

What is the Source of Your Fire?

Thou hast a few names even in Sardis which have not defiled their garments; and they shall walk with me in white: for they are worthy. **Revelation 3:4.** {UL 158.1}

A few even in Sardis held fast their integrity. Their only hope was in holding fast to God, and in them the promise will be fulfilled, "I will make a man more precious than fine gold; even a man than the golden wedge of Ophir" (Isaiah 13:12)... {UL 158.2}

In the early Christian church, there were men who were true disciples of Christ. They met often together where prayer was wont to be made. They could only work to advance those principles that bore the signet of heaven. They first talked with God, ascertained what spirit they themselves were of; then they could closely and critically examine every point, every method, every principle in the light reflected from the Sun of Righteousness. **They did not accept strange fire. They took their fire from the divine altar. To them, holy and just principles were sacred, and by cherishing these they kept themselves unspotted from the world.** {UL 158.3}

Ever looking to Jesus, they marked the spirit in which He worked and followed His example. They gave to others the pure principles of the Word of God. This Word was their counselor, their guide, their close companion. To them, the Scriptures were supreme authority. For every question agitated they had one standard to consult. It was not, "What saith men?" but, "What saith the Lord?" {UL 158.4}

Those who are constrained by the love of Christ will be faithful to the work and Word of God.... The true Christian is ever to feel that he is dependent upon his Maker. And he will not be ashamed to acknowledge his dependence. Like Daniel, he will not take credit to himself. **He will give all honor to God, letting worldly men as well as his brethren know that he is depending upon the Lord, and weeding out of his life everything that would grieve His Spirit.** Like Daniel, he will improve every opportunity of adding to his acquirements. He will trade upon the talents the Lord has given him, after the holy principles laid down in the Word. And this will give him multiplied ability.... {UL 158.5}

If God gives a man wisdom, his course of action will be in harmony with the will of God, and those connected with him will have confidence in his wisdom to devise and plan for the progress and advancement of the work of God in saving souls that are ready to die. The apostle Peter says: "Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, according as his divine power hath given unto us all things that pertain unto life and godliness" (2 Peter 1:2, 3).—**Manuscript 66, May 24, 1898,** to the General Conference and our publishing institutions. {UL 158.6}

HIGHER GROUND (I'M PRESSING ON THE UPWARD WAY)

"**Higher Ground**" is a Christian song written by Johnson Oatman, Jr. This hymn has been performed by many artists since its creation. The lyrics praise the glory of God as the refrain says "**Lord, plant my feet on higher ground.**"

1. I'm pressing on the upward way,
New heights I'm gaining every day;
Still praying as I'm onward bound,
"Lord, plant my feet on higher ground."

Refrain:

Lord, lift me up and let me stand,
By faith, on Heaven's tableland,
A higher plane than I have found;
Lord, plant my feet on higher ground.

2. My heart has no desire to stay
Where doubts arise and fears dismay;
Though some may dwell where those abound,
My prayer, my aim, is higher ground.

3. I want to live above the world,
Though Satan's darts at me are hurled;
For faith has caught the joyful sound,
The song of saints on higher ground.

4. I want to scale the utmost height
And catch a gleam of glory bright;
But still I'll pray till heaven I've found,
"Lord, plant my feet on higher ground."

7 WAY TO STAY SAFE AND HEALTHY DURING QUARANTINE

Whether you're working from home, taking a virtual class, or **practicing physical distancing** for you and your loved ones' safety, we're all experiencing a new normal together. This transition may be easy for some but working and studying from home is unusual for many. As the days and weeks progress, you might find yourself craving a sense of balance and normalcy.

“Physical distancing is hard! It disrupts routines and can cause feelings of disconnection and loneliness. Fortunately, while physical distancing is necessary, there is a lot you can do to stay virtually connected and reduce those feelings of isolation.

Here are six ways you can manage anxiety, boost productivity, and connect with others during quarantine.

