

YOUTH messenger

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GET INVOLVED IN 2012

ALINE FERREIRA HENDA

Rizia Ferreira was 20 years old at the time, but she will never forget the mission trip to Haiti in which she participated in 2002. Besides helping with the medical-missionary work, she saved money and bought books for the children of the village. Nine years later she says:

“We were completely serving others. It was the time in my life that I felt closest to God. It was a wonderful experience.”

Get involved! You probably heard this request several times, for different projects. Why do people keep insisting, inviting? Why is it so important to get involved?

“When you are involved, you are encouraged, you get stronger in faith,” says Ferreira. Her friend, Aldo Cordova, 23, agrees: “If you are active in the church, you work for God. You use your skills to help the church, and at the same time, it is good for your spiritual life,” he says.

THIS IS YOUR CHANCE

“I would not have been open to you if you were older,” said the lady to the young girl in her house. When Alessandra Huertas, 17, helped organize a Health Fair in Fresno, California, she went door to door to invite people to the seminars. As a result, she got a Bible study contact—an older lady. She spent time listening to her, sharing the Bible and telling stories. They became friends. “People from the world are more open to hear what young people have to say,” says Huertas. “We can make a difference in their life.”

Before Jesus went to heaven, He left a mission to His disciples—to “go . . . and make disciples of all the nations” (Matthew 28:19, NKJV). This is called the “great commission.” We are His disciples, and this mission is in our hands. Are we ready?

Young people have the opportunity to make this happen. Each person is chosen by God to carry out His Word. Each one has a very special gift that can be used in His service, be it volunteering in a distant country, or talking about Jesus to your friend at college. The Lord promised the Holy Spirit to help us with this task. “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and

Samaria, and to the end of the earth” (Acts 1:8, NKJV).

One of the places you have the opportunity to serve the Lord is the church, where you hear God’s Word and meet the brethren and sisters. Thousands of people get ready to go to church each Sabbath. But is that enough?

IT’S NOT ENOUGH TO GO TO CHURCH - WE HAVE TO PARTICIPATE!

D.S., 18, sometimes finds herself making drawings or getting distracted with her cell phone during the preacher’s sermon on Sabbath morning. “I try to pay attention, but I always end up doing the same thing,” she says. Young people all over the world are facing the same issues and many more.

In a study that appeared in the book *You Lost Me: Why Young Christians are Leaving Church and Rethinking Faith*, published in October 2011, researchers found that at age 15, 57 percent of Christians said they were less active in church and 59 percent have dropped out. Among those 18 to 25, 38 percent of young people had doubted their faith significantly. According to the book, one in three 18 to 29-year-old believes “church is boring.” Why is that?

Between work, house chores, and homework, the week goes

fast . . . and it's Saturday again. A special day to go to church! Or is it? For many people, the weekly commitment has already become a routine. If you were born some 20 years ago, you may have watched over a thousand Sabbath Schools and worship services. You know why you keep the Sabbath, you know that going to church is the right thing to do, but sometimes church can be something as trivial as going to sleep every night. The same program, same people, same thing as always. You miss the worship. Or maybe it is the other way around: a good speaker, beautiful music, the presentation of exciting news, or a project is the attraction of the service—and you miss the worship again!

“Going to church can become like a routine, a habit, not something you want to do. You don't want that to happen,” says Rachel Devai, 22.

The boredom comes when we go to church for the wrong reasons. We don't go to church to be entertained or just to meet friends but to worship the Lord. Jesus said to the Samaritan woman at the well that “the hour is coming, and now is, when the true worshipers will worship the Father in spirit and for truth; the Father is seeking such to worship Him” (John 4:23, NKJV). In the desert He said to the tempter: “You shall worship the Lord your

God, and Him only you shall serve” (Matthew 4:10, NKJV).

God is looking for our worship and our service. When we worship the Lord with all our heart, this will lead to a beautiful service for Him. Also, worship will have much more meaning if we participate.

GET INVOLVED!

Preacher, musician, messenger, doctor, cook, leader, builder, writer, Bible worker, missionary: these are a few of the roles you can find in the Bible. What's yours? Don't go to church just to sit in the pew and listen (or not) for a few hours. Going to church can be something you expect with joy. Can you imagine how excited Jesus was when He went to the Temple for the first time? Sure, He must have enjoyed the trip and observed the impressive religious rituals, but He didn't just watch the ceremony. He was found later with the elders of the church, asking questions and giving answers from the prophecies in a way that amazed the rabbis. As the Lamb of God, represented by the Passover service, Jesus was involved and tried to show this to the doctors of the law. And He really got involved.

As God's children, we are also to get involved in His church. Do something! Need a few ideas? Here we go:

- ✦ Be part of the church experience. Ask the pastor of the church or other leaders what you can do to help. For sure they will give you something to do.
- ✦ Every youth has ideas. Sometimes you just need to think a little bit. If you already have some ideas of how to improve the church, share them with the leaders of your church. Don't be discouraged if you find some barriers—they will be there almost every time. Just pray and don't give up, if you believe you have a good case.
- ✦ See what interest you and join the group. Do you like music? Join the church choir or other vocal/instrumental group, even if you think you can't sing well by yourself. In a group,

everybody will sound better. If your church doesn't have one, that's not a problem. Look for people with the same interest (even if they don't show interest, they will probably be affected by your enthusiasm) and start one.

- ✦ Have a special gift to tell stories and teach songs? You can work a wonderful children's ministry.
- ✦ If you like to take pictures and writing, try to get involved in the church website or blog, or write something for the church bulletin.



