

## Chapter Six

### *Evil Creeps into the Universe*

LIKE AN ANGEL ON THE WING we soar through universal times and places. Until suddenly a ghostly shadow crosses This Man's face and we sense an atmosphere of impending horror. Deep, deep sorrow emanates from his voice:

"Alas, in the process of time the universe is shaken by the deadly effects of evil, a dark force threatens the tranquility of peace. Evil emerges.

Strangely, the entrance of evil does not begin in a far away galaxy as you might expect, but makes a silent stealthy entrance right in the heart of the universal government.

Oh no, the great King and His Son are not responsible, for they know the true intent of evil and could never be tempted by its corruptible force.

*Far be it from God to do wickedness,  
And from the Almighty to commit iniquity. Job 34:10*

*You are of purer eyes than to behold evil,  
And cannot look on wickedness...*

*Habakkuk 1:13*

*For You are not a God who takes pleasure in wickedness,  
Nor shall evil dwell with You. Psalm 5:4*

Indeed the nature of evil is completely opposite to the King's nature of good.

So where did evil enter? Sadly, evil is conceived in the created life which has the most - the gifted life of Lucifer, the leading angel.

Lucifer has all. Well almost all. Except for equality with the great King and His Son. The big difference is this: Lucifer is a created being, and the King and His Son are the Creators.

As divine Creators of the universe, the King and Son form the Godhead and occupy the throne, and at times they meet privately.

Their special relationship becomes a festering thorn in Lucifer's life. Lucifer feels excluded, left out.

Yet in reality, he is only one step away from the throne, standing next to the Son in position and authority.

Still more and more Lucifer desires to venture onto holy ground and enter into the divine council of the Kingship and not only become like them but be **with** them. 'Why should I not enter into the divine council,' demands Lucifer? 'Am I not as great as the Son?' bellows back his arrogant reply.

*'Your heart was lifted up because of your beauty;  
You corrupted your wisdom for the sake of your splendor.' Ezekiel 28:17*

Seething with envy and selfish pride, evil gives birth in Lucifer's life.

Thus for the very first time the law is broken and sin enters the universe!

*'By the abundance of your trading, you became filled with violence within, and you sinned.'* Ezekiel 28:16

*...the devil (Lucifer) has sinned from the beginning... 1 John 3:8*

Yes from the beginning God has called the act of breaking His law 'sin.'

*...sin is the transgression of the law. 1 John 3:4 KJV*

*Whoever commits sin also commits lawlessness, and sin is lawlessness. 1 John 3:4*

Yet God's law is gracious and tells us what sin is:

*I would not have known sin except through the law. For I would not have known covetousness unless the law had said, 'You shall not covet.'* Romans 7:7

*By the law is the knowledge of sin. Romans 3:20*

Now the link between the broken law and sin spells out this conclusive truth: Lucifer's rebellion could not have been sin if there was no existing law to break

*...where there is no law there is no transgression. Romans 4:15"*

This Man holds up his book. "The word of the Great King plainly states *...the devil (Lucifer) has sinned from the beginning...* Therefore there had to be a law to break, proving beyond doubt there has always been a universal law operating from the beginning of time. *1 John 3:8*

*You are near, O Lord,  
And all Your commandments are truth.  
Concerning Your testimonies,  
**I have known of old that You have founded them forever.**  
Psalm 119: 151-152.*

And this astounding truth is born out in earthly times. For you see God's law for the universe has flowed from the beginning, down the stream of time, even to us today."

## Chapter Seven

### *Universal Law is Given to Planet Earth*

We find ourselves sailing down the stream of time, as This Man carries our minds back to the future into biblical times. He explains our unexpected journey:

“We have just seen the awful emergence of evil in Lucifer’s life. To shed more light on his rebellion against God’s law, let us explore the law which is found in earth’s spiritual book, the Holy Bible.

As if it were only yesterday we shall hear God speak his universal law in the words of the Ten Commandments. And as we follow the biblical stream of these Ten Commandments we shall also discover how the law flows through our lives today.”

Turning another page in his ancient book This Man continues:

“Arriving in ancient earthly times, we find the Hebrew people, the future Israelite nation and God’s people, living in ancient Egypt forced into slavery.

Yes, the Hebrew population had grown so rapidly the Egyptian government was worried. What if the Israelites should join with surrounding nations and overthrow Egyptian rule? And thus Pharaoh gives the command to enslave the Hebrews and work them under hard bondage.

This sentence of slavery continues for 400 long years. Struggling under the task master’s whip, the people gradually lose sight of God’s holy ways, and His true knowledge almost vanishes from their lives.

But God has a plan for His people - a new beginning. And so God’s miraculous power delivers the Hebrew people, freeing them from Egyptian slavery.

Under God’s protective care the Red Sea is miraculously parted and the people journey through the wilderness towards Canaan the promised land of their inheritance.

*And the Lord went before them by day in a pillar of cloud to lead the way, and by night in a pillar of fire to give them light, so as to go by day and night. Exodus 13:21*

Eventually the multitude of people camp on a huge plain before Mount Sinai, the mountain of God...*Mount Sinai in Arabia... Galatians 4:25*

And now that God has gathered His people to Himself, he will teach them His true knowledge and His Holy law.

Upon Mount Sinai, God is about to meet with His people. And so through his chosen leader Moses, God commands His people to sanctify themselves, to purify their thoughts, cleanse their bodies and even wash their clothes.

Why? Because in His supreme holiness, God is about to descend in their midst. Therefore,

the people must present themselves as pure and holy as possible in mind, body and spirit - to prevent any possibility of being consumed by God's glorious power.

You see in the end success depends largely upon the people's response and attitude toward God. Will they be prepared to receive His most gracious gift - the giving of Himself? What a magnificent occasion! Imagine the moment when God unveils His Majesty and showers His merciful love upon His people.

**D**ID YOU KNOW that trusting in God can help people heal more quickly? It's true. Scientific studies have been able to measure the impact of faith and prayer when people are recovering from sickness or surgery.

“At San Fransisco General Hospital, something strange was happening. Of 393 patients in the coronary care unit, those people who were prayed for had fewer cases of congestive heart failure, less pneumonia, less need for anti-biotics and fewer cardiac arrests than those people who weren't prayed for! Unbelievable? Read on:

A 1995 study at the Dartmouth Medical School of 232 patients who had undergone elective heart surgery found the “very” religious were three times more likely to recover than those who were not.

Of 300 studies on spirituality in scientific journals, the National Institute for Healthcare Research found nearly three-fourths showed that religion had a positive effect on health. ‘Research also shows four out of five patients want doctors to ask them about their faith, and one in two want their doctors to pray with them,’ says the Institute’s president, David Larson. *USA Today* 3 May 1996”

*Health today...On the Edge* (2000 ed.). Published by Vital Force NZ, pp. 73-74.

*Then it came to pass on the third day, in the morning, that there were thunderings and lightnings, and a thick cloud on the mountain; and the sound of the trumpet was very loud, so that all the people who were in the camp trembled. And Moses brought the people out of the camp to meet with God, and they stood at the foot of the mountain. Exodus 19:16-17*

Thus the sea of people assembles over the plain like one vast rolling wave. And the two to three million people - men, women and children - stand stunned, silenced by God's awesome presence.

*Now Mount Sinai was completely in smoke, because the Lord descended upon it in fire. Its smoke ascended like the smoke of a furnace, and the whole mountain quaked greatly. Exodus 19:18*

*At this also my heart trembles,  
And leaps from its place.  
Hear attentively the thunder of His voice,  
And the rumbling that comes from His mouth.  
He sends it forth under the whole heaven,  
His lightning to the ends of the earth.  
After it a voice roars;  
He thunders with His majestic voice...*

*Job 37:1-4*

Suddenly in thunderings of majestic power, God's voice resounds from the fiery mountain and all the people hear His law in the words of the Ten Commandments.

