

*The Advocate of Truth*



The Advocate of Truth is the official organ of The Church of God (7th Day) with headquarters at Salem, West Virginia.

It is published once a month on the fourth Monday of each month by The Church of God Publishing House, PO Box 328, Salem, West Virginia 26426. The magazine is mailed under the periodicals rate at the Post Office in Salem, West Virginia.

**SUBSCRIPTIONS:**

Your subscription is free. It is paid for by people who are concerned about the truth.

Your contributions are sincerely appreciated. You may request this periodical by sending your mailing address to this address.

**POSTMASTER:**

Please send address changes to:

**THE CHURCH OF GOD  
PUBLISHING HOUSE  
P.O. Box 328  
Salem, WV 26426-0328**

**Telephone: 304-782-1411  
Fax: 304-782-2248**

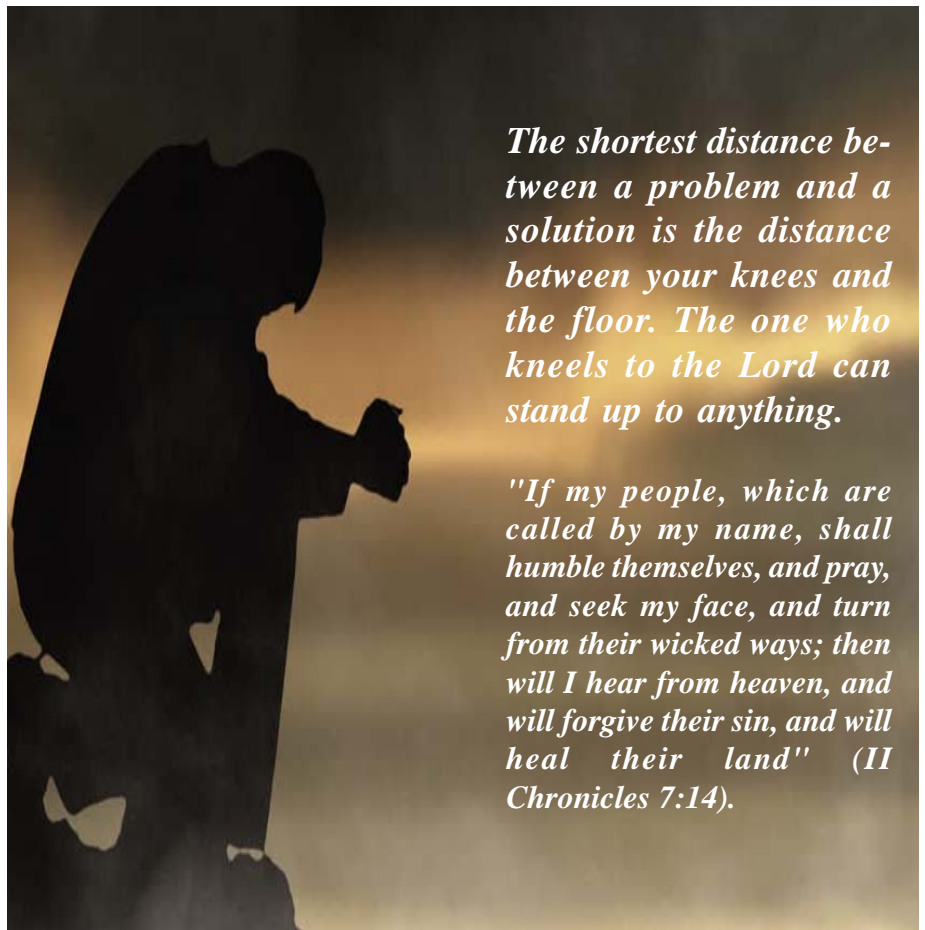
**E-Mail: [cogsevday@aol.com](mailto:cogsevday@aol.com)  
Web site: [www.churchofgod-7thday.org](http://www.churchofgod-7thday.org)**

**Gary Mills ..... Managing Editor  
Ludina Mills.....Children's Page Editor  
David DeLong .....Editorial Staff  
Christy Howell .....Office Manger**

**Volume LXXIII                      Number 1  
June 2024  
The Advocate of Truth  
USPS 542-940**

**TABLE OF CONTENTS**

	<b>PAGE</b>
<i>Gratitude And Its Effects</i> .....	<b>3-6</b>
<i>Church Around The World</i> .....	<b>6</b>
<i>First U.S. Flag</i> .....	<b>7</b>
<i>Questions And Answers</i> .....	<b>7</b>
<i>John The Baptist, and Jesus</i> .....	<b>8-9</b>
<i>Young Adults Retreat Information</i> .....	<b>10-11</b>
<i>The Children's Pages</i> .....	<b>12-15</b>



*The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.*

*"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).*

## *Gratitude and Its Effects*



An expression of gratitude makes people feel good. Gratefulness is a smart move, because the expression of gratitude decreases stress and generally makes people feel better about life. In fact, the Templeton Foundation invested almost \$6 million on research to human purpose and the practice of gratitude and its effects on human health and child development.