- ✦ If you have a passion for books, help with the church library. Again, if your church doesn't have any of this, start one.
- ✦ Participate in the young people's meeting and the morning service. Get involved during each part of the morning service. If Sabbath School seems monotonous, study the lesson of the day and prepare answers to share in church. Listen to others' perspectives and try to find applications for your life outside of the church. When you just can't get focused on the sermon, take a pen and paper and make notes of what the preacher is saying, summarizing the topic. Read the Bible verses, pray, and answer questions to yourself. Leave your technology gadgets out of sight during the service. Cell phones, tablet computers such as iPads, and other media devices can be very tempting and create a habit that will be hard to get rid of. Besides, as soon as you get more involved you will not miss them anyway. Instead, take your Bible and *Sabbath Bible Lessons* with you.

Getting involved in your church also means volunteering for events like cooking classes, evangelistic outreach, concerts, and other special projects. Don't miss a chance to be part of a great experience.

IF YOU ARE A LEADER:

The church gave you a responsibility. Congratulations! Now you are a leader. You already have an idea of what it means to be involved in church. You may have had success in your plans or may have found difficulties. You may be enthusiastic with your responsibility or may be lacking some power. But one thing is for sure: you want people, especially young people, to work with you. The more willing people you have, the happier you will be, right?

And more often than not, they are willing to help. So, give them opportunity to participate more in the church. Give them work. They will appreciate the trust.



Train them. Young people are learning and need preparation to do the work, whatever it is. Spend time with them, doing one-on-one training and instruction. Give them a piece of your wisdom and know-how.

Listen to what young people has to say. Some ideas may surprise you with their originality and boldness. This is a good thing—not something to be discarded without a second thought.

Be a friend. Understand what they might be going through. Be open to them, and they will be open to you.

Young people can do a great work in attracting other young people and help spread the message. But they need assistance and encouragement. Support them!

Like you, they also make mistakes. Be understanding. Respect them. They will respect you back.

WHAT YOU MAY BE MISSING

In biblical times God trusted many young people to carry His will. Samuel and Jeremiah were very young when they were called by God to be prophets. King Josiah was in his late teens or early twenties when he made a reformation in his kingdom. Timothy was a young man with big responsibilities in missionary work. David was still a teenager, too young to join Israel's army, when he killed Goliath. Young people today can still make a great impact in the church and the world if you become more involved in your churches.

Therefore, don't miss the opportunity to have a part in this work. Getting involved in church is very rewarding. If you neglect it, you may be missing an "unexplainable experience," says Huertas. "You know God wants you to do. If you don't, you are missing out on many blessings that help you get close to Christ." 

Aline Ferreira Henda *is the choir conductor of the Carmichael SDARM Church in California, U.S.A.*



SUGAR, NOT SO SWEET

Aldo Cordova & Nety Nina

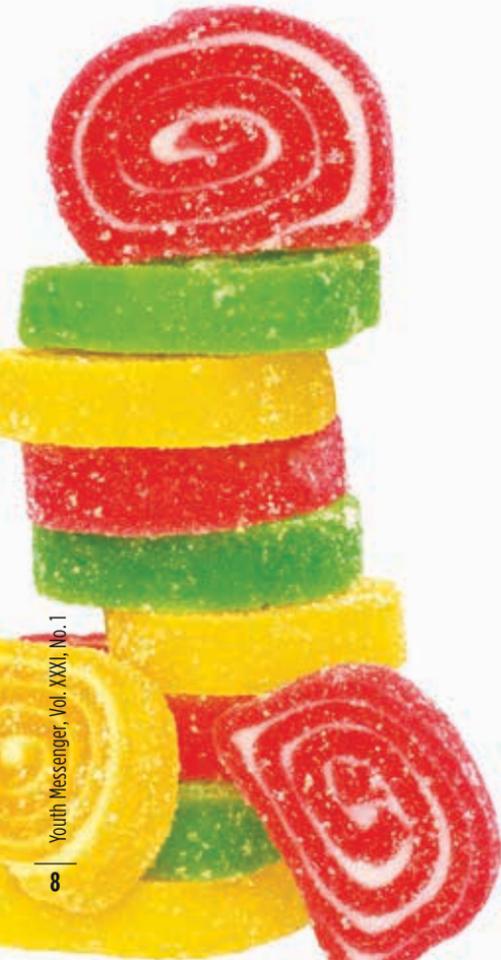
It is not a secret that many people have a sweet tooth. Usually, the more sugar, the better! Not to mention that the number of ads that promote sugar-laden foods further encourages the public's desire for sugar. On March 4, 1996, TIME magazine released an issue

promoting the use of sugar. The article promoted the idea that young people need more energy. The recommended solution? Sugar!

Whether to appease the craving for a sweet snack or the need for an energy rush, people consume a great deal of sugar; and this consumption continues to rise. In fact, according to the United States Department of Agriculture (USDA), on average Americans consume 19% more added sugar than they did in 1970.¹

Our bodies do need sugar, but the quality and quantity matters. Our cells use carbohydrates like sucrose, otherwise known as table sugar. A process called glycolysis breaks it down into simple sugars such as glucose and fructose and other byproducts such as water, carbon dioxide, and energy—which allows us to do our day-to-day activities. Sugar is important for energy production but in limited quantities.

The USDA statistics used a specific term: “added sugar.” Added sugars are any sugars that a food does not contain in



its natural state, and provides no nutritional value. The sole purpose of this additional ingredient is to provide empty calories. Some foods that contain added sugars include bread, soy milk, and other sweetened beverages. For this reason the World Health Organization (WHO) has recommended that the level of added sugars be less than 10% of the total energy intake.² To determine your energy intake, you must first determine the Basal Metabolic Rate (BMR), a measure of how much energy is spent daily. We can use the following formulas.³

the necessary energy intake in calories by multiplying the BMR with a physical activity coefficient found in the table below. The physical activity depends on the type of work you engage in every day.

