

## ***CHRIST WHO BECAME LIKE YOU... CAN EMPOWER YOU TO OBEY...***

### **In Christ We Conquer**

"The humanity of Christ is everything to us. It is the golden chain that binds our souls to Christ, and through Christ to God. This is to be our study. " -Youth's Instructor, October 13, 1898.

"God created man a superior being; he alone is formed in the image of God, and is capable of partaking of the divine nature, of cooperating with his Creator and executing His plans. "-Review, February 11, 1902.

"Man was the crowning act of the creation of God, made in the image of God, and designed to be a counterpart of God."-Review, November 25, 1895.

"The redeemed will be given entrance into the royal family. "-Manuscript 28, 1886.

"With the addition of this planet, God finished His creation work."-Bible Echo, January 1, 1888.

"Human beings .. were a new and distinct order, made in the image of God. "-Review, June 25, 1908.

"It was a wonderful thing for God to create man, to make mind. He created him that every faculty might be the faculty of His divine mind. The glory of God is to be revealed in the creating of man in God's image, and in his redemption."-Signs, May 31, 1896.

"We are God's workmanship, and His word declares that we are 'fearfully and wonderfully made.' He has prepared this living habitation for the mind; it is `curiously wrought,' a temple which the Lord Himself has fitted up for the indwelling of the Holy Spirit. "-Special Testimonies on Education, page 33.

" . . that He might restore in man the original mind which he lost in Eden." -Letter 121, 1897 (in Ministry Magazine, March, 1957).

"Through Christ was to be fulfilled the purpose of which the tabernacle was a symbol,- . . In all, God desired His people to read His purpose for the human soul. "-Education, 36.

"From eternal ages it was God's purpose that every created being should be a temple for the indwelling of the Creator."-Desire of Ages, 161.

### ***God's Purpose for Our Lives***

"Men and women need to be awakened to the duty of self-mastery . . Christ came to the world that man might have perfect mastery . . by becoming one with Christ, man is made free. Subjection to the will of Christ means restoration to perfect manhood . . Man may stand conqueror of himself. "-Ministry of Healing, 130-131.

"The world needs a practical demonstration of what the grace of God can do in restoring to human beings their lost kingship, giving them mastery of themselves."-Ministry of Healing, 132.

"The science of redemption is as high as heaven, and its value is finite. This truth is so broad, so deep, so high, that beside it all the wisdom of earth 's wisest men sinks into insignificance."-Manuscript 69, 1897.

"To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and that the divine purpose in his creation might be realized-this was to be the work of redemption. This is to be the object of education, the great object of life."-Education, 15-16.

"To many, education means a knowledge of books The object of education is to restore the image of God in the soul."-5 Testimonies, 322.

"Satan had asserted that man could not keep the commandments of God. To prove that they could Christ became a man, and lived the life of perfect obedience . . . through divine power."-Signs, May 10, 1899.

"Satan hoped . . . that He [Christ] would manifest His divine power. . . and thus the plan of salvation at last fail." -Spiritual Gifts, volume 1, page 49.

"Satan instigated the cruel abuse of the debased mob, led on by the priests and rulers to provoke if possible retaliation from the world's Redeemer, or to drive Him to deliver Himself by a miracle from the hands of His persecutors and thus break up the plan of salvation. One stain upon His human life, one failure of His humanity to bear the terrible test imposed upon it, would make' the Lamb of God an imperfect offering and the redemption of man would be a failure."-Redemption, or the Sufferings of Christ, 59.

"`The prince of this world cometh' said Jesus, `and hath nothing in Me.' There was nothing in Him that responded to Satan's sophistry. He did not consent to sin. Not even by a thought did He yield to temptation. So it may be with us. Christ's humanity was united with divinity; He was fitted for the conflict by the indwelling of the Holy Spirit. And He came to make us partakers of the divine nature. So long as we are united to Him by faith, sin has no more dominion over us. God reaches for the hand of faith in us to direct it to lay fast hold upon the divinity of Christ, that we may attain to perfection of character."-Desire of Ages, 123.

"None are living Christians unless they are having a daily experience in the things of God, and daily practice selfdenial, cheerfully bearing the cross and following Christ. Every living Christian will advance daily in the divine life. As he advances toward perfection, he experiences a conversion to God every day; and this conversion is not completed until he attains to perfection of character, a full preparation for the finishing touch of immortality."-2 Testimonies, 505.

`I saw how this grace could be obtained. Go to your closet and there alone plead with God; 'create in me a clean heart, O God, and renew a right spirit within me.' Be in earnest, be sincere. Fervent prayer availeth much. Jacob-like, wrestle in prayer. Agonize. Jesus in the garden, sweat great drops of blood; you must make an effort. Do not leave your closet until you feel strong in God; then watch, and just as long as you watch and pray, you can keep these evil besetments under, and the grace of God can and will appear in you."-1 Testimonies, 158.

### ***The Golden Chain of Christ's Humanity***

"The humanity of the Son of God is everything to us. It is the golden chain that binds our souls to Christ, and through Christ to God. This is to be our study. Christ was a real man; He gave proof of His humanity in becoming a man. Yet He was God in the flesh. When we approach this subject, we would do well to heed the words spoken by

Christ to Moses at the burning bush, 'put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.' We should come to this study with the humility of a learner, with a contrite heart. And the study of the incarnation of Christ is a fruitful field, which will repay the searcher, who digs deep for hidden truth. "-Youth's Instructor, October 13, 1898.

"And to make all men see what is the fellowship of the mystery which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: To the intent that now unto the principalities and powers in heavenly places might be known by the church the manifold wisdom of God, according to the eternal purpose which He purposed in Christ Jesus our Lord.'" -Ephesians 3:9-11.

"Christ came to the earth, taking humanity and standing as man 's representative, to show in the Controversy with Satan, that man as God created him, connected with the Father and the Son, could obey every divine requirement. " -Signs, June 29, 1898.

"Forasmuch then as the children are partakers of flesh and blood, He also Himself likewise took part of the same; that through death He might destroy him that had the power of death."-Hebrews 2:14.

" [In the death to sin that accompanies the New Birth] Life has met a change, a change so marked as to be represented by death. From living active life, to death. What a striking figure. None need be deceived here. If this transformation has not been experienced by you, rest not. Seek the Lord with all your hearts. Make this the all-important business of your lives. "-2 Testimonies, 179.

"The gospel is to be presented, not as a lifeless theory, but as a living force to change the life. "-Desire of Ages, 826.

"To those who receive Him, He [Christ] gives power to become the sons of God, that at last God may receive them as His, to dwell with Him throughout eternity. If, during this life, they are loyal to God, they will at last `see His face; and his name shall be in their foreheads.' Revelation 22:4. And what is the happiness of heaven but to see God? What greater joy could come to the sinner saved by the grace of Christ than to look upon the face of God and know Him as Father ?" -8 Testimonies, 267-268.

"In the whole Satanic force there is not power to overcome one soul who in simple trust casts himself on Christ. " -Christ's Object Lessons, 157.

"The study of the incarnation is a fruitful field, and will repay the searcher who digs deep for hidden truth."-Manuscript 67, 1898.

"The incarnation of Christ has ever been, and ever will remain a mystery. That which is revealed, is for us and for our children."-5 Bible Commentary, 1129.

"For He who sanctifies and those who are sanctified have all one origin. That is why He is not ashamed to call them brethren, saying, `I will proclaim Thy name to My brethren, in the midst of the congregation I will praise Thee' . . . Since therefore the children share in flesh and blood, He Himself likewise partook of the same nature, that through death He might destroy him who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong bondage. For surely it is not with angels that He is concerned but with the descendants of Abraham. Therefore He had to be made like His brethren in every respect, so that He might become a merciful and faithful High Priest in the service of God, to make expiation for the sins of the people." -Hebrews 2:11-17.

"Who is My mother, and who are My brothers? And stretching out His hand toward His disciples, He said, 'Here are My mother and My brothers! For whoever does the will of My Father in Heaven is My brother and sister, and mother.' -Matthew 12:46-50.

"[Referring to the above passage:] All who would receive Christ by faith were united to Him by a tie closer than that of human kinship. They would become one with Him, as He was one with the Father."-Desire of Ages, 325.

"The true Christian . . . [whose] godly life and holy conversation are a daily testimony against sin and sinners. He is a living representative of the truth which he professes. Of these true-hearted followers, Jesus declares that He is not ashamed to call them brethren.'" -Signs, March 9, 1882.

"Through Christ the fallen sons of Adam become 'sons of God.' Both He that sanctifieth and they who are sanctified are all of one: for this cause He is not ashamed to call them brethren."-Great Controversy, 477.

### ***The Combining of Humanity with Divinity***

"If Christ is in you .. your spirits are alive because of Righteousness. " -Romans 8:10.

"Examine yourselves to see whether you are holding to the faith. Test yourselves. Do you not realize that Jesus Christ is in you?-unless you fail to meet the test!"-2 Corinthians 13:5.

"I have been crucified with Christ; it is no loner I who live, but Christ who lives in me. 'Galatians 2:20.

"That Christ may dwell in your hearts through faith."- Ephesians 3:17.

"Christ in you, the hope of glory. "-Colossians 1:27.

"In Christ humanity and divinity are combined."- 1 Selected Messages, 408

"He [Christ] united humanity with divinity; a divine spirit dwelt in a temple of flesh. "-4 Bible Commentary, 1147.

"In contemplating the incarnation of Christ in humanity, we stand baffled. before an unfathomable mystery, that the human mind cannot comprehend . . . Divinity and humanity were mysteriously combined, and man and God became one."-Signs, July 30, 1896.

"Christ came to be our Example, and to make known to us that we may be partakers of the divine nature. . . Men may have a power to resist evil . . . A power that will place them where they may overcome as Christ overcame. " 5 Bible Commentary, 1052.

"Man is, through faith, to be a partaker in the divine nature, and to overcome every temptation wherewith he is beset."-Our High Calling, 48.

"Divinity and humanity are blended in him who has the spirit of Christ. "-Sons and Daughters of God, 24.

"Those who accept Christ as their Saviour, becoming partakers of His divine nature, are enabled to follow His example, living in obedience to every precept of the law."-That I May Know Him, 292.

"The power of the Saviour's Godhead was hidden. He [Christ] overcame in human nature, relying upon God for power. This is the privilege of all."-5 Bible Commentary, 1108.

"Jesus, the world's Redeemer, could only keep the commandments of God, in the same way that humanity can keep them."- Manuscript 1, 1892.

"Unless He [Jesus] met man as man, and testified by His connection with God that divine power was not given to Him in a different way to what it will be given to us, He could not be a perfect example for us."-7 Bible Commentary, 925.

"When God and the Son of God made a covenant to rescue man from the bondage of Satan, every facility was provided that human nature should come into union with His divine nature. In such a nature was our Lord tempted."-Manuscript 94, 1893.

"The ideal of Christian character is Christlikeness."-Desire of Ages, 311.

"Higher than the highest human thought can reach is God's ideal for His children. Godliness-godlikeness-is the goal to be reached."-Education, 18.

"Christ came into our world to maintain a pure, sinless character, and to refute Satan's lie that it was not possible for human beings to keep the law of God. Christ came to live the law in His human character in just that way in which all may live the law in human nature if they will do as Christ was doing."-Manuscript 94, 1893.

"If His (Jesus') humanity had not been united with divinity, He would have failed and become discouraged." -Review, March 26, 1901.

"Christ's humanity alone could never have endured this test [the test in the wilderness], but His divine power combined with humanity gained in behalf of man an infinite victory."-Confrontation, 66-67.

"In Christ divinity and humanity were combined, and the only way in which man may be an overcomer is through being a partaker of the divine nature."-Sons and Daughters of God, 24.

"Christ's overcoming and obedience is that of a true human being ... When we give to His human nature a power that it is not possible for man to have in his conflicts with Satan, we destroy the completeness of His humanity. His imputed grace and power He gives to all who receive Him by faith.