*And God spoke all these words, saying:*

*'I am the Lord your God, who brought you out of the land of Egypt, out of the house of bondage.*

*'You shall have no other gods before Me.*

*'You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments.*

*'You shall not take the name of the Lord your God in vain, for the Lord will not hold him guiltless who takes His name in vain.*

*'Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your*

*female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.*

*‘Honor your father and your mother, that your days may be long upon the land which the Lord your God is giving you.*

*‘You shall not murder.*

*‘You shall not commit adultery.*

*‘You shall not steal.*

*‘You shall not bear false witness against your neighbor.*

*‘You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbour’s.’*

*Now all the people witnessed the thunderings, the lightning flashes, the sound of the trumpet, and the mountain smoking; and when the people saw it, they trembled and stood afar off. Then they said to Moses, ‘You speak with us, and we will hear; but let not God speak with us, lest we die.’ And Moses said to the people, ‘Do not fear; for God has come to test you, and that His fear may be before you, so that you may not sin.’ So the people stood afar off, but Moses drew near the thick darkness where God was.*

*Then the Lord said to Moses, ‘Thus you shall say to the children of Israel: You have seen that I have talked with you from heaven.’ Exodus 20:1-22*

*The Lord talked with you face to face on the mountain from the midst of the fire. Deuteronomy 5:4*

Yes, on this grand occasion God spoke His law directly from Heaven **face to face** so that all people might understand and keep His commandments through all generations of human life. *Deuteronomy 5:4*

*‘For assuredly, I say to you, till heaven and earth pass away, one jot or one tittle will by no means pass from the law till all is fulfilled.’ Matthew 5:18*

Truly God’s law is an eternal flame of righteousness, guiding all universal life in the way of godly living.

*‘The Lord came from Sinai,  
And dawned on them from Seir;  
He shone forth from Mount Paran,  
And He came with ten thousands of saints;  
’From His right hand  
Came a fiery law for them.  
Yes, He loves the people;*

*All His saints are in Your hand;  
They sit down at Your feet;  
Everyone receives Your words.'*  
*Deuteronomy 33:2-3*

Of course, this was not the first time God had given His law of the universe in a way the human race could understand and follow.

From the dawn of earth's creation, the first humans knew and understood God's heavenly law for pure living.

Adam and Eve, the very first humans, were given the right to eat of the tree of everlasting life on the condition that they obeyed God's law.

*And out of the ground the Lord God made every tree grow that is pleasant to the sight and good for food. **The tree of life** was also in the midst of the garden, and the tree of the knowledge of good and evil. Genesis 2:9*

*Then the Lord God took the man and put him in the garden of Eden to tend and keep it. And the Lord God commanded the man, saying, **Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die. Genesis 2:15-17***

*Blessed are those who **do His commandments**, that they may have the **right to the tree of life**... Revelation 22:14*

Adam and Eve's second son called Abel, heard and obeyed God's commands.  
*By faith Abel offered to God a more excellent sacrifice than Cain, **through which he obtained witness that he was righteous**... Hebrews 11:4*

*My tongue shall speak of Your word,  
**For all Your commandments are righteousness.**  
Psalm 119:172*

And Enoch, who was born seven generations from Adam, lived and walked within the love boundaries of God's law.

Enoch lived to 365 years of age and then God took him straight to heaven.

*And **Enoch walked with God**; and he was not, for God took him. Genesis 5:24*

*By faith Enoch was taken away so that **he did not see death**, 'and was not found, because God had taken him'; for before he was taken he had this testimony, that **he pleased God**. Hebrews 11:5*

*Blessed are those who do His commandments, that they may have the right to the tree of life, **and may enter through the gates into the city**. Revelation 22:14*

Yet sadly through the changing generations, the comings and goings of people on earth, there were those who disobeyed God's law.



Before the Great Flood almost all people dishonoured God's holy law, and almost all the world's population perished in the flood.

*Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually. And the Lord was sorry that He had made man on the earth, and He was grieved in His heart. Genesis 6:5-6*

*Indignation has taken hold of me  
Because of **the wicked, who forsake Your law.** Psalm 119:53*

Yet standing above all the wickedness remained Noah, a good man who honoured God's law. Following God's command Noah built a massive ship called The Ark. And because of his loyalty to God, Noah and his family were saved from the Great Flood.

*Then the Lord said to Noah, 'Come into the ark, you and all your household, because I have seen that **You are righteous before Me in this generation.**' Genesis 7:1  
**...For all Your commandments are righteousness.***

*Psalm 119:172*

A few generations after the flood Abraham, the founding father of the Israelite nation, kept God's law for God said:

*'...Abraham obeyed My voice and kept My charge, My commandments, My statutes, and My laws.' Genesis 26:5*

Yes, without question God's law was known on Planet Earth long before He spoke the Ten Commandments from Mount Sinai.

But this is not the end of the Mount Sinai experience. For God is about to give His law in writing. Let us continue:

God invites Moses to come up the mountain to talk with Him.

*And when He had made an end of speaking with him on Mount Sinai, He gave Moses two tablets of the Testimony, tablets of stone, written with the finger of God. Exodus 31:18*

*And Moses turned and went down from the mountain, and the two tablets of the Testimony were in his hand. The tablets were written on both sides; on the one side and on the other they were written. Now the tablets were the work of God, and the writing was the writing of God engraved on the tablets. Exodus 32:15-16*

What a tremendous gift from God! His law is so important for our lives, that He personally engraves the Ten Commandments upon stone tablets. Then He hands His law to humanity, to stand as a durable statement to all generations of human life.

Now stone is very durable indeed, but stone can be broken. God's law is eternally durable, standing forever. But those who choose to rebel against His holy principles for good and righteous living, break God's law in their lives.

At the base of Mount Sinai this very truth is about to be borne out. For as Moses comes



down the mountain he sees the people dancing around worshipping a statue! Astounding! Worshipping a false god, a golden calf they have made! A false god! With righteous anger, Moses throws the stone tablets to the ground, shattering them to pieces.

*So Moses' anger became hot, and he cast the tablets out of his hands and broke them at the foot of the mountain. Then he took the calf which they had made, burned it in the fire, and ground it to powder; and he scattered it on the water and made the children of Israel drink it. Exodus 32:19-20*

Yes, the people were quick to ignore God's laws for life, and so they reap the consequences of their foolish choice.

To restore His law to the people God instructs Moses to cut two stone tablets. Carrying the tablets in his arms Moses once again climbs to the summit of Mount Sinai.

And once again God engraves the Ten Commandments upon stone with His own finger.

This gracious deed unfolds a great lesson to us today. Each of us has chosen to do wrong at some point in our lives. Yes, even me and even you. Each of us has broken our Creator's rules for healthy, happy, good righteous living.

*As it is written: 'There is none righteous, no, not one...' Romans 3:10*

God longs to save us from the worlds slavery of evil and restore His righteous commandments in our lives.

*'Put away the evil of your doings  
from before My eyes.  
Cease to do evil, Learn to do good;  
Seek justice...' Isaiah 1:16*

The righteousness or goodness of the law comes from God's Holy Being, and if we choose His ways, God will engrave His law upon our hearts and minds by His loving touch.

*'I will put My law in their minds, and write it on their hearts; and I will be their God, and they shall be My people.' Jeremiah 31:33*

Thus having God's law in our hearts and obeying His law we shall live a holy life, just as He lives in holiness.

*...as He who called you is holy, you also be holy in all your conduct,  
because it is written, 'Be holy, for I am holy.' 1 Peter 1:15-16*

**...the law is holy, and the commandment holy and just and good. Romans 7:12**

Now quite notably the first four commandments of the Holy law set out the requirements for a spiritual relationship with God.