For example, I am a 23-year-old male student. Based on my characteristics of height and weight and age, I determined my BMR. My activity level is lightly active, so my personal energy requirement is estimated to be 2,214 calories. Based on the recommended daily sugar intake of ten percent, less than

TABLE - ACTIVITY COEFFICIENTS FOR VARYING EXERCISE PROFILES

CATEGORY	DEFINITION	CALORIE: CALCULATION
Sedentary	Little or no exercise	BMR x 1.2
Lightly Active	Light exercise (1-3 day/week)	BMR x 1.375
Moderately Active	Moderate exercise (3-5 days/week)	BMR x 1.55
Very Active	Hard exercise (5-7 days/week)	BMR x 1.725
Extra Active	Very Hard Exercise (Sport + physical job)	BMR x 1.725

Eq. 1-Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$.

Eq.2-Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$.

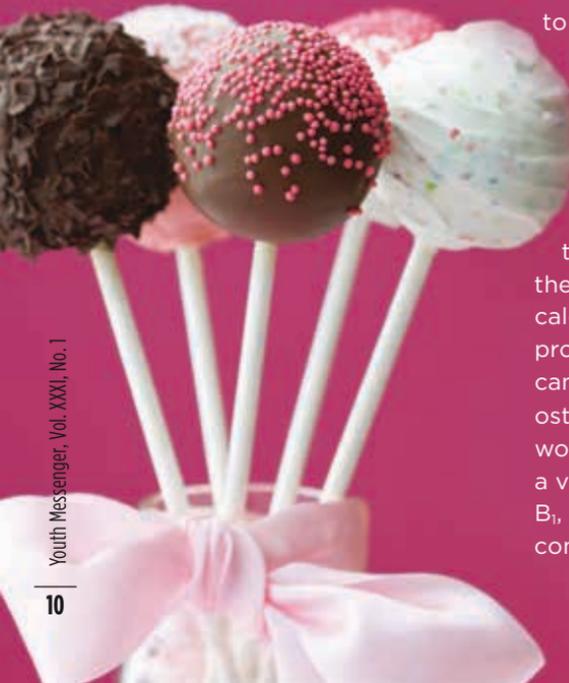
After determining your BMR, the next step is to calculate

221 calories should be allotted to added sugars. If I decided to eat a Snickers® chocolate bar, which contains 34.5 grams of added sugar (roughly 138 calories), this would account for 6% of the allotted daily energy requirement and over 60% of my recommended sugar intake—all in one sitting.⁴

It is not a surprise that on August 24, 2009, the Journal of the American Medical Association released statistical data showing that persons in the U.S. consume, on average, about 111 grams or 335 calories of added sugar each day. This is 5% higher than the recommended guidelines given by the WHO.⁵ In the same year, the American Heart Association (AHA) recommended that only 5% of energy intake should come from added sugars. This means that a Snickers® bar has more than enough sugar than is recommended in a day, and that the average American is consuming 10% more sugar than necessary. As a result, the AHA is making appeals to the public to reduce the consumption of sugar and sweetened products in order to prevent an increase in disease.

God in His mighty wisdom has already warned us through the inspired word that “the free use of sugar in any form tends to clog the system and is not unfrequently a cause of disease.”⁶ How exactly does sugar clog our living machinery? The Journal of Nutrition links atherogenic dyslipidemia (high blood cholesterol levels in arteries) to a diet high in sugar. This causes elevated levels of triacylglycerides (fat), small dense LDL (bad cholesterol), and low HDL (good cholesterol). These dangerous symptoms serve as the precursors of diseases such as atherosclerosis and coronary heart disease (CHD). This demonstrates that a high-sugar diet is as harmful as a diet full of high-fat foods.

The health risks do not stop here, for sugar is also connected to loss of bone health. Excess sugars are readily released into the bloodstream causing an increase in blood acidity. The blood is slightly alkaline (pH 7.2-7.4) and the acidic disturbance causes the body to release calcium to neutralize the blood.⁷ This diminution in calcium levels increases the probability of bone fractures and can lead to the development of osteoporosis. To make matters worse too much sugar can cause a vitamin B₁ deficiency. Vitamin B₁, or thiamine, is involved in the conversion of carbohydrates into



energy. When a person does not eat enough thiamine, the body will use stored vitamin B₁, causing the person to feel tired. Thiamine depletion can lead to chronic fatigue syndrome, thus opposing the effectiveness of the energy source.

The list of health aggravations as a result of a high-sugar diet goes on; however, sugar affects more than our health. The written counsel tells us that “sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness (ill-temper) into the disposition.”⁸ This means that sugar can also affect our character, which in turn can cause damage to our spiritual life. In His wisdom, God reminds us: “whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” (1 Corinthians 10:31).

The perfect solution would be to avoid foods that have liberal amounts of sugar such as cakes, sweet puddings, pastries, jellies, and jams. These foods, in general, are not good and are “active causes of indigestion.”⁹ To avoid the ill effects of an improper diet, we must improve our temperance. God has made provision! We can find healthy alternatives to sugar by looking at the glycemic index (GI) of sweeteners.⁹ The glycemic index is a measure of how much and how fast sugars from food are released into

the blood stream. Examples of healthy alternatives are raw honey (GI=30) and coconut palm sugar (GI=35). The latter has been found to be one of the best sugar-substitutes as it contains iron, magnesium, inositol (vitamin B₆). However, a low GI does not necessarily determine the health benefits of the sweetener. Fructose, for example, has a GI of 17 and yet is known to be connected with causing heart disease. Honey has a higher GI, but is a safe alternative as it contains antioxidants, minerals, vitamins, amino acids, and enzymes. An even more unique alternative is Stevia with a GI < 1, which is “200–300 times sweeter than table sugar.” No negative effects of Stevia are known, yet there aren’t sufficient studies confirming that Stevia is 100% safe. 2,7. Regardless of what sweetener we choose to use, we must remember that God wants us to “prosper and be in health” (3 John 2)! We must carefully and temperately use even the most healthful sweeteners as we seek to maintain the temple of God, our body, in the best condition. Let us not weaken our fortress and give free passage for the entrance of disease! 🍷

Aldo Cordova is the secretary of the Sacramento SDARM Church (California, U.S.A.). The article was edited by **Nety Nina** who is the secretary of the SDARM Eastern United States Field.