The result of their research revealed that saying thanks makes people feel better. The expressions of gratitude as well as love and care for others matter more than ever, especially in tough times. But for many people, especially for the younger generation, gratefulness is not in their nature. The younger generation is spoiled, had everything handed to them and expects it to continue. They never experienced hardship. So the attitude of gratefulness is hampered through their hardness and selfishness of heart. They are so self absorbed that they cannot even say hello, good morning, or any other type of greeting to their fellow man walking on the street. It appears that their jaws might break if they would do so. They walk like zombies who do not recognize their surroundings. Many have their ears plugged with speakerphones and eyes glued to their cell phone displays and fingers are busy texting. Those self-centered people walk in a trance. They do not even watch the traffic when crossing street intersections! Natural affection and awareness of their surroundings has disappeared with the smart-phone addiction. We definitely live in the time of which II Timothy 3:2-4 foretold. "For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, Traitors, heady, highminded, lovers of pleasures more than lovers of God."

Hospitality, love and concern for others are the gifts

of God to people who genuinely care for the welfare of others. It is an attitude that can be nurtured and cultivated through Christian character, by the desire to be filled with knowledge and spiritual understanding of God's will. Only then do we walk worthy of the Lord, unto all pleasing, showing our fruitfulness in everything we do "For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;" (Colossians 1:9-10).

Many people now worry about the worldly problems we all have to face. The recession brings difficult economic times. Secure jobs are hard to find. Lately we experience the climatic changes that are happening that possibly will intensify in the years ahead. It is tempting to throw up our hands and wonder how everything got to be so problematic. But bad times can make us also realize how fortunate we are here in this country, especially when one sees so many people lose their homes, not only through earthquakes, floods, tornadoes and hurricanes as we have seen lately in the United States, but through many other ethnic warlike upheavals in other places in the world as well.

Families that have to face difficulties or even lost everything feel comforted when other people show gratitude and reach out with a helping hand, by supplying clothing, money, or food. It helps people overcome difficult situations and makes them feel better. In this way, gratitude functions as a soother in times of trouble and distress. Yet it is hard to feel fortunate when you lose your job, your home, or face illness, but the ability to refocus can help. As Christians we are instructed to help those in need (Matthew 25:34-40). "Then shall the King say unto

them on his right hand, Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world: For I was an hungered, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in: Naked, and ye clothed me: I was sick, and ye visited me: I was in prison, and ye came unto me. Then shall the righteous answer him, saying, Lord, when saw we thee an hungered, and fed thee? or thirsty, and gave thee drink? When saw we thee a stranger, and took thee in? or naked, and clothed thee? Or when saw we thee sick, or in prison, and came unto thee? And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." Our minds too often concentrate more on the negative aspects than the good ones in life. But once we gain the skill to cope with the problems, the ups and downs in life that everyone of us has to face, we are much more able to go on and concentrate on the positive side of things. Gratitude requires work, attention, discipline and will. It reveals godly character that must be cultivated within ourselves before it can spread to others we come in contact with.

Gratitude starts a richer life: We have to be determined not to let us be overwhelmed by stress that everyday difficulties bring on. Gratitude is an essential part and strategy to overcome stress. We have to realize how lucky we are. Let's count our blessings, thank God for all He supplies, and our spirit receives a mental uplifting. One has to make a conscious effort to continue this practice by thinking about all the grateful things that happened. When doing this, you will feel less stressed and gain positive energy.

Expressing appreciation to others builds closer bonds. People who are grateful to others sleep better, have more energy, and are more balanced in their behavioral actions and responses toward others. In this way, gratitude reveals its own reward. Once people experience the uplifting and positive effects of this habit, they want to keep it going.

Gratitude extends godly standards: Let us all be filled with the goodness and knowledge of God's Word so that we are able also to admonish one another. "And I myself also am persuaded of you, my brethren, that ye also are full of goodness, filled with all knowledge, able also to

admonish one another" (Romans 15:14). For God's Word enriches us in utterance, knowledge and understanding. "That in every thing ye are enriched by him, in all utterance, and in all knowledge;" (1 Corinthians 1:5). Love is long suffering, kind, is not envious, is not self-uplifting or puffed up, does not behave unseemly, seeks not its own and is not easily provoked, and thinks no evil. It rejoices not in iniquity, but in the truth only and bears, believes, hopes and endures all things. "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; Rejoiceth not in iniquity, but rejoiceth in the truth; Beareth all things, believeth all things, hopeth all things, endureth all things" (1 Corinthians 13:4-7).

God's Word tells us, "Cease not to give thanks for you, making mention of you in my prayers; That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power," (Ephesians 1:16-19); to cease not to give thanks for all God provides. Mention those that need help, comfort and guidance in your prayers. Pray that God may give you the spirit of wisdom and revelation in the knowledge of Him. Ask that your eyes become enlightened with understanding; and know the hope of His calling and the riches of the glory of His inheritance and the exceeding greatness of His power toward us who believe.

Gratitude defines your life's circumstances: Grateful people use words like 'lucky', 'fortunate', or 'blessed'. The point is not to focus on what you are lacking, but making sure to see the good side of things in what you have. The more you concentrate on the good, the better you feel. Fact is that most people who are grateful are more fulfilled and live a richer and happier life. Gratitude does not just improve your outlook but is also important to succeed in what you do or want to accomplish. Gratitude causes your outlook in life to be more grounded. "In every thing give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:18).