"The obedience of Christ to His Father was the same obedience that is required of man. Man cannot overcome Satan's temptations without divine power to combine with his instrumentality. So with Jesus Christ; He could lay hold of divine power. He came not to our world to give the obedience of a lesser God to a greater, but as a man to obey God's Holy Law, and in this way He is our Example. The Lord Jesus came to our world, not to reveal what a God could do, but what a man could, through faith in God's power to help in every emergency. Man is, through faith "to become a partaker in the divine nature, and to overcome every temptation wherewith he is beset."-Our High Calling, 48.

"Jesus Christ is our example in all things. He began life, passed through its experiences, and ended its record, with a sanctified human will."-Signs, October 29, 1894.

"Satan (would be) .. unwearied in his efforts to overcome the Child of Nazareth."-Desire of Ages, 71.

"From His earliest years Jesus was guarded by heavenly angels."-Desire of Ages, 71.

"Ministering angels will guard the children who are . . . dedicated to God. " - Counsels to Parents and Teachers, 110.

"Jesus revealed no qualities, and exercised no powers, that men today may not have through faith in Him. His perfect humanity is that which His followers may possess, if they will be in subjection to God as He was. '-Desire of Ages, 664.

"When we give to His human nature a power that it is not possible for man to have in his conflicts with Satan, we destroy the completeness of His humanity.'- 7 Bible Commentary, 929.

"If Christ had a special power which it is not the privilege of man to have, Satan would have made capital of this matter."-7 Bible Commentary, 930.

"Over the lives of very many professed Christians the power of God has but little control . . . The love of Jesus is not a ruling principle in the soul, and therefore cannot exercise a constraining power upon the life. A partial surrender to truth gives Satan free opportunity to work. Until the soul-temple is fully surrendered to God, it is the stronghold of the enemy. "-Review, November 28, 1899.

### ***Partook of Our Nature***

"God sent His own Son in the likeness of Sinful man."-Romans 8:3 (NIV).

"(Christ] emptied Himself, taking the form of a servant, being born in the likeness of men. And being found in human form He humbled Himself. "-Philippians 2:7-8.

"Since therefore the children share in flesh and blood, He Himself likewise partook of the same nature."-Hebrews 2:14.

[He] in every respect has been tempted like as we are, yet without sinning. "- Hebrews 4:15.

"Our Saviour took humanity, with all its liabilities."-Desire of Ages, 117.

'He' did in reality possess human nature. "-Review, April 5, 1906.

"We are too much in the habit of thinking that the Son of God was a being so entirely exalted above us that it is an impossibility for Him to enter into our trials and temptations, and that He can have no sympathy with us in our weakness and frailties. This is because we do not take in the fact of His oneness with humanity."- Signs, May 16, 1895.

"He who was one with the Father stepped down from the glorious throne in heaven, laid aside His royal robe and crown, and clothed His divinity with humanity, thus bringing Himself to the level of man's feeble faculties.'-Review, December 11, 1888.

"Jesus accepted humanity when the race had been weakened by four thousand years of sin. Like every child of Adam He accepted the results of the working of the great law of heredity. What these results were is shown in the history of His earthly ancestors, He came with such a heredity to share our sorrows and temptations, and to give us the example of a sinless life.'-Desire of Ages, 49.

"It was not a make believe humanity that Christ took upon Himself... He was not only made flesh, but He was made in the likeness of sinful flesh. " -Letter 106, 1896.

"He had to be made like His brethren in every respect."-Hebrews 2:17.

"[He] in every respect has been tempted as we are. "-Hebrews 4:15..

"Jesus took upon Himself the infirmities and bore the griefs and sorrows of humanity, and conquered in our behalf. He was made like unto His brethren, with the same susceptibilities, mental and physical. He was tempted in all points like as we are, yet without sin." -Review, February 10, 1895.

"[Jesus] knows by experience what are the weaknesses of humanity, what are our wants, and where lies the strength of our temptations; for He was 'in all points tempted like as we are, yet without sin.' " -Ministry of Healing, 71.

"Those who claim that it was not possible for Christ to sin, cannot believe that He really took upon Himself human nature."-Manuscript 16, 1890.

"Jesus revealed no qualities, and exercised no powers, that men may not have through faith in Him.' Desire of Ages, 664.

"As one with us, a sharer in our needs and weaknesses, He was wholly dependent upon God."-Desire of Ages, 363.

"Christ, the sinless One, upon whom the Holy Spirit was bestowed without measure, constantly acknowledged His dependence upon God, and sought fresh supplies from the Source of strength and wisdom.'-Review, November 8, 1887.

"If Christ had a special power which it is not the privilege of man to have, Satan would have made capital of this matter: The work of Christ was to take from the claims of Satan his control of man, and He could do this only in the way that He came-a man, tempted as a man, rendering the obedience of a man." -Manuscript 1, 1892.

"Christ's humanity alone could never have endured this test [the first wilderness test, based on appetite], but His divine power combined with humanity gained in behalf of man an infinite victory. "-Confrontation, page 66-67.

"Think of Christ's humiliation. He took upon Himself fallen, suffering human nature, degraded and defiled by sin."-4 Bible Commentary, 1147.

"What a sight was this for Heaven to look upon! Christ, who knew not the least taint of sin or defilement, took our nature in its deteriorated condition." - 1 Selected Messages, 253.

-[Christ] had all the strength of passion of humanity."-In Heavenly Places, 155.

"In order to elevate fallen man, Christ must reach him where he was. He took human nature, and bore the infirmities and degeneracy of the race ... He humiliated Himself to the lowest depths of human woe, that He might be qualified to reach man, and bring him up from the degradation in which sin had plunged him.

"Though He had no taint of sin upon His character, yet He condescended to connect our fallen human nature with His divinity. By thus taking humanity, He honored humanity. Having taken our fallen nature, He showed what it might become, by accepting the ample provision He had made for it, and by becoming partaker of the divine nature.'-Special Instruction relating to the Review and Herald Office and the Work in Battle Creek, May 26, 1896, page 13.

"He took upon His sinless nature our sinful nature."-Medical Ministry, 181.

"Christ did in reality unite the offending nature of man with His own sinless nature.'-Review, July 17, 1900.

"[His human nature] was identical with our own."-Manuscript 94, 1893.

-[He] assumed the liabilities of human nature, to be proved and tried. '-Signs, August 2, 1905.

"[He had] the humiliation of taking upon Himself our fallen nature."-Desire of Ages, 112.

### ***No Evil Propensities***

"Not for one moment was there in Him an evil propensity."-5 Bible Commentary, 1128.

"We [also] need not retain one sinful propensity."- Review, April 24,1900.

"[When a person is born again] he is not endowed with new faculties, but the faculties he has are sanctified. " -Review, July 7, 1904.

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."- 1 Corinthians 5:17 (KJV).

"They that are after the flesh do mind the things of the flesh, but they that are after the Spirit the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God, for it is not subject to the law of God, neither indeed can be." -Romans 8:5-7 ("a sinful mind" 8:7 NIV).

He may want to do God's will, but is unable to because of his condition of being outside of Christ. Romans 7:15-23.

"Let this mind be in you, which was also in Christ Jesus."-Philippians 2:5 (KJV) ("the attitude of Jesus"-N/V, NA SB).

"I delight to do Thy will, O my God; Thy Law is within my heart." -Psalm 40:8.

"When one is fully emptied of self, when every false god is cast out of the soul, the vacuum is filled by the inflowing of the Spirit of Christ."-Gospel workers, 287.

`Pride, selfishness, vanity, worldliness-sin in all its forms-must be overcome if we would enter into a union with Christ. The reason why many find the Christian life so deplorably hard, why they are so fickle, so variable, is that they try to attach themselves to Christ without first detaching themselves from these cherished idols. "-5 Testimonies, 231.

"The Holy Spirit brings power that enables man to overcome. It is through the agency of the Spirit that the government of Satan is subdued. It is the Spirit that convinces of sin, and with the consent of the human being, expels sin from the heart. The mind is then brought under a new law-the royal law of liberty."-Our High Calling, 152.

`Every person is tempted when he is lured and enticed by his own desire. " - James 1:14.

"The Christian will feel the promptings of sin, for the flesh lusteth against the Spirit; but the Spirit striveth against the flesh, keeping up a constant warfare. Here is where Christ's help is needed." -The Sanctified Life, 92.

### ***Guarding the Mind, the Soul, and the Character***

"The lower passions have their seat in the body and work through it. " -Adventist Home, 127.

"The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being." -Ministry of Healing, 130.

"If permitted, they [the evil angels] can distract our minds, [and] disorder and torment our bodies." -Great Controversy, 517.

"Guard against becoming over wearied, careworn, depressed. -Testimonies to Ministers, 513.

"If the one in trouble and temptation keeps his eye fixed on Jesus, and draws nigh to God, talking of His goodness and mercy, Jesus draws nigh to him, and his annoyances that he thought almost unbearable vanish." -7 Bible Commentary, 937.

"A hasty temper, a lack of patience, an inclination to speak hastily -these are things against which the Lord's servants must guard." - Review, January 7, 1902.

"Unless our eyes, our ears, our tongues, are under the control of the Holy Spirit, and guided by divine power, they cannot be trusted." -Review, August 13, 1895.

"Unless a determined effort is made to keep the thoughts centered on Christ, grace cannot reveal itself in the life. The mind must engage in spiritual warfare. Every thought must be brought into captivity to the obedience of Christ. All the habits must be brought under God's control." -Letter 123, 1904.

"Those who would not fall a prey to Satan's devices, must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind must not be left to dwell at random upon every subject that the enemy of souls may suggest. The heart must be faithfully sentinelled, or evils without will awaken evils within, and the soul will wander in darkness." -Acts of the Apostles, 518.

"I pommel my body and subdue it." -1 Corihthians 9:27.

"We cannot allow ourselves to act from impulse. We cannot be off guard for a moment. Beset with temptations without number, we must resist firmly or be conquered." -Ministry of Healing, 452.

"The life of the apostle Paul was a constant conflict with self. He said, 'I die daily.' . . His will and his desires every day conflicted with duty and the will of God. Instead of following inclination, he did God's will, however crucifying to his nature." -Ministry of Healing, 452-453.

"We know that our old self was crucified with Him so that the sinful body might be destroyed, and we might no longer be enslaved to sin. For he who has died is freed from sin." -Romans 6:6.

"For sin shall not have dominion over you." -Romans 6:14 (KJV).

"For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death." -Romans 8:2.

"Therefore, if any one is in Christ, he is a new creation; the old has passed away, behold, the new has come." -2 Corinthians 5:17.

"I have been crucified with Christ [I am dead to sin] ; it is no longer I who live, but Christ who lives in me." Galatians 2:20.

## ***Christ's Temptations and, Ours***

"In the days of His earthly life He offered up prayers and petitions, with loud cries and tears, to God who was able to deliver Him from the grave. Because of His humble submission His prayers were heard: Son though He was, He learned obedience in the school of suffering, and once perfected, became the Source of eternal salvation of all who obey Him, named by God High Priest in the succession of Melchizedek."-Hebrews 5:7-9 (NEB).

"It is impossible for man to know the strength of Satan's temptations to the Son of God. Every temptation that seems so afflicting to man in his daily life, so difficult to resist and overcome, was brought to bear upon the Son of God in as much greater degree as His excellence of character was superior to that of fallen man."-Signs, April 5, 1883.

"[Although Jesus as a child was] enticed to evil, He refused to depart in a single instance from the strictest truth and rectitude."-Signs, July 30, 1896.

"The refined sensibilities of His holy nature rendered contact with evil unspeakably painful to Him."-7 Bible Commentary, 927.

"As the Sinless One His nature recoiled from evil; He endured struggles and torture of soul in a world of sin." -Steps to Christ, 93-94.