**H**AVE YOU ever made a choice, only to kick yourself, “Why on earth did I say/do that?” Why do we humans sometimes want to make poor choices that lead us into trouble? Why does making the good choice sometimes seem so difficult? If this sounds familiar, you are in good company. Every single human born into this world, after Adam and Eve, is born with a tendency to WANT both good and evil! But the Bible gives good guidance:

*Do not be wise in your own eyes;  
Fear the LORD and depart from evil.  
It will be health to your flesh,  
And strength to your bones. Proverbs 3:7-8*

P.S The word “fear” can be read as “respect” or “awe.” God knows best - not us!

The remaining six commandments set out the requirements for moral conduct between created beings. Thus woven through the Ten Commandments is the theme of reciprocal love between all.

And from these ten clear rules, spring all the issues of life, leading to good when obeyed, and leading to evil when disobeyed.

*‘See, I have set before you today life and good, death and evil...’ Deuteronomy 30:15*

*The wicked man does deceptive work,  
But he who sows righteousness  
will have a sure reward.  
As righteousness leads to life,  
So he who pursues evil  
pursues it to his own death.  
Proverbs 11:18-19*

*He who keeps the commandment  
keeps his soul,  
But he who is careless of his ways will die.  
Proverbs 19:16*

When we live by God’s law, we give honour to His Holy character. For God’s character is the living essence of the law. When we open our minds and hearts and realise this truth, the law takes on new beauty and even greater depth of meaning.

*Open my eyes that I may see  
Wondrous things from Your law. Psalm 119:18.”*

**M**ODERN SCIENCE has solved many mysteries about the human body over the last couple of hundred years. But there is still so much to learn about the power of the human mind.

Stop right there! Did you instantly picture your mind sitting in your head? Then think again! Scientists such as Dr Candace Pert PhD, now have strong evidence to show the mind exists throughout the whole body. “It ‘s a very old paradigm to think the mind is the brain or that the mind is only in the head,” says Dr Pert in a website interview. <sup>1</sup>

Dr Pert discovered the body has “mini-satellite dishes”<sup>2</sup> throughout the body, just waiting to receive messages in a chemical form from the brain. These satellite dishes then transmit those messages into countless responses - including feelings of well-being or feelings of pain. Dr Pert says the mind is a pharmacy and is continuously producing potent substances that can either improve or worsen health.

The Bible has always held this precious knowledge.

*Anxiety in the heart of man causes depression, But a good word makes it glad.*  
Proverbs 12:25

*A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.* Proverbs 15:13

*A merry heart does good, like medicine, But a broken spirit dries the bones.*  
Proverbs 17:22

“People tend to think ‘Emotions are located in the amygdala and originate in the brain’ but in doing so they fail to acknowledge what we now know about the spinal cord and the fact that the formation of all of our organs, including the brain, is an ongoing process -like an ever flowing river.”<sup>3</sup>

“The human spinal cord is very complex and lots of memories are stored there, as well as in cells. Neuroscientists tend to pay attention to the circuits up in your brain, but these circuits go deep - they travel into the spinal cord, into the tissues and into the organs.”<sup>4</sup>

1,3,4. Healing emotions. Interview with Candace Pert, interview by Robert Millet, extracted from Healing Today. Retrieved from <http://www.juliajohnson.co.uk/pages/articles/interview-with-candace-pert.php>

2. Quillin, P. Beating cancer with nutrition. Retrieved from <http://www.naturalpedia.com/Pert-3.html>

## Chapter Eight

### *When Lucifer Makes His Choice*

WE BEHOLD THE LOOK OF LOVE AND DEVOTION on This Man's face. And as we look at each other, we see glimpses of hope, faces softening as the knowledge of God's truth begins to settle into longing souls. Now responding to our growing thirst for knowledge This Man continues:

"Rest assured God's law is not outdated by time. The opposite is true - simply because over time basic human nature does not change.

Even today, as we compare Lucifer's rebellion with the Ten Commandments, this is what we see: Clearly Lucifer's disobedience breaks the first commandment of the sacred law.

*'You shall have no other gods before Me.'* Exodus 20:3

Worship, belonging solely to God, is usurped by Lucifer for self-glorification.

*'Your heart was lifted up because of your beauty; you corrupted your wisdom for the sake of your splendour.'* Ezekiel 28:17

By that action, Lucifer also shatters the second commandment. In his own eyes, he becomes a glorified image in the place of God. Thus Lucifer worships and serves his own existence.

*'You shall not make for yourself a carved image - any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them...'* Exodus 20:4-5

Now lawlessness abounds in Lucifer's fallen life. From the root of pride, sprouts the creeping tentacles of covetousness, strangling his powers of reason.

Lucifer begins to eye God's throne, indulging in thoughts of being like the Most High:

*'I will ascend above the heights of the clouds, I will be like the Most High.'* Isaiah 14:14

Coveting God's position, Lucifer breaks the tenth commandment,

*'You shall not covet...'* Exodus 20:17

And now wild accusations burst forth from his lips, claiming that the King's loving rulership is self-inflated.

Blaspheming God's name, Lucifer breaks the principles of the third and fifth commandments:

*'You shall not take the name of the LORD your God in vain...'* Exodus 20:7

*'Honour your father and your mother...'* Exodus 20:12

Defiantly Lucifer proclaims to the universe:

**G**OD TELLS US MANY TIMES in the Bible about the power of words, here is a sample of Bible texts to get you thinking:

*Let no corrupt communication proceed out of your mouth, but what is good for necessary edification (uplifting), that it may impart grace to the hearers. Ephesians 4:29*

*He who speaks truth declares righteousness,  
But a false witness, deceit.  
There is one who speaks like the piercings of a sword,  
But the tongue of the wise promotes health. Proverbs 12:17-18  
Anxiety in the heart of man causes depression,  
But a good word makes it glad. Proverbs 12:25  
Pleasant words are like honeycomb,  
Sweetness to the soul and health to the bones. Proverbs 16:24*

There is plenty of scientific evidence to prove the Bible's wisdom. In a 2010 study, one researcher found that if girls talked with their mothers on the telephone after a stressful experience, their levels of the "love hormone" oxytocin increased as much as if they had a hug with their mothers. However, the girls who didn't have a hug or a telephone conversation with their mothers continued to have higher than normal levels of cortisol (showing the girls were stressed).<sup>1</sup>

"Dr. Maurice Elias, co-author of *Raising Emotionally Intelligent Teenagers*, says, 'It is not enough to be smart. Being kind is critical. Adults must lead the way.'<sup>2</sup> And according to a US National PTA study, the average parent makes 18 negative comments a day for every positive comment made to their children. You can help turn this tide by staying acutely aware of what you say, not only to your children, but to your spouse, your friends, and even to yourself. Words have power, and what we speak we'll eventually hear back from our kids."<sup>2</sup>  
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Shutting down negative thoughts and emotions is often suggested as a way of being strong. But research from 1998 shows that keeping negative thoughts and emotions within, actually lowers the activity of the immune system. What does this mean for you? Simply that some of your good immune fighters are put out of action when you are trying to keep your negative thoughts and emotions shut down.<sup>3</sup>

In Scotland, there is a saying, “It is good to gern,”, good to get your troubles off your chest, with someone you can trust. Who can we trust, more than God our Father and our Lord Jesus Christ?

“Let the prayer go forth from unfeigned lips, ‘Lord, increase my faith; give me divine enlightenment; for without help from Thee I can do nothing...’ The words and promises of God are the only foundation of our faith. Take the word of God as truth, as a living, speaking voice to you, and obey faithfully every requirement.”<sup>4</sup>

1. Connor, S. (2010, May 12). Need a hug? Just pick up the phone. Retrieved from [http://www.nzherald.co.nz/lifestyle/news/article.cfm?c\\_id=6&objectid=10644429](http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=10644429)

2. Drew, N. Making our homes and schools places of kind words. The Peaceful Parenting Newsletter, issue 17, free e-mail newsletter from Naomi Drew. Retrieved from [http://www.learningpeace.com/pages/newsletter\\_17.html](http://www.learningpeace.com/pages/newsletter_17.html) Adapted from Hope and healing: Peaceful parenting in an uncertain world by Naomi Drew (2002) published by Kensington Publishers.

