

Our Sanctuary Doctrine

Unto two thousand and three hundred days; then shall the sanctuary be cleansed.

Daniel 8:14. {UL 199.1}

God bids us give our time and strength to the work of preaching to the people the messages that stirred men and women in 1843 and 1844.... {UL 199.2}

My brethren take your position where God bids you. Leave alone those who, after light has been repeatedly given them, have taken a stand on the opposite side.... Take up the work which has been given us. With the Word of God as your message, stand on the platform of truth and proclaim the soon coming of Christ. Truth, eternal truth, will prevail. {UL 199.3}

For more than half a century [i.e., since 1844] the different points of present truth have been questioned and opposed. New theories have been advanced as truth, which were not truth, and the Spirit of God revealed their error. As the great pillars of our faith have been presented, the Holy Spirit has borne witness to them, and especially is this so regarding the truths of the sanctuary question. Over and over again the Holy Spirit has in a marked manner endorsed the preaching of this doctrine. But today, as in the past, some will be led to form new theories and to deny the truths upon which the Spirit of God has placed His approval. {UL 199.4}

Any man who seeks to present theories which would lead us from the light that has come to us on the ministration in the heavenly sanctuary should not be accepted as a teacher. A true understanding of the sanctuary question means much to us as a people. When we were earnestly seeking the Lord for light on that question, light came. In vision I was given such a view of the heavenly sanctuary, and the ministration connected with the holy place, that for many days I could not speak of it. {UL 199.5}

I know from the light that God has given me that there should be a revival of the messages that have been given in the past, because men will seek to bring in new theories, and will try to prove that these theories are scriptural, whereas they are error, which, if allowed a place, will undermine faith in the truth. We are not to accept these suppositions and pass them along as truth. No, no; we must not move from the platform of truth on which we have been established. {UL 199.6}

There will always be those who are seeking for something new, and who stretch and strain the Word of God to make it support their ideas and theories. Let us, brethren, take the things that God has given us, and which His Spirit has taught us is truth, and believe them, leaving alone those theories which His Spirit has not endorsed.—Manuscript 125, July 4, 1907, “Lessons From the Visions of Ezekiel.” {UL 199.7}

LORD I WANT TO BE A CHRISTIAN

1. Lord, I want to be a Christian
In my heart, in my heart;
Lord, I want to be a Christian
In my heart.

- *Refrain 1:*
In my heart, in my heart;
Lord, I want to be a Christian
In my heart.

2. Lord, I want to be more loving
In my heart, in my heart;
Lord, I want to be more loving
In my heart.

- *Refrain 2:*
In my heart, in my heart;
Lord, I want to be more loving
In my heart.

3. Lord, I want to be more holy
In my heart, in my heart;
Lord, I want to be more holy
In my heart.

- *Refrain 3:*
In my heart, in my heart;
Lord, I want to be more holy
In my heart.

4. Lord, I want to be like Jesus
In my heart, in my heart;
Lord, I want to be like Jesus
In my heart.

- *Refrain 4:*
In my heart, in my heart;
Lord, I want to be like Jesus
In my heart.

5 Surprising Benefits of Cold Showers

Daniel Wallen

- You probably see cold showers as dreadful things that you've never put yourself through of your own free will; rather, they're forced on you by circumstances beyond your control. The people in your dorm or apartment used up all the hot water or some inconsiderate person may have flushed the toilet before you were finished bathing. Ticked off and uncomfortable, you become irate at these people for making you have to endure this terrible thing... but what if I told you that you should thank them instead? If a person makes your shower go from hot to cold, they are doing a solid favor for your health and waistline. I invite you to consider five surprising benefits of cold showers!

There is nothing special about hot showers

Before we get into the actual benefits of cold showers, let's establish the simple fact that hot showers are a *luxury* and not a *necessity*. Throughout most of human history, people had to bathe in whatever water was available to them. If you've ever swum in a lake, you can probably remember that said water often happened to be cold. The Greeks invented heating systems for public baths in the 1st century BC, but interestingly enough, many Greeks chose to continue bathing in cold water due to the health benefits.

1. Cold showers burn fat

There are two kinds of fat in your body: white fat and brown fat. White fat is the bad guy and brown fat is the good guy. White fat is the body fat we all know and struggle to get rid of. When we consume more calories than our body needs to function and we don't burn those calories for energy, they are stored as white fat, which tends to accumulate at your waist, lower back, neck, and thighs. Brown fat is the good guy you might have never even heard of, and its function is to generate heat to keep your body warm. *Here's the good news:* when brown fat is activated

due to extreme cold, it burns calories to keep you warm, which could provide a helpful assist in your weight loss plan. How much of an assist? [Scandinavian researchers](#) found that exposure to cold temperatures increased the metabolic rate of brown fat by fifteen-fold, which could help a person drop nine pounds in a year if sustained.

2. [Cold showers boost recovery after exercise](#)

Athletes often take ice baths after vigorous training to reduce soreness. You don't have to take it that far, but you can obtain a similar benefit with a quick cold shower after your training sessions. Maybe dropping a pencil or walking upstairs won't be quite so agonizing with a little dose of cold after [all of that running](#).

3. [Cold showers increase mood and alertness](#)

Who doesn't feel a bit groggy when they take that first step out of bed? This is something everyone struggles with, but if you'd like to put some pep in your step first thing in the a.m., take a cold shower before you go to work. When cold water pours over your body, your breathing deepens in response to the shock of the cold (*this is your body trying to keep you warm by increasing overall oxygen intake*). Your heart rate will also increase, resulting in a rush of blood through your body that will help you get energized for the day.

4. [Cold showers strengthen immunity and circulation](#)

Remember how I mentioned that cold showers speed up your metabolic rate, which helps you lose fat? The increase of this rate activates your immune system, which releases virus-fighting white blood cells that will help you get sick less frequently. Cold showers also increase your overall blood circulation, which can help you avoid hypertension and the hardening of arteries.

5. Cold showers give you attractive hair and skin

If you'd like to reduce the appearance of acne, cold showers could do the job. Hot water dries out your skin, while cold water tightens your cuticles and pores, preventing them from getting clogged. You can also use cold showers for shinier, more attractive hair that your partner can't resist playing with. Cold water will close your cuticle, making it less likely dirt can accumulate in your scalp.

CLOSING THOUGHTS

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CLOSING PRAYER

There will always be those who are seeking for something new, and who stretch and strain the Word of God to make it support their ideas and theories. Let us, brethren, take the things that God has given us, and which His Spirit has taught us is truth, and believe them, leaving alone those theories which His Spirit has not endorsed. Lord let this be our prayer. In Jesus precious name. Amen.