"The human nature of Christ was like unto ours, and suffering was more keenly felt by Him; for His spiritual nature was free from every taint of sin. Therefore His desire for the removal of suffering was stronger than human beings can experience."-5 Bible Commentary, 1104.

"Although there may be a tainted, corrupted atmosphere around us, we need not breathe its miasma, but may live in the pure air of heaven. We may close every door to impure imaginings and unholy thoughts by lifting the soul into the presence of God through sincere prayer."-Steps to Christ, 99.

"Every enticement to evil, which men find so difficult to resist, was brought to bear upon the Son of God in as much greater degree as His character was superior to that of fallen man."-2 Spirit of Prophecy, 88.

"The life of Christ was a perpetual warfare against Satanic agencies ... Satan assailed Christ through every conceivable form of temptation."-5 Bible Commentary, 1080.

"[As a child] It was necessary for Him to be constantly on guard in order to preserve His purity. He was subject to all the conflicts which we have to meet, that He might be an example to us in childhood, youth, and manhood."-Desire of Ages, 71.

"So far as possible, He closed the door to the tempter. Neither gain nor pleasure, applause nor censure, could induce Him to consent to a wrong act. He was wise to discern evil, and strong to resist it."-Desire of Ages, 72.

"Unless there is a possibility of yielding, temptation is no temptation. Temptation is resisted when man is powerfully influenced to do a wrong action; and, knowing that he can do it, resists, by faith, with a firm hold upon divine power. This was the ordeal which Christ passed."-Youth's Instructor, July 20, 1899.

"Jesus shunned display. During all the years of His stay in Nazareth, He made no exhibition of His miraculous power. He sought no high position and assumed no titles."-Desire of Ages, 74.

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And He fasted forty days and forty nights, and afterward He was hungry. And the tempter came and said to Him, 'If You are the Son of God, command these stones to become loaves of bread.' "-Matthew 4:1-3.

"His human nature shrank from the conflict that awaited Him."-Desire of Ages, 118.

"The enticements which Christ resisted were those that we find it so difficult to withstand."-Desire of Ages, 116.

"[Satan] hoped that under the force of despondency and extreme hunger, Christ would lose faith in His Father, and work a miracle in His own behalf."-Desire of Ages, 119

"It was in the time of greatest weakness that Christ was assailed by the fiercest temptations. Thus Satan thought to prevail. By this policy he had gained the victory over men. When strength failed, and the will power weakened, and faith ceased to repose in God, then those who had stood long and valiantly for the right were overcome."-Desire of Ages, 120.

"[Speaking of the temptation of weary Moses and exhausted Elijah] Thus Satan has taken advantage of the weakness of humanity ... Often the tempter comes to us as he came to Christ, arraying before us our weakness and infirmities. He hopes to discourage the soul, and to break our hold on God."-Desire of Ages, 120-121.

"Christ, in behalf of the race, was to overcome appetite by standing the most powerful test upon this point."-1 Selected Messages, 271-272.

"He must show a power of control over appetite stronger than hunger and even death."- 1 Selected Messages, 272.

"The strength of the temptation to indulge perverted appetite can be measured only by the inexpressible anguish of Christ in that long fast in the wilderness."-3 Testimonies, 486.

"Then the devil took Him to the holy city, and set Him on the pinnacle of the temple, and said to Him, 'If you are the Son of God, throw yourself down.'" -Matthew 4:5.

"Jesus would not place Himself in peril to please the devil. But how many today can stand a dare?"-5 Bible Commentary, 1083.

"Presumption is a common temptation, and as Satan assails men with this, he obtains the victory nine times out of ten."-4 Testimonies, 44.

"Again the devil took Him to a very high mountain, and showed Him all the kingdoms of the world and the glory of them; and he said to Him, 'All these things will I give You, if You will fall down and worship me.' --Matthew 4:89.

"The eyes of Jesus for a moment rested upon the glory presented before Him; but He turned away and refused to look upon the entrancing spectacle. He would not endanger His steadfast integrity by dallying with the tempter." -Confrontation, 52.

"Angels of heaven were on the scene on that occasion, and kept the standard uplifted, that Satan should not exceed his bounds and overpower the human nature of Christ."-1 Selected Messages, 95.

## ***Preparing for the Cross***

"Peter took Him and began to rebuke Him, saying, 'God forbid, Lord! This shall never happen to You.' But He turned and said to Peter, 'Get behind Me, Satan! You are a hindrance to Me; for you are not on the side of God, but of men.'" -Matthew 16:21-23.

"Peter loved his Lord; but Jesus did not commend him for thus manifesting the desire to shield Him from suffering. " -Desire of Ages, 415.

"Satan was trying to discourage Jesus, and turn Him from His mission ... In the wilderness, Satan had offered Christ the dominion of the world on condition of forsaking the path of humiliation and sacrifice rough Peter, Satan was again pressing the temptation upon Jesus . . The path of Christ on earth lay through agony and humiliation."-Desire of Ages, 416.

"Then Jesus told His disciples, 'If any man would come after Me, let him deny himself and take up his cross and follow Me. '"-Matthew 16:24.

"[The cross] was the instrument of the most cruel and humiliating form of death. The lowest criminals were required to bear the cross to the place of execution."-Desire of Ages, 416.

"[Christ's] holy and undefiled human nature was deeply sensitive to the disgrace of being 'numbered with the transgressors. '"-Review, November 20, 1883.

"When the days drew near for Him to be received up, He set His face to go to Jerusalem."-Luke 9:51.

"He set His face steadfastly to go to persecution, denial, rejection, condemnation, and death."-Desire of Ages, 486.

"For the joy that was set before Him, [He] endured the cross, despising the shame."-Hebrews 12:2.

"[He] endured from sinners hostility against Himself, so that you may not grow weary or faint-hearted. " -Hebrews 12:3.

"And they went to a place which was called Gethsemane . . And He took with Him Peter and James and John, and began to be greatly distressed and troubled. And He said to them, 'My soul is very sorrowful, even to death.' "-Mark 14:32-34.

"And He withdrew from them about a stone's throw, and knelt down and prayed, 'Father, if Thou art willing, remove this cup from Me; nevertheless not My will, but Thine, be done.' "-Luke 22:41-42.

"And there appeared an angel unto Him from heaven, strengthening Him. And being in an agony He prayed more earnestly: and His sweat was as it were great drops of blood falling down to the ground."-Luke 22:43-44 (KJV).

"[Commenting on Luke 22:41-44] We need to realize the truth of Christ s manhood in order to appreciate the truth of the above words. " -5 Bible Commentary, 1124.

"[Gethsemane was a horror] so broad, so black, so deep, that His spirit shudders before it . . . This agony, He must not exert His divine power to escape. As man He must suffer the consequences of man's sin. As man He must endure the wrath of God against transgression."-Desire of Ages, 686.

"As Christ felt His unity with the Father broken up, He feared that in His human nature He would be unable to endure the coming conflict with the powers of darkness."-Desire of Ages, 686.

"And what was to be gained by this sacrifice? How hopeless appeared the guilt and ingratitude of man! In its hardest features Satan pressed the situation upon the Redeemer."-Desire of Ages, 687.

"Terrible was the temptation to let the human race bear the consequences of its own guilt, while He stood innocent before God."-Desire of Ages, 688.

"The humanity of the Son of God trembled in that trying hour. He prayed not now for His disciples that their faith might not fail, but for His own tempted, agonized soul. The awful moment had come-that moment which was to decide the destiny of the world. The fate of humanity trembled in the balance. Christ might even now refuse to drink the cup apportioned to guilty man. It was not yet too late . The words fall tremblingly from the pale lips of Jesus, `O My Father, if this cup may not pass from Me, except I drink it, Thy will be done.' "-Desire of Ages, 690.

"The human nature of Christ was like unto ours, and suffering was more keenly felt by Him; for His spiritual nature was free from every taint of sin. Therefore His desire for the removal of suffering was stronger than human beings can experience. How intense was the desire of the humanity of Christ to escape the displeasure of an offended God . . . is revealed in the words, 'O My Father, if this cup may not pass away from Me, except I drink it, Thy will be done.' "-5 Bible Commentary, 1104.

"[The darkness around the cross] was a symbol of the agony and horror that weighed upon His Christ's] heart. No eye . . . could penetrate the deeper gloom that enshrouded the suffering soul of Christ."--Signs, February 15, 1883.

"Then 'Jesus cried with a loud voice, saying, . . . My God, My God, why hast Thou forsaken Me?' "-Desire of Ages, 754.

"Then Jesus, crying with a loud voice, said, `Father, into Thy hands I commit My spirit!' And having said this He breathed His last."-Luke 23:46.

### ***In Christ We may Overcome***

"The first Adam was created a pure, sinless being, without a taint of sin upon him."-5 Bible Commentary, 1128.

"There were no corrupt principles in the first Adam, no corrupt propensities or tendencies to evil."-Letter 191, 1899.

"[Jesus did not] for one moment [possess] . . . an evil propensity."-5 Bible Commentary, 1128.

"He [Jesus] was unsullied with corruptions, a stranger to sin."-2 Testimonies, 508.

"He [Jesus] took upon Himself fallen, suffering human nature, degraded and defiled by sin."-Youth's Instructor, December 20, 1900.

"His spiritual nature was free from every taint of sin."-Signs, December 9, 1897.

"We need not retain one sinful propensity."-7 Bible Commentary, 943.

By the power of the Holy Spirit the moral image of God is to be perfected in the character. We are to be wholly transformed into the likeness of Christ. -Testimonies to Ministers, 506.

"What Christ was in His perfect humanity, we must be, for we must form characters for eternity. '-Testimonies to Ministers, 173.

"His [Christ's] life and character were the unfolding or representation of the perfection of the character that man may attain by becoming a partaker of the divine nature, and overcoming the world through daily conflicts."-Faith I Live By, 114.

"Christ came not to our world to give the obedience of a lesser God to a greater, but as a man to obey God's Holy Law, and in this way He is our example. " -Our High Calling, 48.

"Through faith in Christ every deficiency of character may be supplied, every defilement cleansed, every fault corrected, every excellence developed." -Education, 257.

"[Christ's] perfect humanity is that which all His followers may possess, if they will be subjected to God as He was. "-Desire of Ages, 664.

### ***Living the Life of Christ***

"For Christ did not live to please Himself."-Romans 15:3 (RSV).

"The life of Christ was one of poverty, self-denial, and privation." -Messages to Young People, 79.

"[Christ's] life was one of strict self-denial."-7 Testimonies, 92.

"There will be no self-denial or self-sacrifice that is grievous, for the heart delights in doing for Christ . . . When God has control of the affections, the mind will not be selfish, nor shrink from sacrifices. "-Review, December 2, 1875.

"They that are Christ's have crucified the flesh with the affections and lusts."-Galatians 5:24.

"God giveth not the Spirit by measure unto Him. "-John 3:34.

"As a man He supplicated the throne of God till His humanity was charged with a heavenly current that should connect humanity with divinity . . . His experience is to be ours." -Desire of Ages, 363.

"All who consecrate soul, body, and spirit to God will be constantly receiving a new endowment of physical and mental power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in heart and mind."-Desire of Ages, 827.

"I seek not mine own will, but the will of the Father which hath sent Me." -John 5:30.

"So utterly was Christ emptied of self that He made no plans for Himself. He accepted God's plans for Him, and day by day the Father unfolded His plans. "-Desire of Ages, 208.

"The true Christian obtains an experience which brings holiness . . . The will of God has become his will, pure, elevated, refined, and sanctified."-7 Bible Commentary, 909.

"As the sinless One He [Jesus'] nature recoiled from evil.'" -Steps to Christ, 93-94.

"Hating sin with a perfect hatred, He yet gathered to His soul the sins of the whole world." - 1 Selected Messages, 322.

