water. There were great canyons and valleys formed in a relatively short amount of time

(weeks, days, not millions of years). **Genesis 8:3**, the waters receded continuously (KJV margin: Heb. going and returning). They sloshed back and forth.

- The ice ages (Pleistocene epoch) were a result of the flood.

## Fossils and Rock Strata

According to scientists, the age of fossils can be determined by the strata.

- If the strata was laid down in a short time the dating of fossils is not correct.

- This means that the evolutionary time scale is not correct.

**Consider the fact that there are rock strata and fossils in the first place.**

- Today fossils are not being formed at the same accelerated rate as in the past.

- Sedimentary-layered rock strata are deposited by water.

- Fossils require quick burying and great pressure by overlying strata.

- Fossils are found in the same order they would be deposited.

- These facts prove a flood, not a changing evolutionary order from simple to complex.

— © Arnold C. Mendez, Sr. & Mendez Enterprises, [acm@arnoldmendez.com](mailto:acm@arnoldmendez.com) Ω

## After The Flood

Merrill, Eugene. *An Historical Survey of the Old Testament*. Baker Books, 1991, p. 65.

"Finally, it is helpful to consider briefly the great glaciers, tropical fossils, the polar regions, and woolly mammoths. Scientists generally agree today that at one time the earth enjoyed a tropical climate throughout and that tropical plants were to be found everywhere. As a matter of fact, fossils of these plants have been found as far north as the Arctic Circle. Moreover, hunters and other people have found in the Siberian tundra the frozen carcasses of woolly mammoths so well preserved that their meat is still edible! When they were cut open, tropical plants were found still undigested, perfectly intact, in their stomachs. Scientism has a very difficult time accounting for all of this, but the universal flood presents the solutions that are worthy of consideration. The canopy of water no doubt provided a greenhouse effect that rendered the climate of the earth unusually warm throughout. When this canopy disappeared as rain, rapid climatic changes ensued, and the polar zones became frozen. Anything living there also froze, becoming trapped in the mud and rock laid down in the flood. If the process of drowning, entombment, and freezing occurred quickly enough, thousands of animals could be preserved indefinitely. Uniformitarianism has no adequate solution to these problems, but the flood, rightly understood, is quite satisfactory." Ω

## Answers in Genesis, plus Noah's Ark and Early Man CD's

**Giving & Sharing, PO Box 100, Neck City, MO 64849**, offers a pair of CD's refuting evolution (suggested donation is \$10 postpaid for both). (1) The *Answers in Genesis* multimedia CD-ROM has more than 350 pages (97 articles), 40 minutes of video, the book, *Refuting Evolution*, by Dr. Jonathan Sarfati, and thirteen interviews and messages by Creation scientists and speakers. (2) **Arnold Mendez's** CD features his **Noah's Ark and Early Man Seminars**.

**T**here is no doubt that cancer is more prevalent today than it was fifty years ago. Many doctors say they don't know the cause of cancer. However, the cause of cancer is no mystery. There has to be a cause for every effect. There are people out there who have studied the causes of cancer as well as the solution to the problem. People need to be educated on this topic so that they will be better informed in order to make wise decisions concerning their health.

The information contained in this article is for educational purposes only. It is not intended to be medical advice for individual patients. It is not wise to attempt to self-medicate, even with food supplements, herbs or dietary programs. Those with health concerns are urged to consult a qualified health care professional. This is particularly true for cancer, which ideally requires individualized treatment programs. Doctors have the equipment necessary to make the proper diagnosis. After a person learns exactly what the problem is, then they can decide if they want to abide by the doctor's advice regarding conventional therapies, or go to a naturopathic doctor for alternative treatments.

There is a conspiracy of silence regarding the cancer industry and people who suffer from cancer are entitled to know the truth. Most of us have heard only one side of the story. We've all heard about the conventional treatments for cancer, which are chemotherapy, radiation, and surgery. It is only fair to hear what the other side has to say about it. We should not judge anyone who goes with conventional therapies. In most cases, people are trying to make the best possible decision for themselves, and in some cases, it may be the only choice they know about.

## What Is Cancer?

We have not been told the truth about cancer. What we need to do is to know and understand our enemy. Most people believe cancer is a disease. But is cancer really a disease? There is accurate documentation to prove cancer is not a disease, but is in fact a symptom of an inefficient immune system. Cancer is not an infectious disease like polio, whooping cough, mumps, or measles. It is not contagious. You can't catch cancer from someone else. It is not a bacteria or a virus whose purpose is to eat the nutrients we have

in the body.