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top Evangelists needed

Linda Moreno

If someone were to ask you if you wanted to be an evangelist or missionary, what would you say—yes, no, maybe? Well, have you ever thought about the fact that if you are parents or are considering parenthood, that you ARE evangelists?

Just because our children are raised in the “church” doesn’t necessarily make them Christians (Christlike). Do we realize that regular church attendance and daily worship do not guarantee admittance into the heavenly courts? Has the importance of working to “truly convert” our

own children been overlooked? Parents and the church need to remember that, yes, to evangelize the world is our gospel commission but not at the eternal expense of our own flesh and blood, our own personal heritage from the Lord.

The Lord considers the work of mothers and fathers equal to that of a minister in the pulpit (*The Adventist Home*, pp. 236, 245). Pastors and other leaders need to guide and instruct our “Top Evangelists” to be all they can be for the Lord. The work of a parent is not just for a day or a moment; whether it’s good or bad, it’s for eternity (*Signs of the Times*, Sep. 13, 1877).



Only as a minister is truly converted can he rightly assist Christ in preparing others for eternity. So it is with parents; they too must personally know Christ and be following His directions for training their children, then they will receive help from on high for this grand evangelistic undertaking for their children (*The Review and Herald*, Jun. 6, 1899).

Parents need to make the Christian life attractive (*The Adventist Home*, p. 323). If you wanted to take your children on a vacation to some tropical island, would you tell them only of the dangerous wild animals, tsunamis, or other calamities they may face? No, you would tell them of the beauty of the place and what the people and culture would be like. You would tell them how wonderful and relaxing it would be to visit such a place. So it is with our preparation for heaven. It's not about all the do's and do not's. It's about the preparation for the trip. What do we need to do in order to get a passport for heaven?

This is easy to illustrate with the heightened security during all airline travel. For example, if you want to fly you can't carry on a pocketknife, certain bottled liquids, and other forbidden items. We don't tell our children, "Oh, how terrible, you can't carry a pocketknife. Those people are being fanatical. Don't worry about

them; just do your own thing. In your heart you know you wouldn't hurt anyone." How far would they get beyond the first security gate without giving up the concealed, forbidden item? Not far.

So it is with us. We need to wisely and prayerfully plan for our "trip." We need to pack only those things (Christian character) that are necessary for the trip, and strive by God's grace to help our children see the beauty of the place to which we plan to travel, so they will want to come too. How will we answer the Lord's question, "Where is thy flock, thy beautiful flock, that I have given thee?" If parents can say, "Here they are, Lord," their work will equal that of the most successful minister or evangelist (*Patriarchs and Prophets*, p. 244).

Let us all remember what is found in *Testimonies*, vol. 1, p. 135, "The possibility that unfaithful parents will be saved themselves is very small." This thought alone should cause both parents and the church to work together to see that the evangelism for our youth is not neglected.

May we all awake to the eternal interest of our children, for how could we think to spend eternity without them? 🌱

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Living Spaces

Pam Stemmler

Where Would You Choose?

If you were looking for an education that would offer you the best qualifications for almost every possible work that you would be interested in as an adult, if you were looking for a strong, trustworthy character that anyone could reference you for, if you wanted to have the best physical strength, the clearest mental capacity, the most patient spirit, if you wanted the closest communion with your Creator, a place where trust would be cultivated and ingenuity developed and expressed, where would you choose?

What are we talking about? We are talking about learning and developing in the most formative years of your life. The decisions made while a youth will affect the rest of your time on earth and the eternity of afterlife as we know it here.

Life on planet Earth has become more challenging, and I think even more for the youth. How is it possible to be well qualified

to bless humanity and to honor God? I want to thank the Lord that He has given us a plan—not just any plan—but the best plan. He has given an outline for having the best kind of life, and it is found in the Scripture. Look at the examples of the ancients, Christ Himself and God’s plan for His children in the last days, and you will find some interesting principles to live by.

If you want the quickest way to find out this plan, turn in your Bibles to Genesis 2 and 3. It is a short and concise description of the creation of our world, and then the best principles for living God’s way. I find some interesting thoughts there. We find the best diet outlined, we find true worship on the Sabbath, we find companionship and happiness in the first marriage, and we find the best home. Where was it? Eden. Why there?

Our great and all-wise Creator knew what His creation needed to be healthiest and happiest. He gave them a beautiful outdoor home and pleasant work to do, giving a wonderful sense of well-being, self-respect, and practical skills which would continue to develop all through their life.

Well, you know what happened. Sin! It altered the direction of the life of Adam and Eve but not God’s plan. He still tells us that if we would live in the country His way, there would be benefits

abounding for our life. Really, is there a difference in where we live while growing up? Are there advantages to being raised in the country rather than in the city? If so, what are they?

I decided that in order to be honest in finding the answer to my questions, I needed to interview young and older ones to find out their answers to what those advantages would be. Are you interested in hearing their answers? I was. Let me share: The questions were:

1. Do you see any advantage in being raised in the country rather than in the city?

By “raised” I mean “trained up,” not plunked in a room with technology and games to wait for the next meal. God’s definition of “trained up” or “raised” includes many facets of education and involvement with His creation and the practical duties of life.

2. What specific advantages can you think of?

The answers to the first question were an overwhelming “yes.” To those who have opportunity to work with both groups of people, they have experience backing their answer. They can generally see the difference very quickly. The answers to question two were quite extensive, so I will categorize them below. See if you can see the advantages for your own life.

Advantages:

a. A strong work ethic. This means a love for and willingness to work. It means enjoying the responsibility of not only getting a job done, but enjoying the doing and doing it the best you can for the honor of God and the well-being of people, yourself included. This also includes working with dispatch or quickly enough yet carefully so that work is done well and efficiently. Work also gets done whether it rains or shines.

b. Diversified skill base.