"In the renewed heart there is hatred of sin and determined resistance against it." -Great Controversy, 508.

"[We are to] learn to hate sin and to shun it, not merely from hope of reward or fear of punishment, but from a sense of its inherent baseness." -Patriarchs and Prophets, 601-602.

"Verily, verily I say unto you, the Son can do nothing of Himself, but what He seeth the Father do, for what things soever He doeth, these also doeth the Son also." - John 5:19.

"Jesus lived in dependence upon God and communion with Him." -Education, 80.

"Christ was dependent upon the father, even as humanity is now dependent upon God." -Signs, July 3, 1907.

"I have been crucified with Christ, nevertheless I live, yet not I, but Christ liveth in me." -Galatians 2:20.

"He who learns of Christ is emptied of self, of pride, of love of supremacy, and there is silence in the soul. Self is yielded to the disposal of the Holy Spirit." -Mount of Blessings, 15.

"It is no more themselves that live and act, but it is Christ that lives and acts through them." -Testimonies to Ministers, 215.

"In Christ, humanity and divinity were combined." -1 Selected Messages, 408.

"Whereby are given unto us exceeding great and precious promises, that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." -2 Peter 1:4.

"Divinity and humanity are blended in him who has the spirit of Christ." -Sons and Daughters of God, 24.

### ***Divine Empowering of the Will***

"The heavenly intelligences will work with the human agent who seeks with determined faith that perfection of character which will reach out to perfection in action. To everyone engaged in this work Christ says, I am at your right hand to help you.

"As the will of man co-operates with the will of God, it becomes omnipotent. Whatever is to be done at His command may be accomplished in His strength. All His biddings are enablings." -Christ's Object Lessons, 332-333.

"I can do all things through Christ which strengtheneth me." -Philippians 4:13.

"It is this [God's grace] that enables him [man] to break the bondage of evil habit. This is the only power that can make him and keep him steadfast in the right path." -Ministry of Healing, 115,

"If the heart is not kept under the control of God, if the Holy Spirit does not work unceasingly to refine and ennoble the character, the old habits will reveal themselves in the life." -Christ's Object Lessons, 50.

"Unless we do yield ourselves to the control of Christ, we shall be dominated by the control of the one or the other of the two great powers that are contending for the supremacy of the world. It is not necessary for us deliberately to choose the service of the kingdom of darkness in order to come under its dominion. We have only to neglect to ally ourselves with the kingdom of light. If we do not cooperate with the heavenly agencies, Satan will take possession of the heart, and will make it his abiding place. The only defense against evil is the indwelling of Christ in the heart through faith in His Righteousness. Unless we become vitally connected with God, we can never resist the unhallowed effects of self-love, self-indulgence, and temptation to sin. We may leave off many bad habits, for the time we may part company with Satan: but without a vital connection with God, through the surrender of ourselves to Him moment by moment, we shall be overcome. Without a personal acquaintance with Christ, and a continual communion, we are at the mercy of the enemy, and shall do his bidding in the end."- Desire of Ages, 324.

"The experimental knowledge of God and of Jesus Christ whom He has sent, transforms man into the image of God. It gives to man the mastery of himself, bringing every impulse and passion the lower nature under the control of the higher powers of the mind."-Christ's Object Lessons, 114.

"If there is not a moral transformation in the human heart, if old habits and practices and the former life of sin are not left behind .. the wheat crop will be choked."- Christ's Object Lessons, 50.

"The indulgences of one known sin will cause weakness and darkness, and subject us to fierce temptation."-2 Selected Messages, 58

"Even one wrong trait of character, one sinful desire cherished, will eventually neutralize all the power of the gospel. The prevalence of a sinful desire shows the delusion of the soul. Every indulgence of that desire strengthens the soul's aversion to God. The pains of duty and the pleasures of sin are the cords with which Satan binds men in his snares. Those who would rather die than perform a wrong act are the only ones who will be found faithful."-5 Testimonies, 53.

"Some have a much better organization than others. While some are continually harassed, afflicted, and in trouble because of their unhappy traits of character, and having to war with internal foes and the corruption of their nature, others have not half so much to battle against." 2 Testimonies, 74.

"In some children the moral powers strongly predominate. They have power of will to control their minds and actions. In others the animal passions are almost irresistible. To meet these diverse temperaments, which frequently appear in the same family, fathers, as well as mothers, need patience and wisdom from the divine Helper."- Signs, December 20, 1877.

"Angels are ever present where they are most needed, with those who have the hardest battles with self to fight, and whose surroundings are the most discouraging. Weak and trembling souls who have many objectionable traits of character are their special charge."-Ministry of Healing, 105.

"The newly converted soul often has fierce conflicts with established habits or with some special form of temptation, and, being overcome by some master passion or tendency, he is guilty of indiscretion or actual wrong."-5 Testimonies, 604-605.

"Those who put away iniquity from their hearts, and stretch out their hands in earnest supplication unto God will have the help which He alone can give them." -Signs, February 8, 1883.

God works in him "inspiring both the will and the deed, for His own purpose."-Philippians 2:13 (NEB).

"Under the influence of divine grace, every good quality would be gaining strength, while evil traits would as steadily lose their power."-2 Bible Commentary, 1017.

"Through continual exercise it [the mind] will become strong to battle with internal foes and to subdue self, until there is complete transformation, and the passions, appetites, and will are brought into perfect subjection."-2 Testimonies, 507.

`By beholding Jesus we receive a living, expanding principle in the heart, and the Holy Spirit carries on the work, and the believer advances from grace to grace, from strength to strength, from character to character. He conforms to the image of Christ, until in spiritual growth he attains unto the measure of the full stature in Christ Jesus. Thus Christ makes an end of the curse of sin, and sets the believing soul free from its action and effect."- 1 Selected Messages, 395.

"When He comes [at His Second Advent] He is not to cleanse us of our sins, to remove from us the defects in our characters, or to cure us of the infirmities of our tempers and dispositions. If wrought for us at all, this work will all be accomplished before that' time . . . No work will then be done for them [the unsanctified] to remove their defects and give them holy characters. The Refiner does not then sit to pursue His refining process and remove their sins and their corruption. This is all to be done in these hours of probation. It is now that this work is to be accomplished for us."-2 Testimonies, 355.

"[But unless we are daily converted to Christ] the old habits return; quick temper, suspicion, jealousy, judgment of others-all manifest that they are not controlled by the grace of Christ . . . They may observe fasts, practice voluntary humility, and manifest apparent devotion, but they do not have real humility, they do not find rest and peace and joy. Their accustomed habits control them; and when they fail to manifest a Christ-like action, they throw the blame and responsibility upon the circumstances which surround them or the people with whom they are brought in contact." -Review, June 5, 1894.

"By a momentary act of will, one may place himself in the power of evil." -8 Testimonies, 313.

"So long as Satan reigns, we shall have self to subdue, besetting sins to overcome; so long as life shall last, there will be no stopping place, no point which we can reach and say, I have fully attained. Sanctification is the result of life-long obedience."-Acts of the Apostles, 560561.

'Just as soon as a man separates from God so that his heart is not under the subduing power of the Holy Spirit, the attributes of Satan will be revealed." -Testimonies to Ministers, 78.

"While sin is forgiven in this life, its results are not now wholly removed. It is at His coming that Christ is to 'change our vile body, that it may be fashioned like unto His glorious body' Philippians 3:21."-2 Selected Messages, 33.

"The same form will come forth [from the grave at the Resurrection/ but it will be free from disease and every defect."-6 Bible Commentary, 1093.

"[At the Resurrection] all blemishes and deformities will be left in the grave . . . The last lingering traces of the curse of sin will be removed, and Christ's faithful ones will appear in the beauty of the Lord our God, in mind and soul and and body reflecting the perfect image of their Lord."-Great Controversy, 645.

## ***A Genuine Conversion***

"Jesus loves to have us come to Him just as we are, sinful, helpless, dependent. We may come with all our weakness, our folly, our sinfulness, and fall at His feet in penitence. It is His glory to encircle us in the arms of His love, and to bind up our wounds, to cleanse us from all impurity. He is waiting to strip us of our garments, stained and polluted with sin, and to put upon us the white robes of Righteousness. He bids us live and not die. Can you believe that when the poor sinner longs to return, longs to forsake his sins, the Lord sternly withholds him from coming to His feet in repentance? . . . The great heart of Infinite Love is drawn toward the sinner with boundless compassion."-Steps to Christ, 57-60.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness -- 1 John 1:9.

"Everything depends on the right action of the will . . . You cannot change your heart, you cannot of yourself give to God its affections; but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do of His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections centered upon Him, your thoughts will be in harmony with Him."-Steps to Christ, 47.

"The fountain of the heart must be purified before the streams can become pure . . . The Christian's life is not a modification or improvement of the old, but a transformation of nature. There is a death to self and sin, and a new life altogether. This change can be brought about only by the effectual working of the Holy Spirit . . . By an agency as unseen as the wind, Christ is constantly working upon the heart. Little by little, perhaps unconsciously to the receiver, impressions are made that tend to draw the soul to Christ. These may be received through meditating upon Him, through reading the Scriptures, or through hearing the word from the living preacher. Suddenly, as the Spirit comes with more direct appeal, the soul gladly surrenders itself to Jesus. By many this is called sudden conversion; but it is the result of a long wooing by the Spirit of God,-a patient, protracted process . . .

"While the wind is itself invisible, it produces effects that are seen and felt. So the work of the Spirit upon the soul will reveal itself in every act of him who has felt its saving power. When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven . . . The blessing comes when by faith the soul surrenders itself to God. Then that power which no human eye can see creates a new being in the image of God.

"It is impossible for finite minds to comprehend the work of redemption. Its mystery exceeds human knowledge; yet he who passes from death to life realizes that it is a divine reality. The beginning of redemption we may know here through personal experience. Its results reach through eternal ages. . .

"The light shining from the cross reveals the love of God. His love is drawing us to Himself. If we do not resist this drawing, we shall be led to the foot of the cross in

repentance for the sins that have crucified the Saviour. Then the Spirit of God through faith produces a new life in the soul. The thoughts and desires are brought into obedience to the will of Christ. The heart, the mind, are created anew in the image of Him who works in us to subdue all things to Himself. Then the law of God is written in the mind and heart, and we can say with Christ, 'I delight to do Thy will.' "-Desire of Ages, 172-176.

"With every truly converted soul the relation to God and to eternal things will be the great topic of life. "-Great Controversy, 463.

"The love of Jesus in the soul will banish all hatred, selfishness, and envy; for the Law of the Lord is perfect, converting the soul."-1 Bible Commentary, 37.

"Whoever is seen to abhor sin instead of loving it, whoever resists and conquers those passions that have held sway within, displays the operation of a principle wholly from above."-Great Controversy, 506.

"In the unregenerate heart there is love of sin, and a disposition to cherish and excuse it. In the renewed heart is hatred of sin, and determined resistance against it."-Great Controversy, 508.

`Put off the old nature which belongs to your former manner of life, and is corrupt through deceitful lusts, and be renewed in the spirit of your minds, and put on the new nature, created after the likeness of God in true righteousness and holiness. '-Ephesians 4:22-24.

## ***A Putting Away of Sin***

`It is not only at the beginning of the Christian life that this renunciation of self is to be made. At every advance step heavenward it is to be renewed. All our good works are dependent on a power outside of ourselves; therefore there needs to be a continual reaching out of the heart after God, a constant, earnest confession of sin and humbling of the soul before Him. Perils surround us; and we are safe only as we feel our weakness and cling with the grasp of faith to our mighty Deliverer. "-Ministry of Healing, 455-456.

"All who profess godliness are under the most sacred obligation to guard the spirit, and to exercise self-control under the greatest provocation . . . God has made ample provision for His people; and if they will rely upon His strength, they will never become the sport of circumstances. The strongest temptation cannot excuse sin. However great the pressure brought to bear upon the soul, transgression is our own act. It is not in the power of earth or hell to compel anyone to do evil. Satan attacks us at our weak points, but we need not be overcome. However severe or unexpected the assault, God has provided help for us, and in His strength we may conquer."-Patriarchs and Prophets, 421.

