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My Journey

I was in the military for 20 years; I went to seminary when I was 55.... My Adventist journey has been challenging at times, but in one word, it's been awesome. Understanding the love of God written in the Bible, and understanding the truth of what God has done for us, and what He's doing—it's just awesome.

Visit **vimeo.com/nadadventist/ajdkkim** for more of D. K. Kim's story.

D. K. KIM, chaplain, Kettering, Ohio





Dear Reader: The publication in your hands represents the collaborative efforts of the North American Division and *Adventist World* magazine, which follows *Adventist Journey* (after page 16). Please enjoy both magazines!

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ADVENTIST Journey 03

Great Food, Unselfish Service, Genuine Care at the

Pulse Café

Church members in Massachusetts open a restaurant because they want to help people.

BY SANDRA DOMBROWSKI

is-interested benevo-what?" I can imagine a satisfied customer of Pulse Café saying in between bites of award-winning, plant-based cuisine.

That's disinterested benevolence—an old-fashioned term that means helping people with no strings attached—the vision and driving force behind Pulse Café, a new Seventh-day Adventist vegan restaurant in Hadley, Massachusetts.

"You started this restaurant because you want to help people?"

Walk into Pulse and look around. High ceilings and a muted grayand-mustard color scheme create a modern yet inviting open space. A

sleek, black grand piano is tucked in the corner. Wood tables and chairs that fill the dining area are crafted from 100-year-old logs salvaged from the bottom of a river—giving each piece a delightfully aged character. A couple stylishly comfortable couches are arranged around gas fireplaces with floor-to-ceiling stone chimneys. Pulse sports a smoothie bar that lines an entire wall of the restaurant, and a room for creating fresh-pressed juices as well.

This is a place that draws 600 to 800 patrons for Sunday brunch alone, each hungry soul coming to dine on vegan "chicken" and waffles, or breakfast burritos, or sweet corn tamales, and more, all made from as organic and as locally sourced produce as possible. This is evidence of a forward-thinking and sophisticated business plan, but Pulse's real mission is to use its service, menu, and other offerings to benefit the community.

A restaurant as an institution to benefit the community? While this altruistic motivation may astound the general public, it should be a wellknown method and standard operating procedure for any well-informed member of the Seventh-day Adventist community of believers. It certainly is for Lance Wilbur and his wife, Evita, managers of Pulse, and the owners, Ted Crooker and Keith Rehbein.

Here's why.

Before becoming an Adventist, Wilbur studied through every major

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reading the Bible, I had stopped eating pork and red meat. Eventually I was a vegetarian or a vegan, and I didn't even know what that was," said Lance. "When I became a Seventh-day Adventist, I realized that there was a message in the Bible that brought it all together."

After Lance was baptized, one of the first of Ellen White's books he read was Evangelism. In it he encountered a practical application of Jesus' Great Commission to take the good news of salvation to the world: meeting people's needs, physically and spiritually. Various institutions were mentioned as part of this practical application: schools, wellness centers, literature work, publishing, media, and hygienic restaurants, now known as vegetarian or plantbased restaurants.

"I was excited to know that these things existed, and I immediately went out to see them all . . . and found out that there weren't many," said Lance. He saw a need and determined to fill it. "This is one of my reasons for being," he said. It's been 18 years since he was baptized, and he's still adamant: "With these things in place [we] can genuinely help the community in a sustainable way that's not just looking for converts or looking for money, just genuine . . . love and interest for a community that's at risk. In many statistical categories, most communities are at some risk."

Enter Keith Rehbein, a Seventh-day Adventist farmer and businessman in western Massachusetts interested in promoting God's work. When he spotted a restaurant that had closed and was up for sale, he recognized an opportunity. Rehbein notified Ted Crooker, an Adventist from Maine who had recently sold a construction business and, because his heart was also infused with the spirit of disinterested benevolence, was seeking a health ministry to



invest in rather than the stock market. With the intent of creating a plant-based restaurant as a center of influence to bring God's message of hope and wholeness to the community, Crooker purchased the property. He and Rehbein also purchased property nearby to create an organic farm to supply some of the produce for the restaurant.

With a timing that only God could orchestrate, Lance, while conducting evangelism training in western Massachusetts, met Rehbein, and the two found that they shared a vision for health ministry. To Lance's surprise, Rehbein told him about the property and said, "We are looking for a ministry to partner with!"