The gratitude gap in our modern world: There may be people who feel a strong sense of gratitude, yet still miss out on its benefits when not expressing their appreciation to those around them. Their pride, arrogance, and expectations make them feel uncomfortable to appreciate things. But to receive the benefits of gratefulness, one must express his or her feelings to those around you. Spend some time and contemplate your good fortune!

Why disconnect to those you love most? In a close relationship, many assume the other person knows how you feel, so they feel no need to say thanks. But the expression of gratitude to someone is an acknowledgment that you have the obligation to reciprocate based on whatever has been done for you. Saying "thanks" is a tacit commitment that many are reluctant to give back on a regular basis, because of their selfishness or arrogant attitude. But in a more casual relationship the stakes and expectations are lower and appreciation comes easier. For example, people are more likely appreciative to a waitress, a salesperson, an office clerk or stewardess. The fact is if no gratitude is expressed, the people around you do not know how we feel, whether their efforts to please are even recognized.

To say thanks 'honey' brings joy to the hearer. It recognizes appreciation. A survey revealed that two-thirds of men said they express their appreciation to their wives every day, while only half of the women return the favor. Men may think that they express gratitude to their wives, yet many women do not seem to hear or recognize it. Some women wish their spouse would show more appreciation by participating in chores. If there are problems, then we may in part blame them on poor communication. People have to talk to each other to be understood.

Communication within a family is essential. Both partners must respect and appreciate each other. If a family gathers for dinner, be grateful to your Creator God for the togetherness. Parents especially ought to reflect more on their blessings for everything that God supplies. Children learn through the example their parents set and then likewise will be satisfied with what they have. Always be

thankful to God in your prayers and praise Him for His mighty acts and greatness, for that is what He wants us to do. "Praise him for his mighty acts: praise him according to his excellent greatness" (Psalm 150:2).

Husbands ought to listen and learn what is important to their wives, and women need to clarify their expectations. When men understand what is desired, they will do it. When wives focus on positive things, husbands feel encouraged. This starts a cycle of positive behavior. Gratitude is a gift of appreciation that needs to be used and given by both.

A husband may show gratitude to his wife by cuddling, flowers, chocolate or by just asking how her day went. He may take her out for dinner or simply say thanks and give her a hug. Women that recognize these actions understand that their husbands do care and try to help. They understand their husband's feelings and are grateful if their husband just takes time to listen to their problems. Women want attention and not have him immediately fix the problem.

The ungrateful generation: Only special events inspire gratitude from our youth and then their offer of thanks is more a motivation of self-interest. To be nice, generous and encouraging to other people is not their natural way. They may express appreciation for their education to their parents, but the majority of our modern youth do not care nor appreciate things like the freedom, right, and importance to vote. This generation is struggling. They want to be in control over their lives and think that being grateful and polite will only detract from that. They feel unsecured in a world wherein things have turned upside down. This makes people angry at the randomness of the situation and frightens the younger generation by the now much more limited prospects in the workforce. They come to recognize that life is not easy. It has its ups and down. They never learned to appreciate the things that are good in their lives. Too many things were handed to them, and now they expect this to continue. Sometimes it's the little things that make us feel fortunate, just to be where we are at the moment. Times have changed and gotten tougher, but gratitude transcends the economic environment and therefore it should make it easier for us to extend it to others.

Gratitude is a motivation that uplifts, inspires, and makes people happier and more willing to participate. For love, care, and compassion are the things that remain unaffected by the cyclical ups and downs in the world.

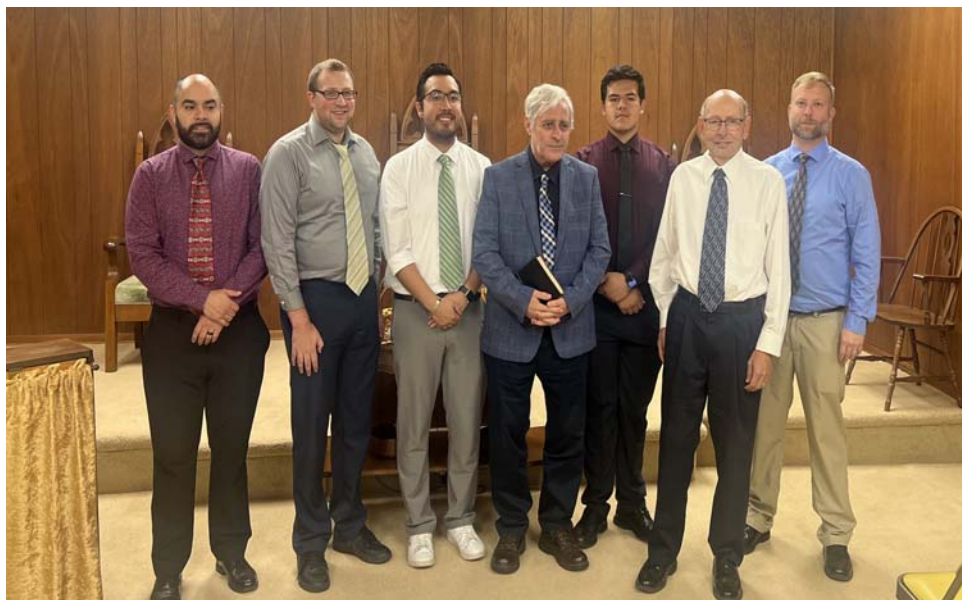
For the youth that gets out of their parents' homes and lives on their own, the perspective changes. They come to realize that it takes hard work to maintain their stay. They learn that nothing is free, all has to be earned. Now when they come home for a holiday, they surprise their parents with prompt and hearty thanks for every meal and clean clothes that were supplied while living with them. Now they are grateful and appreciate what was done for them in the past and what it takes to place food on the table and do the cleanup afterwards.