3. Petrie, k. J., Booth, R. J., & Pennebaker, J. W. (1998). The immunological effects of thought suppression. *Journal of Personality and Social Psychology*, 75, 1264-1272.

4. White, E. G. (1938). *Counsels on Sabbath School work*, p. 73.

*‘I will ascend into heaven, I will exalt my throne above the stars of God.’ Isaiah 14:13*

Scheming to snatch away God’s exalted position, Lucifer breaks the eighth commandment in principle,

*‘You shall not steal.’ Exodus 20:15*

He openly slanders God’s reputation, breaking the ninth commandment,

*‘You shall not bear false witness...’ Exodus 20:16*

And alas, Lucifer’s rebellion soon brings death into the universe and thus he reaps the judgment of the sixth commandment.

*'You shall not murder.' Exodus 20:13*

*'He was a murderer from the beginning...' John 8:44*

And so throughout his rebellion, in one way or another, Lucifer breaks the full spectrum of the universal law inscribed upon the Ten Commandments.

*'How you are fallen from heaven,  
O Lucifer, son of the morning!  
How you are cut down to the ground,  
You who weakened the nations!  
For you have said in your heart:  
I will ascend into heaven,  
I will exalt my throne above the stars of God;  
I will also sit on the mount of the congregation  
On the farthest sides of the north;  
I will ascend above the heights of the clouds;  
I will be like the most High.'* Isaiah 14:12-14

*'You were the anointed cherub who covers...' Ezekiel 28:14*

*'Your heart was lifted up because of your beauty; you corrupted  
your wisdom for the sake of your splendour...' Ezekiel 28:17*

*'You were perfect in your ways from the day you were created,  
till iniquity was found in you.*

*By the abundance of your trading  
You became filled with violence within,  
And you sinned...' Ezekiel 28:15-16*

*...the devil (Lucifer) has sinned from the beginning... 1 John 3:8*

Like a malignant cancer, sin rapidly spreads through Lucifer's life, bringing death to his darkened soul.

The heavenly courts no longer ring with Lucifer's lustrous voice. His praises to his Creator King have vanished into a deathly silence.

Lucifer's rebellion is like an open book before the great King who reads his every evil intent, just as He reads our every thought, feeling and motive in life.

Yet, His love for Lucifer does not wane. With offers of kindness and forgiveness the King takes council with Lucifer reasoning with him to repent of his wrong and return to his position of trust.

Love for his King flares in Lucifer's heart and a yearning to yield to his Maker's request almost wins him back. But self-importance claws at his mind and pride beckons him to resist.

Sadly Lucifer places himself first and his deranged thoughts of being divine like God overwhelm his soul with a great wave of even greater evil.



Now with stealth, Lucifer secretly conspires with the angelic host hoping to win them to his side.

*The words of his mouth were smoother than butter,  
but war was in his heart;  
his words were softer than oil,  
yet they were drawn swords. Psalm 55:21*

Spreading lies and rumours about God's universal government, Lucifer tries to darken trust in the great King's love and justice. Sadly many angels are deceived by Lucifer, believing his lie that they too are entitled to rise above their appointed position and receive divine insight.

And now it may be said of them,

*'You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is not truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.' John 8:44*

As the great rebellion intensifies, a chilling spirit filters through the Heavenly city.

In this decisive hour, there is no ground for neutrality. All must face the issues at hand and make their stand for good or for evil, for God or for Lucifer.

Assuming command, Lucifer marshals all defecting angels into ranks, thus splitting the angelic host. Very quickly two armies begin to form.

On one side are those who now bow to Lucifer's authority, on the other are those who remain loyal to the great King and His Son.

In a last hope to save the lost, the great King calls for an assembly of peace.

But mad with rage, Lucifer refuses all communication. Seizing the moment he rallies His generals and their divisions for an all-out attack upon the government and throne of the great King.

Anticipating Lucifer's fierce attack, the Son marshals his divisions and forms a line of defense. Very soon Lucifer and his army advance and in seconds the two armies are face to face.

Suddenly, and with a spectacular display of power Lucifer gives the command to attack and alas ...*war broke out in heaven: Michael (The Son) and his angels fought with the dragon; (Lucifer) and the dragon and his angels fought... Revelation 12:7*

For a frightful time the battle continues with ferocity, until gaining the advantage the Son and His army push the evil foe from the portals of government and outwards to the city's boundaries. Then with a final thrust of victory the Son casts the enemy out of Heaven.

*...they did not prevail, nor was a place found for them  
in heaven any longer. Revelation 12:8*

*'By the abundance of your trading  
You became filled with violence within,*

*and you sinned;  
Therefore I cast you as a profane thing  
out of the mountain of God;  
And I destroyed you, O covering cherub,  
From the midst of the fiery stones.'*  
Ezekiel 28:16

With one foul stroke, Lucifer's beautiful name meaning *son of the morning*, is lost to the dark name of Satan the *adversary*. *Isaiah 14:12, 1 Peter 5:8*

*...your adversary the devil walks about like a roaring lion,  
seeking whom he may devour. 1 Peter 5:8*

*...that serpent of old, called **the Devil and Satan...** Revelation 12:9*

Yes sadly, evil transforms Lucifer into a devil, and his cohorts of fallen angels inherit the form of demonic spirits.

*...unclean spirits... Matthew 10:1*

And under the name of Beelzebub, Satan reigns as their king and ruler.

*'Beelzebub, the ruler of the demons.' Matthew 12:24*

*'Beelzebub the prince of the devils.' Matthew 12:24 KJV*

Alas one small step in the direction of evil led them far away from all that is good and pure.

*He who keeps the commandment  
keeps his soul,  
But he who is careless of his ways will die. Proverbs 19:16*  
*As righteousness leads to life,  
So he who pursues evil pursues it to his own death. Proverbs 11:19*  
*There is a way that seems right to a man,  
But its end is the way of death.  
Proverbs 14:12*

*The law of the wise is a fountain of life,  
To turn one away from the snares of death. Proverbs 13:14*

For high treason against the Divine government, the Son could easily obliterate the evil force from the universe.

And rightly so, for the King's broken law of life cries for justice and judgement upon the transgressors *...for the wages of sin is death. Romans 6:23.*

But this sentence of death is put on hold until the great day of judgement.  
*And the angels who did not keep their proper domain, but left their own abode, He has reserved in everlasting chains under darkness for the judgment of the great day... Jude 6*

Time is needed. If the enemy should be destroyed immediately, fear and uncertainty about God's government would almost certainly linger among the faithful angels. Dark issues about evil now cloud their outlook on life and irking questions need answers.

And then of course there is the wider spectrum of the universe to consider. Knowing all things, past, present and future, with overruling authority the great King puts a long term plan into action.

*Declaring the end from the beginning,  
And from ancient times things  
that are not yet done,  
Saying, 'My counsel shall stand,  
And I will do all My pleasure.' Isaiah 46:10*

Meeting the challenge of evil head on, the King will permit evil to run its natural course to reveal its lethal nature. Thus a marked line of contrast between good and evil will be drawn in the universe for all to see.

The King's love and justice for all created life is proven true, upholding His rule of government.

But Lucifer's rule of evil will be unmasked for what it really is - rebellion, hatred, suffering, miseries and death."

This Man's voice takes on a solemnity, quickening every nerve in our bodies.