"Well, we're a ministry looking for a business to partner with!" replied Lance. So Pulse Café began.

From Scratch

Between Lance and Evita, they had experience in administration, food service, and catering, but never all together. They leaned on instructions from Ellen White's books and adapted them to the twenty-first century. "We started with no one," Lance says. "We had to develop all of the systems, the models, and [find] the workers to pull it off. We traveled to places, scouted out owners and managers of different restaurants. We brought in consultants to help us."

The hardest part? Starting. "A lot of people talk, then struggle with concepts and theory," Lance shares. "So it requires a sound business mind. It requires capital. It requires

construction and knowing how to order and deal with contractors. How do you purchase equipment? Do you get it new or used? What do you use for point of sale? You literally learn how to deal with all that stuff. The only real way to learn how to do it, is by doing it. . . . It taxes you to the uttermost."

Why all the hard work just to benefit the community with the unique Seventh-day Adventist message of hope and wholeness? Isn't there an easier way?

"Most people are not going to come to your church . . . [or] subscribe to your doctrinal teachings. And that's not the goal," Lance says. He maintains that the goal is to engage the community and show people that there is a better way to live.

At the bedrock of Pulse's mission is Christ's method of reaching people: "The Saviour mingled with [men and women] as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me."**

"We're told that the hygienic (plant-based) restaurant was designed by God . . . to reach people with the gospel," says Lance. "It's the practical extension of the concept of God desiring to restore [humanity]—complete restoration of health, peace, and . . . character."

The restaurant model brings people in, allowing Pulse employees to mingle with all classes of people, show sympathy through caring service and Christlike demeanor, and then minister to their needs.

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"What is their need?" Lance asks. "Food! They come here because they need to eat. They want to eat. So if the food is healthful and tasty looks good, smells good, tastes good—and the service is of the same quality, you win the people's confidence almost instantaneously. I've never seen anything like it."

Food is powerful. "However secular we've become in New England—one of the most secular regions in the United States—food is still somewhat intimate," Lance continues. "There's just a different level of vulnerability and mutual agreement between patrons and those providing the service."

Coming Back for More

The food brings people in and keeps them coming back, and the Christlike service and atmosphere warms their hearts. But Pulse also offers practical solutions to the health risks of the community, just as Christ did. In addition to offering a healthy plant-based menu, Pulse has hosted a cooking class for children, a breast cancer awareness event, a health screening expo, and seminars and workshops on everything from hypertension and heart disease to reversing diabetes and arthritis. They also offer one-onone wellness consultations.

In essence, Lance and Evita, with support from owners Crooker and Rehbein, are doing whatever it takes to make it easy for the general public



There is a need for more workers. Answer God's call, seek training, and get involved in twenty-first century disinterested benevolence!

to experience health and wholeness. They sell a packaged juice cleanse, complete with an insulated tote, which offers a three-day supply of fresh, organic, cold-pressed juice, making the benefits of a cleanse easy to attain and available to all. In addition to their decadent-tasting comfort foods and desserts, they offer increasingly popular whole food rice or quinoa bowls topped with vegetables. Pulse offers gluten and other allergen-free options on their regular menu. But if you call ahead, or are fortunate enough to find Evita on duty—despite her busyness as manager of the Café, wife, and mother of four— when you come in, she will create a plate tailored to your specific health needs or allergies.

The outcomes? Pulse Café was awarded number-one plant-based restaurant in the area within six months of opening. They've shared both health and spiritual information with many people. "But the most tremendous element is the relationships," Lance shares. "We have regular customers ... who are literally like family. . . . You connect with people in ways that you would have never connected with unless you had a restaurant."

Then what?

"People ask questions," Lance says. "'Why are you closed on Saturday, the busiest day of the week?' 'Why is everybody so happy?' 'What is this music [that] you're playing hymns?" According to the Spirit of Prophecy, these are the questions that will be asked, and these are the questions that Lance, Evita, and crew, are asked without solicitation.

And the Adventist community has answers to share! With help from the Florence Seventh-day Adventist Church in Massachusetts, 12 Bible studies are under way.