Therefore remain focused on God and the people you are grateful for. Be not entangled with the snare of the devil, the accumulation of material things, but recover yourself, for all the worldly and material things are temporal only. For we wrestle not against flesh and blood, but against principalities, powers, rulers of darkness and spiritual wickedness in high places. "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand" (Ephesians 6:13). "Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again" (Matthew 7:1-2). "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets" (Matthew 7:12).



# THE CHURCH AROUND THE WORLD

*Ministers Training Week in Salem, West Virginia. Pictured from left to right: Andrew Cantu (Texas), Scott Mills (Ohio), Nathaniel Cruz (Texas), David DeLong (West Virginia), Tomas Olivares (California), Gary Mills (Ohio), and Ben DeLong (West Virginia). Please pray for these young men as they continue their journey to do the Lord's will.*





*First U.S. Flag  
by David Royer*

June 14th is National Flag Day. Even though our second Continental Congress adopted a flag (pictured above) for our first thirteen states in 1777, it was not until the 20th century that a perpetual day of observance was officially established. President Truman signed an Act of Congress in 1949 designating June 14th as the day to recognize the Stars and Stripes as our official flag of the United States.

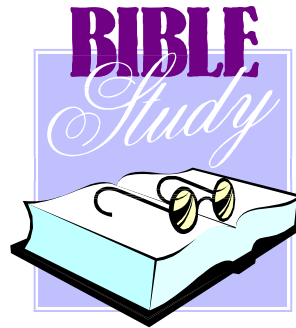
Most countries and provinces worldwide have a formal or informal flag day representing a national holiday or significant event. For example, Panama's Flag Day is celebrated on November 4th to commemorate the country's second official liberation from the Republic of Colombia.

Flags in the Bible were most notably used to identify the tribes and families of Israel, as the Lord commanded: "Every man of the children of Israel shall pitch by his own standard, with the ensign of their father's house: far off about the tabernacle of the congregation shall they pitch" (Numbers 2:2). As a battle flag: "Thine enemies roar in the midst of thy congregations; they set up their ensigns for signs" (Psalm 74:4). Notice that banners, standards, emblems, and ensigns are types of flags.

Many religious, local governments, sports, special-interest and decorative flags exist. But remember, flags are only earthly symbols. We must be careful not to idolize them instead of God. He says not to bow down, serve or revere any physical image. (See Exodus 20:4-5)

Let Flag Day remind us of two kingdoms: 1. A kingdom of this current secular world, with its mortal leaders, and

2. A kingdom to come, not of this world, where Jesus is King. "Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence." (John 18:36). Pray for His Kingdom to come.



*Taken from The Instructor of Truth Part I - If you'd like to receive a hard copy of this book, send request to The Church of God Publishing House P.O. Box 328 Salem, WV 26426 or call 1-304-782-1411.*

### **Part 23A - REVELATION 17 (WOMAN RIDING THE BEAST)**

**QUESTION: Who came to John?**

**ANSWER:** "And there came one of the seven angels which had the seven vials, and talked with me" (Revelation 17:1 first part).

**QUESTION: Why had he come?**

**ANSWER:** "saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters (peoples, multitudes, nations)" (Revelation 17:1 last part).

**QUESTION: What had the kings of the earth done?**

**ANSWER:** "With whom the kings of the earth have committed fornication (accepted her doctrines instead of following God), and the inhabitants of the earth have been made drunk with the wine (doctrines) of her fornication" (Revelation 17:2).

**QUESTION: What did the angel do?**

**ANSWER:** "So he carried me away in the spirit into the wilderness" (Revelation 17:3 first part).

**QUESTION: What did he show him?**

**ANSWER:** "and I saw a woman sit upon a scarlet coloured beast (Roman Empire), full of names of blasphemy (using the titles of God), having seven heads and ten horns" (Revelation 17:3 last part).

# *John the Baptist, and Jesus*

*by David DeLong*

John the Baptist, who was the cousin of Jesus and only about six months older, was chosen by God to be the fore-runner of the Savior. We read of some prophecies of John in the Old Testament. In Isaiah 40:3-5 we read: "The voice of him that crieth in the wilderness, Prepare ye the way of the LORD, make straight in the desert a highway for our God. Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain: And the glory of the LORD shall be revealed, and all flesh shall see it together: for the mouth of the LORD hath spoken it."

