

## *The Harvest of the Cross*

Verily, verily, I say unto you, except a corn of wheat fall into the ground and die, it abideth alone: but if it dies, it bringeth forth much fruit. **John 12:24.** {UL 110.1}

In this age we can see the necessity of drawing men to Christ. This draws them to one another in that confidence, that love, that unity, for which Christ prayed in His last prayer with and for His disciples. This unity was essential for their spiritual growth. This world is a battlefield, upon which the powers of good and evil are in ceaseless warfare. {UL 110.2}

At the time when Christ's work bore only the appearance of cruel defeat, when to the disciples the case seemed hopeless, certain Greeks came to the disciples, saying, "We would see Jesus" (John 12:21). This inquiry showed Christ, who was then standing in the shadow of the cross, that the sacrificial offering of Himself would bring all who believe into perfect harmony with God. By making this propitiation of man's sins, Christ's kingdom would be perfected and extended throughout the world. He would work as the Restorer. His Spirit would prevail everywhere. {UL 110.3}

**None of the people, not even the disciples, understood the nature of Christ's kingdom.** They seemed to be unable to believe that Jesus would not sit on David's throne, that He would not take the scepter, and reign as a temporal prince in Jerusalem, before His ancients gloriously.... {UL 110.4}

Christ heard the eager, hungering cry, "We would see Jesus." These Greeks represented the nations and tribes and peoples who would awake to their great need of a power out of and above finite power. For a moment Christ looked into futurity, and heard voices proclaiming in all places of the earth, "Behold the Lamb of God, which taketh away the sin of the world" (chap. 1:29). This anticipation, the consummation of His hopes, is expressed in His words, "The hour is come, that the Son of man should be glorified" (chap. 12:23). But the way and manner that this glorifying was to take place was never absent from Christ's mind. Only by His death could the world be saved. As the grain of wheat, the Son of man must be cast into the earth, and die, and be buried out of sight; but He was to live again! {UL 110.5}

[In] every harvest this lesson of the grain of wheat is repeated. Those who till the soil have the illustration of Christ's words ever before them. The seed buried in the ground produces much fruit, and in their turn the seeds of this fruit are planted. Thus the harvest is multiplied. The harvest of the cross of Calvary will bear fruit unto eternal life. And the contemplation of this will be the glory of those who will live through eternal ages. With this lesson Christ connects the self-sacrifice we must practice.—Manuscript 33, April 6, 1897, "We Would See Jesus." {UL 110.6}

## **Alas! And did my Savior bleed**

Alas, and did my Savior bleed  
And did my Sovereign die?  
Would He devote that sacred head  
For such a worm as I?

Was it for sins that I had done  
He groaned upon the tree?  
Amazing pity, grace unknown  
And love beyond degree

My God, why would You shed Your blood  
So pure and undefiled  
To make a sinful one like me  
Your chosen, precious child?

Well might the sun in darkness hide  
And shut His glories in  
When Christ, the mighty Maker, died  
For man, the creature's, sin

Thus might I hide my blushing face  
While His dear cross appears  
Dissolve my heart in thankfulness  
And melt my eyes to tears

My God, why would You shed Your blood  
So pure and undefiled  
To make a sinful one like me  
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## Computer and Desk Stretches

Prolonged sitting at a desk or computer terminal can cause **muscular tension** and **pain**. But, by taking a five- or ten-minute break to do a series of stretches, your whole body can feel better. It's also helpful to learn to **stretch** spontaneously, throughout the day, stretching any area of the body that feels tense for a minute or two. This will help greatly in reducing and controlling unwanted **tension** and pain.

### How to Stretch

**Stretching** should be done slowly without bouncing. **Stretch** to where you feel a slight, easy **stretch**. Hold this feeling for **5-20 seconds**. As you hold this **stretch**, the feeling of **tension** should diminish. If it doesn't, just ease off slightly into a more comfortable **stretch**. The easy **stretch** reduces **tension** and readies the tissues for the developmental **stretch**.

After holding the easy **stretch**, you can move a fraction of an inch farther into the **stretch** until you feel mild **tension** again. This is the developmental **stretch** which should be held for **10-15 seconds**. This feeling of **stretch tension** should also slightly diminish or stay the same. If the **tension** increases or becomes painful, you are overstretching. Ease off a bit to a comfortable **stretch**. The developmental **stretch** reduces **tension** and will safely increase flexibility.

