

## Late - 4

This is Living At The End – L.A.T.E – 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 program seeks to provide the spiritual and physical tools we need for daily living at the end of time.

In each program, we will 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 - How to Overcome Sin

Admit to Your Sin

*He that covereth his sins shall nor prosper: but whoso confesseth and forsaketh them shall have mercy. **Proverbs 28:13***

*Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile. When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. **Psalm 32:1-4***

Be honest about the sin. Tell it as it is. If you love the sin admit that you do.

*Come now and let us reason together saith the Lord, though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool. **Isaiah 1:18***

Turn away from your sin

*He that covereth his sins shall nor prosper: but who confesseth and forsaketh them shall have mercy. **Proverbs 28:13***

*If our transgressions and our sins be upon us, and we pine away in them, how should we then live. **Ezekiel 33:10***

Make no provision for the Flesh

*But put ye on the Lord Jesus Christ, and make no provision for the flesh, to fulfil the lusts thereof. **Romans 13:14***

*This I say then, Walk in the spirit lest you fulfil the lust of the flesh. **Galatians 5:16***

Accept God's forgiveness.

*Look unto me and be ye saved, all the ends of the earth: for I am God and there is none else. **Isaiah 45:22***

*The Lord hath appeared of old unto me, saying, Yea I have loved thee with an everlasting love: therefore with loving kindness have I drawn thee. **Jeremiah 31:3***

*The Lord is not slack concerning His promise, as some men count slackness; but is long suffering to us-ward, not willing that any should perish, but that all should come to repentance. **2 Peter 3:9***

*Say unto them, As I live, saith the Lord God, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live; turn ye, turn ye from your evil ways; for why will you die, O house of Israel. **Ezekiel 33:11***

### **Healthful Living Feature - Cooking**

#### **Healthful Cooking Most Valuable Science**

Cooking is a science in value above all other sciences. The one who understands the art of properly preparing food, and who uses this knowledge, is worthy of higher commendation than those engaged in any other line of work. It is the most valuable of all gifts. **CD 251**

#### **Death from Poor Cooking**

The victims of poor cookery are numbered by the thousands and tens of thousands. Over many graves might be written: "died of poor cooking" or "died of an abused stomach". **CD 257**

#### **Not too Great a Variety at a Meal**

Do not have too great a variety at every meal; three or four dishes are plenty. At the next meal you can have a change. **CD 109, 110**

#### **Fruit and Vegetables at the same meal causes mental and physical distress**

Fruit and vegetables at the same meal will often cause distress and inability to put forth mental effort. **CD 112**

Our questions today are seven in number.

1. What happens to the person who hides his sin and contrarily what happens to the person who confesses and forsakes his sin?  
Answer: The one who hides his sin will not prosper but the one who forsakes his sin shall find mercy.
2. Why does the Lord ask us to come and reason together with Him?  
Answer: He wants us to be honest with Him and admit our sins so that even though they be as scarlet or crimson He can through His mercy make them white as snow.
3. Why must we turn away from sin?  
Answer: because when we don't the burden of guilt lies heavy upon us and according to the Psalmist we pine away in our sin making our lives heavy, depressed and without purpose.
4. How do I go about overcoming sin?  
Answer: By confessing, repenting and asking daily for the Holy Spirit so we learn to walk in the Spirit and make no provision for the flesh.
5. What will help me in this quest to overcome sin in my daily life?  
Answer: By claiming God's promises daily remembering that He delights in mercy, that His promises are not slack; that He desires none to perish but all to come to repentance; and that He takes no pleasure in the death of the wicked.
6. According to the Spirit of Prophecy, what is the most valuable of sciences in relation to healthful living?  
Answer: Healthful cooking is considered most valuable and the art of properly preparing food and selecting the right mixture of foods is a gift to be treasured and shared.
7. Why should fruit and vegetables not be eaten at the same meal?  
According to the Spirit of Prophecy in CD 112, eating them together will often cause distress and the inability to put forward mental effort.

#### **Take Away Tips**

- Overcoming sin in our daily lives is the most important function for God's remnant people living at the end.
- God's remnant people living at the end must always confess our sins, remember God's promises; ask for the Holy Spirit daily; and make no provision for the flesh.
- Learn the art of healthful cooking; don't eat a great variety at one meal and don't mix fruit and vegetables at the same meal.