Welcome to LATE - L.A.T.E - Living At The End — for we are **late** into the prophetic timeline of earth's history and you and I must know how to live successfully and to be an effective witness for present truth in these perilous times. In this SWM Radio program we use the Word of God and the Spirit of Prophecy to answer pertinent questions posed to God's remnant people in order to provide the spiritual and physical tools we need for daily living and consecration to God at the end of time.

In each program, we have a Time of the End Feature and a Healthful Living Feature which provides answers to the questions posed and then we recommend some Take Away Tips from our discussions for Living at the End. This is your host Brother Nanton. Let us pray.

TIME OF THE END FEATURE – Who is Laodicea?

Laodicean Message Applies to Those Who Are No Different to the World

To the church of the present day this message is sent. The message to the church of the Laodiceans especially applies to the people of God today. It is a message to professing Christians who have become so much like the world that no difference is seen. **7BC 959**

Laodicean Message a Startling Denunciation

The people of God are represented in the message to the Loadiceans as in a position of carnal security. They are at ease believing themselves to be in an exalted condition of spiritual attainments. *Because thou sayest, I am rich and increased with goods, and have need of nothing; and knowest not that thou art wretched and miserable, and poor, and blind and naked.* What greater deception can come upon human minds than a confidence that they are right when they are all wrong. The message of the True Witness finds the people of God in a sad deception, yet they are honest in that deception. They know not that their condition is deplorable in the sight of God. The testimony, so cutting and severe cannot be a mistake, for it is the True Witness who speaks, and His Testimony must be correct. **3T 252**

Laodiceans More Interested in the World than in God's Work

The Laodiceans are ready to leave their posts when their worldly personal interests demand it. The internal work of grace is found wanting in their hearts. 4T 87-88

Why some Laodiceans Stay in the Church

The Laodicean message applies to the people of God who profess to believe present truth. The greater part are lukewarm professors, having a name but no zeal. Those who should be faithful and true, fervent in Christian zeal, of gracious temper, knowing and loving Jesus earnestly, are found aiding the enemy to weaken and discourage those whom God is using to build up the work. The term lukewarm is applicable to this class. They profess to love the truth, yet are deficient in Christian fervor and devotion. They dare not give up [the Truth] wholly and run the risk of the unbeliever, yet they are unwilling to die to self and follow out more closely the principles of their faith. **4T 87-88**

Holding Truth by Tips of Fingers, Become Apostates

Many are holding onto the truth with only the tips of their fingers. They have had great light and many privileges. But unless they put away their pride and self confidence in the time of trial that is approaching they will become apostates. **3SM 415; RH Feb 11, 1904**

Fairly Good - Laodicean Message is for you

Brethren and Sisters, are your thoughts after this order? These sharp and decided words [Laodicean message] do not mean me. I am in a fairly good condition spiritually, though I may not have all the fervor and zeal that some have. I believe the truth. You are the very ones to whom this message belongs. **7BC 964-965**

Near the End We Advance or Retrograde

As we near the end of this earth's history, we either rapidly advance in Christian growth, or we rapidly retrograde toward the world. **3SM 407 RH Dec 13, 1892**

Laodicean Message Has Not Yet Accomplished God's Purpose

In my last vision, I was shown that even this decided message of the True Witness had not accomplished the design of God. The people slumber on in their sins. They continue to declare themselves rich and having need of nothing. Many inquire: why are all these reproofs given? Why do the Testimonies continually charge us with backsliding and with grievous sins? We love the truth; we are prospering; we are in no need of these testimonies of warning and reproof. **3T 254**

God Gave Time for Laodiceans to be Purified and Prepared for the Latter Rain

I was shown that the testimony to the Laodiceans applies to God's people at the present time, and the reason it has not accomplished a greater work is because of the hardness of their hearts. But God has given the message time to do its work. The heart must be purified from sins which have so long shut out Jesus. Nearly all believed this message would end in the loud cry of the third angel. But as they failed to see the powerful work accomplished in a short time, many lost the effect of the message. I saw that this message would not accomplish its work in a few short months. It is designed to arouse the people of God to discover to them their backslidings, and to lead to zealous repentance, that they may be favored with the presence of Jesus, and fitted for the loud cry of the third angel.