"Let us now consider the dreadful outcome if evil should ever become immortalised, allowed to mutate and multiply forever. The universe would become a stagnant cesspool of hatred, suffering, lying, cheating and unimaginable evil.

Even more frightening, given free reign, evil would strangle the King's plan of love and in the end, turning upon its own destructive nature, evil would self-destruct taking the entire universe down into oblivion.

Thankfully, by the King's decree, evil will never be permitted to become immortal but will be kept in check by His reign of good.

*O Lord, how great are Your works!  
Your thoughts are very deep.  
A senseless man does not know,  
Nor does a fool understand this.  
When the wicked spring up like grass,  
And when all the workers of iniquity flourish,  
It is that they may be destroyed forever.  
But You, Lord, are on high forevermore.  
For behold, Your enemies, O Lord,  
For behold, Your enemies shall perish;  
All the workers of iniquity shall be scattered. Psalm 92:5-9*

Yes there is a final judgment at the end of evil's dark tunnel: When evil has completed its course and a decisive outcome is reached, then the devil and his evil angels with all the wicked of earth shall be destroyed forever.

And the great victory over evil and death is also final. For evil and death shall never rise again throughout the ages of eternity.

*What do you conspire against the Lord?*

*He will make an utter end of it.*

***Affliction will not rise up a second time. Nahum 1:9***

***The last enemy that will be destroyed is death. 1 Corinthians 15:26.***

## Chapter Nine

### *Creation of Planet Earth*

WITH THIS DEATH KNELL RINGING IN OUR EARS, This Man rises from his seat, fetches two logs and lays them on smouldering coals. Flames spring forth with life, radiating warmth to our chilled bones.

Seating himself again, This Man gazes into the crackling fire and in a magical moment his solemnity melts into a smile. Again he speaks and his commanding voice vaporises the gathering gloom.

“In this new era of universal life, the times and events continue to unfold in spite of evil. But those ancient times of the past must remain a mystery, hidden from your view – for now.

However, at the meeting place of your earthly beginnings, I shall draw aside the curtain of history that you may view the drama of your own times upon the stage of life.

*The secret things belong to the Lord our God, but those things which are revealed belong to us and to our children forever... Deuteronomy 29:29.”*

Now our eyes are directed towards a moving scene and we see two Majestic Beings in private council. But the scene soon fades and disappears in a vapour of heavenly light. We strain our eyes hoping to see more. But we must remain content to hear This Man’s explanation.

“Indeed you have been privileged to see the great King and His Son at work. They are making plans to create another planet world, with its own sun and moon surrounded by a multitude of stars.”

We shoot a questioning glance at This Man and just as rapidly he sends an answer into each of our inquisitive minds.

“True, evil has arrived in the universe but evil has no claim upon the King’s authority, nor a stranglehold upon His creative powers.

*“God has spoken once,  
Twice I have heard this:  
That power belongs to God. Psalm 62:11  
Behold, God is exalted by His power;  
Who teaches like Him?  
Who has assigned Him His way,  
Or who has said, ‘You have done wrong’? Job 36:22-23  
Dominion and fear belong to Him;  
He makes peace in His high places. Job 25:2*

The King's universal plan for life cannot and will not be defeated by the dark forces of evil; if the great King cannot give of Himself by creating new life then His life will cease to have meaning.

And so without delay, the King and His Son set down in blueprint the creation of a new world. This world will be a panorama of beauty and a symphony of varied life. This world will be called Planet Earth.

*'...Who formed the earth and made it,  
Who has established it,  
Who did not create it in vain,  
Who formed it to be inhabited...' Isaiah 45:18*

The glory of God's new masterpiece shall be the human race made in the *image and likeness* of the great king and His Son. *Genesis 1:27*

*'I have made the earth,  
And created man on it...' Isaiah 45:12*

*So God created man in His own image; in the image of God He  
created him; male and female He created them. Genesis 1:27*

*The Spirit of God has made me,  
And the breath of the Almighty gives me life. Job 33:4  
He is not far from each one of us, for in Him we live and  
move and have our being... Acts 17:27-28*

*...the Lord takes pleasure in His people... Psalm 149:4  
They are abundantly satisfied with the fullness of Your house,  
And You give them drink  
from the river of Your pleasures.  
For with You is the fountain of life;  
**In Your light we see light...** Psalm 36:8-9."*

Spontaneously, this light of lights shines from This Man's face and penetrates the very depth of our humanity.

The realization that we belong to Someone far greater than we could ever imagine touches every fibre of our being. Could this dawning insight shed further light upon our true origin?

Could Planet Earth be a special creation in the realm of the vast universe?

Now This Man's voice carries us back to the origin of our times where our past, present and future meet in the light of lights.

"All is confirmed, and once again the Father decrees that His Son *...whom He has appointed heir of all things, through whom also He made the worlds...* shall command

this new world into existence. *Hebrews 1:2*

*'I am the Lord, who makes all things,  
Who stretches out the heavens all alone,  
Who spreads abroad the earth by Myself..'*

*Isaiah 44:24*

*He has made the earth by His power;  
He has established the world by His wisdom,  
And stretched out the heaven by His understanding.*

*Jeremiah 51:15*

*He is the image of the invisible God, the firstborn over all creation. For  
by Him all things were created that are in heaven and that are on earth,  
visible and invisible, whether thrones or dominions or principalities or  
powers. All things were created through Him and for Him. And He is  
before all things, and in Him all things consist. Colossians 1:15-17*

*For of Him and through Him and to Him are all things, to  
whom be glory forever. Amen. Romans 11:-36*

And so the Son journeys from his heavenly home passing through spiraling galaxies.

*...who rides on the heaven of heavens, which were of old! Psalm 68:33*

Arriving at His destination, with divine power the Son expands the boundaries of the universe. Then He surveys the void of outer space. Ah yes, this is the site of His new creation. In an instant He calculates where Planet Earth, a moon and a sun will be perfectly placed.

Orbiting too far from the sun, this new planet teeming with life will freeze. Yet too close to the warming sun and the planet and all life forms will incinerate.

At the same time the distance between Planet Earth and its moon must be precise to balance the moon's gravitational pull upon earth's ocean tides. Thus for earth's preservation and to ensure abundant life, the Son's calculations are perfect.

*When He marked out the foundations of the earth... Proverbs 8:29*

*Who has measured the waters  
in the hollow of His hand,  
Measured heaven with a span  
And calculated the dust of the earth  
in a measure?*

*Weighed the mountains in scales  
And the hills in a balance? Isaiah 40:12*

*Is anything too hard for the Lord? Genesis 18:14*

*...the Lord is the God of knowledge;  
And by Him actions are weighed.*



*1 Samuel 2:3*

*...His way is perfect... Psalm 18:30*

Thus the eternal clock chimes in the hallway of time, as earth's destiny strikes in the vast universe. Announcing His new creation to the worlds the Son's voice rolls through the galaxies and in one motion His word of power gives birth to the substance of Planet Earth.

*Indeed, He sends out His voice, a mighty voice... Psalm 68:33*

*For He spoke, and it was done;  
He commanded, and it stood fast.*

*Psalm 33:9*

Spontaneously, praises of joy rise from the universal family and resound back through the galaxies - reaching the ears of their Creator God.

*'...the morning stars sang together,  
And all the sons of God shouted for joy...' Job 38:7*

Thus in one command the Son lays the foundations of earth; its inner core of molten rock and outer crust immersed in deep water.