`Love is the basis of godliness. Whatever the profession, no man has pure love to God unless he has unselfish love for his brother. But we can never come into possession of this spirit by trying to love others . . . When self is merged in Christ, love springs forth spontaneously. " -2 Testimonies, 135.

"If any man would come after Me, let him deny himself, and take up his cross, and follow Me. "-Matthew 16:24.

"You have repeatedly said: 'I can't keep my temper.' 'I have to speak.' You lack a meek, humble spirit. Self is all alive, and you stand guard continually to preserve it from mortification or insult. Says the apostle: 'For ye are dead, and your life is hid with Christ

in God.' Those who are dead to self will not fall so readily and will not be prepared to resist everything which may irritate. Dead men cannot feel. You are not dead. If you were, and your life were hid in Christ, a thousand things which you now notice, and which afflict you, would be passed by as unworthy of notice; you would then be grasping the eternal and would be above the petty trials of this life."-2 Testimonies, 425.

`If a fiber of selfishness is left, it will spring forth again, and bear a harvest after its kind."-Review, April 11, 1893.

"If you are ambitious for self-preferment, you must overcome, or you will never enter the courts of heaven. Let selfishness be rooted out of the heart. In the life of Christ there was no fiber of selfishness. He lived not to please Himself."-Review, November 30, 1897.

`Not one thread of selfishness must be drawn into the fabric of character we are weaving. "-Letter 120, 1898.

"Let none deceive themselves with the belief that God will pardon and bless them while they are trampling upon one of His requirements . The willful commission of a known sin silences the witnessing voice of the Spirit, and separates the soul from God.' - Messages to Young People, 114.

` Those who have accepted the light from God's Word are never, never to leave an impression upon human minds that God will serve with their sins. His Word defines sin as the transgression of the law [I John 3:4]. "- 1 Selected Messages, 115.

"Do not flatter yourself that He does not denounce the particular sins that you love. Do not imagine that by some means you can enter into life without being free from moral pollution. If we would live with Jesus in the mansions that He has gone to prepare, we must be like Him here in this world. We must be diligent to set our hearts in order. Let us greatly fear self-deception."-Signs, June 5, 1884.

"All that man can do without Christ is polluted with selfishness and sin; but that which is wrought through faith is acceptable to God."-1 Selected Messages, 364.

`Every transgression brings the soul into condemnation and provokes the divine displeasure. "-4 Testimonies, 623.

"The Lord has not given us a list of graded sins, so that we may reckon some as of little consequence, and say that they will do little harm, while others are of greater magnitude and will do much harm."-Messages to Young People, 91.

"The condition of eternal life is now just what it always has been-just what it was in Paradise before the fall of our first parents-perfect obedience to the law o God, perfect Righteousness. If eternal lie were granted on any condition short o this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized. "-Steps to Christ, 62.

"God has spoken, and He means that man shall obey. He does not inquire if it is convenient for man to do so. The Lord of life and glory did not consult His convenience or pleasure when He left His station of high command to become a man of sorrows and acquainted with grief ... Jesus died, not to save man in his sins, but from his sins. Man is to leave the error of his ways, to follow the example of Christ, to take up his cross and follow the example of Christ, to take up his cross and follow Him, denying self, and obeying God at any cost."-4 Testimonies, 250-25 1.

"There should be a clear understanding of that which constitutes sin, and we should avoid the least approach to step over the boundaries from obedience to disobedience."-6 Bible Commentary, 1109.

### ***He Will Enable Us to Obey***

"I can do all things through Christ which strengtheneth me."-Philippians 4:13.

-By faith and prayer all may meet the requirements of the gospel. No man can be forced to transgress. Our own consent must first be gained; the soul must purpose the sinful act, before passion can dominate over reason, or iniquity triumph over conscience. Temptation, however strong, is never an excuse for sin. 'The eyes of the Lord are over the righteous, and His ears are open unto their prayers.' Cry unto the Lord, tempted soul. Cast yourself, helpless, unworthy, upon Jesus, and claim His very promise. The Lord will hear. He knows how strong are the inclinations of the natural heart, and He will help in every time of temptation. "-Messages to Young People, 67.

"Not one that in penitence and faith has claimed His protection will Christ permit to pass under the enemy 's power. The Saviour is by the side of His tempted and tried ones. With Him there can be no such thing as failure, loss, impossibility, or defeat; we can do all things through Him who strengthens us. When temptations and trials come, do not wait to adjust all the difficulties, but look to Jesus, your helper."-Desire of Ages, 490, 493.

`By faith you become Christ's, and by faith you are to grow up in Him-by giving and taking. You are to give all -your heart, your will, your service-give yourself to Him to obey all His requirements; and you must take all-Christ, the fullness of all blessing, to abide in your heart, to be your Strength, your Righteousness, your everlasting Helper -to give you power to obey. "-Steps to Christ, 70.

"There are many who think that it is impossible to escape from the power of sin, but the promise is that we may be filled with all the fullness of God. We aim too low. The mark is much higher. Our minds need expansion, that we may comprehend the significance of the provision of God."-That I May Know Him, 302.

### ***Crying for Help, We Must Strive to Overcome***

"Those who would overcome must put to the tax every power of their being. They must agonize on their knees before God for divine power. "-5 Bible Commentary, 1082.

"The Christian life is a warfare. The apostle Paul speaks of wrestling against principalities and powers as he fought the good fight of faith. Again, he declares,

'Ye have not yet resisted unto blood, striving against sin.' "-5 Testimonies, 222.

"Wrong habits are not overcome by a single effort. Only through long and severe struggles is self mastered. "-4 Testimonies, 612.

"God will test you, brethren, and some will prove to be chaff and some precious grains of wheat. Yield not to the power of the tempter. He will come as a strong man armed; but give him no advantage. Nerve yourselves for duty, and dispute every inch of ground. Instead of retreating, advance; instead of becoming weak and nerveless, brace yourselves for the conflict. God calls on you to engage with all your powers against sin in every form."-5 Testimonies, 309.

"Let no one imagine that it is an easy thing to overcome the enemy and that he can be borne aloft to an incorruptible inheritance without effort on his part .. Few

appreciate the importance of striving constantly to overcome. They relax their diligence and as a result, become selfish and self-indulgent. Spiritual vigilance is not thought to be essential. Earnestness in human effort is not brought into the Christian life. " -5 Testimonies, 539-540.

"Jesus revealed no qualities, and exercised no powers, that man may not have through faith in Him. His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was."-Desire of Ages, 664.

### ***Daily Overcoming in Christ***

"[He is able to] keep you from falling, and to present you faultless before the presence of His glory with exceeding joy. "-,rude 24.

"Christ came to make us 'partakers of the divine nature, 'and His life declares that humanity, combined with divinity, does not commit sin.'-Ministry of Healing, 180.

"When we give way to impatience, we drive the Spirit of God out of the heart, and give place to the attributes of Satan."-2 Selected Messages, 236.

"The Righteousness of Christ is not a cloak to cover unconfessed and unforsaken Sin."-Desire of Ages, 555-556.

In order for man to retain justification,' there must be continual obedience, through active, living faith that works by love and purifies the soul." 1 Selected Messages, 366.

"Even if we are overcome by the enemy, we are not cast of not forsaken and rejected of God ... Christ] desires to restore you to Himself, to see His own purity and holiness reflected in you. And if you will but yield yourself to Him, He that hath begun a good work in you will carry it forward to the day of Jesus Christ. "-Steps to Christ, 64.

"My little children, these things write I unto you, that ye sin not. And if any man sin, we have an Advocate with the Father."-1 John 2:1.

"Jesus stands in the Holy of Holies, now to appear in the presence of God for us. There He ceases not to present His people moment by moment, complete in Himself. But because we are thus represented before the Father, we are not to imagine that we are to presume upon His mercy, and become careless, indifferent, and self-indulgent. Christ is not the minister of sin. We are complete in Him, accepted in the Beloved, only as we abide in Him by faith."-7 Bible Commentary, 933.

"If one who daily communes with God errs from the path, if he turns a moment from looking steadfastly unto Jesus, it is not because he sins willfully; for when he sees his mistake, he turns again, and fastens his eyes upon Jesus, and the fact that he has erred, does not make him less dear to the heart of God. " -Review, May 12, 1896.

"When we are clothed with the Righteousness of Christ, we shall have no relish for sin; for Christ will be working with us. We may make mistakes, but we will hate the sin that caused the suffering of the Son of God."-1 Selected Messages, 360.

"We shall fail often in our efforts to copy the divine pattern. We shall have to bow down to weep at the feet of Jesus, because of our shortcomings and mistakes; but we are not to be discouraged; we are to pray more fervently, believe more fully, and try again with more steadfastness to grow into the likeness of our Lord. "- 1 Selected Messages, 337.

"How can I do this great wickedness, and sin against God?"-Genesis 39:9.

"[Satan] cannot cause to sin the one who will accept by faith the virtues of Him who was tempted in all points as we are, yet without sin . . . He who repents of his sin and accepts the gift of the life of the Son of God, cannot be overcome." - 1 Selected Messages, 224.

"There should be a clear understanding of that which constitutes sin, and we should avoid the least approach to step over the boundaries from obedience to disobedience." - 1 Selected Messages, 234.

"It is [the] . . . little sins, so common that they are often unnoticed, that Satan uses in his service." -6 Bible Commentary, 1080.

"I can do all things through Christ which strengtheneth me."-Philippians 4:13.

"There is too little confidence in the power which God stands ready to give...Immeasurably inferior is the part which the human agent sustains; but if he is linked with the divinity of Christ, he can do all things through the strength that Christ imparts." -Christ's Object Lessons, 82.

"Most professed Christians have no sense of the spiritual strength they might obtain were they as ambitious, zealous, and persevering to gain a knowledge of divine things as they are to obtain the paltry, perishable things of this life. The masses professing to be Christians have been satisfied to be spiritual dwarfs." -2 Testimonies, 266.

"The very image of God is to be reproduced in humanity. The honor of God, the honor of Christ, is involved in the perfection of the character of His people." -Desire of Ages, 671.

"We cannot enter heaven with any deformity or imperfection of character, and we must be fitted for heaven now in this probationary life."-Signs, February 15, 1892.

"We must learn of Christ. We must know what He is to those He has ransomed. We must realize that through belief in Him it is our privilege to be partakers of the divine nature, and to escape the corruption that is in the world through lust. Then we are cleansed from all sin, all defects of character. We need not retain one sinful propensity."- 7 Bible Commentary, 943.

"So perfect is the character represented which men must have in order to be Christ's disciples that the infidel has said that it is not possible for any human being to attain unto it. But no less a standard must be presented by all who claim to be children of God. Infidels know not that celestial aid is provided for all who seek it by faith. Every provision has been made in behalf of every soul who shall seek to be a partaker of the divine nature and be complete in Jesus Christ. Every defect is to be discerned and cut away from the character with an unsparing decision."-/n Heavenly Places, 201.

"Thou shalt call His name Jesus, for He shall save His people from their sins." - Matthew 1:21.

"Through the Spirit the believer becomes a partaker of the divine nature. Christ has given His Spirit as a divine power to overcome all hereditary and cultivated tendencies to evil, and to impress His own character upon His Church." -Desire of Ages, 671.

"Let none ... regard their defects as incurable. God will give faith and grace to overcome them."-Great Controversy, 489.

"If we will trust Him, and commit our ways to Him, He will direct our steps in the very path that will result in our obtaining the victory over every evil passion, and every trait of character that is unlike the character of our divine Pattern."-Our High Calling, 316.

