

## *In the World But Not of the World*

If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you. **John 15:19.**

{UL 137.1}

**The Lord our Saviour knew every phase of experience His disciples would meet and all the conflicts they would experience.** The Lord Jesus Christ said to His disciples, “If the world hate you, ye know that it hated me before it hated you” (John 15:18). We must not as Christians become fretful and impatient over coming in contact with worldly men. **They have not the belief of the truth, and whatever they say or do, keep your temper.** {UL 137.2}

**Every time you allow your feelings to become irritated you manifest in your words that you have not that faith that works by love and sanctifies the soul.** You have personal pride and a large stock of self-sufficiency, and you are not in any case prepared to connect together in business capacity or even as Christians, because your own attributes of character are not of the Bible order, to retain your position as partners. {UL 137.3}

**Christians can maintain an untarnished reputation if they are Christians, which means Christlike.** God has made every provision that through faith in the Lord Jesus Christ they should not fail or be discouraged in a dark, troubled future, which He knew must come. The Lord Jesus Christ is grieved for His disciples, that they must pass through manifold afflictions from the world. He prepares them for that time of trial, of great temptation to lose their faith, by presenting before their minds the hopeful part of the future. He must mingle the bright, hopeful lines with the dark. “But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me” (verse 26). {UL 137.4}

Then He tells them that they will also cooperate with the Holy Spirit. The great Source of their strength—which is our changeless consolation and hope and courage—would ever be within their reach. **They were to be Christ’s witnesses.** “And ye also shall bear witness, because ye have been with me from the beginning” (verse 27). **They should be His faithful representatives to an apostate world. While in the world they are not to be of the world, but bear a faithful testimony against the evil that is working in worldly policy plans contrary to the truth and righteousness.—** Manuscript 80, May 3, 1893, “Diary.” {UL 137.5}

## Pass Me Not, O Gentle Savior

Pass me not, O gentle Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

Savior, Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

Let me at Thy throne of mercy  
Find a sweet relief  
Kneeling there in deep contrition  
Help my unbelief

Savior, Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

Trusting only in Thy merit  
Would I seek Thy face  
Heal my wounded, broken spirit  
Save me by Thy grace

Savior, Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

Thou the spring of all my comfort  
More than life to me  
Whom have I on earth beside Thee?  
Whom in Heav'n but Thee?

Savior, Savior  
Hear my humble cry  
While on others Thou art calling  
Do not pass me by

While on others Thou art calling  
Do not pass me by

## OPENING PRAYER

The Lord our Saviour knew every phase of experience His disciples would meet and all the conflicts they would experience. The Lord Jesus Christ said to His disciples, "If the world hates you, ye know that it hated me before it hated you". We must not as Christians become fretful and impatient over coming in contact with worldly men. **They have not the belief of the truth, and whatever they say or do, keep your temper. Lord let this be our prayer. In Jesus precious name, Amen.**

## WHAT ARE THE BENEFITS OF ESSENTIAL OILS

Apart from providing a pleasant smell, aromatherapy **oils** can provide respiratory disinfection, decongestant, and psychological **benefits**. Inhaling **essential oils** stimulates the olfactory system, the part of the brain connected to smell, including the nose and the brain.

### Do essential oils work?

"**Essential oils** don't **work** for everyone, but there's no harm in trying them as long as you use them in a safe way." "Even if they just boost your mood, it can make a positive impact on your health and well-being."

### Are Essential oils bad for you?

**Essential oils** are not **safe** to consume and can cause significant poisoning even if small amounts are ingested. ... The use of undiluted **essential oils** on sensitive skin or in the nostrils can irritate or burn. Susceptible people may also develop an allergic reaction and a skin rash.

### Essential Oils for Respiratory Health

**Eucalyptus essential oil** has antimicrobial effect and may fight off bacteria that causes illnesses. Eucalyptol may also help to reduce inflammation, relieve pain, and ease muscle tension that can result from a cold or flu.

**Rosemary essential oil.** Rosemary is a common garden herb. Like eucalyptus, it contains the compound cineole.

**Peppermint essential oil** can be used by:

- Diluting the oil in boiling water and inhaling the steam
- Adding the oil to a diffuser
- Using it in a blend of tropical oils

**Frankincense essential oil.** Frankincense is derived from the trees of genus *Boswellia* and is often used in incense and perfumes. It has traditionally been valued for its effect on respiratory system, and has been used to treat coughs, catarrh, bronchitis, and asthma.

**Oregano essential oil** contains a high level of a potent compound called carvacrol. Studies found that carvacrol is a helpful antimicrobial agent that can fight off many types of germs. This oil could, therefore, help to treat viral or bacterial causes of a cough.

**Thyme essential oil** also contains a high level of carvacrol. It may be helpful in eliminating or protecting against viruses and bacteria.

**Geranium essential oil** has a refreshing floral scent. A person may want to add it to a diffuser or a warm bath.

**Cinnamon essential oil**, a study found that cinnamon may protect against germs that cause respiratory problems.

Adding a few drops of cinnamon essential oil to a diffuser or including the oil in a topical blend may provide relief from a cough.

### **CLOSING THOUGHTS**

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### **CLOSING PRAYER**

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