We need to find a definition for cancer. What does the cancer industry want us to believe cancer to be? The American Cancer Society says, "Although most of us think of cancer as a single disease, it is actually a family of more than 100 different types." What does that tell you about cancer? It tells us that it's insidious, complicated, overwhelming, and there are many types. It also calls it a disease — not just one, but over 100 different types of diseases — a whole family of diseases. This is what we are supposed to believe cancer to be. This is how they classify cancer. If a person has cancer in the bones, it's called "bone cancer"; in the breast, it's called "breast cancer"; in the blood, it's called "leukemia"; in the lymphatic system, it's called "lymphoma." So the cancer industry identifies cancer by the location of the cancer — where it is found in the body — or in some cases names it after the doctor who discovered it, or by the particular athlete who had it when it was first discovered.

Arthur C. Guyton wrote a book of over 1000 pages called *Medical Physiology*. In that book he has dedicated one page to cancer. So, either he knows very little about cancer, or else he knows enough about cancer to do the job in one page. He writes, "Cancer is caused in all instances by a mutation of cellular genes." How many of us have cells that are mutating? The answer is — we all do. If we all have cells that are mutating, then why are we not all dying of cancer? The answer is because we have an immune system. Arthur C. Guyton says, "Indeed it is believed that all of us are continually forming cells that are potentially cancerous, but our immune system acts as a scavenger and nips these abnormal cells in the bud." So according to this definition, cancer is a single condition. In fact, it is a naturally occurring condition of the body. It's perfectly normal and natural to have an immune system, and it's perfectly

normal and natural to have a population of mutant cells. The human body has 75 trillion cells. We have over 200 different types of cells in the human body. Some 230,000 cells are created every second, almost 20 billion per day. The average person has about 1100 mutant cells daily. It is the immune system's job to find these mutant cells and nip them in the bud.

Cancer cells are loosely formed with no organized method of attack. In fact, cancer is a bunch of confused cells that do not have the capability of functioning and are just waiting around to be destroyed by the immune system.

### **The Incredible Immune System**

God created us in such a way that if given a chance, the body will heal itself. The immune system is extremely intelligent and it knows its job well. Your immune system is the most complex and critical component of your body's inherent defense mechanism. Now we need to ask two very important questions. Is it possible to weaken the immune system? Yes, of course it is. What causes a weakened immune system? Many elements of the environment we live in today compromise the defense ability of our immune system. Immune suppressors can be of the physical or emotional type. Physical immune suppressors are any chemical material, which is foreign to the body and not needed for a specific function. They include air and water pollutants, chemical additives to food and in household cleaners, pesticides, toxins, the overuse of antibiotics and other drugs as well as refined sugar. Emotional immune suppressors include harboring negative emotions such as fear, hate, anger, grief, anxiety, depression, resentment, frustration, feelings of guilt, hopelessness and helplessness. Debilitating stress, which overloads the nervous system, also weakens our immunity.

The next question is very important. Is it possible to strengthen the immune system? The answer is — yes, it is possible. How can we do that? The first step is to eliminate all the immune suppressors that can be removed. The next step is to acquire enough immune enhancers to help with the restoration of the normal healing mechanism of the body. A healthy diet and lifestyle is vitally important to maintaining an efficient immune system. Replace negative emotions with positive ones.

Adopt a positive, cheerful, hopeful, loving, giving and winning attitude combined with a diet primarily composed of organically grown grains, fruits and vegetables. Avoid processed foods containing artificial additives. Moderate regular exercise is also very helpful and certain nutritional supplements are known to have an immune enhancing effect such as vitamins C, E, and beta-carotene. Garlic as well as vitamin C are well known powerful antioxidants and garlic is a natural antibiotic.

The immune system is dedicated to civil defense. It resembles an army or police force helping with the natural defense and repair mechanism needed for the prevention of disease. It is composed primarily of specialized white blood cells and a variety of organic compounds produced by the immune cells to act as messengers or regulators. The immune system has the ability to learn to identify, and then to remember specific antigens that have been encountered. Modern conventional medicine battles diseases by means of drugs, surgery, radiation and other therapies. But true health can only be attained by maintaining a healthy, properly functioning immune system. It is the immune system that fights off disease-causing microorganisms, and that engineers the healing process. The immune system is the key to fighting every kind of insult to the body. Immunity is partly inherited and partly shaped by lifestyle. Proper nutrition plays a key role in maintaining an efficient immune system as do a number of other factors including adequate rest, emotional stability, purposeful occupation, a positive attitude, regular exercise, spiritual support, and consistent water replenishment. What do these have in common with each other? Balance. When we shape our lives according to this model, we are able to maintain harmony in every aspect of our existence — physical, mental, emotional and spiritual. The Bible teaches a direct correlation between happiness and health.

