

LATE - 15

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 --Becoming Like Jesus

Christ the Perfect Model

In Christ is the tenderness of the shepherd, the affection of the parent and the matchless love of the compassionate Savior. **DA 826**

True religion is the imitation of Christ. Christ is the model. To copy Jesus, full of tenderness and compassion, will require that we draw to Him daily. **7BC 949 also Letter 31a, 1894**

All eyes should turn to our Redeemer, all characters should become like His. He is the model to copy. **5T 421**

Gather up the divine rays of light from Jesus and reflect them to others, leaving a bright path heavenward in the world. **RH Oct 8, 1889**

Christ is sitting for His portrait in every disciple. **DA 827**

Dwelling upon Christ Changes Us

As the mind dwells upon Christ, the character is molded after the divine similitude. The thoughts are pervaded with a sense of His goodness, His love. We contemplate His character, and thus He is in all our thoughts. His love encloses us. If we gaze even a moment upon the sun in its meridian glory, when we turn away our eyes, the image of the sun will appear in everything upon which we look. Thus it is when we behold Jesus; everything we look upon reflects His image, the Sun of Righteousness. We cannot see anything else. His image is imprinted upon the eye of the soul and affects every portion of our daily life, softening and subduing our whole nature. To all with whom we associate we reflect the bright and cheerful beams of His righteousness. We have become transformed in character. **TM 388-389**

Saved Only By Beholding Him

Unless he makes it his life business to behold the uplifted Savior, and by faith to accept the merits which it is his privilege to claim, the sinner can no more be saved than Peter could walk upon the water unless he kept his eyes fixed steadily upon Jesus. **TM 93**

Christ is Waiting For Us to Reflect Him Before He Comes

Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own. It is the privilege of every Christian not only to look for but to hasten the coming of our Lord Jesus Christ. Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be ripened, and Christ would come to gather the precious grain. **COL 69**

The work will surely go forward whether we advance with it or not. It will be victorious but the question is, shall we be victorious with it? **5T 57**

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 Why is Christ the perfect model for all humanity?
Answer: Because He is the tenderness of the shepherd; the affection of the parent; and the matchless love of a compassionate Savior whose greatest desire is to save us.
- 2 What should our reflection of Christ do for others?
Answer: When we fully reflect His character, it will leave a bright path heavenward for others to follow.

- 3 How should it be when we behold Jesus?
Answer: It should be like staring into the sun then looking away and seeing that image reflected in everything we see. His image should be imprinted upon the eye of the soul, softening and subduing our whole nature.
- 4 Why does Christ want us to reproduce His character in our daily lives?
Answer: He is waiting for His character to be perfectly reproduced in us so that He can come again to claim us as His own.
- 5 What happens if we don't reflect His character?
Answer: The work will go forward whether we advance with it or not. It will be victorious but the question is will we be victorious with it?
- 6 How are breathing and blood related?
Answer: Good breathing purifies the blood and facilitates its flow through the body. Poor breathing causes sluggish flow and allows impurities to be retained in the blood making it impure.
- 7 Why is walking so important?
Answer: It is the surest safeguard against colds and a hundred other diseases; it is more beneficial than medicine; and it stimulates good and vigorous circulation.

Take Away Tips

- If we were to perfectly reproduce the character of Christ in our lives the whole world would be sown with the gospel seed and Christ would come to reap the harvest of precious grain.
- If we don't reflect the character of Christ, the work will go on without us and we will not be sealed.
- Good breathing and healthy exercise through walking is better than medicine; essential for good circulation and pure blood; it stimulates the appetite, renders digestion more perfect; and induces sound refreshing sleep