Also, concerning John (and Jesus) in prophecy, we read in Malachi 3:1-3: "Behold, I will send my messenger, and he shall prepare the way before me: and the Lord, whom ye seek, shall suddenly come to his temple, even the messenger of the covenant, whom ye delight in: behold, he shall come, saith the LORD of hosts. But who may abide the day of his coming? and who shall stand when he appeareth? for he is like a refiner's fire, and like fullers' soap: And he shall sit as a refiner and purifier of silver: and he shall purify the sons of Levi, and purge them as gold and silver, that they may offer unto the LORD an offering in righteousness."

Then, going over one chapter in Malachi to chapter 4, we again see a prophecy concerning John: "Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD: And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse." Jesus said that this passage was at least partly fulfilled in John the Baptist. "For all the prophets and the law prophesied until John. And if ye will receive it, this is Elias, which was for to come" (Matthew 11:13-14).

We read about the coming of John in Matthew 3:1-17. "In those days came John the Baptist, preaching in the wilderness of Judaea, And saying, Repent ye: for the kingdom of heaven is at hand. For this is he that was spoken of

by the prophet Esaias, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight. And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey. Then went out to him Jerusalem, and all Judaea, and all the region round about Jordan, And were baptized of him in Jordan, confessing their sins. But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come? Bring forth therefore fruits meet for repentance: And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham. And now also the ax is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire. I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire: Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire. Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him. But John forbad him, saying, I have need to be baptized of thee, and comest thou to me? And Jesus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him. And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased."

We read more of the testimony of John and Jesus in John 1:6-13. "There was a man sent from God, whose name was John. The same came for a witness, to bear witness of the Light, that all men through him might be-



lieve. He was not that Light, but was sent to bear witness of that Light. That was the true Light, which lighteth every man that cometh into the world. He was in the world, and the world was made by him, and the world knew him not. He came unto his own, and his own received him not. But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name: Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God."

John was a faithful witness of Jesus, and he never tried to take the glory for himself. We find a very important lesson in John 3:22-30. "After these things came Jesus and his disciples into the land of Judaea; and there he tarried with them, and baptized. And John also was baptizing in Aenon near to Salim, because there was much water there: and they came, and were baptized. For John was not yet cast into prison. Then there arose a question between some of John's disciples and the Jews about purifying. And they came unto John, and said unto him, Rabbi, he that was with thee beyond Jordan, to whom thou barest witness, behold, the same baptizeth, and all men come to him. John answered and said, A man can receive nothing, except it be given him from heaven. Ye yourselves bear me witness, that I said, I am not the Christ, but that I am sent before him. He that hath the bride is the bridegroom: but the friend of the bridegroom, which standeth and heareth him, rejoiceth greatly because of the bridegroom's voice: this my joy therefore is fulfilled. He must increase, but I must decrease." In all of our lives, Jesus must increase and we must decrease. He must receive greater and greater glory from the lives that we lead, as we live the principles of the Bible in increased obedience.

Even though John was a witness for Jesus, seeing the Holy Spirit descend upon Him in the form of a dove and knowing the prophecies from the Old Testament concerning himself, he became weak and doubting when he was cast into prison. In Matthew 11:2-19 we see a confused and doubting John the Baptist. "Now when John had heard in the prison the works of Christ, he sent two of his disciples, And said unto him, Art thou he that should come, or do we look for another? Jesus answered and said unto them, Go and show John again those things which ye do hear and see: The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them. And blessed is he, whosoever shall not be offended

in me. And as they departed, Jesus began to say unto the multitudes concerning John, What went ye out into the wilderness to see? A reed shaken with the wind? But what went ye out for to see? A man clothed in soft raiment? behold, they that wear soft clothing are in kings' houses. But what went ye out for to see? A prophet? yea, I say unto you, and more than a prophet. For this is he, of whom it is written, Behold, I send my messenger before thy face, which shall prepare thy way before thee. Verily I say unto you, Among them that are born of women there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he. And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force. For all the prophets and the law prophesied until John. And if ye will receive it, this is Elias, which was for to come. He that hath ears to hear, let him hear. But whereunto shall I liken this generation? It is like unto children sitting in the markets, and calling unto their fellows, And saying, We have piped unto you, and ye have not danced; we have mourned unto you, and ye have not lamented. For John came neither eating nor drinking, and they say, He hath a devil. The Son of man came eating and drinking, and they say, Behold a man gluttonous, and a winebibber, a friend of publicans and sinners. But wisdom is justified of her children."

If even John, a great prophet, became doubting as to whom Jesus was, we need to be careful not to allow Satan to bring doubt into our lives concerning who Jesus is. Even when we have strong faith in the Savior at one time in our Christian experience, at another time we may become discouraged and doubting. Let us always remember that Jesus needs to increase in our lives, while we need to decrease. My prayer is that we will always be strong in our faith and our witness for the Lord Jesus Christ.