“Being cheerful keeps you healthy. It is slow death to be gloomy all the time” (**Proverbs 17:22**). “Peace of mind makes the body healthy, but jealousy is like a cancer” (**Proverbs 14:30**). Two other scriptures also relate to this principle. “Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal” (**Proverbs 12:18**). “Kind words are like honey — sweet to the taste and good for your health” (**Proverbs 16:24**).

## The Cancer Industry

We need to be aware of a powerful cancer industry that profits more from cancer treatment than from cancer prevention and cancer cures. Disease is an 80 billion-dollar-a-year business in the U.S. and cancer represents one of the biggest sources of income to the medical-drug-hospital industry. There are more people living off cancer than dying from it. What's wrong with that picture? In order to fight cancer we are asked to donate more money. But throwing money at a problem is not the solution. It should not be a question of raising more money for research, but for steering the research in the right direction. Generally speaking, we are a drug-oriented society. We are always looking for a single drug or a pill that will cure or control the condition. This is also true in regard to cancer. Although drugs may be effective in controlling the symptoms, no drug or pill will be found to cure cancer. In fact, the outward symptoms of any health problem is nothing but the body's manifestation of its own defense and remedial effort to correct the adverse condition and restore health. A tumor is nothing but the body's effort to isolate the affected cells in order to protect the rest of the organism and extend life. Therefore, the effective cure for any health problem can be accomplished by the body's own extensive healing mechanism. We are equipped with a marvelous healing system, more effective than any healing system devised by man. This built-in healing system is capable of correcting any condition of ill health if given the proper conditions. Consequently, the first principle of biological medicine is to create conditions most conducive to stimulate and activate the body's immune system.

But we should also realize that there can be divine intervention for healing in our lives. The age of miracles and healing is not past. God can heal and does still heal today. "Bless the Lord O my soul, and forget not all his benefits: who forgives all your iniquities, who heals all your diseases," (Psalm 103:2, 3). It is difficult to enjoy life if we are in constant pain and God would like us to be healthy. The apostle John was inspired to write, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (III John 2). God does expect us to do what we can for ourselves. Also, God has given us a variety of principles for healthful living — not the least of which is the list of clean and

unclean foods recorded in **Leviticus 11**. Physical healing should be distinguished from divine, miraculous, supernatural healing. If a sick person asks for healing, then God will make his decision regarding whether, when, why, and how to heal. God may heal now to show mercy, to express love, to encourage the spiritually weak, to reinforce faith, or as a witness of the gospel. To get the big picture, we must keep in mind that this physical life is temporary and we are going to die sooner or later. Therefore, it is vitally important to remember that one's ultimate reward is neither determined nor affected by whether he was or was not healed during his physical lifetime.

## The Healthy Cell Concept

If we can keep most of our cells healthy, then we will be healthy. It is to our benefit to learn about the healthy cell concept which has four important points.

(1) Cell Communication: All living things communicate in one way or another and our cells are no different. If we have a healthy, happy, *positive outlook on life*, then that will send a message to our cells to do what they are supposed to do.

(2) Cell Environment: All our cells live in a fluid. In order to keep our cells healthy, we need to replace the water we use by drinking *pure water* which has an alkaline pH balance. Many people have water containing chlorine and fluoride which are known cell killers. *Random House Dictionary* defines chlorine as "a greenish-yellow, incombustible, poisonous, gaseous element that is highly irritating to the respiratory organs." During World War II, it was illegal for Germany or the Allies to use chlorine gas per the Geneva Convention. But we put it in our drinking water.

*Webster's Dictionary* defines fluoride as, "a corrosive, poisonous, greenish-yellow gaseous chemical element; the most reactive nonmetallic element known in forming fluorides with almost all other known elements." Over fifty percent of the people living in the U.S. have fluoride in their drinking water. Contrary to popular belief, fluoride does not make teeth stronger, nor does it prevent tooth decay. David Kennedy, D.D.S., San Diego, CA. says, "Flourides do not reduce tooth decay." Both the Proctor and Gamble report obtained from the Department of Health in 1985 and the National Toxicology program under the auspices of the U.S. Public

Health Service in 1990, states that fluoride has been linked to cancer. While many have swallowed the propaganda concerning the fluoride in the water deal, the rest of the story is a fascinating one. The plain truth is that the facts, the documentation, and the evidence is available which reveals the real reason why fluoride was put in the drinking water. But that's another story for another time.

