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 – Are You Ready

Earth's History Fast Closing But Adventists are in a Stupor

All heaven is astir. The scenes of earth's history are fast closing. We are amid the perils of the last days. Greater perils are before us, and we are not yet awake. This lack of activity and earnestness in the cause of God is dreadful. This death stupor is from Satan. He controls the minds of unconsecrated Sabbath keepers. **1T 260, 261**

Prepare for Overwhelming Surprise by Diligent Bible Study

Christians should be preparing for what is soon to break upon the world as an overwhelming surprise, and this preparation they should make by diligently studying the Word of God and striving to conform their lives to its precepts. **PK 626**

A storm is coming, relentless in its fury. Are we prepared to meet it? **8T 315**

A great crisis awaits the people of God. A crisis awaits the world. The most momentous struggle of all ages is just before us. But are we ready for the issue? **5T 711**

Only Bible Students Will Stand

None but those who have fortified their minds with the truths of the Bible will stand through the last conflict. **GC 537**

World Leaders See the World on the Verge of Crisis

The present is a time of overwhelming interest to all living. Rulers and statesmen, men who occupy positions of trust and authority, thinking men and women of all classes, have their attention fixed upon the events taking place about us. They are watching the relations that exist among the nations. They observe the intensity that is taking possession of every earthly element, and they recognize that something great and decisive is about to take place, that the world is on the verge of a stupendous crisis. **PK 537**

Past History Repeated in Earth and the Church

Many of the prophecies are about to be fulfilled in quick succession. Every element of power is about to set to work. Past history will be repeated; old controversies will arouse to new life, and peril will beset God's people on every side. Intensity is taking hold of the human family. It is permeating everything upon the earth. **TM 116**

Each of the ancient prophets spoke less for their time than for ours. "They are written for our admonition upon whom the ends of the world have come.: 1 Cor 10:11. The Bible has accumulated and bound up together its treasures for this last generation. All the great events and solemn transactions of Old Testament history have been and are repeating themselves in the church in these last days. **7MR 417**

Healthful Living Feature – Health & Character

SDA a Spectacle to the World

If Seventh Day Adventists practice what they believe, if they were sincere health reformers, they would indeed be a spectacle to the world. **CH 575**

Preventative Medicine Better than Remedial

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when it is contracted. It is the duty of every person, for his own sake and for the sake of humanity, to inform himself in regard to the laws of health and conscientiously to obey them. **MH 128**

Sin to be Sick When Ways to Stay Well are Neglected

Many have inquired of me, "What course shall I take to best preserve my health?" My answer is: cease to transgress the laws of your being; cease to gratify a depraved appetite; eat simple food, dress healthfully; and you will not be sick. It is a sin to be sick, for all sickness is a result of transgression. Many are suffering in consequence of their parents. They cannot be censured for their parents' sin, but it is nevertheless their duty to change their course and place themselves by correct habits in a better relation to health. **CH 37**

Note: Some have used this statement "It is a sin to be sick" to support their theory that man cannot completely overcome sin in this life because all of us get sick. This does not mean that we are in a state of sin because we may become sick. It is simply pointing out that sickness is the result or consequence of the curse of sin – either ours, or by unavoidable inheritance from our forefathers' intemperance of which we are not responsible. Notice the following:

The Christian is subject to sickness, disappointment, poverty, reproach and distress. Yet amid all this he loves God and chooses to do His will. Amid all the affliction the Christian has consolation. And if God permits him to suffer a lingering, distressing sickness, before he closes his eyes in death, he can with cheerfulness bear it all. He contemplates the future with heavenly satisfaction. **OHC 9**

Angels Leave Those Who Persist in Neglect of Health Reform

Although God's voice should speak directly to them to put away health destroying indulgences, some would still cling to the hurtful things which they love. They seem joined to their idols, and God will soon say to His angels, Let them alone. **CH 453**

Index to Character

The lack of stability in regard to the principles of health reform is a true index to their character and their spiritual strength. **2T 487**

Questions.

- 1. How do Christians prepare for what is soon to break upon the world as an overwhelming surprise?
 - Answer: By diligently studying the Word of God and striving to conform their lives to its precepts.
- 2. What is happening to many Adventists as earth's history is fast closing and what role does Satan play in this?
 - Answer: Many Adventists are asleep in a death stupor because Satan controls the minds of unconsecrated Sabbath keepers.
- 3. What is the purpose of ancient Bible prophets in our lives today?

 Answer: Ancient Bible prophets spoke less for their time than for ours because the Bible has bound up its treasures for this last generation.
- 4. Who will be able to stand successfully in the last great conflict?

 Answer: Only those who have fortified their mind with the great truths of the Bible will be able to stand in the coming conflict.
- 5. How could Adventists be a spectacle to the world?

 Answer: If they practiced what they preach/believe and were sincere health reformers they would be a spectacle to the world.
- 6. In regard to healthful living what is the duty of God's remnant people?

 Answer: It is the duty of the remnant and every person to inform him/herself of the natural laws of health and to conscientiously obey them.
- 7. What is a clear index to the character of Christians in any time?

 Answer: The Christian's attitude to the principles of health reform is a true index to their character and spiritual strength.

Take Away Tips

- For us living at the end, diligent Bible study and the fortification of the mind with God's Word is a MUST.
- We must get out of the death stupor in which so many Adventists are caught up in today.
- Obedience to the laws of health is a must.
- We must inform ourselves of the natural laws of health and obey them they are an index of our character before God.