Hold only **stretch tensions** that feel good to you. The key to **stretching** is to be relaxed while you concentrate on the area being **stretched**. Your breathing should be slow, deep, and rhythmic. Don't worry about how far you can **stretch**.

1. Separate and straighten your fingers until **tension** of a **stretch** is felt. Hold for **10 seconds**, relax and bend your fingers at the knuckles and hold for **10 seconds**. Repeat first outward **stretch** once more.
2. This **stretch** may cause people around you to think you are very strange indeed, but you often find a lot of **tension** in your face from eye strain. Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth to **stretch** the muscles around your nose and chin and stick your tongue out. Hold this **stretch** for **5-10 seconds**. Caution: If you have clicking or popping noises when opening your mouth, check with your dentist before doing this **stretch**.
3. **Shoulder Shrug**: Raise the top of your shoulders toward your ears until you feel slight **tension** in your neck and shoulders. Hold this feeling of **tension** for **3-5 seconds**, then relax your shoulders downward into their normal position. Do this **2-3 times**. Good to use at the first signs of tightness or **tension** in the shoulder and neck area.
4. With fingers interlaced behind head, keep elbows straight out at sides with upper body in a good aligned position. Now pull your shoulder blades toward each other to create a feeling of **tension** through upper back and shoulder blades. Hold this feeling of mild **tension** for **8-10 seconds**, then relax. **Do several times**. This is good to do when shoulders and upper back are tense or tight.
5. Start with head in a comfortable, aligned position. Slowly tilt head to left side to **stretch** muscles on side of neck. Hold **stretch** for **10-20 seconds**. Feel a good, even **stretch** and do not overstretch. Then tilt head to right side and **stretch**. **Do 2-3 times** to each side.
6. From a stable, aligned sitting position turn your chin toward your left shoulder to create a **stretch** on the right side of your neck. Hold right **stretch** tensions for **10-20 seconds**. Do each side twice.
7. Gently tilt your head forward to **stretch** the back of the neck. Hold for **5-10 seconds**. **Repeat 3-5 times**. Hold only tensions that feel good. Do not **stretch** to the point of pain.
8. Hold your left arm just above the elbow with the right hand. Now gently pull elbow toward opposite shoulder as you look over your left shoulder. Hold **stretch** for **15-20 seconds**. Do both sides.

- 9.** Interlace fingers, then straighten arms in front of you. The palm should be facing away from you as you do this **stretch**. Feel stretch in arms and through the upper part of the shoulder blades. Hold **stretch** for **10-15 seconds**. Do at least **two times**.
- 10.** Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a **stretch** through arms and upper sides of rib cage. Hold for **10-20 seconds**. Hold only stretches that feel relaxing. Do **three times**.
- 11.** Hold left elbow with right hand, then gently pull elbow behind head until an easy **tension-stretch** is felt in shoulder or back of upper arm (triceps). Hold easy stretch for **30 seconds**. Do not overstretch. Do both sides.
- 12.** Hold onto your lower leg just below the knee. Gently pull bent leg toward your chest and isolate a **stretch** in the side of your upper leg. Make use of the right arm to pull bent leg towards the opposite shoulder. Hold for **10-20 seconds** at easy stretch tension. Do both sides.
- 13.** A **stretch** for the side of hip, lower and middle of back. Sit with left leg bent over right leg, then rest elbow for forearm of right arm on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with the elbow or forearm. As you do this, look over your left shoulder to get the stretch feeling. Do both sides. Hold for **15 seconds**.
- 14.** The next **stretch** is done with fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This **stretch** can be done at any time. Hold for **5-15 seconds**. Do **twice**.
- 15.** To **stretch** your calf, stand a little way from a wall for solid support and lean on it with your forehead resting on your hands. Bend over and place your foot on the floor in front while leaving the other leg straight. Slowly move your hips forward until you feel a **stretch** in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy **stretch** for **30 seconds**. **Stretch** both legs.

**CLOSING THOUGHTS:**

The harvest of the cross of Calvary will bear fruit unto eternal life. And the contemplation of this will be the glory of those who will live through eternal ages. With this lesson Christ connects the self-sacrifice we must practice

**CLOSING PRAYER:**

Heavenly Father I want to thank you for your mercies and long suffering for us. Thank you for your watch care and guidance. Lord we come before you with praise and thanksgiving for all you have done and for all you do for us, your children. Dear God give us your peace, send us your strength, fill us with your Holy Spirit, and we ask all this, in Jesus precious name, Amen