

# *The Great Exemplar*

**For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps. 1 Peter 2:21. {UL 134.1}**

It is not enough merely to acknowledge Christ. We must follow where He leads the way. His grace is sufficient. He suffered for us, and He has left us an example, that we should follow .... **The present is our time of proving.** The experience necessary in order to gain the crown of life will bring us far greater crucifixion of self than we have hitherto thought possible. What is the message that the apostle Paul bears to everyone who names the name of Christ? “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds” (Hebrews 12:1-3). {UL 134.2}

Christ was the Lord of heaven and earth, yet for our sake He became poor, that we through His poverty might be made rich. He was made in the likeness of God, yet He humbled Himself, and took upon Him the form of a servant, that He might save us. He gave His life for our redemption. Will we accept the sacrifice? The only begotten Son of God was numbered with the transgressors, that human beings might not perish, but have everlasting life. **Life eternal will be their inheritance, if they will consent to humble their proud heart and become partakers of His suffering.** He patiently endured shame and mockery and derision that He might save every sinful human being who would lay hold of Him by living faith. While He hung on the cross, giving His life for our redemption, His murderers mocked Him, saying, “He saved others; himself he cannot save. If he be the King of Israel, let him now come down from the cross, and we will believe him” (Matthew 27:42)... He could have refused thus to die, but He was suffering that the world through Him might be redeemed from Satan’s claim and authority. Through His death all who believe in Him may have eternal life.... {UL 134.3}

The salvation of human beings means much more than many realize. It means that we are to choose God’s way rather than our own. The Lord cannot save men while they refuse to humble themselves under the reproofs and warnings that He sends, strenuously asserting their own will, and following their own course of action.—  
Letter 133, April 30, 1905, to J. E. White. {UL 134.4}

## **SONG SERVICE**

### **I'll Go Where You Want Me to Go**

It may not be on the mountain height  
Or over the stormy sea  
It may not be at the battle's front  
My Lord will have need of me  
But if, by a still, small voice he calls  
To paths that I do not know  
I'll answer, dear Lord, with my hand in thine  
I'll go where you want me to go

I'll go where you want me to go, dear Lord  
Over mountain or plain or sea  
I'll say what you want me to say, dear Lord  
I'll be what you want me to be

Perhaps today there are loving words  
Which Jesus would have me speak  
There may be now in the paths of sin  
Some wand'rer whom I should seek  
O Savior, if thou wilt be my guide  
Tho dark and rugged the way  
My voice shall echo the message sweet  
I'll say what you want me to say

I'll go where you want me to go, dear Lord  
Over mountain or plain or sea  
I'll say what you want me to say, dear Lord  
I'll be what you want me to be

There's surely somewhere a lowly place  
In earth's harvest fields so wide  
Where I may labor through life's short day  
For Jesus, the Crucified  
So trusting my all to thy tender care  
And knowing thou lovest me  
I'll do thy will with a heart sincere  
I'll be what you want me to be

I'll go where you want me to go, dear Lord  
Over mountain or plain or sea  
I'll say what you want me to say, dear Lord  
I'll be what you want me to be

## **OPENING PRAYER**

The salvation of human beings means much more than many realize. **It means that we are to choose God's way rather than our own.** The Lord cannot save men while they refuse to humble themselves under the reproofs and warnings that He sends, strenuously asserting their own will, and following their own course of action. Lord this is our prayer. In Jesus precious name we pray, Amen.

## **HEALTH TIPS FOR THE BRAIN**

Aerobic **exercise**, like running and swimming, appears to be **best for brain** health. That is because it increases a person's heart rate, "which means the body pumps more blood to the **brain**". But strength training, like weightlifting, may also bring benefits to the **brain** by increasing heart rate.

**Exercise** improves blood flow and memory; it stimulates chemical changes in the **brain** that enhance learning, mood and thinking. **Exercise** reduces the odds of developing heart disease, stroke, and diabetes.

Regular, sweaty **exercise helps** us think better by stimulating new brain cell growth, increasing connections between cells, and improving attention. ... An hour of vigorous **exercise** per day will allow your children to focus better in school and while **studying**. **Exercise** allows them to retain more information.

**Exercise** affects the **brain** on multiple fronts. It increases heart rate, which pumps more oxygen to the **brain**. It also aids the bodily release of a plethora of hormones, all of which participate in aiding and providing a nourishing environment for the growth of **brain** cells.

Many studies have suggested that the parts of the brain that control thinking, and **memory** are larger in volume in people who **exercise** than in people who don't. ... **Exercise** can also boost **memory** and thinking indirectly by improving mood and sleep, and by reducing stress and anxiety.

**Exercise** strengthens all parts of **your brain** tissue, including gray matter. This makes **your brain** more resistant to stress and aging. So, if **you stop working out, your** gray matter may take a hit, potentially setting the stage for problems processing information and thinking critically.

## **CLOSING THOUGHTS**

What is the message that the apostle Paul bears to everyone who names the name of Christ? “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds” (Hebrews 12:1-3).

## **CLOSING PRAYER**

Life eternal will be their inheritance, if they will consent to humble their proud heart and become partakers of His suffering. Let this be our earnest prayer. In Jesus precious name we pray, Amen.