

## *Ye Visited Me*

Remember them that are in bonds. [Hebrews 13:3](#). {UL 189.1}

Yesterday, by invitation, I spoke to the prisoners [near Salem, Oregon]. Sister Jordan, a very amiable woman in the faith, took me in her carriage.... I was surprised to see so fine a company of intelligent men. Oh, so sad! So many young men, younger than our own dear boys, so bright, and looking as though they might fill any position in society. You would not dream that they were prisoners, only as you looked upon their strange dress. And this was so neat and clean. There was nothing repulsive in their appearance. {UL 189.2}

The superintendent first ushered us in and then, at the sound of the bell, the heavy iron bolts were drawn back with a loud noise, and there swarmed from their cells one hundred and fifty prisoners. Then we were locked in with them—the warden, superintendent's wife (a Southern lady), Brother and Sister Carter, Sister Jordan, and myself. The prisoners sang, led by Brother Carter. There was an organ. The performer was a young man, an excellent musician, a man of promise—yet oh, how sad, a convict! I engaged in prayer and every brow bowed. They sang again and then I addressed them. {UL 189.3}

They listened with the most profound attention as I spoke from these words: "Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God" (1 John 3:1). I then presented before them Adam's sin, his fall, and the gift of God to redeem Adam's failure; the love here manifested to save man from sin and ruin. I dwelt upon the temptation of Christ in the wilderness, the victory gained in behalf of the race, and how man may overcome the seductive snares of Satan by making Christ his trust. {UL 189.4}

I dwelt a few moments upon the nature of sin; that sin was the transgression of the law, and how through repentance toward God and faith toward our Lord Jesus Christ the sinner might be saved with a full and free salvation. But he is not saved by the merits of the blood of Christ while he continues to transgress the Father's law.... Christ died to evidence to the sinner that there was no hope for him while he continued in sin. **Obedience to all God's requirements is his only hope for pardon through the blood of Christ. I dwelt largely upon the great reward to be given the final overcomer—the crown of life that fadeth not away to be placed upon his brow.** {UL 189.5}

The people listened with the most solemn mien, and the tearful eye and quivering lip showed that their hearts, although calloused with sin, felt the words spoken.—[Letter 32, June 24, 1878](#), to James White, who was traveling in the Eastern United States. {UL 189.6}

## **CHIEF OF SINNERS**

*Fountainview*

**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.**

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

**Jesus only can impart Balm to heal the smitten heart.  
Peace that flows from sin forgiven, Joy that lifts the soul to heaven.  
Faith and hope to walk with God In the way that Enoch trod.**

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

**O my Savior, help afford By Thy Spirit and Thy 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.**

## **What Hate Does to People**

Dr. Linda Mintle – Therapist and Author

These past few weeks, Americans have seen the worst part of humanity—**hate** acted out in our public streets. **Hate** against people of different races, **hate** against the police, against those who are different, against groups, individuals.

When O.J. Simpson was paroled recently, I heard news commentators say they **hated** him. When I search for images of **hate**, pictures of our president emerge.

But what happens when we feel this powerful emotion towards a group of people or an individual? What does it mean to be "**in hate**" rather than be **in love**? While some would argue that there is fine line between the two feeling states, the brain activates differently "**in hate**."

When someone is **in love**, the parts of the brain involved in judgment and reason deactivate. This is why we often say that **love** makes someone "stupid" and they lose their good sense. But **hate** heightens your judgment. It activates regions in the brain associated with aggression. The motor parts of your brain move that aggression into action. This is why holding on to **hate** is dangerous. The more a person **hates**, the more prone he or she is to taking action. **Haters** calculate their moves and plan revenge. Reason and rumination are both involved.

There are many reasons why people find themselves in this negative state of emotion—they have been deeply hurt by someone, feel afraid of others, or feel empty and target others as a way to deal with the void. Sometimes, we **hate** because others remind us of negative things about ourselves and we project those feelings on to others. **Hate** can also be bred by betrayal and by envy. **Hate** can become all-consuming and affect a person physically, as well as, spiritually and emotionally. In the end, it leads to bitterness.

We learn to **hate** somewhere—whether the source is online, a family system, disturbed friends, violent video games—something has to begin to build **hate** as a way to deal with others and/or ourselves. But **hatred** is a heart sin. **For the Christian, it is viewed as an act of murder.** We are directed to rid ourselves of this destructive emotion.

The science of **hate** tells us that people who feel **hate** often to think they can also be loving and kind in other parts of their lives, but **hate** is a cancer and brings only destruction. "**But he that hateth his brother is in the darkness, and walketh in darkness, and knoweth not whither he goeth, because that darkness hath blinded his eyes**" (1 John 2:11).

There is no positive benefit or place for **hate** other than directing that emotion to evil. **Psalm 97:10.** "**Ye that love the Lord hate evil.**" The way to get out of that darkness is to walk in the light and allow God to transform your heart. Forgive those who have hurt you, let go of bitterness and the need for revenge, stop thinking and ruminating about your injustices. Rather think about how you can be part of the solution and begin open your heart to **love**.

### **CLOSING THOUGHTS**

I dwelt a few moments upon the nature of sin; that sin was the transgression of the law, and how through repentance toward God and faith toward our Lord Jesus Christ the sinner might be saved with a full and free salvation. But he is not saved by the merits of the blood of Christ while he continues to transgress the Father's law.... Christ died to evidence to the sinner that there was no hope for him while he continued in sin. Obedience to all God's requirements is his only hope for pardon through the blood of Christ. I dwelt largely upon the great reward to be given the final overcomer—the crown of life that fadeth not away to be placed upon his brow.

### **CLOSING PRAYER**

The people listened with the most solemn mien, and the tearful eye and quivering lip showed that their hearts, although calloused with sin, felt the words spoken. Father forgive us for we are so unworthy, without you we are dead, we will stay in our trespasses and sins, heal us, wash us, deliver us from our weaknesses and fill us with you. This I pray in Jesus precious name. Amen