*Of old You laid the foundation of the earth... Psalm 102:25*

*'Where were you when I laid the foundations of the earth?*

*Tell Me, if you have understanding.*

*Who determined its measurements?*

*Surely you know!*

*Or who stretched the line upon it?*

*To what were its foundations fastened?*

*Or who laid its cornerstone,*

*When the morning stars sang together,*

*And all the sons of God shouted for joy?' Job 38:4-7*

*You who laid the foundations of the earth,*

*So that it should not be moved forever... Psalm 104:5,*

*He stretches out the north over empty space;*

*He hangs the earth on nothing. Job 26:7*

*The earth was without form, and void; and darkness was on the face of the deep.*

*And the Spirit of God was hovering over the face of the waters. Genesis 1:2*

***You send forth your Spirit, they are created... Psalm 104:30***

*I beheld the earth, and indeed it was without form, and void;*

*And the heavens, they had no light. Jeremiah 4:23*

All is still, dark and quiet.

Once again the Son of God speaks, splicing the darkness.

*And God said 'Let there be light;' and there was light. And God saw the light, that it was good; and God divided the light from the darkness. God called the light Day, and the darkness He called Night. So the evening and the morning were the first day. Genesis 1:3-5*

Beginning at evening, the first day ushers in the 24 hour cycle of night and day, setting the rhythm for human life.

The Creator intends the new beings on Planet Earth to work during the daylight hours, exercising their bodies and stimulating their minds.

*Man goes out to his work  
And to his labour until the evening.  
Psalm 104:23*

As night approaches, human life shall wind down to rest and sleep - recharging mind, body and spirit with vital energy.

And so the first day of creation comes to a close, and by the Creator's command a second day opens upon the fledging world.

*Then God said, 'Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.' Thus God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament; and it was so. And God called the firmament Heaven. So the evening and morning were the second day. Genesis 1:6-8*

In one sweeping movement, the Creator divides earth's watery expanse. Drawing the surface mist upward, He forms the heaven - also called the sky.

*When He utters His voice—  
There is a multitude of waters  
in the heavens:*

*'He causes the vapors to ascend from the ends of the earth...' Jeremiah 51:16*

*He stretches out the north over the empty space; He hangs the earth on nothing. He binds up the water in His thick clouds, yet the clouds are not broken under it. Job 26:7-8*

*He drew a circular horizon on the face of the waters, at  
the boundary of light and darkness. Job 26:10*

Now around the planet the Creator forms the atmosphere - an envelope of mixed gases to sustain life upon Planet Earth.

*'Thus says God the Lord,  
Who created the heavens and stretched them out,  
Who spread forth the earth and that which comes from it,  
Who gives breath to the people on it,  
And spirit to those who walk on it...'  
Isaiah 42:5*

**S**LEEP IS ONE OF THE GREAT THINGS about life! But how do our minds and bodies stay in tune with the sun and moon? The answer is incredible!

During daylight hours, light striking your eye starts a change in your body. The first is a chemical message to the pineal gland, a tiny gland deep in the centre of your brain. This message says: “Make serotonin!” Serotonin makes you feel happy and alert.

As the light level begins to drop towards sunset, the pineal gland receives another message which says “Convert serotonin to melatonin!” Melatonin prepares your entire body for rest and sleep.

Serotonin levels fall as melatonin levels rise until about 2am. Then gradually as the tiniest shard of light begins to reach your closed eyes, serotonin production begins again!<sup>1</sup>

Some people say if you are having trouble sleeping at night, one of the first things to do is spend some time in the sunlight, and do some kind of physical activity to get rid of built up muscle tension. These two little things alone can often be enough to improve sleep.

Frequently missing out on an hour or so of sleep may put the body at risk of developing disease! And just look at the benefits of getting between 7-9 hours of sleep EVERY night:

- Helps your heart stay healthy.
- Helps strengthen your immune system to fight against disease.
- Reduces stress.
- Reduces Inflammation.
- Makes you more alert.
- Bolsters your memory.
- May reduce your risk of depression.
- Helps the body make repairs.<sup>2</sup>

*Then the apostles gathered to Jesus and told Him all things, both what they had done and what they had taught. And He said to them, ‘Come aside by yourselves to a deserted place and rest awhile.’ For there were many coming and going, and they did not even have time to eat. Mark 6:30-31*

1. *Stepping into Total Health* (2003 ed.). Published by Vital Force NZ, pp. 32-34.

2. Stibich, M. (2009, May 08). Retrieved from [http://longevity.about.com/od/lifelongenergy/tp/healthy\\_sleep.htm](http://longevity.about.com/od/lifelongenergy/tp/healthy_sleep.htm)

Twilight fades from the second day and the third day of creation is born. Now God the Son creates the seas and the land.

*...God said, 'Let the waters under the heavens be gathered together into one place, and let the dry land appear'; and it was so. And God called the dry land Earth, and the gathering together of the waters He called Seas. And God saw that it was good. Genesis 1:9-10*

*You who laid the foundations of the earth, so that it should not be moved forever, You covered it with the deep as with a garment; the waters stood above the mountains. At Your rebuke they fled; At the voice of Your thunder they hastened away. They went up over the mountains; they went down into the valleys, to the place which You founded for them. You have set a boundary that they may not pass over, that they may not return to cover the earth. Psalm 104:5-9*

*'...who shut in the sea with doors, when it burst forth and issued from the womb; when I made the clouds its garment, and thick darkness its swaddling band; when I fixed My limit for it, and set bars and doors; When I said This far you may come, but no farther, and here your proud waves must stop!' Job 38:8-11*

*'Do you not fear Me?' says the Lord. 'Will you not tremble at My presence, Who have placed the sand as the bound of the sea, by a perpetual decree, that it cannot pass beyond it? And though its waves toss to and fro, Yet they cannot prevail; Though they roar, yet they cannot pass over it.' Jeremiah 5:22*

*For the Lord is the great God, and the great King above all gods.*

*In His hand are the deep places of the earth;*

*The heights of the hills are His also.*

*The sea is His, for He made it;*

*and His hands formed the dry land.*

*Psalm 95:3-5*

The seas with their vast reservoirs of water supply most of the planet's life-giving oxygen, while the lands steeped in rich mineral soils supply nutrients to nurture the new world's vegetation. God designed that all things should not merely live to themselves but all should give out in life to support the whole creation.

*Then God said, 'Let the earth bring forth grass, the herb that yields seed, and fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth'; and it was so. And the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. And God saw that it was good. So the evening and the morning were the third day. Genesis 1:11-13*

**D**ID YOU KNOW THAT FEELING THIRSTY is not the first sign of needing a drink of water? The first signs of dehydration are pain - headaches, muscle pains, stomach pains, joint pains, allergies and more. Being dehydrated, also known as Unintentional Chronic Dehydration (UCD), produces pain and even degenerative diseases. By drinking enough water every day, you can prevent and treat diseases such as high blood pressure, allergies, asthma, high cholesterol, constipation asthma and more.<sup>1</sup>

You see, “Water is the basis of all life and that includes your body. Your muscles that move your body are 75% water; your blood that transports nutrients is 82% water; your lungs that provide your oxygen are 90% water; your brain that is the control centre of your body is 76% water; even your bones are 25% water. Our health is truly dependent on the quality and quantity of the water we drink.”<sup>2</sup>

How much water? We have found the most practical way to work out the right amount of water for each person is this: Divide your weight (in pounds) in half and drink that quantity of water in ounces. So a 140 pound person would drink 70 ounces of water a day - or 9 x 250ml glasses a day. <sup>3</sup> If your urine is a definite yellow or brown colour, you are dehydrated! STOP right now and have a long glass of water. Or if the weather is cold, try a warm cup of water. Can tea or coffee do the same work as water? Consider this: Would you wash your dishes in tea or coffee? Would you take a bath in tea or coffee?