This means having had the opportunity to learn so many different skills, and having opportunity to practice them, that you have many more than one item to place on your resume for work. Being raised in the country can give so many opportunities to learn. The limits are usually placed by the individual and not by the circumstance. With a willing heart and eager mind and muscle, you can learn much by yourself, and more by looking and asking any around you about practical skills.

c. Independence of thought

and action. Those raised in the country are generally used to having to think for themselves. They have not been funneled through systems en masse, being trained in one way and taught to follow what they are told. Circumstances are many and

varied that will test our ability to think, to ask of God wisdom, and to try various solutions to problems that arise. It just isn't feasible to call for help every time something unusual happens in life.

d. Organizational skills.

Not everyone learns to be organized in the country. We need to be students in God's school, studying the many examples He has created around us. But being independent of the grocery stores next door, and other convenient amenities, one needs to plan. Errands are planned efficiently, limits may be placed on items awaiting the next opportunity to replace, time must be allotted wisely, and all of this teaches a very important principle to be used in every vocation of your future.

e. Creativity.

Not just learning how to paint by number, but learning how to make fun and activity with the elements around you. Boredom is not usually in the country. There are roads to make, trees to climb, houses to build (even if only out of brush), communities to build (to play in with your siblings), projects to think of, build, and enjoy.

f. Patience.

I think of the biblical definition of patience which gives the sense of endurance. We learn to wait out in the country. We must wait for ideal circumstances

to plant, to harvest, to build. We also learn to take initiative and work when circumstances are ideal for we do not know when those occasions will happen again.

g. Healthfulness. Where else can you get an abundance of sunshine, fresh air, work for the muscles, quietness interspersed with bird song and barking dogs, good, nutritious food from your own gardens, good sound sleep at night for tired muscles, clean water, and opportunity to learn from your Creator as you walk side by side in His creation.

h. Reasoning ability. Yes, it takes some reasoning to figure out what to do next, how to do it, why it should be that way. Country living is the resource manual for learning God's way. It is interesting, stretching, challenging, and far-reaching in its results.

i. Team skills. You mean that that can be learned somewhere other than playing hockey? You bet. A team is a group of people working together to accomplish a fixed purpose. A team really works for one another's good and not their detriment. A team is needed to clear brush, plant a field, pick the rocks, build a landscape. This was and is God's training ground for the greater work of spiritual seed sowing and work.

j. Animal care. Whether you have pets or not, there are creatures all around of some sort. Learning to see, to hear, to know their needs and habits is a training all in its own. Ask Moses.

k. Strength. I have mentioned health earlier, but country living is the best for all-over physical strength. You get to exercise in the morning in walking anywhere and everywhere, biking for fun or for an errand, skiing cross country to the neighbors in the colder



climates, lifting rock and tree, digging soil and snow, running and jumping, climbing and swimming in the natural elements. What freedom, what joy!

I. Trust not fear. Yes, this happens in the country setting as well. Most of my friends and neighbors do not think of having to lock their doors and vehicles. We know our neighbors most of the time and are able to help them and be helped by them. What a concept!

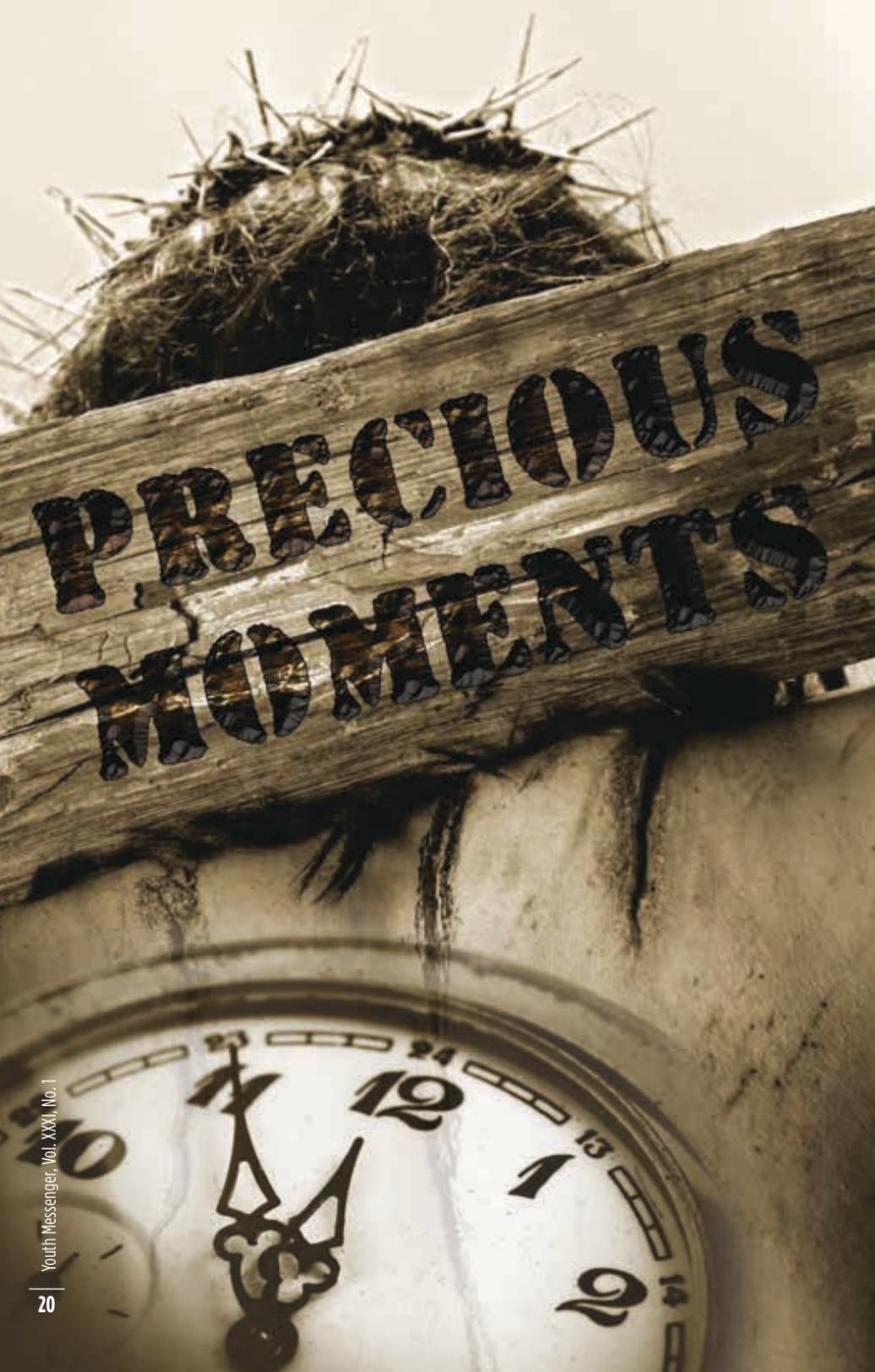
m. Social. Already part of the point before, country living involves being social to those who live near you. You will need them at some point. There are many opportunities to help them too. And they are open to it, if you have showed yourself trustworthy and kind. We also have something that city folk can't do. We have "sideroad socials." That happens when two neighbors meet each other on the road and stop and take time to

