

LATE - 13

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 -- Reflecting Jesus

2 Cor 3:18: *But we all with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.*

1 John 3:2: *Beloved, now we are the sons of God, and it doth not yet appear what we shall be: but we know that, when He shall appear, we shall be like Him; for we shall see him as He is.*

Study the Character of Jesus

The last message of mercy to be given to the world is a revelation of His character of love to the world.
COL 415

Those who receive the seal of God must reflect the image of Christ fully. **EW 71**

Study Christ. Study His character feature by feature. He is our pattern that we are to copy in our lives and our characters, else we fail to represent Jesus, but present to the world a spurious copy. **3SM 170**

Many fail of imitating our holy pattern, because they study so little the definite features of that character.
6T 393

Meditate on Christ's Life and Death on the Cross

If we would enter the city of God, and look upon Jesus and His glory, we must become accustomed to beholding Him with the eye of faith here. The words and character of Christ should be often the subject of our thoughts and of our conversation, and each day some time should be especially devoted to prayerful meditation on those sacred themes. **SL 92 (The Sanctified Life)**

It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. **DA 83**

Pride and self-esteem cannot flourish in the hearts that keep fresh in the memory the scenes of Calvary.
2T 212

The lower you lie at the foot of the cross, the more distinct and the more precious will be your views of Christ. **5MR 246**

Talk About Jesus

If we are Christ's, our sweetest thoughts will be of Him. We shall love to talk of Him and as we speak to one another of His love, our hearts will be softened by divine influences. Beholding the beauty of His character, we shall be changed into the same image from glory to glory. **DA 83**

Fill the Mind With Pictures of Jesus

Memory's hall should be hung with sacred pictures with views of Jesus, with revealings of His matchless charms. If memory's hall were thus furnished, we would not look upon our lot as intolerable. We would not talk of the faults of others. Our souls would be full of Jesus and His love. **RH Feb 11, 1890)**

Pictures of Jesus

He [Jesus] exercised the greatest tact, and thoughtful, kind attention. **DA 352**

Jesus emptied Himself and in all He did Self did not appear. **MB 14 (Thoughts from the Mount of Blessings)**

Our savior's gentleness, and His plain unassuming manners, made Him a conqueror of hearts. **3T 477**

He shunned all outward display. Jesus purposed that no attraction of an earthly nature should call men to His side. Only the beauty of heavenly truth must draw those who would follow Him. **DA 43**

Greatness and rank were nothing to Him. No trace of luxury, ease, selfish gratification or indulgence was brought into His life, which was a continuous round of self-denial and self-sacrifice. **FE 401 (Fundamentals of Education)**

Was this the Christ? With awe and wonder the people looked upon the one just declared to be the Son of God. In His dress and bearing there was nothing that betokened rank. He was apparently a simple personage, clad like themselves in the humble garments of the poor. **DA 137**

The Son of Righteousness did not burst upon the world in splendor, to dazzle the senses with His glory. It is written of Christ, "His going forth is prepared as the morning." Hosea 6:3. Quietly and gently the daylight breaks upon the earth, dispelling the darkness and waking the world to life. So did the Son of Righteousness arise with healing in His wings. Mal 4:2. **MH 32**

He was not elated by applause, nor dejected by censure or disappointment. **DA 330**

Prayer and Study Life

After His work was finished for the day, He went forth, evening after evening, away from the confusion of the city, and His form was bowed in some retired grove in supplication to His Father. He frequently continued His petitions through the entire night. His is our example. If we could remember this, and imitate Him, we would be much stronger in God. **2T 202**

He was faithful in the discharge of His home duties, and the early morning hours, instead of being wasted in bed, often found Him in a retired place, meditating and searching the Scriptures and in prayer. **FE 402**

Healthful Living Feature – Nature's Simple Agencies

Nature's Simple Agencies

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are simple agencies of nature. **2SM 287**

Sunlight

Whoever sleeps in a sunless room or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health and often of life. Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets and tarnish the picture frames, but it will bring a healthy glow to the cheeks of the children. **CH 173**

Air and Breathing

In order to have good blood, we must breathe well. Full, deep inspirations of pure air which fill the lungs with oxygen purify the blood. They impart to it a bright color and send to it a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound refreshing sleep. **CH 59**

An insufficient supply of oxygen is received [by improper breathing]. The blood moves sluggishly. The waste poisonous matter, which should be thrown off in the exhalations from the lungs is retained, and the blood becomes impure. Not only the lungs but the stomach, liver and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts confused. **CD 104**

Walking and Exercise

There is no exercise that can take the place of walking. **3T 78**

Morning exercise, in walking in the free air, is the surest safeguard against colds and a hundred other diseases. **ML 136**

A walk even in the winter is more beneficial than medicine. **CH 52**

More people die for want of exercise than through over-fatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation. **CH 173**

Without physical exercise, no one can have health. **PP 601**

Questions

- 1 What is the final means used by God to call His people out of Babylon and be ready for His soon coming?
Answer: The reflection of the character in Christ in the lives of those proclaiming the last day warning to the world is the means to be used to bring His people out of Babylon.
- 2 What are we therefore called to do now and why?
Answer: We must study diligently the character of Christ so we can reflect it now and in the coming conflict if we are to be sealed.
- 3 How can we learn now to start reflecting His character?
Answer: Behold him here and now with the eye of faith; think often of His words and character; spend time daily in contemplation of His life; do a point by point study of His life.
- 4 What will happen if we follow this instruction?
Answer: Pride and self-esteem will diminish and disappear since they cannot flourish in a heart that daily keeps fresh the scenes of Calvary ; the heart will be softened; we would not look upon our lot as intolerable and we would not talk about the faults of others..
- 5 What are some pictures of Christ's character we should dwell on?
Answer: How he always exercised tact and thoughtful kind attention; how Self never appeared in all He did; how His plain unassuming manner allowed Him to conquer hearts; that there was no trace of luxury, self -gratification or indulgence in Him; and that he was not elated by applause nor dejected by disappointment.
- 6 What pattern of prayer did He provide us with?
Answer: He retired to a quiet place in the evenings to pray often through the night; and he would rise early to study and pray in a quiet place.

- 7 According to 2 Corinthians 3:18, what happens when we behold Christ now?
Answer: We will be changed into His image from glory to glory

Take Away Tips

- It is only by the reflection of Christ in the character His remnant people will the last message of mercy and warning to the world be effective.
- Reflecting the character of Christ is a prerequisite for being sealed and saved.
- We must meditate daily upon the life of Christ so that by beholding him here by faith we might become more like Him as we prepare for the coming conflict and salvation.