## **The Power of the Will Surrendered to the Will of God**

"Pure religion has to do with the will. The will is the governing power in the nature of man, bringing all the other faculties under its sway. The will is not the taste or the inclination, but it is the deciding power, which works in the children of men unto obedience to God, or unto disobedience. .

"You will be in constant peril until you understand the true force of the will. You may believe and promise all things, but your promises or your faith are of no value until you put your will on the side of faith and action. If you fight the fight of faith will all your will-power, you will conquer. Your feelings, your impressions, your emotions, are not to be trusted, for they are not reliable ..'-5 Testimonies, 513.

"It is through the will that sin retains its hold upon us. The surrender of the will is represented as plucking out the eye or cutting off the hand."-Mount of Blessings, 95.

"God does not design that our will should be destroyed; for it is only through its exercise that we can accomplish what He would have us do.

"Our will is to be yielded to Him, that we may receive it again, purified and refined, and so linked in sympathy with the Divine that He can pour through us the tides of His love and power. "-Mount of Blessings, 97.

"Our finite will must be brought into submission to the will of the Divine; the human will must be blended with the Divine. This will bring the Holy Spirit to our aid."-Messages to Young People, 55.

"If Satan seeks to divert the mind from this to low and sensual things, bring it back again, and place it on eternal things; and when the Lord sees the determined effort made to retain only pure thoughts, He will attract the mind, like the magnet, and purify the thoughts, and enable them to cleanse themselves from every secret sin. "-Solemn Appeal, 29.

"If the mind, wanders, we must bring it back; by persevering effort, habit will finally make it easy."-Sanctified Life, 67.

## ***Walking With Christ***

"How man can be a counterpart of Jesus Christ is beyond human comprehension. But the Holy Spirit can strengthen our spiritual eyesight.'-Sons and Daughters of God, 34.

"The life that Christ lived in this world, men and women can live through His power and under His instruction." -9 Testimonies, 22.

"He who has not sufficient faith in Christ to believe that He can keep him from sinning, has not the faith that will give him an entrance into the kingdom of God. "-Review, March 10, 1904.

"Scarcely can the human mind comprehend what is the breadth and dept and height of the spiritual attainments that can be reached by becoming partakers of the divine nature."-Our High Calling, 60.

"The principles of divine truth, received and cherished in the heart, will carry us to a height of moral excellence that we had not deemed it possible for us to reach." -4 Testimonies, 294.

"Closely criticize the temper, the disposition, the thoughts, words, inclinations, purposes, and deeds. How can we ask intelligently for the things we need unless we prove by the Scriptures the condition of our spiritual health?" - 1 Selected Messages, 89.

"Every follower of Christ should daily examine himself, that he may become perfectly acquainted with his own conduct. There is with nearly all a neglect of self-examination. This neglect is positively dangerous in one who professes to be a mouthpiece for God." -2 Testimonies, 511.

"The daily review of our acts, to see whether conscience approves or condemns, is necessary for all who wish to arrive at the perfection of Christian character." -2 Testimonies, 512.

"God does nothing for man without his cooperation." - 1 Selected Messages, 381.

"The part man is required to sustain is immeasurably small, yet in the plan of God it is just that part that is needed to make the work a success." -Manuscript 113, September 8, 1898.

"The greatest work that can be done in our world is to glorify God by living the character of Christ." -6 Testimonies, 439.

### ***Perfection of Character***

"As God is perfect in His sphere, so man may be perfect in his sphere. The ideal of Christian character is Christlikeness." -8 Testimonies, 64.

"As God is pure in His sphere, so man is to be pure in his. And he will be pure if Christ is formed within, the hope of glory ; for he will imitate Christ's life and reflect His character." -Gospel Workers, 366.

"The ideal of Christian character is Christlikeness. As the Son of man was perfect in His life, so His followers are to be perfect in their life . . . His character is to be ours." - Desire of Ages, 311.

"God calls upon us to reach the standard of perfection and places before us the example of Christ's character. In His humanity, perfected by a life of constant resistance to evil, the Saviour showed that through cooperation with Divinity, human beings may in this life attain to perfection of character. This is God's assurance to us that we, too, may obtain complete victory." -Acts of the Apostles, 531.

"Perfection of character is attainable by every one who strives for it." - 1 Selected Messages, 212.

"What Christ was in His perfect humanity, we must be; for we must form characters for eternity." -Testimonies to Ministers, 173.

"His life and character were the unfolding or representation of the perfection of character that man may attain by becoming a partaker of the divine nature, and overcoming the world through daily conflicts . . . He showed that it is possible for man perfectly to obey the law." -Faith I Live By, 114.

"His perfect humanity is that which all His followers may possess, if they will be in subjection to God as He was." -Desire of Ages, 664.

"Exact obedience is required, and those who say that it is not possible to live a perfect life throw upon God the imputation of injustice and untruth." -Review, February 7, 1957 (E.G.W.)

"When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. "-Christ's Object Lessons, 312.

"God requires the entire surrender of the heart, before justification can take place."-1 Selected Messages, 366.

"Christ laid hold o the nature of man, and partook of the divine attributes, and planted His cross between humanity and divinity, bridging the gulf that separated the sinner from God.'-1 Selected Messages, 261.

### ***Never Consider Yourself to have Arrived***

"Those who are really seeking to perfect Christian character will never indulge the thought that they are sinless. Their lives may be irreproachable, they may be living representatives of the truth which they have accepted; but the more they discipline their minds to dwell upon the character of Christ, and the nearer they approach to His divine image, the more clearly will they discern its spotless perfection, and the more deeply will they feel their own defects. "-Sanctified Life, 7.

"Men who have lived the nearest to God, men who would sacrifice life itself rather than knowingly commit a wrong act, men whom God has honored with divine light and power, have confessed the sinfulness of their nature. They have put no confidence in the flesh, have claimed no righteousness of their own, but have trusted wholly in the Righteousness of Christ.

"So will it be with all who behold Christ. The nearer we come to Jesus, and the more clearly we discern the purity of His character, the more clearly shall we see the exceeding sinfulness of sin, and the less shall we fee like exalting ourselves. There will be a continual reaching out of the soul after God, a continual, earnest, heartbreaking confession of sin and humbling of the heart before Him. At every advance step in our Christian experience our repentance will deepen. We shall know that our sufficiency is in Christ alone. "-Acts of the Apostles, 561.

"We shall see that if we are ever saved, it will not be through our own goodness, but through God's infinite grace."- Christ's Object Lessons, 159.

"All our good works are dependent on a power outside of ourselves. Therefore there needs to be a continual reaching out of the heart after God, a continual, earnest, heartbreaking confession of sin and humbling of the soul before Him. Only by constant renunciation of self can we walk safely ... Those whom heaven recognizes as holy ones are the last to parade their own goodness. " -Christ's Object Lessons, 160.

"We shall be charmed with His loveliness, and disgusted with our own righteousness. We need to come close to the foot of the cross. The more we humble ourselves there, the more exalted will God's love appear. The grace and Righteousness of Christ will not avail for him who feels whole, for him who thinks he is reasonably good, who is contented with his own condition. There is no room for Christ in the heart of him who does not realize his need of divine light and aid."- 1 Selected Messages, 328.

"The life we live is to be one of continual repentance and humility. We need to repent constantly, that we may be constantly victorious. When we have true humility, we

have victory. The enemy never can take out of the hand of Christ the one who is simply trusting in His promises. "-7 Bible Commentary, 959.

'All these successive steps fin 'Peter's Ladder'-2 Peter 1:4-8J are not to be kept before the mind's eye, and counted as you start; but fixing the eye upon Jesus, with an eye sine to the glory of God, you will make advancement. "-Messages to Young People, 45.

"The characters formed in this life will determine the future destiny."-4 Testimonies, 429.

"God calls upon us to reach the standard of perfection and places before us the example of Christ's character. In His humanity, perfected by a life of constant resistance of evil, the Saviour showed that through cooperation with Divinity, human beings may in this life attain to perfection of character. This is God's assurance to us that we, too, may obtain complete victory. "-Acts of the Apostles, 531.

### ***The Goal Set Before Us***

"Some few in every generation from Adam resisted his [Satan's] every artifice and stood forth as noble representatives of what it was in the power of man to do and to be-Christ working with human efforts, helping man in overcoming the power of Satan. Enoch and Elijah are the correct representatives of what the race might be through faith in Jesus Christ if they chose to be. Satan was greatly disturbed because these noble, holy men stood untainted amid the moral pollution surrounding them, perfected righteous characters, and were accounted worthy of translation to Heaven. As they had stood forth in moral power, in noble uprightness, overcoming Satan's temptations, he could not bring them under the dominion of death. -Review, March 3, 1874.

"Epoch's life and character . represent the lives and characters of all who will be translated when Christ Comes. "-Signs, November 11, 1886.

"With every generation increased light has shone, and we are responsible for the use that we make of this light." -Review, May 21, 1895,

"We are not in the place where our fathers were. Advanced light is shining upon us in these last days. We cannot be accepted of God; we cannot honor Him by rendering the same service, doing the same work that our fathers did. In order to be accounted guiltless before God, we must be as faithful in our time in following and obeying our light, as they were faithful in following and obeying the light that shone upon them."-Review, April 25, 1893.

"As the branch cannot bear fruit of Itself, except it abide in the vine, no more can ye, except ye abide in Me. "-John 15:4.

`All who are really in Christ will experience the benefit of this union. The Father accepts them in the Beloved, and they become objects of His solicitude and tender, loving care. This connection with Christ will result in the purification of the heart and in a circumspect life and faultless character. The fruit borne upon the Christian tree is `love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance.' "--4 Testimonies, 355.

"First the blade, then the ear, then the full corn in the ear.."-Mark 4:28.

"As the members of the body of Christ approach the period of their last conflict, the time of Jacob's trouble,' they will grow up into Christ, and will partake largely of His Spirit."-1 Testimonies, 353.

"Jesus, considered as a man, was perfect, yet He grew in grace. 'And Jesus increased in wisdom and stature, and in favor with God and man.' Luke 2:52. Even the most perfect Christian may increase continually in the knowledge and love of God. " \_1 Testimonies, 339-340.

"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it. -1 Corinthians 10:13.

"What does this [the Christlike character that Jesus asks us to perfect] mean? It means keeping the heart and soul and mind and strength in conformity to the will of God. It means obeying the principles of righteousness in this life, keeping the commandments of God. " -Special Testimonies, Series B, No. 7, page 26.

"There will be a people who hold so fast to the divine strength that they will be proof against every temptation. -3 Testimonies, 472.

`Even after the saints are sealed with the seal of the living God, His elect will have trials individually. Personal afflictions will come, but the furnace is closely watched by an eye that will not suffer the gold to be consumed. The indelible mark of God is upon them. God can plead that His name is written there. The Lord has shut them in. Their destination is inscribed-'GOD, NEW JERUSALEM.' They are God's property, His possession. "-Testimonies to Ministers, 446.

"Many do not realize what they must be in order to live in the sight of the Lord without a high priest in the sanctuary through the time of trouble. Those who receive the seal of the living God and are protected in the time of trouble must reflect the image of Jesus fully."-Early Writings, 71.

"I saw that many were neglecting the preparation so needful and were looking to the time of `refreshing' and the `latter rain' to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation; therefore they could not receive the refreshing `the latter rain] that all must have to fit them to live in the sight of a holy God. -Early Writings, 71 [read the rest of the page].

"Those who are living upon the earth when the intercession of Christ shall cease in the sanctuary above are to stand in the sight of a holy God without a mediator. Their robes must be spotless, their characters must be purified from sin by the blood of sprinkling. Through the grace of God and their own diligent effort they must be conquerors in the battle with evil. While the investigative judgment is going forward in heaven, while the sins of penitent believers are being removed from the sanctuary, there is to be a special work of purification, of putting away of sin, among God's people upon earth."-Great Controversy, 425.