Those who come up to every point, and stand every test, and overcome, be the price what it may, have heeded every counsel of the True Witness, they will receive the latter rain and thus be fitted for translation. 1T 186-188

Healthful Living Feature – Appetite, Spirituality and Digestion

Indulged Appetite Causes Church Problems and Impatience

Eating has much to do with religion. Satan uses the stomach as an enemy of righteousness, creating a disturbance which affects the entire being. Sacred things are not appreciated. Spiritual zeal diminishes. Peace of mind is lost. There is dissension, strife and discord. Impatient words are spoken and unkind deeds are done; dishonest practices are followed and anger is manifested – and all because the nerves of the brain are disturbed by the abuse heaped upon the stomach. **CH 557**

Making a Cesspool of the Stomach Stops Communication with God

God cannot enlighten the mind of a man who makes a cesspool of his stomach. He does not hear the prayers of those who are walking in the light of the sparks of their own kindling. **CH 576**

Cold Drinks at Meals Slow Digestion

Many make a mistake in drinking cold water with their meals. Water diminishes the flow of the saliva; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, taken with meals will arrest the digestion. **CD 106**

Hot Drinks Debilitate

Hot drinks are debilitating. No drink is needed with meals. Eat slowly and allow the saliva to mingle with the food. **CD 240**

Digestion More Important than Quantity

The benefit derived from food does not depend so much on the quantity eaten as on its thorough digestion. **CD 107**

Not Necessary to Stay at Table Till All Have Eaten

Another custom which has been instituted is, that which requires all to keep their places at the table till the last one has finished. But this makes eating a burden to those who eat no more than they feel their stomachs can properly care for. Health reformers need not observe these inventions of fashion. If you are where those eating to excess continually pass the tempting dishes, it is well to break human rules and pass quietly from the table. **SpM 42 (Spaulding & MAgan Collection)**

Light Supper Several Hours Before Bedtime

If a third meal be eaten at all, it should be light, and several hours before going to bed. The work of digestion should not be carried on through any period of the sleeping hours. **CD 174, 175**

Questions

- To whom does the message of Laodicea apply?

 Answer: It applies to professing Christians who have become so much like the world that no difference can be seen; as well to the Christian who thinks that although he has not the zeal and fervor of others, he is in fairly good spiritual condition.
- Why do some Laodiceans stay in the Church?

 Answer: Many stay because they profess to believe and love present truth even though they are deficient in Christian fervor and devotion. And others stay because they dare not become unbelievers and run the risk of losing heaven, yet they are unwilling to die to self and follow closely the principles of their faith.
- What is the result of holding onto the truth only by your fingertips?

 Answer: Because they pay only lip service to present truth, unless they put away pride and self confidence in the time of the approaching trials, they would become apostates.
- Why has the Laodicean message not accomplished a greater work?

 Answer: Because of the hardness of our hearts and the time it takes for modern day

 Christians to realize the message is directed them towards us and therefore to purify our hearts which have so long shut out Jesus.
- What happens for those who receive and acknowledge the Laodicean message?

 Answer: They will come up to every point; stand every test; overcome regardless of the price; receive the latter rain; and be fitted for translation.
- What church problems can indulged appetite cause and why?

 Answer: It can cause us to not appreciate sacred things; .it can cause our spiritual zeal to diminish; it can cause dissension strife and discord; and anger is manifested all because the nerves of the brain are disturbed by the abuse heaped upon the stomach.
- 7 What habits should be avoided to assure proper digestion?
 Answer: No drinking of hot or cold beverages at meals and no eating .shortly before bedtime so as not to dilute the digestive juices or have the digestive system working while the body is sleeping.

Take Away Tips

 We must personally, soberly and seriously search our hearts and souls to determine if we are Laodicean Christians and if so, then we must receive and acknowledge the message and buy of Him gold tried in the fire (develop our faith thru diligent study), white raiment that we might be clothed (His righteousness through confession, repentance, revival and reformation) and eyesalve (the Holy Spirit to guide us into all truth) that we might see.

- Hold onto present truth as your life depends on it, not with just your fingertips.
- Remember that indulgence of appetite can cause us a world of problems in church
- Don't eat and drink at the same meal and always eat several hours before bedtime to keep your digestive system in optimum working order

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