1. Find Balance in Your Mind by Setting a Timer

Set a timer on your phone or kitchen stove for regular movement breaks. Break up each hour in a way that feels manageable for your task list. “Fifty minutes of work earns you a ten-minute break; 30 minutes of ticking off tasks gets you a five-minute breather. Whatever feels best for you, set a timer to keep you honest! Each time it goes off, set your work to the side and move around.”

2. Stretch regularly

Staring at a computer for hours on end tends to tighten up the legs, hips, and upper back; “treat those areas to some much-needed stretching. Google is your friend if you need some ideas!”

These stretches do not have to be indoors, either—**sunshine** is a good antidote to quarantine. Even a **10**-minute walk around the block can increase productivity, mindfulness, and motivation.

Here are some quick stretches and exercises that will invigorate your body after sitting at your “home” desk all day.

- Low lunges for hip flexors
- Doorway stretches for shoulders
- Cat-cow flow for the back
- Downward dog for overall strengthening
- Lunges for legs and hamstrings
- 30-second plank for your core
- 50 jumping jacks to spike your heartrate

3. The Best Workspaces Encourage Productivity and Motivation

Treat every study and workday as you would normally by dedicating a spot for your “work desk. Training your mind and body to follow a work and study schedule is an important way to help you stay focused and on track.

It can be easy to try to work from bed but doing so restricts movement and promotes poor posture. Try starting at the kitchen table in the morning and then migrate to your desk by noon before spending the rest of the day in the backyard. This change in perspective keeps things interesting while getting you some fresh air and sunshine.”

4. A Side-effect of the Pandemic: Anxiety and Mental Health Concerns

Encourage, those struggling with mental health, anxiety, and isolation to, practice engaging your senses to create space from distressing thoughts or emotions and connect more closely to your body and the present moment.

It is important to acknowledge a few things before jumping into coping strategies.

- “First, it is important to recognize that anxiety is a natural human response to stress (like a global pandemic). Experiencing anxiety does not mean you are abnormal or weak.”
- “Second, thank you for doing your part in preventing the spread of COVID-19 by making the responsible choice to practice safe, physical distancing.”
- “Third, self-care is a highly effective way to manage anxiety and isolation. In theory, self-care is straightforward: it is the actions and attitudes you take to support your well-being. In practice, self-care becomes more interesting, because everyone has different wellness needs and approaches to caring for them[selves].”
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5. Helpful Ways to Manage Isolation, Fear, and Anxiety:

- Take a moment to sit quietly and notice five things you can see around yourself. Choose four things you can hear. Three things you can feel. Two things you can smell. And one thing you can taste.
- Pick up nearby objects and focus on their texture, weight, shape, size, temperature, etc
- Smell an essential oil, light a candle, suck on a piece of hard candy, or enjoy a hot cup of tea.

6. Connect with Others

There is no time like the present to connect with those around you—digitally, that is. WhatsApp can help you safely meet up with friends from the comfort of your own home.

7. Prioritize Downtime

It might seem counterintuitive to pursue distraction in a time when many are focused on this pandemic, but self-care and recreation are crucial to your well-being.

“Take care of your physical health by taking a comforting shower or bath, pampering yourself, going for a walk around the block, or cooking a fun meal,”

If you want to learn something new, now is the time! Grab that guitar that has been collecting dust in the corner, start planting seeds for the summer, dive into the devotional that has been sitting on your nightstand for months, or binge-watch different camp meetings. **Remember that your sense of peace and passion are just as important as your productivity.**

We are All in This Together

As we navigate this new normal, changes to our routine are necessary for our health and well-being. Above all, practice patience. Understand that it is okay to feel confused, anxious, and unsure about what is next. You are not alone, and you are doing a great job taking care of yourself during challenging times, trust God for comfort and peace of mind.

CLOSING THOUGHTS:

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CLOSING PRAYER:

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