' [The 144,000] bore the signet of heaven. They reflected the image of God. They were full of the light and the glory of the Holy One. "-7 Bible Commentary, 978.

"And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ."-Revelation 12:17.

"To those who receive Him, He [Christ] gives power to become the sons o God, that at last God may receive them as His, to dwell with Him throughout eternity. If, during this life, they are loyal to God, they will at last `see His face; and His name shall be in their foreheads. 'Revelation 22:4. And what is the happiness of heaven but to see God?

What greater joy could come to the sinner saved by the grace of Christ than to look upon the face of God and know Him as Father?"-8 Testimonies, 267-268.

## ***Lessons in Overcoming***

`Do not wait to feel that you are made whole. Believe His Word, amid it will be fulfilled. Put your will on the side of Christ. Will to serve Him, and in acting upon His Word you will receive strength. Whatever may be the evil practice, the master passion which through long indulgence binds both soul and body, Christ is able and longs to deliver. "-Desire of Ages, 203.

"Man must do his part; he must be victor on his own account, through the strength and grace that Christ gives him . . . The Saviour overcame to show man how he may overcome. All the temptations of Satan, Christ met with the Word of God. By trusting in God's promises, He received power to obey God's commandments."-4 Testimonies, 32-33.

"Remember this. If you have made mistakes, you certainly gain a victory if you see these mistakes and regard them as beacons of warning. Thus you turn defeat into victory, disappointing the enemy and honoring your Redeemer. "-Christ's Object Lessons, 332.

"The yoke is placed upon the oxen to aid them in awing the load, to lighten the burden. So with the yoke of Christ. When our will is swallowed up in the will of God, and we use His gifts to bless others, we shall find life's burden light. He who walks in the way of God's commandments is walking in company with Christ, and in His love the heart is at rest. When Moses prayed, `Show me Thy way, that I may know Thee,' the Lord answered him, `My Presence shall go with thee, and I will give thee rest.' "-Desire of Ages, 331.

"When it becomes the habit of the soul to converse with God, the power of the evil one is broken; for Satan cannot abide near the soul that draws nigh unto God. "-Our High Calling, 96.

"The struggle for conquest over self, for holiness and heaven, is a lifelong struggle . . . Heredity and cultivated tendencies to evil must be overcome . . . We must put forth earnest efforts to overcome the tendencies of the natural heart . . . Only by overcoming as Christ overcame shall we win the crown of life

Only as we see our utter helplessness and renounce all self-trust, shall we lay hold on divine power. It is not only at the beginning of the Christian life that this renunciation of self is to be made. At every advance step heavenward it is to be renewed."-Ministry of Healing, 452-455.

"Every defect in the character, unless it is overcome by the help of God's Spirit, will become a sure means of destruction. "-5 Testimonies, 573.

"Thanks be to God, which always causeth us to triumph in Christ."-2 Corinthians 2:14.

`Everyone that will submit to be ransomed, Christ will rescue from the pit of corruption and from the briars of sin. " Christ's Object Lessons, 188.

"Those who would rather die than perform a wrong act are the only ones who will be found faithful . . . The testimony borne to you by the Spirit of God is: Parley not with the enemy. Kill the thorns, or they will kill you."-5 Testimony, 53.

"If the eye is kept fixed on Christ, the work of the Spirit ceases not until the soul is conformed to His image."-Desire of Ages, 302.

"Christ will be revealed in us if we are indeed branches of the living Vine. We shall be patient, kind, and forbearing, cheerful amid frets and irritations. Day by day and year by year we shall conquer self and grow into a noble heroism. This is our allotted task; but it cannot be accomplished without continual help from Jesus, resolute decision, personal battle to fight."-5 Testimonies, 344-345.

"He withstood the temptation, through the power that man may command. He laid hold on the throne of God, and there is not a man or woman who many not have access to the same help through faith in God. Man may become a partaker of the divine nature; not a soul lives who may not summon the aid of Heaven in temptation and trial. Christ came to reveal the source of His power, that man might never rely on his unaided human capabilities."- 1 Selected Messages, 408-409.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and He will draw nigh to you.' James 4:7-8. We cannot save ourselves from the tempter's power; he has conquered humanity, and when we try to stand in our own strength, we shall become a prey to his devices; but the name of the Lord is a strong tower: the righteous runneth into it, and is safe.' Proverbs 18:20. Satan trembles and flees before the weakest soul who finds refuge in that mighty name."- Desire of Ages, 131.

"Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that you may do the work of God and receive what is promised. `For yet a little while and the Coming One shall come and shall not tarry; but My righteous one shall live by faith, and if he shrinks back, My soul has no pleasure in him.' But we are not of those who shrink and are destroyed, but of those who have faith and keep their souls."- Hebrews 10:35-39.

"When it is in the heart to obey God, when efforts are put forth to this end, Jesus accepts this disposition and effort as man's best service, and He makes up for the deficiency with His own divine merit. But He will not accept those who claim to have faith in Him, and yet are disloyal to His Father's commandment.. Many are deceiving their own souls by living an easy going, accommodating, crossless religion. But Jesus says, 'If any man will come after Me, let him deny himself, and take up his cross, and follow Me.' "- 1 Selected Messages, 382.

"If one who daily communes with God errs from the path, if he turns a moment from looking steadfastly unto Jesus, it is not because he sins willfully; for when he sees his mistake, he turns again, and fastens his eyes upon Jesus, and the fact that he has erred, does not make him less dear to the heart of God. He knows that he has communion with the Saviour; and when reproved for his mistake in some matter of judgment, he does not walk sullenly, and complain of God, but turns the mistake into a Victory."-Review, May 12, 1896.

"Looking unto Jesus, Peter walks securely; but as in self-satisfaction he glances back toward his companions in the boat, his eyes are turned from the Saviour. The waves roll high . . he is afraid. For a moment Christ is hidden from his view, and his faith gives away . . Only through realizing our own weakness and looking steadfastly unto Jesus can we walk securely."-Desire of Ages, 381-382.

"I was shown that Satan cannot control minds unless they are yielded to his control. Those who depart from the right are in serious danger now. They separate themselves from God and from the watchcare of His angels, and Satan, ever upon the

watch to destroy souls, begins to present to them his deceptions. Such are in the utmost peril; and if they seek and try to resist the powers of darkness and to free themselves from Satan's snare, it is not an easy matter . . . Those who have tempted the devil to tempt them will have to make desperate efforts to free themselves from his power. But when they begin to work for themselves, then angels of God whom they have grieved will come to their rescue. Satan and his angels are unwilling to lose their prey. They contend and battle with the holy angels, and the conflict is severe. But if those who have erred continue to plead, and in deep humility confess their wrongs, angels who excel in strength will prevail and wrench them from the power of the evil angels."-1 Testimonies, 301.

"God alone can give us the victory. He desires us to have the mastery over ourselves, our own will and ways. But He cannot work in us without our consent and cooperation . . . The victory is not won without much earnest prayer, without the humbling of self at every stage. Our will is not be forced into cooperation with divine agencies, but it must be voluntarily submitted. "-Mount of Blessings, 142.

"When it becomes the habit of the soul to converse with God, the power of the evil one is broken; for Satan cannot abide near the soul that draws nigh unto God."-Our High Calling, 96.

"In the renewed heart there will be a fixed principle to obey the will of God . . . There will be no hesitating, conferring with the taste, or studying of convenience, or moving in a certain course because others do so. Everyone should live for himself. "-2 Testimonies, 488.

'Everything that Christians do should be as transparent as the sunlight. " -Mount of Blessing, 16.

"Bible religion is not one influence among many others; its influence is to be supreme, pervading and controlling every other . . . He who desires to know the truth must be willing to accept all that it reveals. He can make no compromise with error."-Desire of Ages, 312.

"The meekness of Christ, manifested in the home, will make the inmates happy; it provokes no quarrel, gives back no angry answer, but soothes the irritated temper, and diffuses a gentleness that is felt by all within its charmed circle." -Mount of Blessing, 68.

"Christ is acquainted with all that is misunderstood and misrepresented by men. His children can afford to wait in calm patience and trust, no matter how much maligned and despised. "-Mount of Blessing, 32.

"Our life is to be bound up with the life of Christ; we are to draw constantly from Him, partaking of Him, the living Bread that came down from heaven, drawing from a fountain ever fresh, ever giving forth its abundant treasures. If we keep the Lord ever before us, allowing our hearts to go out in thanksgiving and praise to Him, we shall have a continual freshness in our religious life. Our prayers will take the form of a conversation with God as we would talk with a friend. He will speak His mysteries to us personally. Often there will come to us a sweet, joyful sense of the presence of Jesus. Often our hearts will bum within us as He draws nigh to commune with us as He did with Enoch." -Christ's Object Lessons, 129.

### ***Meeting the Tempter***

"The strongest temptation is no excuse for sin. "-Signs, April 15, 1913.

"The tempter can never compel us to do evil. He cannot control minds unless they are yielded to his control. The will must consent, faith must let go its hold upon Christ before Satan can exercise his power upon us. But every sinful desire we cherish affords him a foothold. Every point in which we fail of meeting the divine standard is an open door by which he can enter to tempt and destroy us. And every failure or defeat on our part gives occasion for him to reproach Christ." -Desire of Ages, 125.

"Satan studies every indication of the frailty of human nature, he marks the sins which each individual is inclined to commit, and then he takes care that opportunities shall not be wanting to gratify the tendency to evil. He tempts men to excess in that which is in itself lawful, causing them, through intemperance, to weaken physical, mental, and moral power. He has destroyed and is destroying thousands through the indulgence of the passions, thus brutalizing the entire nature of man." -Great Controversy, 555.

"Before we are delivered from Satan's power without, we must be delivered from his power within. The Lord permits trials in order that we may be cleansed from earthliness, from selfishness, from harsh, unchristlike traits of character. He suffers the deep waters of affliction to go over our souls in order that we may know Him and Jesus Christ whom He has sent, in order that we may have deep heart longings to be cleansed from defilement, and may come forth from the trial purer, holier, happier." Christ's Object Lessons, 175.

"Yielding to temptation begins in permitting the mind to waver, to be inconsistent in your trust in God." -Mount of Blessing, 92.

"Many today stand where Peter stood when in self-confidence he declared that he would not deny his Lord. And because of their self-sufficiency, they fall an easy prey to Satan's devices. Those who realize their weakness trust in a power higher than self. And while they look to God, Satan has no power against them. But those who trust in self are easily defeated .. Christ will not save from wounds the one who places himself unbidden on Satan's ground. He lets the self-sufficient one, who acts as if he knew more than his Lord, go on in his supposed strength. Then comes suffering and a crippled life, or perhaps defeat and death." -5 Bible Commentary, 1102.

"We must through much tribulation enter into the kingdom of God." -Acts 14:22.

"They must endure with fortitude the taunts and attacks of enemies, and overcome all obstacles that Satan may place in their path to hedge up the way. He will try to lead them to neglect prayer and to discourage them in the study of the Scriptures, and he will throw his hateful shadow athwart their path to hide Christ and the heavenly attractions from their view.

"None should go along shrinking and trembling, under continual doubt, sowing their path with complainings; but all should look up to God and see His goodness and rejoice in His love. Summon all your powers to look up, not down at your difficulties; then you will never faint by the way. You will soon see Jesus behind the cloud, reaching out His hand to help you .. let Him lead you." -5 Testimonies, 578.

"If we surrender our lives to His service, we can never be placed in a position for which God has not made provision. Christ, our example, did nothing to vindicate or deliver Himself. He committed His case to God. So His followers are not to accuse or condemn, or to resort to force in order to deliver themselves ... When trials arise that seem unexplainable, we should not allow our peace to be spoiled. However unjustly we may be treated, let not passion arise, By indulging a spirit of retaliation we injure ourselves. We destroy our confidence in God, and grieve the Holy Spirit. There is by our

side a witness, a heavenly messenger, who will lift u for us a standard against the enemy. He will shut us in with the bright beams of the Sun of Righteousness. Beyond this Satan cannot penetrate. He cannot pass this shield of holy light." -Christ's Object Lessons, 171-172.