## *Don't Doubt*

*By David DeLong*

*Don't let your mind be with doubt,  
Would you rather trust God, or pout?  
When all's said and done, and the race is all run,  
This is what life's all about.*

## CHURCH OF GOD 7<sup>TH</sup> DAY YOUNG ADULTS RETREAT -DALLAS TEXAS

The Church of God 7<sup>th</sup> Day is hosting the 6<sup>th</sup> year anniversary of the Young Adults Retreat which will be at Mr. Lebanon Retreat Center located in the City of Cedar Hill, address: **1701 Texas Plume Road, Cedar Hill, Texas, 75104** ([www.mtlebanoncamp.com](http://www.mtlebanoncamp.com)). The camp location is **PC Pecan Lodge** (see enclosed map). Our first annual retreat was in 2018 with the theme: Loving My Jesus. In 2020, our theme was Bent But not Broken. We had 29 campers attend which was from the following churches: California (Oxnard Church & Pico Rivera), San Antonio, Houston. Last year, the theme was WOW (Walking on Water). The ministry, ordained young adult team leaders, and women of the Church of God are selected by the Lott system to discuss topics affiliated with the camp theme.

### **2024 Young Adults Retreat guidelines are as follows:**

- Young adult must be affiliated with The Church of God 7<sup>th</sup> Day, (Headquarters: Salem, West Virginia) church(es).
  - A friend recommended by a Young Adult can attend once the ministry has approved the young adult to attend.
- **Age Requirements:** 19-30 (exception with minister approval) years of age
  - single or married couples are allowed (sleeping arrangements are separate: Men on one side and the woman in the other.
- **Registration Fee \$ and Application:**
  - Registration Fee is **\$40.00** per camper which includes T-shirt, camp theme souvenirs, and meals/snacks/drinks for the duration of the camp.
  - Application must be completed and turned in by deadline: (**August 20, 2024**)

- Application must include any food allergies, emergency contact, Camp T-shirt size, and other pertinent information pertaining to the camper.

### **2024 Theme: Seasons:**

Ecclesiastes 3 talks about there being a season for everything. As young adults our lives progress into the different phases. Our careers, marriage, parenthood, or any other major phase in our lives seems to directly affect our walk with God. In a world where everything is at our fingertips and so easily accessible we tend to force things as opposed to allowing God to work in our lives in his time. Through our faith and prayers we focus our servitude towards the Father and in turn live our lives during His season and not our own. Ecclesiastes 3:14 states that, “whatsoever God doeth, it shall be forever”. Let us allow God to work things out in His time and join us for the 2024 Young Adults Retreat where we delve into our theme entitled Seasons.

- **2024 Camp Date: Friday August 30, 2024-Sunday September 1, 2024**
  - Friday check-in Time: 6:00 PM CST
  - Sunday check-out Time: 12:00PM CST
- **Camp activities:** round table/group discussions, outdoor/indoor activities, campfire cookout, praise & worship.

The Young Adults Retreat was established to provide spiritual guidance amongst fellow brethren of like faith and provide a pathway for them to praise, worship and give all Honor and Glory to our Heavenly Father. We look forward to seeing you!

Brother Richard Santiesteban/Alfonso Telesca  
214-908-2027 972-814-1676

### **Contact information:**

Facebook – @churchofgod7thdaydallas  
Instagram – churchofgod7thday\_youngadults  
Website – churchofgod7thday.org  
email: [richardsantiesteban@yahoo.com](mailto:richardsantiesteban@yahoo.com) /  
[alfonsotelesca@yahoo.com](mailto:alfonsotelesca@yahoo.com)



*2023 Young Adults Retreat*

## The Children's Page

### LESSON I

#### PAUL'S CHARGE TO TIMOTHY

Scripture Reading: I Timothy 1:1-20.

Golden Text: I Timothy 1:2.

"Unto Timothy, my own son in the faith: Grace, mercy, and peace, from God our Father and Jesus Christ our Lord."

**NOTE:** The book of Acts closes with Paul in prison in Rome. Paul wrote many letters. Some were written to churches, and others were written to the pastors of the churches. These letters are called Epistles. We will now study a few of the letters.

1. To whom is Paul writing, and what does he think of him? I Timothy 1:1-2.
2. Where is Timothy at this time? I Timothy 1:3 (first part).
3. About what did Paul warn Timothy? 1:3-4.
4. What did Paul say about the commandments? I Timothy 1:5-8.
5. For what did Paul thank the Lord, and how did he describe himself? I Timothy 1:12-14.
6. What did Paul say concerning Christ Jesus? I Timothy 1:15-17.
7. Why did Paul give this charge to Timothy? I Timothy 1:18-19.

### LESSON II

#### PAUL'S INSTRUCTIONS TO TIMOTHY

Scripture Reading: II Timothy 2:1-26.

Golden Text: II Timothy 2:1.

"Thou therefore, my son, be strong in the grace that is in Christ Jesus."

## Sabbath School Lessons

1. What advice does Paul give to Timothy in II Timothy 2:1-3?

**NOTE:** Paul was writing from prison and enduring many hardships. He is instructing Timothy to be strong in the faith.

2. Why did Paul tell Timothy he had to endure these hardships? II Timothy 2:10-12.
3. How did Paul show himself as a good workman? II Timothy 2:15-16.
4. What else should a child of God strive to do? II Timothy 2:22-24.
5. What must we work to avoid happening? II Timothy 4:2-5.
6. What did Paul say would be laid up for the righteous? II Timothy 4:7-8.