A Serving of Disinterested Benevolence

The world is hungering for a better way to live. People crave acceptance and fellowship in a loving community—and are ready to receive answers that God has to offer. Lance cites the evidence: "What is the fastest growing industry? Health food, supplements, a plant-based [lifestyle], veganism." The Seventh-day Adventist Church has answers for the needs of body, mind, and spirit, and proven ways of sharing these answers with success. Plant-based restaurants such as Pulse Café is just one of these ways.

"Come and see!" invites Lance. Drop by, sample the food, experience the service and atmosphere, ask questions-get a taste of Christ's method for reaching people. There is a need for more workers-from investors, businesspeople, chefs, farmers, and waitstaff, to Bible workers, literature evangelists, and prayer warriors. Answer God's call, seek training, and get involved in twenty-first century disinterested benevolence!

*Ellen G. White, The Ministry of Healing (Mountain View, Calif.: Pacific Press Pub. Assn., 1905), p. 143.

Sandra Dombrowski is a freelance writer based in Connecticut. Visit www.pulsecafe.com for more restaurant information.

ADVENTIST Journey

NAD UPDATE

All photos by Pieter Damsteegt



PASTORS AND SEMINARY STUDENTS ATTEND SUMMIT TO RECOGNIZE AND STOP ABUSE

BY KIMBERLY LUSTE MARAN

he Seventh-day Adventist Theological Seminary Chapel on the campus of Andrews University was full during the afternoon and early evening on September 4, 2019, the first day of the North American Division's (NAD) 2019 enditnow Summit on Abuse. This was the division's third summit, broadcast over two days in English and Spanish—and the first to be held on a university campus.

The two-day summit was organized to give pastors, seminary students, teachers, volunteers, church staff, and members the tools and knowledge to help end abuse within their sphere of influence. The summit featured a number of experts ranging from church leaders, administrators, professional advocates, educators, and women who shared their stories of abuse.*

"This is a very sober and serious subject facing our society and our church," said G. Alexander Bryant, NAD executive secretary, during an introduction to the summit. "It is my prayer that you leave this summit

← Ruben Muriente addresses the audience on September 4, 2019, at the enditnow NAD Summit on Abuse. Muriente, outreach coordinator for the Family Justice Center in Tennessee, spoke both days of the summit, presenting in English and Spanish.

more equipped, informed, and motivated to address abuse in the sphere of your influence—where you work, where you socialize, and even where you worship."

In addition to the live audience gathered both days in the chapel, according to Jamie Domm, digital media strategist for the North American Division, more than 3,600 registered to watch the Facebook livestream event both days. More than 500 on average continuously viewed the livestream video presentations on Facebook.

Before the summit's experts made their way to the platform, Ivan Williams, NAD Ministerial Association director, welcomed the audience, and on-site and online audiences participated in a survey on abuse. During both days presenters—attorneys, pastors, and Adventist Risk Management representatives—were available to answer questions generated on Twitter and Facebook after their lectures.

"Why is addressing this incumbent upon the church?" asked first presenter René Drumm, who then shared the second part of Jesus' words in John 10:10. "Living a life of abuse is not abundant living.... One person is too many."

The topics covered during day one of the Summit on Abuse included "Relational Abuse and Violence in the Seventh-day Adventist Church," Drumm, professor of social work; "Spiritual Abuse: Let's End It Now," David Sedlacek, professor of family ministry and discipleship; "The Silent Victims of

Domestic Violence," Ruben Muriente, outreach coordinator for the Family Justice Center (Tennessee); "Peer Abuse: Prevalence, Protection, and Prevention," Mindy Salyers, educator, counselor, bullying prevention specialist; "Pornography and Violence," Stanley Stevenson, social services regional director, Mississippi Department of Health; "Double Abuse and Its Consequences," Sarah McDugal, abuse recovery coach; and "The Heart of Abuse," with the coordinator of the Psalm 82 Initiative.

The second day's topics included "El Sutil Poder del Abuso Spiritual," Jorge Mayer; "Aprendiendo lo que es violencia doméstica," Melissa Ponce-Rodas, professor; "Dándole voz a las víctimas secundaria de la violencia doméstica," Muriente; "Cómo reconocer los tipos de hostigamiento contra un niño/a," Gerry Lopez; "La relacion entre la pornografía y la violencia doméstica," Claudio Consuegra; and "Cómo evitar el abuso doble," Melissa Ramos-Mota.