(3) Cell Food: You can't build live cells with dead food. If possible, we should try to find organically grown fruits and vegetables. Cooked food destroys most of the enzymes, so it is good to use plant digestive enzyme supplements. *Flaxseed oil* is nutritional gold, and is still the richest source of Omega 3, essential fatty acid. Flaxseed oil provides the right kind of fat to keep our cells healthy.

(4) Exercise: The common denominator of all exercise is opposing gravity. Although all exercise is helpful, the *rebounder* places the forces of acceleration and deceleration on the same plane as gravity. This exercise stimulates the activity of the lymphatic system. Rebounding is a true cellular exercise and will strengthen every cell in the body. The rebounder is the most efficient, effective form of exercise yet devised by man. With a rebounder, you don't have to worry what the weather is like outside because you can use it in the comfort of your own home while you watch television or listen to the radio. (To order a Soft-Bounce Needak™ Rebounder, see [www.needakmfg.com](http://www.needakmfg.com).)

The primary and ultimate cause of cancer is lowered or broken down resistance of the body's own defense mechanism, against the singular or combined physical, chemical, emotional, and environmental stresses placed upon it. This paves the way for the development of cancer. Today the medical establishment basically uses drugs to treat the effect of a problem, but it does not eliminate the cause

of the problem. We need to understand the cause of cancer before we can find a cure for it. The reason for that is because the true cure for cancer lies in the prevention of it. When the true cause of any illness has been found, then a true cure has also been found by removing the cause of the problem.

For those who have cancer, there is hope. Natural, harmless, yet effective, ways to strengthen your immune system include IP-6 with Inositol, Oncolyn, Moducare, Maitake, Aloe Vera, Essiac Tea, and Vitamin C, to name a few. But none of those should be taken without the advice of a health care professional — preferably a naturopathic physician.

How important is it to be alkaline instead of acidic? Cancer will thrive in an acidic environment. In the body that has a slightly alkaline cell environment, the conditions required for the propagation of cancer do not exist. How important is it to maintain a healthy immune system? It is a medical fact that cancer cannot exist in the body that has an efficient immune system.

When all the cancer-causing factors are eliminated from our lives, cancer will disappear. This is the only way the victory over cancer will ever be won. Stop smoking, stop polluting our air, stop devitalizing and destroying our food, stop poisoning air, water, and soil with carcinogenic chemicals, stop the health-destroying high protein fad, stop the mad race for more material prosperity, and adopt a contented mental attitude, eat natural unprocessed foods, breathe clean air, drink pure water, live close to nature, and do your daily quota of perspiring, either by hard work or exercise — and you can forget about cancer.

— written by Alex Nicholson, 3719 Hwy 2, Apt 9, Fletchers Lake, Nova Scotia, Canada B2T 1J3, [alnchl@hotmail.com](mailto:alnchl@hotmail.com). Ω

## More Health and Healing Resources

A major purpose of Giving & Sharing is to promote Bible Laws of Health, and encourage people to seek God for healing. To that end, we distribute the free 98-page book, *Biblical Health and Healing*. See our website, [www.giveshare.org/Health](http://www.giveshare.org/Health) for much more material.

Want to know more about natural foods and remedies? Read the classic book, *Back to Eden* by Jethro Kloss, \$12, and *What the Bible Says About Healthy Living*, by Dr. Rex Russell, 300 pages, \$11. Want health advice from Sabbath-keeping health professionals? See our website for members of our HEAL committee. Do you wish brethren to pray for you? Submit your prayers to *Prayer Lines*, [rosyhalley@tyler.net](mailto:rosyhalley@tyler.net). Do you have a problem with substance abuse, marriage and family, financial, or spiritual? Use our *Help Lines* service. Call **Steve Kieler** at **515-576-5743** for help and/or referral to someone who will help you personally, one-on-one.

## God's Promise

Although things are not perfect  
Because of trial or pain  
Continue in thanksgiving  
Do not begin to blame  
Even when the times are hard  
Fierce winds are bound to blow  
God is forever able  
Hold on to what you know  
Imagine life without His love  
Joy would cease to be  
Keep thanking Him for all the things  
Love imparts to thee  
Move out of "Camp Complaining"  
No weapon that is known

On earth can yield the power  
Praise can do alone  
Quit looking at the future  
Redeem the time at hand  
Start every day with worship  
To "thank" is a command  
Until we see Him coming  
Victorious in the sky  
We'll run the race with gratitude  
Xalting God most high  
Yes, there'll be good times and yes  
some will be bad, but . . .  
Zion waits in glory . . . where none are  
ever sad!