**NOTE:** We should try to be like Paul and endure hardships to the end and also study the Word of God to show ourselves approved.

### LESSON III

#### SOMETHING OF GREAT PRICE

Scripture Reading: I Timothy 2:1-6; 6:1-11.

Golden Text: I Timothy 2:2 (last part).

"...that we may lead a quiet and peaceful life in all godliness and honesty."

1. What is of great price in the sight of God? I Peter 3:4.
2. What should we study to be? I Thessalonians 4:11.

**NOTE:** What does it mean to be quiet? To be calm and peaceful.

3. There are two things we should do to have strength in the Lord. What are they? Isaiah 30:15.
4. How are the words of wise men heard? Ecclesiastes

## The Children's Page

9:17.

5. Would the Lord have us to pray for kings and for those who have the rule over us? Why? I Timothy 2:2-3.

6. If we are to learn from Jesus, what should we do? Matthew 11:29.

7. From what should we withdraw? I Timothy 6:5.

8. Who will inherit and live on the new earth? Matthew 5:5.

NOTE: Let us remember to be gentle and peaceful (meek).

### LESSON IV

#### SHARING OUR FAITH

Scripture Reading: Philemon 1.

Golden Text: Proverbs 19:20.

"Hear counsel, and receive instruction, that thou mayest be wise in thy latter end."

NOTE: We are going to study the letter that is sent from Paul to his friend, Philemon. This short letter is a good example of Paul's sharing of his faith with another by writing a letter.

1. How did Paul address Philemon? Philemon 1:1.

2. To whom else did Paul address the letter? Philemon 1:2.

3. Tell what kind of a person Philemon was? Philemon 1:5-7.

4. Who was Paul writing about in Philemon 1:10.

NOTE: Onesimus was Philemon's slave. Onesimus ran away to Rome. There he met with Paul who was able to win him to Jesus. He became a friend of Paul and wanted to do the right thing by his master. Paul helped him to do this by writing his letter.

## Sabbath School Lessons

5. How did Paul ask Philemon to receive Onesimus? Philemon 1:16-17.

6. What did Paul say he would do if Onesimus owed anything? Philemon 1:18-19.

7. Was Paul confident that Philemon would forgive Onesimus? Philemon 1:21.

NOTE: We feel sure Philemon did what Paul asked him and forgave Onesimus. Now he was something more than a slave - he was a brother in the family of God.

Answers to Miracles on page 15 :

1. The stilling of the tempest (Matthew 8:24).
2. Feeding of the five thousand (Luke 9:13).
3. The water made into wine at Cana (John 2:1-11).
4. The man born blind receives his sight (John 9:7).
5. The raising of Lazarus (John 11:43).
6. Walking on the water (Matthew 14:30).
7. Healing of the man with the withered hand (Mark 3:5).
8. The miraculous draught of fishes (John 21:6).
9. The cleansing of the ten lepers (Luke 17:17).
10. The Syrophenician's daughter cured (Mark 7:28).



### MY DAD

*When I see my father smile,  
I'm happy as can be.  
To know he is a gift from God  
Sent down to earth for me.  
When I see his big, strong hands  
So rough from honest toil,  
I know my heart to him will be  
Always true and loyal.  
When I hear his tender voice  
With words so wise and kind,  
In my heart I give deep thanks  
To God, that Dad is mine!*



### PATIENCE IN A BUCKET

"Did you bring a kitty home tonight, Daddy? Did you?" asked Danny, as he met his Daddy at the door.

Night after night Danny asked his Daddy that same question. Night after night Daddy replied, "Not tonight, Danny. But I'll find a kitty for you soon. You must be patient."

Every night after supper Danny sat beside Daddy in the big chair while Daddy read the ads about kittens in the newspaper. Danny listened quietly. Sometimes there were kittens for sale. Sometimes the kitties were free. And Danny wanted the kitty in every ad.

Danny got excited each evening when Daddy read the ads in the newspaper. "Maybe tomorrow night, Daddy? maybe tomorrow you'll bring home a kitty?" he would ask.

"I'll try, Danny, but you must be patient," Daddy always answered.

Each day Danny waited and hoped that Daddy would bring a kitty home that night. Sometimes Daddy said, "Not tonight, Danny. The kitties cost too much money. You must be patient." Other times Daddy said, "Not tonight, Danny. the kitties were free, but when I got there they were all gone.

Danny and Mother often talked about the new kitty while Daddy was at work. Mother tried to help Danny find a name for the kitty. But Danny always thought more about wanting the kitty than he did about naming the kitty.

Finally, one night when Daddy came home again without a kitty, Danny started to cry. "I want a little, baby kitty so-o-o-o ba-a-aad. I've asked everyone for a kitty. I've even prayed for a kitty. But no-o-o one gives me a kitty. Even Jesus didn't hear my prayers." And Danny put his arms around Daddy's neck and cried.

Poor Danny! He was really unhappy.

Daddy patted Danny's back and gave him a big squeeze. When Danny stopped crying, Daddy kissed away the tears. "Danny," Daddy said softly, "one of these days we will find the right kitty for you But you must be patient and be happy while you wait. Jesus will help us find a kitty. Jesus always hears and answers our prayers."