Testimonies were shared by Latoya Wright (English) and Dalia Padró (Spanish), survivors of abuse.

One Facebook viewer, Nicole Crosier Parker, shared her appreciation for the summit via comment: "This. Was. Amazing," Parker wrote. "Thank you to all of these awesome presenters, and everyone else who put *so* much work into this! This is how change happens!"

After the live streams concluded, in another first, presenters and attendees were invited to a reception and question-and-answer session. There audience members asked the presenter panel questions, and got to hear about real-life situations and solutions.

Presenter Perspective

The first presenter, René Drumm, Ph.D., has been doing research on domestic violence and intimate partner violence (IPV) in the church for decades. She said she believes that the Adventist Church is uniquely poised to be a world leader in the area of abuse response and prevention.

"The first study in the early 2000s showed that our rates of IPV are about on par with U.S. national statistics," said Drumm. "The second study took an indepth look at Adventist victim/ survivors of IPV, which captured my heart and energy. The pain from the survivor's stories convinced us that the most pressing need was to train pastors to respond to disclosures of abuse. From there the Lord opened the doors for our research team to train the pastors in our area (then Georgia-Cumberland Conference) on abuse response. We developed a four-hour training that the conference mandated for all of their pastors with amazing and lasting results."

Drumm concluded, "Because a significant number of people in our church are suffering with this silent affliction, we need to act. We have the data, we know what needs to be done, and we have a proven path for improvement."

Another presenter, Ruben Muriente, said that he was participating in the summit because he wants to equip the Adventist Church with the best available resources and education and awareness possible to battle abuse head-on. Muriente, outreach coordinator for the Family Justice Center in Tennessee, spoke both days of the summit, presenting in English and Spanish.

"My goal is to eradicate abuse in our church," said Muriente. "At the summit I will be presenting on the effects of abuse on children who witness abuse. I want the audience The two-day summit was organized to give pastors, seminary students, teachers, and volunteers the tools and knowledge to help end abuse within their spheres of influence.

◆ After day one of the livestream broadcast, Latoya Wright, a seminary student and abuse survivor, participates with the panel of speakers in the summit's question and answer session in Chan Shun Hall, Andrews University.



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NAD UPDATE

The Adventist Church has a responsibility to create safe churches.

to understand that children need our help and support."

David Sedlacek, a professor at Andrews University, said that "as a survivor of spiritual and emotional abuse, I am convinced that the Seventh-day Adventist Church has a responsibility to create safe churches not only for our own members, but also for the communities surrounding us."

◆ Rene Drumm talks about relational abuse and violence.



Sedlacek believes that the enditnow NAD Summit on Abuse has provided information, testimonials, and strategies to help deal with abuse and violence of all sorts. "It will help to move our church forward. . . . This is an essential element of the healing mission of the church as we prepare for the second coming of Jesus," added Sedlacek.

"The enditnow Summit on Abuse is crucial for the Adventist Church because it is long past time for us to take the subject of abuse seriously," shared Sarah McDugal. "We carry a gospel mandate to accurately represent the loving character of God to those who are vulnerable and wounded. Properly dealing with abuse and abusers is an evangelistic imperative, because poorly handled abuse situations is one of the overwhelming contributors to young people leaving the church."

McDugal hoped the audience would come away from the summit with a healing awareness that there are people in the church who care about counteracting abuse; a sense of more freedom to speak out about pain and find support; and a connection to practical tools to be used to increase education on abuse topics.

From the NAD

While many North American Division administrators and leaders have supported the summit in myriad ways—from hosting to planning to presenting—two gave presentations at this year's event during the Spanish-language broadcast.

Gerry Lopez, associate director of NAD Children's Ministries, said, "It is time for our church to talk and inform about these topics, to put them out there in the open. We need to educate our leaders and members and make them aware that this is a real problem that exists in our church. We really have to educate everyone so that we all can know how to identify the problem and help the victims."

Lopez presented on bullying with the hope that viewers would gain a better understanding about not only what bullying is and how to prevent it, but also how to help kids deal with it. "As pastors, Sabbath School teachers, children's ministry leaders, school-teachers, and parents, we must be the people that the victims of bullying can go to for help and protection. The only way that will happen is they can trust us enough to come to us; the only way we can help is if we ourselves are informed on what to do."