"I AM TOO blessed to be stressed!" The shortest distance between a problem and a solution, is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything. God loves you . . . pass the word on to more friends and ask them to continue telling others that God loves them too. Just think of how many people that could be reached out to and blessed with these words. — from the Internet

## Regime Change Coming

The President of the United States wants to overthrow Iraq's Sadaam Hussein, in a "regime change." Did you know there is a coming "regime change" at the return of the Messiah to rule the earth? The resurrected saints will sing a new song of praise to Yahweh, the Eternal. When the meek inherit salvation on the earth (**Matthew 5:5**), the saints will be joyful and sing, **Psalm 149:4-5**. They will have high praises of God in their mouth, and a two-edged sword in their hand, **verse 6**. What will they do: "To execute vengeance upon the heathen, and punishments upon the people; *To bind their kings with chains, and their nobles with fetters of iron*; To execute upon them the judgment written: this honour have all His saints. Praise ye the Lord," **verses 7-9**.

## When is Wave Sheaf Day?

*Question:* "I am a little confused with your latest Newsletter. When is it *you* observe the Wave Sheaf Day?" — D.W., Ohio

*Answer:* Per Jesus' fulfillment of this day in **John 20:17**, I believe that the Wave Sheaf Day is always the morrow after the Sabbath during the Feast of Unleavened Bread. This was the understanding of the Sadducees. When Passover falls on a weekly Sabbath, the FUB begins on Sunday, and the following Sunday is Wave Sheaf Day.

The Karaites believe that when Passover falls on the weekly Sabbath, that Wave Sheaf Day is the next day, Nisan 15. In 1974, the Worldwide Church of God accepted the Karaite teaching on the Wave Sheaf Day. There are many problems with this teaching, which we have printed in previous articles in the G&S Newsletter.

Passover falls on the weekly Sabbath only about 10% of the time. Before the next Passover Sabbath, in 2005, and again in 2008, those who are undecided on this issue should make a thorough study of Biblical evidence.

### The Christian's Pledge

I pledge allegiance to my God,  
who had such love for me,  
He gave His only begotten Son,  
to face cruel Calvary.  
And to the Church,  
for which He stands,  
One Church, indivisible,  
with its strong bands,  
Of love and kindness,  
to sinners enthrall  
With Calvary's purchased Liberty,  
and Justice for ALL!

And to this great nation,  
that I'm privileged to be,  
Blessed as a Citizen,  
in this land of the Free!  
Lord, you made this land so,  
As a haven for ALL,  
With Freedom to Worship, Lord,  
don't let us fall!  
We've sunk way down  
in the mire of sin  
Till — the Courts of this land  
won't let you in

LORD, this once Great Land  
is on a downward slope  
Without you back on the Throne,  
There is No Hope!  
Lord, Send us a revival,  
extend it from shore to shore!  
War clouds are gathering,  
we need you more and more,  
In classroom and workplace, from  
which you've been banned!  
In the Strength of God Almighty,  
may we once again stand!

— Lloyd D. Walker, from **Missouri Watchman, PO Box 156, Fairview, MO 64842** Ω

### *The Bible Home Instructor — Group Bible Study Aide*

It has brought thousands of people into the Church of God. It is a *working history* of Church of God doctrines. Originally published in 1920, *The Bible Home Instructor* groups together Bible testimony on numerous subjects. Each of the scores of Bible topics is a capsule of one doctrinal truth. The "question and answer" format encourages the reader to look up the answer in his own Bible. Usually, verses are quoted without comment, so as to let the Bible answer the questions.

*The Bible Home Instructor*, was written by Andrew N. Dugger (1886-1975), the most famous Church of God, Seventh Day, leader of the twentieth century. The book gives an effective guideline for family and group Bible study. If you don't know how to conduct a group Bible study, use this book as an example. Have each person read a question, and the answer from the Bible. Encourage comments and discussion. You will learn from God's Word, and from each other.



This 182-page book is available for a suggested donation of \$9.00 postpaid. Ask about quantity discounts.

— written by Richard C. Nickels

**Giving & Sharing**  
**PO Box 100**  
**Neck City, MO 64849**  
Internet: **www.giveshare.org**  
E-Mail: **giveshare@vcn.com**  
**Address Service Requested**

Non-Profit  
Organization  
Presorted  
Standard Postage  
PAID  
Permit 33  
Gillette, Wyoming

*In This Issue:*

- Christ versus Mohammed
- Waldensian Church
- Sabbath from Eden to Sinai
- Universal Nature of the Flood
- More . . .

Speaking in Tongues; Is Jesus God?