say hello and see what is new in their lives. It is also called—human interest. Hmm, it seems that the Lord would like to see more of that. What do you think?

I am sure there are probably more things to be thought of, but my article is too long already. Have you had experience in this "country living" experience? We'd love to hear your thoughts. Looking to have that experience? Pray for God's leading and share your desire in a loving way to your parents. Who knows if they were thinking the same but were afraid you wouldn't go for it. Remember God's way is THE BEST! Enjoy. 🍷

For more interesting reading, look up *Conflict and Courage*, page 220 regarding the experience of Elisha being faithful in the least, when he was called to a great work for the Lord. Who knows, that may be your experience as well.





**PRECIOUS
MOMENTS**

Dear Young Friends:
How are you spending your precious moments? Are you filling up the hours of probation, that God has allotted you here, in studying His Word, to learn how you can best show yourselves approved unto Him? Or is your mind, which should be turned to serve the Lord perfectly, and keep His commandments, occupied by reading exciting stories and idle tales? Are not the golden moments, which God has given you to prepare for heaven, misspent and abused, while you are filling your mind with worthless stories, which will not tend to make you holy and pure like your Saviour; but serve to corrupt your mind and fill it with pride, vanity and selfishness.

Dear Friends, has not the word of God been slighted, and the truth neglected, and by some of you even made light of? Think seriously upon the course you are pursuing, while living a life of vanity and folly, and grieving that Saviour who died that you might live.

How can you rest, knowing that Jesus does not smile upon you? that you have no tender look of compassion from Him, because you reject offered mercy, and sin against Him every hour?

There is danger of your slighting Him too long. Your time is taken

up with the vanities of the world, and you seldom retain thoughts that you have a soul to save or lose. Have you forgotten that there is one who was wounded for your transgressions and bruised for your iniquities? One who is now pleading with His Father, and presenting His wounded hands and feet, and pierced side and spilt blood, and pleads with Him to spare you a little longer; for He hung upon the cross to redeem you. O, what love! what unbounded love and condescension the Son of God manifested for us. He died to give life to those who were His enemies!

Mercy's sweet call is now sounding; but it will soon die away. Probation's hour will soon be ended. The seven last plagues will fall, and then those who have chosen the pleasures of the world and rebelled against God will cry for mercy when there will be none to answer their prayers. But a voice will be heard—"Thou art weighed in the balance and found wanting." And as they realize that they have no shelter from the dreadful storm of God's wrath, they will plead for one little hour of probation that they may again hear the sweet voice, inviting "every one that thirsteth, come ye to the waters" (Isaiah 55:1). It will then fall upon the ear, in that dreadful hour. "Too late! too late!" "Because I have called, and ye refused; I have stretched out

my hand, and no man regarded. But ye have set at nought all my counsel, and would none of my reproof. I also will laugh at your calamity, I will mock when your fear cometh" (Proverbs 1:24-26).

Dear young friends, your case is not now hopeless. Jesus so loved you that He died for your sins, and requires of you in return for so great a sacrifice, to love Him. He is ever ready to listen to your prayers, and accept the offering of a broken heart and contrite spirit, and receive you into His fold.

Your companions may scorn you, but what if they do? Remember they are weak mortals like yourself, and death can lay them low in a few moments. O, do not resist the sweet Spirit of God, for such company. They cannot save you when the wrath of God shall come upon all the wicked.

If you leave the ways of sinners, and choose the narrow path that leads to heaven, it may convince your young companions of their folly and the danger they are in without a Saviour. They may at first laugh at you, but be patient. Meekly refer them to the word of God. Tell them, by making it your study, you are convinced it will judge you in the last day. That it is the foundation upon which you have built your hopes for heaven, and by searching

its pages with a prayerful heart, you have ascertained how you could obtain durable riches. Live out your profession, meekly follow the lovely Pattern; and by a well ordered life you may be the means of winning them to Christ.

As Jesus was about to leave His sorrowing disciples, and ascend to His Father, He comforted them with the assurance, that in His Father's house were many mansions, and He would go and prepare a place for them, and come again and take them to Himself, that where He is, there they may be. Do you want a home with Jesus? a mansion in glory? Will you be a humble child of God, that you may have a share at last in the saints' immortal inheritance?

If you love God and keep His commandments, when Jesus takes His faithful children home, He will give you a crown that will never dim; and you may freely eat of the immortal fruit of the tree of life, and of its healing leaves, and never more know sickness or sorrow; but your happiness will be complete, as you sing redemption's song. 

