

Revelations of the Judgment

Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. Ecclesiastes 12:13. {UL 203.1}

In the day when everyone shall be rewarded according as his work has been, how will transgressors appear in their own sight as for a few moments they are permitted to see the record of their life as they have chosen to make it, regardless of the law which through the eternal ages will govern the universe? They will then see what God desired them to do. They will realize that they should have used their blood-bought privileges in behalf of truth and righteousness. They will see that instead of placing their talents and influence on the side of rebellion, thus strengthening the forces of the enemy, they should have devoted their powers to being and doing good.... {UL 203.2}

In the day of judgment men will see what they might have become through the power of Christ. They will see the robbery that they have practiced toward God. They will realize that they have apostatized from their Creator. They will see the good they might have done but did not do. They utterly refused to be made better. The efforts put forth in their behalf were in vain. They knew the claims of God, but they refused to comply with the conditions laid down in His Word. By their own choice they were united with demons. **The power given them to use in God's service they used in the service of self. They made self their god, refusing to submit to any other control. They deceived themselves, and made themselves contemptible in the sight of God.... {UL 203.3}**

In the day of judgment all this opens up before the impenitent. Scene after scene passes before them. As plainly as in the light of the noonday sun, they all see what they might have been had they cooperated with God instead of opposing Him. The picture cannot be changed. Their cases are forever decided. They must perish with the one whose ways and works they followed. {UL 203.4}

A flash of light will come to all lost souls. They will see clearly the mystery of godliness, which during their lifetime they despised and hated. **And the fallen angels, endowed with higher intelligence than man, will realize what they have done in using their powers to lead human beings to choose deception and falsehood. All who have united with the deceiver, all who have learned his ways and practiced his deceptions, must perish with him....** The Lord Jesus looks pityingly upon them and says, "Depart." At that time Zechariah, chapters 3 and 4, will be understood.—[Manuscript 37, July 8, 1900](#), "The Revelations of the Judgment." {UL 203.5}

PASS ME NOT O GENTLE SAVIOUR

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

12 Ways to Stay Positive and Happy

In our life, we have all received the well-intentioned advice to stay positive. Sometimes it can be hard to stay positive in life when you are drowning in the waters of negativity. Happiness is not the only type of **positivity definition**. There are many ways to stay positive in your life, even when you are experiencing **anger**, **sadness**, or **challenges**. The definition of being positive is having hope and confidence in one's ability to handle what is **tough**, along with remembering that nothing is all negative all the time.

Research says that we have powerful capabilities to choose **positive** ways and **emotions** of thinking. Our emotions change our body at the cellular level. Rather than trying to get rid of negative feelings, we can choose to respond to them differently. To live a happier life, it is essential to learn how to highlight the **positive thinking** and improve your outlook on life.

How to stay positive?

Here are simple ways to stay positive and happy.

Make an effort to find a positive side in everything

You cannot control what happens to you, but one thing you can control is how you respond. It is up to you to look for the right side in everything and react most positively.

For example, when you are waiting for your friend and he is late, do not get angry, rather make it an opportunity to develop your patience level.

Always be grateful

It is impossible to feel depressed in life if you have so many things to be grateful. No matter how inferior things may turn out, you must realize that we still have things in our lives what most people on earth do not have. The research found that your brain always focuses on the negative elements of life, like **tragedies**, **failures**, **worries**, etc. That is why we need to focus more on good things. To do so, you should make a **gratitude list** and read them whenever you get a chance. It will attract more blessing, and you will feel much better in life.

Create a positive environment

It is vital to have positive people around you who will help you to stay positive in negative situations. Circle yourself with people who will support you and lift you instead of dragging you down.

You can also spend time reading **positive** books, watching **motivating** movies, or **listening** to good music.

Exercise more

The [University of Toronto found in research](#) that physical activity helps to fight depression. Research shows exercising daily releases, good mood endorphins, which makes your mood better. Exercise has both **physical** and **mental** benefits. It will keep you in better shape and boost your **self-esteem**.