"Come and eat," called Mother from the kitchen. While they were eating, Mother said. "Danny, I have an idea! I think we should name your kitty 'Patience' because you have waited so long to get it."

"And that would remind us always to wait happily, too, wouldn't it?" said Daddy with a smile.

After supper Danny climbed up beside Daddy in the big chair, and Daddy opened the newspaper and looked on the ad page. "I'm sorry," said Daddy, "but there aren't any ads for kittens in the paper tonight." Danny was having a hard time waiting happily. His lip quivered. He blinked his eyes. He put his head down on Daddy's shoulder.

"Well, now here is something," Daddy continued. "listen t his, Danny, It says here in the paper that the fireman found a little kitty. It was stuffed in an old blanket and hidden under some bushes. Let's take a ride down to the fire station right now. Maybe you will have a kitty tonight.

Daddy held Danny's hand tightly as they walked into the big fire station. There in a box on the fire chief's desk was a little kitten.

"So you want a kitten, do you, young man?" boomed the big fireman. Well, here you are!" And he put a soft little black-and -white kitty into Danny's open hands.

Danny gently snuggled the kitty up under his chin. Danny's eyes were big and shiny. He was smiling. He was so happy.

"What are you going to call your kitten?" asked the fireman.

"I'm going to name my kitty 'Patience' because I've

## The Children's Page

waited so long for my Daddy to get it." The fireman laughed. "That's a good name for this kitten," he said. "It has been waiting, too, you know. It has been waiting for a good home."

On the way home Daddy told Danny that sometimes Jesus does not answer our prayers right away. Sometimes Jesus has a reason for waiting a little while. Maybe Jesus has something special for us. Or maybe Jesus is teaching us a lesson. When we pray, we must have patience. That means we must wait happily, knowing that Jesus always hears and answers our prayers."

### SUPPLY THE MISSING WORD

*J.H. Greening*

*Write the correct numbers in the space provided. And when you have done all you can remember, check by looking up the Scripture references given.*

1. A widow cast \_\_\_\_\_ mites into the treasury (Luke 21:2).
2. A man lay at the pool of Bethesda who had an infirmity for \_\_\_\_\_ years (John 5:5).
3. A year of jubilee came every \_\_\_\_\_ years (Leviticus 25:11).
4. The ark was in the house of Obed-edom for \_\_\_\_\_ months (I Chronicles 13:14).
5. We know of \_\_\_\_\_ friends of Jesus who lived at Bethany (John 11:1).
6. Bethany was about \_\_\_\_\_ furlongs from Jerusalem (John 11:18).
7. Jesus sent out the \_\_\_\_\_ to preach, by \_\_\_\_\_ and \_\_\_\_\_ (Mark 6:7).

### JUMBLED BIBLE BOOKS

1. Kuel    2. Oansrm    3. Leteinovra    4. hatwemt
5. Hnjo    6. Scnoarihint    7. Laeidn    8. mereihaj
9. Aihias    10. Spmlas    11. Reaz    12. Sneiges

## Games and Puzzles

### MIRACLES

*What miracles do you associate with the following expressions?*

1. "But he was asleep."
2. "Give ye them to eat."
3. "Fill the waterpots with water."
4. "Go, wash in the pool of Siloam."
5. "L \_\_\_\_\_, come forth!"
6. "Lord, save me."
7. "Stretch forth thine hand."
8. "Cast the net on the right side of the ship."
9. "Where are the nine?"
10. "Yea, Lord: yet the dogs under the table eat of the children's crumbs."

### TWELVE DISCIPLES

*Using Matthew 10:2-4 find the names of the twelve hidden in the puzzle below. Move right, left, up, down, or diagonally. Circle the names as you find them.*

A B D E S O P J T Q R

C A R D E P H I L I P

T R J A M E S T K P L

H T O S A N D R E W E

A H O T J U D A S E B

M O S I M O N D T H B

E L D A I T O H N M A

P O T H O M A S O S E

I M A T T H E W M J U

L E B A M A U E L T S

M W I L B A R U T A H

*The Advocate of Truth  
PO Box 328  
Salem WV 26426-0328  
Address Service Requested  
Return Postage Guaranteed*

*Periodicals  
Postage Paid At  
Salem WV 26426-0328*

*Eden  
By David DeLong*

*So beautiful was the Garden of Eden,  
When it was made, it did scarcely need weedin',  
For, before the curse there weren't thorns and thistles,  
And unlike today, no nuclear missiles,  
Adam and Eve were to dress the Garden,  
Before sin came, they needed no pardon,  
But, the serpent was more subtle than any  
Beast of the field, and there were many,  
He tempted Eve, saying she won't die  
If she ate the forbidden fruit, (what a lie!)  
She ate, and gave to her husband, Adam,  
What were you thinking, O dear, lovely madam?  
For since that day came death upon man,  
It came upon every family and clan,  
The pair was banished from the Garden,  
Man's heart, like soil, began to harden,  
But, before the banishment, came the pledge,  
The woman's Seed would bruise (like a sledge)  
The head of the serpent, so when Christ came,  
He delivered the blow to the serpent's shame.*