Ellen G. White wrote this article from Rochester (New York), December 16, 1853.

HEALTH tips

MAKE TIME FOR breakfast

Research released from the Sports Nutrition Center at the Georgia Institute of Technology in Atlanta (Georgia) shows the importance of getting a good breakfast into your routine. Too many young people are skipping breakfast, and as a result they are suffering in both physical performance and critical thinking skills.

While you sleep your body uses up about half of the glycogen stored in your liver to maintain your metabolism. Glycogen is converted into glucose, which is used to provide energy. Skipping breakfast means starting off your day with only half of your potential energy. As a result, when you eat your midday meal you overcompensate and consume more than the body actually needs at that time. For the best results start the day with whole grains, toast, and fresh or



dried fruits with some nuts.

"It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach. At breakfast time the stomach is in a better condition to take care of more food than at a second or third meal of the day. The habit of eating a sparing breakfast and a large dinner is wrong. Make your breakfast correspond more nearly to the heartiest meal of the day."—

Counsels on Diet and Foods, p. 173.

BERRIES berries

A recent study of 156,000 people found that eating about a cup of fresh berries a week will reduce your risk of developing hypertension by 8 percent.



COOL TO cold

While Europeans and Asians seldom put ice in their drinks, the average American prepares drinks by first putting ice in the glass. There is a danger in this American custom since cold fluids change the blood flow in your stomach wall and the vascular bed of your abdomen. As a result, the body attempts to bring in more blood from other areas like the chest and head in an attempt to heat the abdominal area. In addition, cold adversely affects the digestive process.

PUREED parsnips

Mashed potatoes are a favorite, but they also pack a big caloric punch. Try puréed parsnips instead of traditional mashed potatoes and save almost 5 grams of saturated fat for each 8-ounce serving.

Recipe: Peel and chop 2 pounds of parsnips and 2 cloves of garlic. Steam until tender, about 10 minutes. Purée cooked vegetables in a food processor, adding 2 tablespoons of olive oil until tender. Season with salt to taste.

Info: one serving has 227 calories; 8 grams of fat (1 gram saturated fat); 0 milligrams of cholesterol; 39 grams of carbs; 100 milligrams of sodium; 3 grams of protein; and 8 grams of fiber.

MOODY vegans?

It has been commonly taught that since vegetarians don't consume fish (a dietary source of omega-3), they would have more negative moods, as is the case of omnivores with low levels of omega-3. But a new study of 138 Seventh-day Adventists released by researchers at Arizona State University (U.S.A.) has shown that vegetarians consumed more of some chains of omega-6 than their carnivorous counterparts, which corresponded to having better spirits. Go vegetarian and you will literally be a happier person.





PREVENTING osteoporosis

Researchers from Florida State University (U.S.A.) released a study in October 2011 showing that women who eat 6 to 10 prunes a day have significantly higher bone density than women who did not consume the fruit. Study author Bahram H. Arjmandi attributes the findings to the fact that prunes are rich in potassium and boron.

TURMERIC FOR pain relief

Looking for a natural substitute for anti-inflammatory drugs like aspirin and ibuprofen? Look no further than the Indian spice turmeric. A new study published in the Journal of Biological Chemistry finds that the spice is an excellent substitute for pain caused by inflammation.

TAKE THIS advice to heart

According to a new study published in the Archives of Internal Medicine people who consumed the most sodium and the least potassium were 46 percent more likely to die from cardiovascular disease than those for whom the ratio was reversed. Study authors concluded that potassium helps relax your blood vessels and also counterbalances the effects of sodium. Among the best sources of potassium are bananas and avocados. 



POWERFUL *greens*

Mariola Dumitru

Leafty green vegetables are among the large variety of foods God has created for us to eat. Leafy greens are packed with energy and nutrients. They grow upright, absorbing the sun's light, while producing oxygen.

But how much nutrition can possibly be in that green leaf? You would be surprised! Leafy greens are rich in magnesium, calcium, potassium, phosphorus, iron, and zinc; they store high amounts of vitamins A, C, E,



and K; and they are loaded with fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals.

Let's get to know some of these green giants a bit more closely.

Kale is one of the most nutritious cruciferous vegetables. Here are some reasons to eat it, and eat it often:

One cup will supply you with approximately 20% of the recommended amount of dietary fiber, and 10% of the daily recommended amount of omega-3 fatty acids. It contains 45 flavonoids, which are powerful antioxidants that protect our cells from free radicals.

One cup of kale gives you 778% of the daily vitamin K your body

needs! And that is good news, because this vitamin is crucial to your body's ability to make the protein osteocalcin, which strengthens your bones. It also prevents the build-up of calcium in the body tissue that can lead to atherosclerosis, cardiovascular disease, and stroke. Furthermore, it synthesizes the fat sphingolipid, which is needed to maintain the myelin sheath around your nerves.

Kale gives you more than 192% of the recommended daily vitamin A, which helps your body boost immunity, maintain healthy bones and teeth, and prevent urinary stones. It also gives you 88% of your daily vitamin C, which helps to lower blood pressure, ensure a healthy immune system, and fight against age-related ocular diseases, such as cataracts and macular degeneration.

Swiss chard is one of the most antioxidant-rich foods on the planet. It is packed with beta-carotene, vitamins E and C, zinc, lutein, zeaxanthin, quercetin, kaempferol, and many other disease-fighting antioxidants. Swiss chard contains syringic acid, which helps to regulate blood sugar levels. It is high in calcium, vitamin K, and magnesium, which are all needed for strong bones. It is also known for its cancer preventative properties because it contains chlorophyll, phytochemicals,

and other plant pigments. Also being high in iron, Swiss chard is needed for a healthy circulatory system, and to prevent anemia.