People often ask WHEN to drink water. Anytime, but usually away from meals. Do your best to help your stomach’s digestive juices. This means avoid drinking half an hour before meals to one hour after meals.<sup>5</sup> In the morning your body is at its most dehydrated and needs a clean out.<sup>4</sup> So start the day with a long drink of water or two! If you feel sick in your tummy when drinking water in the morning, then you may have eaten too late or too much for your system the night before! Just as we drink water to refresh and rejuvenate the insides of our bodies, so we need to WASH our bodies on the outside with WATER to refresh and rejuvenate our skin. Having a warm shower can produce endorphins, giving a “natural high”. What a miracle water is for our lives!

1,2,3,4. Batmanghelidj, F. You’re not sick; you’re thirsty. Don’t treat thirst with medication. Retrieved from [www.watercure.com](http://www.watercure.com)

5. *Stepping into Total Health* (2003 ed.). Published by Vital Force NZ, pp. 60-65.

*And God said, 'See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food'; and it was so. Genesis 1:29-30*

*Sing to the Lord with thanksgiving;  
Sing praises on the harp to our God,  
Who covers the heavens with clouds,  
Who prepares rain for the earth,  
Who makes grass to grow on the mountains.*

*Psalm 147:7-8*

*He causes the grass to grow for the cattle,  
And vegetation for the service of man,  
That he may bring forth food from the earth,  
And wine that makes glad the heart of man,  
Oil to make his face shine,  
And bread which strengthens man's heart.*

*The trees of the Lord are full of sap,  
The cedars of Lebanon which He planted,  
Where the birds make their nests;  
The stork has her home in the fir trees.*

*Psalm 104:14-17*

And now arriving on the fourth day of creation,

*God said, 'Let there be lights in the firmament of the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years; and let them be for lights in the firmament of the heavens to give light on the earth'; and it was so.*

*Then God made two great lights: the greater light to rule the day, and the lesser light to rule the night. He made the stars also. God set them in the firmament of the heavens to give light on the earth, and to rule over the day and over the night, and to divide the light from the darkness. And God saw that it was good. So the evening and the morning were the fourth day. Genesis 1:14-19*

*'Indeed My hand has laid the foundation of the earth,  
and My right hand has stretched out the heavens;*

*When I call to them,*

*They stand up together.' Isaiah 48:13*

*The heavens declare the glory of God;  
And the firmament shows His handiwork. Psalm 19:1*

*He appointed the moon for seasons;*

*The sun knows its going down.*

*You make darkness and it is night...*

*Psalm 104:19-20*

*'He commands the sun, and it does not rise;  
He seals off the stars...' Job 9:7*

*'To whom then will you liken Me, or to whom shall I be equal?' says the Holy One  
'Lift up your eyes on high, and see who has created these  
things, who brings out their host by number;  
He calls them all by name,  
By the greatness of His might  
And the strength of His power;  
Not one is missing.' Isaiah 40:25-26*

*The Mighty One, God the Lord,  
Has spoken and called the earth  
From the rising of the sun to its going down. Psalm 50:1*

*Oh, give thanks to the Lord of lord...  
...To Him who alone does great wonder...  
...To Him who by wisdom made the heaven...  
...To Him who made great lights...  
...The sun to rule by day...  
...The moon and stars to rule by night...*

*Psalm 136:3-9*

Placed at the centre of Planet Earth's solar system, the sun resembles a gigantic ball of burning gases. With clockwork precision earth orbits the sun, and the light and heat from the sun's fiery surface nurtures life on earth.

In turn, the moon orbits Planet Earth. The moon and sun's gravity pull upon earth's ocean waters, causing high and low tides around the world.

Yes indeed by the Creator's intricate design, degrees of time, climates and the changing seasons are governed by the two great lights of heaven and they in turn are governed by God's overruling power.

*Forever, O Lord, Your word is settled in heaven.  
Your faithfulness endures to all generations;  
You established the earth, and it abides.  
They continue this day according to Your ordinances,  
For all are Your servants. Psalm 119:89-91*

And so as the fourth day comes to a triumphant close, the golden sun sinks over earth's horizon and the fifth day of creation spreads over the world.

*Then God said, 'Let the waters abound with an abundance of living creatures, and  
let birds fly above the earth across the face of the firmament of the heavens.'  
So God created great sea creatures and every living thing that moves,  
with which the waters abounded according to their kind, and every  
winged bird according to its kind. And God saw that it was good.*



**C**AN YOU IMAGINE our world without the life giving rays of the sun? Planet Earth would be in utter darkness and deathly cold.

Yes, we depend on sunlight for our very existence. Yet somehow, somewhere, sunlight has become a Public Enemy. Why? Because we have heard how skin cancers, particularly melanomas, are increasing and can be life-threatening! But is any and all sunlight the culprit?

The truth is, repeated OVERexposure to the sun during the hottest time of the day (the middle hours of the day in summertime), which over and over again develops into painful sunburns, does contribute to skin cancer development. The skin cancer often appears years after the burns.<sup>1</sup>

Over the last 10 years or so, research has looked at fat in our food and the link to cancer development, and also ingredients in skin products and their part in cancer development.

What about the thinning of the ozone layer? A Norwegian study, looking at rates of different skin cancers throughout Norway, in relation to the thinning of the ozone layer summarised: “Ozone depletion is not the cause of the increase in skin cancers”.<sup>2</sup>

So did God design our skin to be damaged by sunlight? Of course He did not! God designed our entire, wonderfully made human body to be healed by the sun! Our skin is our largest body organ, designed by our Creator to be a protective layer.

Just look at this list of researched and proven goodies from getting a little sunlight on your skin every day of the year (even on cloudy days):

- Strengthens the heart and blood circulation systems.
- Helps the kidneys to eliminate wastes better.
- Helps the liver work more efficiently.
- Helps prevent Seasonal Affective Disorder (SAD), depression, Type 2 Diabetes.

- Develops resistance in the skin to acne, eczema and psoriasis.
- Gives some protection against autoimmune disease.
- Lowers blood cholesterol by converting a kind of cholesterol in the skin to vitamin D.
- Vitamin D greatly enhances calcium absorption for strong bones and nervous system.
- Helps prevent the growth of cancerous tumours!
- Prevents weakening of muscles.
- By getting some sunlight into your eyes (take off your sunglasses while you get your dose of healthy sunlight) you will help your body balance melatonin and serotonin. This means BETTER SLEEP and FEELING HAPPY!
- Helps prevent infections by molds, bacteria and viruses by stimulating the white blood cells (the human body's good immune soldiers) to increase.<sup>1</sup>

To get the most out of the sun's healing rays we need to know how much to get and when to get it. For the best results, start out with a few minutes in the sun. In summer just 15-30 minutes of sunlight on your hands and face, outside of the hottest four hours in the middle of the day, will give you amazing benefits! In the winter months, depending on your climate, you will need more time in the sunlight.

If your skin is dark, then you will need more sunlight to reap these benefits. If your skin is fair be very cautious about exposing your skin during the hottest four hours of summer sun.

The best rule is to get outside every day of the year, in the morning or the afternoon. So let some bright, shiny rays into your life today!

1. Stepping into Total Health (2003 ed.). Published by Vital Force NZ, pp. 24-27.

2. Moan, J., & Dahlback, D. A. (1992). The relationship between skin cancers, solar radiation and ozone depletion. *British Journal of Cancer*, 65(6), 916-921.

*And God blessed them, saying, 'Be fruitful and multiply, and fill the waters in the seas, and let birds multiply on the earth.' So the evening and the morning were the fifth day. Genesis 1:20-23*

*Out of the ground the Lord God formed... every bird of the air... Genesis 2:19*

*O Lord, how manifold are Your works!  
In wisdom You have made them all.  
The earth is full of Your possessions—  
This great and wide sea, In which are innumerable teeming things,  
Living things both small and great.  
There the ships sail about; There is that **Leviathan**  
Which You have made to play there. Psalm 104:24-26*

The Leviathan is one of the great sea creatures God called into existence; displaying some features of the ancient creatures we call dinosaurs.