"I spoke about the relationship between pornography and intimate partner abuse," said Claudio Consuegra, D.Min., NAD Family Ministries director. "Our hope is to shed some more light on the growing problem with pornography in our churches and communities."

*Both days of the Summit on Abuse are available to watch on the enditnow website, enditnownorthamerica.org/watch2019.

Kimberly Luste Maran is editor of Adventist Journey magazine.

God in Shoes Coordinates Widespread Outreach to Serve Women and Their Families

BY MYLON MEDLEY

ing; it's not about us," said Jo Dubs, founder and director of the God in Shoes ministry, to a room of hundreds of women receiving orientation for a day of service during the 2019

North American Division Women's Convention in Orlando, Florida.

Since 2009, the Georgia-Cumberland Conference-based ministry, God in Shoes, has arranged community service opportunities for the division's women's convention, which is held every five years.

"Many conventions have similar formats, but what makes this convention different is the unique outreach done through God in Shoes," said Carla Baker, director of Women's Ministries for the NAD.

Participants came from the Cayman Islands, the Philippines, Guam, Bermuda, and across the United States. The 625 women who registered to serve on Friday, September 27, received a God in Shoes belt bag to place their personal items in while on their assignment, and a God in Shoes button to pin on their clothing. The women had a dozen projects to choose from that met a wide range of Orlando's societal needs.



↑ God in Shoes volunteer scoops mulch to help refresh the landscaping of the Orlando Union Rescue Mission. *Mylon Medley*

Following months of planning with Orlando area services, the women's convention participants volunteered at several locations, including organizations that address homelessness; organizations that combat hunger and food insecurity; safe spaces for girls and women and their families; an organization that addresses systemic problems related to hygienic health; and a center for grieving children.

In addition, each location received a donation of supplies specifically curated for the organizations' services that had been accumulated in the months leading up to the convention. This extended opportunities for service to those who were unable to physically volunteer on September 27.

"I thank them, because those gifts are going to help [the facilities] much longer than the one day we were there," said Dubs.

The type of work the volunteers participated in varied from sorting clothing and food, to preparing meals, to providing such spa services as hand massages and manicures, to writing thank-you notes, and even to landscaping.

"I did not know a place like this existed," said Juliet McFarlane from the Greater New York Conference who volunteered at New Hope for Kids, an organization in central Florida that has helped children since 1996 deal with grief and pain associated with illness and death. "As soon as I go back to New York, I am going to find one of those centers, and I'm going to be a volunteer. I picked up so many brochures, and I'm going to share with my local church's women's ministries and youth department so that we can become a part of this work."

God in Shoes began in 2004 in response to a challenge issued by the president of the Georgia-Cumberland Conference to ministry leaders to find ways to make their ministries more evangelistic. The anchor text for the ministry is Romans 10:13-15.

"God in Shoes is the opportunity for us as Christians to represent God in our shoes," said Dubs. "No, we are not God, but as Christians we represent God in who we are, the places we go, and the places we serve for Him."

Visit http://ow.ly/6yZ650wQPCz for more of the story, including a video report.

Mylon Medley is an assistant director of communication for the North American Division.

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BY DANIEL R. JACKSON

The Best Gift

ne of the best gifts I've ever received was our first baby, born less than two weeks before Christmas (on my birthday). That was and is a wonderful, wonderful gift. The best gifts we ever get are gifts of family, friends, and loved ones. It's incredible that we sometimes lose focus on the fact that our friends and families mean the most to us, and we begin to focus on other things—and that's too bad.

The first text I want to share is Galatians 4:4-7: "But when the fulness of the time was come, God sent forth his Son, made of a woman, made under the law, To redeem them that were under the law, that we might receive the adoption of sons. And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father. Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ (KJV)."

When the fullness of time had come, God sent forth His Son. What an amazing gift! We are talking about the presence of the omnipotent, omnipresent, unchangeable God! It always blows me away to contemplate why He would do it. It's so incredible—I believe we will study the plan of redemption of the human family throughout the "ceaseless ages of eternity."*

Why would He do it? Why would He leave the beauty of heaven to come and identify with the human family? What great and unfathomable love! When the fullness of time had come, God sent forth His Son. What a gift.

Tied in with this is Romans 8:31: "What then shall we say to these things? If God is for us, who can be against us?"

