

## Wonderful Transaction

O foolish Galatians, who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you?

Galatians 3:1. {UL 209.1}

The redemption that was wrought out for us by our Lord on the cross of Calvary was to bring us to obedience to the law of God, making it possible, through His righteousness imputed to us, to keep the law of God.... {UL 209.2}

No man's work, no matter what his position may be, can bear any comparison with this great work for fallen man. The subject is so great, so important. Then why is it that so few pay attention to it? Men act as though they had no souls to save, no heaven to win, no hell to shun. What does it mean? {UL 209.3}

Says the apostle Paul, "Who hath bewitched you, that ye should not obey the truth, before whose eyes Jesus Christ hath been evidently set forth, crucified among you?" (Galatians 3:1). The truth was to the apostle so great, so clear, so important, because eternal interests were involved, that he could only ascribe to the bewitching power of Satan the continued impiety and neglect of this great salvation. Now are there not many who are so bewitched with Satan's wiles that they do not obey the truth? that they do not see the advantages of obedience? Who is thus unwise? It is those who have not sought the Lord for help that they may cease to longer transgress His law. {UL 209.4}

There is nothing so offensive to God as sin. Instead of making void the law of God by continuing in sin, every truly converted soul will be walking in the path of humble obedience to all of God's commandments. They will search the Scriptures that they might know the truth. Who hath bewitched the impenitent, the transgressor, that sin is chosen rather than obedience? It is the power of Satan that came to Adam and Eve in Eden, the deceiving, bewitching power of the fallen angel.... {UL 209.5}

How few talks about this great sacrifice of the life of Jesus to save the guilty sinner! If we appreciated this love manifested by God for our souls, we would be elevated by taking hold of the merits of Jesus Christ, for without the righteousness of Christ, man could not give to God perfect obedience.... {UL 209.6}

He condescended to this great sacrifice, not that sin in man should become a virtue, not that sin might be made righteousness. He took the steps that man is required to take in conversion. He went forward in baptism, and when He came up out of the water, He kneeled

and offered up such a prayer to His Father as Heaven had never heard before. —

Manuscript 25, July 14, 1887, "A Peculiar People." {UL 209.7}

## CHIEF OF SINNER THOUGH I BE

1 Chief of sinners though I be,  
Jesus shed His blood for me.  
Died that I might live on high,  
Lived that I might never die.  
As the branch is to the vine,  
I am His and He is mine.

2 Oh, the height of Jesus' love,  
Higher than the heav'ns above,  
Deeper than the depths of sea,  
Lasting as eternity!  
Love that found me--wondrous thought!  
Found me when I sought Him not.

3 Only Jesus can impart  
Balm to heal the wounded heart,  
Peace that flows from sin forgiv'n,  
Joy that lifts the soul to heav'n.  
Faith and hope to walk with God  
In the way that Enoch trod.

4 Chief of sinners though I be,  
Christ is all in all to me.  
All my wants to Him are known,  
All my sorrows are His own.  
He sustains the hidden life  
Safe with Him from earthly strife.

5 O my Savior, help afford  
By Your Spirit and Your Word!  
When my wayward heart would stray,  
Keep me in the narrow way;  
Grace in time of need supply  
While I live and when I die.

## 5 Tips for Staying Healthy at Home

August 26, 2020 | [Coronavirus](#)

Learn how to eat healthy and stay active



e during the COVID-19 pandemic

In the early days of the shutdown, the “quarantine 15” and the “COVID-20” were merely cautionary tales. But as gyms closed and more people began working from home — or not at all — for many of us, in-home exercise regimens quickly gave way to comfort food and sourdough starters, and reality set in that our former diet and exercise routines would need a refresh.

Staying active has been a challenge in recent months, but the key to staying healthy is finding a way to adapt in a changing world. Healthy eating and exercise go hand-in-hand with accountability toward weight management.

“We’re eating too much, we’re making the wrong choices and we’re deprived of our normal workout routines,”. “When you’re watching your diet, it gives you more incentive to get to the gym and put the work in. It boils down to making the right choices.”

## Staying healthy during quarantine

These five tips will help you restart your routine, simply and safely.

### 1. Focus on whole foods

Fruits, vegetables, whole grains, lean proteins, beans, nuts, and legumes are all healthy choices. Bonus: A healthy diet is an immune system booster. Learn to recognize when you're eating in response to stress, despite not actually being hungry.

### 2. Think before you drink (or eat)

Pause for **15** minutes to think about what you're really craving, and whether you're using food to comfort yourself. Avoid empty calories as well. Also, trying to drink more water — we often mistake thirst for hunger.

### 3. Snack wisely

Keep your refrigerator and pantry stocked with wholesome, nutritious foods instead of processed snacks that are high in sugar, sodium, or fat.

"Eating fruits and vegetables throughout the day helps prevent you from overeating," "When dinnertime rolls around, you're not as hungry as you would have been if you hadn't taken in those calories."

### 4. Do not starve yourself

"If you let yourself get very hungry, you tend to make poor choices,"

### 5. Find a fitness routine that works for you

Walking, jogging, swimming, biking, and surfing can all be done while respecting social distancing protocols. And the internet is filled with free or low-cost cardio, yoga and body-weight workout videos that can be done from the comfort of your own home.

"Even small amounts of physical activity do make a difference in your health,"

### CLOSING THOUGHTS

There is nothing so offensive to God as sin. Instead of making void the law of God by continuing in sin, every truly converted soul will be walking in the path of humble obedience to all of God's commandments. They will search the Scriptures that they might know the truth. Who hath bewitched the impenitent, the transgressor, that sin is chosen rather than obedience? It is the power of Satan that came to Adam and Eve in Eden, the deceiving, bewitching power of the fallen angel.

### CLOSING PRAYER

How few talks about this great sacrifice of the life of Jesus to save the guilty sinner! If we appreciated this love manifested by God for our souls, we would be elevated by taking hold of the merits of Jesus Christ, for without the righteousness of Christ, man could not give to God perfect obedience. Father let this be our prayer. In Jesus name I pray. Amen.