*'I will not conceal his limbs, his mighty power, or his graceful proportions. Who can remove his outer coat: Who can approach him with a double bridle? Who can open the doors of his face, with his terrible teeth all around? His rows of scales are his pride, shut up tightly as with a seal; One is so near another that no air can come between them; They are joined one to another, they stick together and cannot be parted.*

*'His sneezings flash forth light, and his eyes are like the eyelids of the morning. Out of his mouth go burning lights; sparks of fire shoot out. Smoke goes out of his nostrils, as from a boiling pot and burning rushes. His breath kindles coals, and a flame goes out of his mouth. Strength dwells in his neck, and sorrow dances before him.*

*'The folds of his flesh are joined together; they are firm on him and cannot be moved. His heart is as hard as stone, even as hard as the lower millstone.*

*When he raises himself up, the mighty are afraid; because of his crashings they are beside themselves. Though the sword reaches him, it cannot avail; Nor does spear, dart, or javelin. He regards iron as straw, and bronze as rotten wood. The arrow cannot make him flee; Slingstones become like stubble to him. Darts are regarded as straw; he laughs at the threat of javelins.*

*'His undersides are like sharp potsherds; he spreads pointed marks in the mire. He makes the deep boil like a pot; he makes the sea like a pot of ointment. He leaves a shining wake behind him; one would think the deep had white hair.*

*On earth there is nothing like him, which is made without fear. He beholds every high thing; he is king over all the children of pride.' Job 41:12-34*

Thus the fifth day of creation ends as chirruping birds sing a chorus of thanksgiving to God.

Now on the sixth day, the Son's creative power produces more creature life in abundance.

*Then God said, 'Let the earth bring forth the living creature according to its kind: cattle and creeping thing and beast of the earth, each according to its kind'; and it was so. And God made the beast of the earth according to its kind, cattle according to its kind, and everything that creeps on the earth according to its kind. And God saw that it was good. Genesis 1:24-25*

*Out of the ground the Lord God formed every beast of the field... Genesis 2:19*

*For every beast of the forest is Mine,  
And the cattle on a thousand hills.  
'I know all the birds of the mountains,  
And the wild beasts of the field are Mine.'* Psalm 50:10-11

*He sends the springs into the valleys; they flow among the hills. They give drink to every beast of the field; the wild donkeys quench their thirst. By them the birds of the heavens have their home; they sing among the branches. He waters the hills from His upper chambers; The earth is satisfied with the fruit of Your works. He causes the grass to grow for the cattle, and vegetation for the service of man, that he may bring forth food from the earth, and wine that makes glad the heart of man, oil to make his face shine, and bread which strengthens man's heart. The trees of the Lord are full of sap, the cedars of Lebanon which He planted, where the birds make their nests; the stork has her home in the fir trees. The high hills are for the wild goats; the cliffs are a refuge for the rock badgers. Psalm 104:10-18*

*These all wait for You, that You may give them their food in due season. What you give them they gather in; You open Your hand, they are filled with good. You hide Your face, they are troubled; You take away their breath, they die and return to their dust. You send forth Your Spirit, they are created; and You renew the face of the earth. Psalm 104:27-30*

*'Look now at the **behemoth**, which I made along with you; he eats grass like an ox. See now, his strength is in his hips, and his power is in his stomach muscles. He moves his tail like a cedar; The sinews of his thighs are tightly knit. His bones are like beams of bronze, his ribs like bars of iron. He is the first of the ways of God; only He who made him can bring near His sword. Surely the mountains yield food for him, and all the beasts of the field play there. He lies under the lotus trees, in a covert of reeds and marsh. The lotus trees cover him with their shade; The willows by the brook surround him. Indeed the river may rage, yet he is not disturbed; he is confident, though the Jordan gushes into his mouth, though he takes it in his eyes, or one pierces his nose with a snare. Job 40:15-24*

Thus earth's design was conceived in God's will, and in six days delivered through His creative power.

*The works of the Lord are great, Studied by all who have pleasure in them.  
His work is honourable and glorious,  
And his righteousness endures forever.  
He has made His wonderful works to be remembered... Psalm 111:2-4*

The world pulsates with the rhythm of life: The swelling oceans ride upon the changing tides, surging with aquatic life. Great sea creatures cruise the billowing waves, while in the shallow reefs schools of multi-coloured fish dart through the warm currents. Plankton sways to ocean sounds as rolling waves break upon the golden shores.

From scenic coasts, the land winds through valley floors, meanders through lush green meadows and cascades over rolling hills, gently rising into majestic mountains.

Bubbling springs trickle into running streams as deep rivers flow effortlessly toward the open seas.

Over the countryside, nature's fragrance wafts on fresh clean air as delicate flowers flaunt their natural beauty. Stately trees tower heavenward, while fruiting vines trail through the sprawling undergrowth.

In peaceful company beasts of the field roam their natural habitat, grazing lush pastures. An occasional roar of a kingly lion shakes the still air while playful lambs skip around innocent wolves.

Overhead fly the splendid birds, wings splayed in graceful flight.

Above and far into the beyond, rambles the soft blue sky, sun shining through her dome, warming the new world with rejuvenating rays. And out of sight, the moon with a host of stars await their unveiling by night, to light up the highways of heaven.

*'But now ask the beasts, and they will teach you; and the birds of the air, and they will tell you; or speak to the earth, and it will teach you; and the fish of the sea will explain to you. Who among all these does not know that the hand of the Lord has done this. In whose hand is the life of every living thing, and the breath of all mankind?' Job 12:7-10*

*The earth is the Lord's and all its fullness,  
The world and those who dwell therein.  
For He has founded it upon the seas,  
And established it upon the waters.*

*Psalm 24:1-2*

*Forever, O Lord, Your word is settled in heaven.  
Your faithfulness endures to all generations;  
You established the earth, and it abides.*

*They continue this day according to Your ordinances, For all are Your servants.*

*Psalm 119:89-91*

And as nightfall nears on the sixth day, all is ready yet nothing has been given. All is provided for - but no one has received. “

**S**OMEWHERE in your neighbourhood at least one person or a family owns a pet animal. But is there any evidence, either biblical or scientific showing animals and humans are good for each other?

Yes! Imagine a time when:

*The wolf also shall dwell with the lamb,  
The leopard shall lie down with the young goat,  
The calf and the young lion and the fatling together;  
And a little child shall lead them. Isaiah 11:6*

And there are many studies showing people benefit from animal companionship. The major benefits seem to be:

- Lower blood pressure and cholesterol levels.
- Better psychological health.
- Lower heart attack rates.
- Higher survival rates following coronary heart disease.
- Enhanced self-esteem and social interaction. <sup>1</sup>

A group of 48 New York stockbrokers all had high blood pressure, lived alone, had not owned a pet for 5 years or more, and did not smoke cigarettes. Half the group were male, half were female. Researchers then asked 24 randomly selected stockbrokers to choose a cat or dog for a pet. Then the tests began. All stockbrokers had their blood pressure measured at rest, and after various stressful tests such as performing mental maths and giving a speech. The result? Those who had become pet owners had “significantly” more stable blood pressure than the non pet owners. When the stockbrokers without a pet heard of the result, many of them went out and got pets too!!<sup>2</sup>

1. More evidence pets lower stress. Retrieved from [www.preventdisease.com/lifestyle/pets/articles/more\\_evidence\\_pets\\_lower\\_stress.html](http://www.preventdisease.com/lifestyle/pets/articles/more_evidence_pets_lower_stress.html)

2. Pet dog or cat controls blood pressure better than ACE inhibitor, UB study of stockbrokers finds. (1999, November 8). Science Daily. Retrieved April 6, 2010, from [www.sciencedaily.com/releases/1999/11/991108085125.htm](http://www.sciencedaily.com/releases/1999/11/991108085125.htm).