

This is 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. Using the Word of God and the Spirit of Prophecy this SWM Radio program seeks 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 pose questions pertinent to God's remnant people living at the end of time; have a Time of the End Feature; a Healthful Living Feature; provide answers to the questions posed; and recommend 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 – The Judgment and I

The Work of the Investigative Judgment

At the time appointed for the judgment—the close of the 2300 days, in 1844—began the work of investigation and blotting out of sins. All who have ever taken upon themselves the name of Christ must pass its searching scrutiny. Both the living and the dead are to be judged “out of those things which were written in the books, according to their works.” {GC 486.1}

How the Investigative Judgment Works

As the books of record are opened in the judgment, the lives of all who have believed on Jesus come in review before God. Beginning with those who first lived upon the earth, our Advocate presents the cases of each successive generation, and closes with the living. Every name is mentioned, every case closely investigated. Names are accepted, names rejected. When any have sins remaining upon the books of record, unrepented of and unforgiven, their names will be blotted out of the book of life, and the record of their good deeds will be erased from the book of God's remembrance. GC 483:1

Nothing is Hidden

The darkness of the darkest night, the secrecy of all deceptive arts, is not sufficient to veil one thought from the knowledge of the Eternal. God has an exact record of every unjust account and every unfair dealing. He is not deceived by appearances of piety. He makes no mistakes in His estimation of character. Men may be deceived by those who are corrupt in heart, but God pierces all disguises and reads the inner life. GC 486:2

A work to be Done

Those who would share the benefits of the Saviour's mediation should permit nothing to interfere with their duty to perfect holiness in the fear of God. The precious hours, instead of being given to pleasure, to display, or to gain seeking, should be devoted to an earnest, prayerful study of the word of truth.

Importance of the Understanding the Sanctuary

The subject of the sanctuary and the investigative judgment should be clearly understood by the people of God. All need a knowledge for themselves of the position and work of their great High Priest. Otherwise it will be impossible for them to exercise the faith which is essential at this time or to occupy the position which God designs them to fill. Every individual has a soul to save or to lose. Each has a case pending at the bar of God. Each must meet the great Judge face to face. How important, then, that every mind contemplate often the solemn scene when the judgment shall sit and the books shall be opened, when, with Daniel, every individual must stand in his lot, at the end of the days. {GC 488.2}

Affliction of Souls

We are now living in the great day of atonement. In the typical service, while the high priest was making the atonement for Israel, all were required to afflict their souls by repentance of sin and humiliation before the Lord, lest they be cut off from among the people. In like manner, all who would have their names retained in the book of life should now, in the few remaining days of their probation, afflict their souls before God by sorrow for sin and true repentance. There must be deep, faithful searching of heart. GC 489.3

Healthful Living Feature - AIR

These recent healthful living features concerning REST and AIR have been provided by Pastor Jason Moore of Jamaica, a faithful contributor to SWM Radio.

Genesis 1:6, 8: *And God said Let there be a firmament in the midst of the waters and let it divide the waters from the waters . . . And God called the firmament heaven and the evening and the morning were the first day.*

Before God could make vegetation, grass, trees, animals or man, He first had to create the air by dividing the waters from the waters to separate the earth from the heavens creating that which we know as the atmosphere. Man and beast can do without food for a few weeks, without water for a few days but without air for only a few moments.

Fresh Air is the breath of life and by it a healthy lifestyle is provided because it facilitates the power of our cells which are functional basic unit of life. It was blended very specifically by God with 78% nitrogen, 21% oxygen and 1% argon, CO₂ and other trace gases.

Leviticus 17:11 tells us that the life of the flesh is in the blood. Air exercises the lungs to power the heart which pumps blood through our bodies. Air services the blood with necessary oxygen; soothes the nerves, stimulates the appetite; renders circulation more effective and brings refreshing sleep.

Improper breathing reduces lung capacity; creates sluggish blood flow; retains waste material in the blood, retards digestion and makes the skin sallow.

When the lungs don't feed the heart correctly, the functionality of the heart suffers which clouds the brain creating a gloomy and depressing outlook which in turn leads to irritability which consequently affects the cells and initiates disease.

To breathe properly keep your back straight at all times; inhale by your mouth and exhale from your nostrils. Inhaling should fill your abdomen and not your chest. One should always practice deep breathing in this manner until it becomes second nature.

To improve your oxygen intake always maintain a good posture, breathe deeply and maintain a properly ventilated environment around you. Do not wear tight clothing to restrict air flow and cover your body extremities since oxygen flows better to warm areas of the body. Dress reform prevents health deform.

Remember that AIR is God's breath. This marvelously made body is but dust without air. No organ or body system can function without it. We carry God's breath with us daily. It is a free gift of life to give us the opportunity to prepare for everlasting life. **Job 27:3** *All the while my breath is in me, the spirit of God is in my nostrils.*

Questions

- 1 When does the investigative begin and who are to be judged.
Answer: it began in October 1844 when Christ entered the Most Holy Place and it is for all who have believed in the name of Jesus.
- 2 What three books in heaven are mentioned regarding the Judgment and what is in each?
Answer: Books of Records – all our life's works, words, deeds and thoughts
Book of Life – the names of the saved
Book of Remembrance – the good deeds of those who fear the Lord and spake often to one another.
- 3 How does one's name get blotted from the Book of Life?
Answer: Names are blotted from the Book of Life when they have unrepented and unforgiven sins found in the Books of Records and their good deeds will be blotted from the Book of Remembrance.
- 4 Knowing the nearness of the time how ought believers to spend their time?
Answer: Believers ought to perfect holiness in the fear of God and be devoted to an earnest, prayerful study of the Word of Truth.
- 5 What must be clearly understood by believers and why?
The subject of the sanctuary should be clearly understood by God's people so they can know what is taking place in the judgment and how it is conducted since we each have a case pending at the bar of God.
- 6 What must be done to retain one's name in the Book of Life?
We must afflict our souls daily before God by sorrow for sin and TRUE repentance. There must be a deep, faithful searching of the heart.
- 7 What is the most important things to remember about AIR?
Air is God's breath, it is the breath of our lives and without it we are but dust so we

must remember God is very much a part of our every breathing moment; so we must never waste his air.

Take Away Tips

- The Judgment is going on right now in heaven and at any time now my name and yours might be called, so now is the time to afflict our souls before God by confession of sin and true repentance that our names might be retained in the Book of Life.
- Not only words, works and deeds are found in the Books of Record but our very thoughts come before the intense scrutiny of the heavenly court.
- Remember the air we breathe comes straight from God; He is the Master blender and we must be very careful how we use it and never take it for granted.