It's something to remember at Christmastime: the presence of Jesus in the flesh is an absolute gift to the human family. And it's not just a gift to Seventh-day Adventists or Christians, but to the entire world and all who live in it. If God is for us, who can be against us?

Buddy System

I look back many years ago to attending academy. We had a little process in the boys dorm every second or third night when a few students would "break out" of "prison," traverse the huge fields surrounding Burman University, and cross the highway to go to a convenience store.

The students would always wear coats with many pockets so they could bring back the booty for those who had requested and paid for it.

One of the nights I made the trek, and as we entered the store, a group of miners was there. I got a little loose in the lip with one of them and he was about to rearrange the features on my face when my buddy stepped in front of me and said, "Go ahead and try it." My friend was very muscular and had worked on oil rigs. The guys just backed away. You know it's always good to have someone bigger than you with you.

My friend was always that way with me. He was always at my side. As a matter of fact, he still phones me regularly to make sure I'm OK (he's in his mid-70s now).

If God is for us, who can be against us?

His Gift

The next verse. Romans 8:32, contains the most magnificent statement: "He that spared not his own Son, but delivered him up for us all, how shall he not with

If God is for

against us?

us, who can be

him also freely give us all things?" (KJV).

That's what you call a gift! God giving Himself for us.

For me the joy of Christmas comes, of course, with the birth of a Child, but it comes

primarily because I know that that Child has given all human beings a need and a reason for joy.

As we enter the Christmas season, I don't know who's coming and who's going. But may God bless you through this season.

If you are lonely, reach out to someone and allow them to minister to you.

I pray that God gives each of us a song in our heart, hope, and joy-that we will give God all the praise for His wondrous gift.

Daniel R. Jackson is president of the North American Division. This article is based on a devotional talk at an NAD staff worship.

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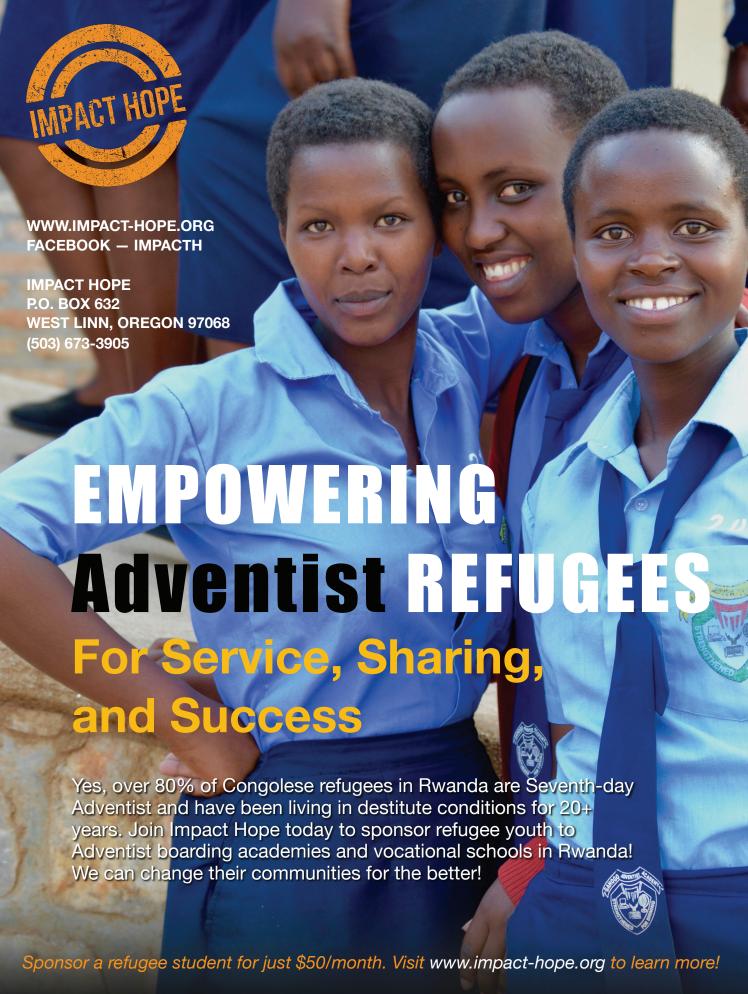
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