"Many who sincerely consecrate their lives to God's service are surprised and disappointed to find themselves, as never before, confronted by obstacles and beset by trails and perplexities. They pray for Christlikeness of character, for a fitness for the Lord's work, and they are placed in circumstances that seem to call forth all the evil of their nature. Faults are revealed of which they did not even suspect the existence. Like Israel of old they question, 'If God is leading us, why do all these things come upon us?'

"It is because God is leading them that these things come upon them. Trials and obstacles are the Lord's chosen methods of discipline and His appointed conditions of success.' -Ministry of Healing, 470-471.

"Temptations often appear irresistible because, through neglect of prayer and the study of the Bible, the tempted one cannot readily remember God's promises and meet Satan with the Scripture weapons."-Great Controversy, 600.

"It is the purpose of redemption, not only to blot out sin, but to give back to man those spiritual gifts lost because of sin's dwarfing power. "-Christ's Object Lessons, 266:2.

#### THE ITEMS IN BOXES ON THE TRACTS-

"That religion which makes sin a light matter, dwelling upon the love of God to the sinner regardless of his actions, only encourages the sinner to believe that God will receive him while he continues in that which he knows to be Sin. "-5 Testimonies, 540.

"Exact obedience is required and those that say that it is not possible to have a perfect life throw upon God the imputation of injustice and untruth. " -Manuscript 148, 1899.

"He who has not sufficient faith in Christ to believe that He can keep him from sinning has not the faith that will give him entrance into the kingdom of God. "-Review, March 10, 1904.

"We can overcome, - yes, fully, entirely. Jesus died to make a way of escape for us, that we might overcome every evil temper, every sin, every temptation, and sit down at last with Him." -1 Testimonies, 144.

"Paul's sanctification was a result of a constant conflict with self. He said, 'I die daily.' His will and his desires every day conflicted with duty and the will of God. Instead of following inclination, he did God's will, however crucifying to his own nature.

"God leads His people on step by step. The Christian life is a battle and a march. In this warfare there is no relief; the effort must be continuous and persevering. It is by unceasing endeavor that we maintain the victory over the temptations of Satan. Christian integrity must be sought with resistless energy, and maintained with a resolute fixedness of purpose.

"No one will be borne upward without stern, persevering effort in his own behalf. All must engage in this warfare for themselves. Individually we are responsible for the issue of the struggle; though Noah, Job, and Daniel were in the land, they could deliver neither son nor daughter by their righteousness. "-8 Testimonies, 313.

"I am crucified with Christ: nevertheless / live; yet not I, but Christ liveth in me; and the life which / now live in the flesh, / live by the faith of the Son of God, who loved me, and gave Himself for me. " -Galatians 2:20.

Reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. " -Romans 6:11.

"Therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new. "1 Corinthians 5:17.

"For it is God which worketh in you both to will and to do of His good pleasure. "-Philippians 2:13.

"Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. "-Romans 6:12.

"Now unto Him that is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us. "-Ephesians 3:20.

#### More than Believe

"If we are faithful in doing our part, in cooperating with Him, God will work through us to do the good pleasure of His will, but cannot work through us if we make no effort. If we gain eternal life, we must work, and work earnestly .. Our part is to put away sin, seek with determination for perfectioof character. As we thus work, God cooperates with us . . . Let us not be deceived by the oft-repeated assertion, `all we have to do is believe.' Faith and works are two oars which we must use equally if we would press our way up the stream . . . `Faith, if it hath not works, is dead, being alone.' The Christian is a man of thought and practice. His faith fixes its roots firmly in Christ. By faith and good works he keeps his spirituality strong and healthy, and his spiritual strength increases as he strives to work the works of God." -Review, June 11, 1901.

"Some will not make a right use of the doctrine of justification by faith. They will present it in a one-sided manner, making every thing of faith and belittling works. Others will seize the points that have a lean in toward error, and will ignore works altogether. Now genuine faith always works by love; it supplies a motive power. Faith is not an opiate, but a stimulant . . . Looking to Calvary will not quiet your soul into nonperformance of duty, but will create faith that will work, purifying the soul from all selfishness. In laying hold of Christ by faith, we but just begin our work. Every man has corrupt and sinful habits, that must be overcome through vigorous warfare. Every soul must fight the fight of faith. "- Review, January 24, 1893.

#### We are to have Every Day -What Most Rarely Experience

"The new birth is a rare experience in this age of the world. This is the reason why there are so many perplexities in the churches. Many, so many, who assume the name of Christ are unsanctified and unholy. They have been baptized, but they were buried alive. Self did not die, and therefore they did not rise to newness of life in Christ. "-Manuscript 148, 1897.

"The Lord requires us to be submissive to His will, subdued by His Spirit, and sanctified to His service. Selfishness must be put away, and we must overcome every defect in our characters as Christ overcame. In order to accomplish this work, we must die daily to

self. Said Paul: 'I die daily.' He had a new conversion every day, took an advance step toward heaven. To gain daily victories in the divine life is the only course that God approves. The Lord is gracious, of tender pity, and plenteous in mercy. He knows our needs and weak

nesses, and He will help our infirmities if we only trust in Him and believe that He will bless us and do great things for us. " -4 Testimonies, 66-67.

"There is truth to be received if souls are saved. The keeping of the commandments of God is life eternal to the receiver. But the Scriptures make it plain that those who once knew the way of life and rejoiced in the truth are in danger of falling through apostasy, and being lost. Therefore there is need of a decided, daily conversion to God."-6 Bible Commentary, 1114-1115.

"This is an age famous for surface work, for easy methods, for boasted holiness aside from the standard of character that God has erected. All short routes, a// cutoff tracks, all ,teaching which fails to exalt the law of God as the standard of religious character, is spurious. Perfection of character is a lifelong work, unattainable by those who are not willing to strive for it in God's appointed way, by slow and toilsome steps. We cannot afford to make any mistake in this matter."-5 Testimonies, 500.

### ***Cankerworms of the Soul***

"So long as we choose the easy path o self-indulgence and are frightened at self-denial, our faith will never-become firm, and we cannot know the peace of Jesus nor the joy that comes through conscious victory."-5 Testimonies, 215.

"But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfill the lusts thereof." -Romans 13:14.

`Bitterness and animosity must be banished from the soul if we would be in harmony with heaven ; . Many are zealous in religious services, while between them and their brethren are unhappy differences which they might reconcile. God requires them to do all in their power to restore harmony. Until they do this He cannot accept their services. The Christian's duty in this matter is clearly pointed out. "-Desire of Ages, 311.

"He cannot accept a divided heart. The heart that is absorbed in earthly affections cannot be given up to God. " -Christ's Object Lessons, 223.

"The controlling power of appetite will prove the ruin of thousands, when if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character."-3 Testimonies, 491-492.

"Your pride, your love to follow the fashions of the world, your vain and empty conversation, your selfishness, are all fearfully in the scale, and the weight of evil is fearfully against you."-1 Testimonies, 189.

"Fashion is deteriorating the intellect and eating out the spirituality of our people .. and-is doing more than any other power to separate our people from God.' -4 Testimonies, 647.

"Men are in peril. Multitudes are perishing. But how few of the professed followers of Christ are burdened for these souls. There is a lack of that love which led Christ to leave His heavenly home and take man's nature that humanity might touch humanity and draw humanity to divinity. There is a stupor, a paralysis, up on the people

of God, which prevents them from understanding the duty of the hour. '-Christ's Object Lessons, 303.

"For His sake we shall covet pain and toil and sacrifice. We shall sympathize with His longing for the salvation of men. We shall feel the same tender craving for souls that He has felt. This is the religion of Christ. Anything short of it is a deception .. We do not belong to

Christ unless we are His wholly . . . He who lives to himself is not a Christian." - Christ's Object Lessons, 47, 49.

"The value of time is beyond comprehension. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. "-Christ's Object Lessons, 342.

"The only safe amusements are such as will not banish serious and religious thoughts; the only safe places of resort are those to which we can take Jesus with us." - Our High Calling, 284.

"They became so interested in play in games that the Lord was crowded out of their minds . You chose your amusements instead of the comfort of the Holy Spirit. The minds of many are so bewildered with their own human desires and inclinations, and they have been so in the habit of indulging them, that they cannot comprehend the true sense of the Scriptures. Many suppose that in following Christ they will be obliged to be gloomy and disconsolate, because they are required to deny themselves the pleasures and follies that the world indulge in. The living Christian will be filled with cheerfulness and peace."-1 Selected Messages, 136-137.

"The Powers of Satan are at work to keep the minds diverted from eternal realities. The enemy has arranged matters to suit his own purposes. Worldly business, sports, the fashions of the day-these occupy the minds of men and women." -9 Testimonies, 43.

"Many parents seek to promote the happiness of their children by gratifying their love of amusement. They allow them to engage in sports, and to attend parties of pleasure, and provide them with money to use freely in display and self-gratification. The more the desire for pleasure is indulged, the stronger it becomes. The interest of these youth is more and more absorbed in amusement, until they come to look upon it as the great object of life. They form habits of idleness and self-indulgence that make it almost impossible for them ever to become steadfast Christians. "-Christ's Object Lessons, 54.

"Though church members, they are unconverted. They may take part in the church service, . . . but they testify to a falsehood. They are no more righteous' in God's sight than is the veriest sinner. The soul longs after the excitement of worldly pleasure, the mind is full of love for display, and cannot serve God . . . [He has] no inclination to war against the lust of the flesh. He longs to indulge appetite. He chooses the atmosphere of sin. He is suddenly snatched away by death, and he goes down to the grave with the character formed during his lifetime in co partnership with Satanic agencies. "-Christ's Object Lessons, 270 [The choice to view television could well be described as "choosing the atmosphere of sin"].

"What greater deception can come upon human minds than a confidence that they are right when they are all wrong!"-3 Testimonies, 252-353.

"If our eyes could be opened to discern the fallen angels at work with those who feel at ease and consider themselves safe, we would not feel so secure. Evil angels are upon our track every moment. "-1 Testimonies, 302.

### ***Immeasurable***

"Man can accomplish nothing without God, and God has arranged His plans so as to accomplish nothing in the restoration of the human race without the cooperation of the human with the divine. The part man is required to sustain is immeasurably small, yet in the plan of God it is just that force that is needed to make the work a success. We are laborers together with God. This is the Lord's own wise arrangement. The cooperation of the human will and endeavor with divine energy is the link that binds men up with one another and with God"-Special Testimony, September 8, 1898. Manuscript 113, 1898.

"The work of the Holy Spirit is immeasurably great . . . the personal presence of Christ in the soul"-Review, November 29, 1892.

### ***A Healing Prescription from the Great Physician***

"Come unto Me, all ye that labour and are heavy laden, and will give you rest. Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light." -Matthew 11:28-30.

"[Matthew 11:28 quoted] This is a prescription for the healing of all mental and physical and spiritual ills. It is Christ's gift to those who seek Him in sincerity and in truth."-9 Testimonies, 124.

"In these words, Christ was speaking to every human being. Whether they know it or not, all are weary and heavy laden. All are weighed down with burdens that only Christ can remove He will take the load from our weary shoulders. He will give us rest."-Ministry of Healing, 71.

"He desires us to lay our perplexities and troubles at His feet, and leave them there. "-Ministry of Healing, 249.

"Jesus consents to bear our burdens only when we trust Him. "-7 Testimonies, 297.

"Pray in faith. And be sure to bring your lives into harmony with your petitions, that you may receive the blessings for which you pray. Let not your faith weaken; for the blessings received are proportionate to the faith exercised. 'According to your faith be it unto you.' "-7 Testimonies, 274.