Swiss chard is rich in biotin, an important hair vitamin that promotes hair growth and strength. It also has high amounts of vitamins C and A, which assist in the production of sebum. It is high in lutein, an antioxidant that is essential for eye health. Lutein can prevent age-related eye diseases.

Collard greens are high in fiber, which helps lower cholesterol and are rich in phytonutrients, with potent anti-cancer properties, such as diindolymethane (DIM) and sulforaphane. These phytonutrients fight against prostate, breast, cervical, colon, and ovarian cancers.

This leafy green has antibacterial and antiviral properties and is very high in folates, which are important in DNA formation and can prevent neural tube defects in the baby during the conception period. It is rich in vitamins C, A, and K. These vitamins are essential for a healthy immune system, brain, and in order to have strong bones.

Collard greens contain lutein, carotenes, zeaxanthin, cryptoxanthin, and other compounds that are scientifically found to have antioxidant properties. They

are rich in many vital B-complex groups of minerals such as niacin (vitamin B₃), pantothenic acid (vitamin B₅), pyridoxine (vitamin B₆), and riboflavin (vitamin B₂).

They also contain the following minerals: iron, calcium, copper, manganese, selenium, and zinc.

You can start enjoying all these leafy greens with this easy and versatile recipe called “5-minute greens”:

Let us remember that our Creator knows what is best for our bodies. “Those foods should be chosen that best supply the elements needed for building up the body. In this choice appetite is not a safe guide. Through wrong habits of eating, the

appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength. . . . The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet.”—*Child Guidance*, p. 380.

Each time you go to the market, pick up a new green to try. Soon you’ll find your favorite greens and wonder how you ever lived without them! 🌱

Mariola Dumitru is a homeschooling mother and member of the SDARM Rocklin Church in California, U.S.A. She is also the northern California coordinator for Health Fairs U.S.A.



5-MINUTE GREENS

INGREDIENTS

1 pound kale, swiss chard, or collard greens, chopped

DRESSING

1 tablespoon lemon juice

1 medium clove garlic, pressed or chopped

3 tablespoons extra virgin olive oil
salt to taste

OPTIONAL

sliced onions, steam with kale

2 tablespoons sun dried tomatoes

2 tablespoons sliced olives

DIRECTIONS

Chop garlic

Fill bottom of steamer with 2 inches of water and bring to a boil.

Slice kale or Swiss chard leaves into 1/2-inch slices, and cut again crosswise. Cut stems into 1/4- inch slices.

When water comes to a boil, add kale (and onion if desired) to the steamer basket and cover. Steam kale and collard greens for 5 minutes, and Swiss chard for 3 minutes.

Transfer to a bowl and toss with dressing ingredients. Dressing does not have to be made separately. For the best flavor, toss with dressing while greens are still hot.

Top with optional ingredients and enjoy! 🍴

Have you ever heard that age-old saying “Youth is wasted on the young”? It is often expressed by people who look back and see that they did not use the best years of their life in the best way. I wonder if you will be one of those people. Will you be looking back and regretting, or will you be looking back and see how you laid the groundwork for a Christian life?

Scripture tells us not to waste the years of our youth and to never let our youth be an excuse for not living up to the Christian ideal. “Let no man despise thy youth; but be thou an example of the believers, in word, in conversation, in charity, in spirit, in faith, in purity” (1 Timothy 4:12).

Preparation is a key to success. As young people we often take the future for granted believing that we can put things off till we are older, or we don't make the necessary preparations for great upcoming events. This month we want to introduce you to living spaces. Where do you want to live? What kind of lifestyle will be best to maintain your Christian principles? Now is the time in your life when you should be studying these things, so that when you are prepared to “leave father and mother” to establish your own home, you will be prepared.

The same is true for all the facets of life. Establish in your youth the things you will need for the rest of your life.

“In the history of Joseph, Daniel, and his fellows, we see how the golden chain of truth may bind the youth to the throne of God. They could not be tempted to turn aside from their course of integrity. They valued the favor of God above the favor and praise of princes, and God loved them and spread His shield over them. Because of their faithful integrity, because of their determination to honor God above every human power, the Lord signally honored them before men. They were honored by the Lord God of hosts, whose power is over all the works of His hand in heaven above and the earth beneath. These youth were not ashamed to display their true colors. Even in the court of the king, in their words, their habits, their practices, they confessed their faith in the Lord God of heaven. They refused to bow to any earthly mandate that detracted from the honor of God. They had strength from heaven to confess their allegiance to God.”—

Messages to Young People, pp. 27, 28.



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KEEP THE *Sabbath* HOLY

Those who wish to be blest and approved of the Lord in this world, and who expect to finally be saved, and have right to the tree of life, must keep the Sabbath holy. They should pray daily for grace and wisdom to keep from polluting it in any way. Isaiah says: "Every one that keepeth the sabbath from polluting it, and taketh hold of my covenant; even them will I bring to my holy mountain." Chap. lvi, 6, 7.

Dear children, are you as careful as you should be in keeping the Sabbath? You have something to do besides laying aside your work and amusements on that day. If you, on that day, lay plans of what you will do when the Sabbath is past, or talk of your work, amusements and clothes, you pollute the Sabbath. The Prophet has in another chapter told us how to keep the Sabbath from polluting it, and nothing short of doing as

he has pointed out will be keeping the Sabbath holy. He says:

"If thou turn away thy foot from the sabbath [that is, from treading it down, or breaking it], from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words," &c.

When you are speaking of your hope in God, of Jesus and of His soon coming, and of the beauties of the New Earth, you are not speaking your own words. Of these things you may freely speak on the Sabbath. On six days you may talk of business matters and lay plans that are necessary; but the Sabbath is holy time, and all worldly thoughts must, on that day, be dismissed from the mind. The blessing of God will then rest upon you, and you will have the sweet consolations of His Spirit, and you will also have confidence when you approach the throne of grace.—E.G.W.,

The Youth Instructor, February 1, 1853.