Treasure your experience more than possessions

A [research](#) done by Thomas Gilovich, a psychologist at Cornell University shows that it is healthy for our brain to treasure a memorable and pleasant experience rather than the material things. Comparing possessions and look at better objects after purchase can be demoralizing and ruin the initial pleasure. But treasuring experience does not affect the initial pleasure; rather, they provide long-lasting happiness.

Help others

Volunteering or doing charity can boost your spiritual health and give you internal peace. Buying a big house and cars will not increase your overall happiness in the long run. Contributing to the betterment of the people will also make you realize how much fortunate you are than others.

Researchers found that when we dedicate a little time or money in helping others, this has a significant effect on our happiness. This is because our total focus will be on how you can give or be of service to others and paying less attention to negative people and things around you.

Go outdoors

Nature always gives us positive energy and helps us think positively. In today's busy world and desk-bound jobs, it has become impossible to go out and spend some time with

nature. Spending some time outside in good weather will increase your energy, boost your mood, and help you work efficiently. If going out is not an option, you can always surround your workplace or home with plants.

Meditation

Meditation will improve your focus, attention, clarity and will keep your mind calm. It keeps you from getting stressed out and keeps you happy in the long run. It is beneficial for both the body and mind.

According to a Harvard researcher Matt Killingsworth, [wandering mind will not make us happy](#). Meditation helps you to concentrate and pay attention to the present and accept it without judging. It is useful in forgetting about the past and not worry about the future.

Get enough sleep

When we do not get enough sleep, negativity takes over our mind. Your body needs to recover from the day before stress. There are tons of natural remedies to [help you sleep better](#). Sleep helps your mind to stay focus, be productive and happier. People who get good sleep tend to feel less anger and stressful.

In research, it showed that [hippocampus](#), a part of a brain, which processes positive and **happy thoughts**. When we do not get enough sleep, this function starts to creak and starts developing more negative thoughts than before.

Express your feelings

There is a lot of things keep happening in our life, which we hold inside ourselves. And when we express those emotions, we feel relief. You should always have someone trustworthy you could talk to and someone who can understand what you are going through. And if you don't find that right person, you can just write it down.

Reduce your worries

Worrying habit about anything is a powerful reason to destroy anyone's thinking. Most of the thing you fear in your life never happens. They are just like nightmares of your mind. It grows stronger day-by-day and leaves you feeling stressed.

Accept and find solutions

Most people are repellent and cannot accept the change in their life. They must learn to accept that change will happen. We continually go through changes because this is how life is meant to be. You can experience the worst phase of your life, but you should look for the positive aspect and find a solution to your problem. When you train your brain for **staying positive** in all situations, even tragedy cannot destroy you.

Conclusion

If you think that there are a lot of problems and responsibilities in your life and it is too impractical to stay positive all the time, think again. It is never too late to live a positive and happy life.

CLOSING THOUGHTS

In the day when everyone shall be rewarded according as his work has been, how will transgressors appear in their own sight as for a few moments they are permitted to see the record of their life as they have chosen to make it, regardless of the law which through the eternal ages will govern the universe? They will then see what God desired them to do. They will realize that they should have used their blood-bought privileges on behalf of truth and righteousness. They will see that instead of placing their talents and influence on the side of rebellion, thus strengthening the forces of the enemy, they should have devoted their powers to being and doing good....

CLOSING PRAYER

In the day of judgment men will see what they might have become through the power of Christ. They will see the robbery that they have practiced toward God. They will realize that they have apostatized from their Creator. They will see the good they might have done but did not do. They utterly refused to be made better. The efforts put forth in their behalf were in vain. They knew the claims of God, but they refused to comply with the conditions laid down in His Word. By their own choice they were united with demons. The power given them to use in God's service they used in the service of self. They made self their god, refusing to submit to any other control. They deceived themselves and made themselves contemptible in the sight of God.... Father forgive us, Father cleanse us, Father send us your Holy Spirit that will convict us and turn us away from all unrighteousness, so we may be in your service. In Jesus name I pray. Amen.