



## Sleep Danger

By Alfonso Orellana

There are lots of articles about sleeping while driving. The focus of course is on the dangers of sleep deprivation. But I would like to focus on the part about falling asleep on the road. You're headed to your destination and you fall asleep. The consequences can be devastating and there are only two things that experts say will work in getting drivers to wake up. No, not the common misconceptions of turning the AC on high, or opening the window or turning the radio volume higher. These won't work. The only two things that would work are:

- Taking a nap
- Ingesting caffeine

Christians are on the road to eternity but many of us at one point or another have become drowsy. Add to that that the road the Christian must travel is extremely narrow (see Matt. 7:14). We don't want to fall asleep but there are lots of things in the world that would cause us to become drowsy and eventually fall asleep. And as we can see, there are only two ways to wake up. There is a natural way and there is an artificial way. One is rest, the other one is through a stimulant. Let's review the latter first:

Caffeine is a poison to the body. When it enters the body, it reacts by getting the adrenal glands to start producing adrenaline to accelerate the metabolism in order for the body to get rid of the poison. The body knows this is a foreign substance that if not disposed of quickly, could cause severe damage. While in this process of course the individual feels revived and thinks that the caffeine actually did something good. It woke him up. And of course there are secondary effects of taking too much caffeine many of which can lead to serious health problems.

What about the Christian or even corporately as a church? How many artificial stimulants are there out there for the Christian?

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## Assurance of Success

From Christian Service Ch. 26

If you are truly consecrated, God will, through your instrumentality, bring into the truth others whom He can use as channels to convey light to many that are groping in darkness. The truth is soon to triumph gloriously, and all who now choose to be laborers together with God will triumph with it. To every one who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results. When we labor diligently for the salvation of our fellow men, God will prosper our very effort. The humblest workers, in co-operation with Christ, may touch chords whose vibrations shall ring to the ends of the earth, and make melody throughout eternal ages.

True success in any line of work is not the result of chance or accident or destiny. It is the outworking of God's providences, the reward of faith and discretion, of virtue and perseverance. Fine mental qualities and a high moral tone are not the result of accident. God gives opportunities; success depends upon the use made of them. Those who are impressed to enter the work, whether in the home field or in the regions beyond, are to go forward in the name of the Lord. If they depend on God for grace and strength, they will succeed. At the beginning their work may be small, but if they follow the Lord's plans, it will enlarge. God lives. He will work for the unselfish, self-sacrificing laborer, whoever and wherever he may be.

As the will of man co-operates with the will of God, it becomes omnipotent. Whatever is to be done at His command, may be accomplished in His strength. All His biddings are enablings. He who called the fishermen of Galilee is still calling men to His service. And He is just as willing to manifest His power through us as through the first disciples. However imperfect and sinful we may be, the Lord holds out to us the offer of partnership with Himself, of apprenticeship to Christ. He invites us to come under the divine instruction, that, uniting with Christ, we may work the works of God.

Workers for Christ are never to think, much less to speak, of failure in their work. The Lord Jesus is our efficiency in all things; His Spirit is to be our inspiration; and as we place ourselves in His hands, to be channels of light, our means of doing good will never be exhausted. We may draw upon His fullness, and receive of that grace which has no limit.

When we give ourselves wholly to God, and in our work follow His directions, He makes Himself responsible for its

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They produce the same kind of effect. The individual feels revived but it only lasts a short time and therefore he needs more of it. Or maybe he needs to add another artificial stimulant to the mix to stay awake (or at least feel awake). The problem is that as with caffeine, while stimulated by it the mind does not focus 100% on the road and the goal it may become distracted and could even act by impulse or feeling rather than by reasoning. There is a biblical case study of this type of Christian experience in Exodus 32:1-25.

*(1) And when the people saw that Moses delayed (people are growing weary and falling asleep) to come down out of the mount, the people gathered themselves together unto Aaron, and said unto him, Up, make us gods, (they realize they need to wake up) which shall go before us; for as for this Moses, the man that brought us up out of the land of Egypt, we know not what is become of him. (a sign that indicates we are falling asleep is when we begin talking unbelief) (6) And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play (they chose spiritual caffeine to wake up). (25) And when Moses saw that the people were naked (their artificial stimulant did not lead them to a closer walk with God, but further away from Him); (for Aaron had made them naked unto their shame among their enemies:)*

This is the state of mainstream Christianity today. It is drunk, over stimulated, hypnotized. Revelation 14:8 says it this way "And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication."

So what about the other option suggested for sleepy drivers? It simply says to take a nap. Of course spiritually we can't take a nap or we will be swerving off the narrow road! There are huge benefits in taking short naps when one is tired during the day. When awakened from a 1 or 2 hour nap you feel invigorated, restored, and ready to go. In this natural way the body recovers much needed energy.

A spiritual nap is boosting up the brain with the scriptures, prayer, and mission. This will keep the Christian awake without the need of artificial stimulation. Note that all these activities are included in the Sabbath rest. Here are some inspired notes on each item:

- **Scriptures.** Bible study is essential for each one of us to stay spiritually awake. "*Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*" (2 Timothy 2:15) "*Thy word have I hid in mine heart, that I might not sin against thee.*" (Psalms 119:11)
- **Prayer.** "*Communing thus with God, Enoch came more and more to reflect the divine image. His face was radiant with a holy light, even the light that shineth in the face of Jesus. As he came forth from these divine communings, even the ungodly beheld with awe the impress of heaven upon his countenance. His faith waxed stronger, his love became more ardent, with the lapse of centuries. To him prayer was as the breath of the soul. He lived in the atmosphere of heaven.*" Gospel Workers, page 52 "*Peter therefore was kept in prison: but prayer was made without ceasing of the church unto God for him.*" (Acts 12:5) "*Pray without ceasing.*" (1 Thessalonians 5:17)
- **Mission.** "*Christ's method alone will give true success in reaching the people*" Ministry of Healing, p. 143. The gospel of Matthew includes the following: Preaching the message (Sabbath worship, guest speakers, newsletter, etc.), healing the sick (cooking school, health nuggets, etc.), raising the dead (prophecy seminars, etc.), driving out evil spirits, feeding the hungry (food baskets for the needy),

giving water to the thirsty, caring for the stranger, clothing the naked, visiting the sick and those in prison, making disciples of all nations and baptizing them, teaching them to observe all that Christ commanded (see Matthew 10:6-8; 25:35, 36; 28:19-20).

There are many things a church can do to attract those that are without Christ in their lives. As we practice the natural way of remaining awake while on the narrow road, others will be attracted to this gospel that has the power to save and transform to the uttermost! ❖

## What to do When You Feel...

### Discouraged

"Be careful for nothing: but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." **Philippians 4:6-8**

"Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me." **Psalms 138: 7**

"Cast not away therefore your confidence, which hath great recompence of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise. Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:" **Philippians 1:6**

"Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the Lord." **Psalms 27:14**

### Worried

"Casting all your care upon him; for he careth for you." **1 Peter 5:7**

"And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful." **Colossians 3:15**

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." **Isaiah 26:3**

"I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety." **Psalms 4:8**

"But my God shall supply all your need according to his riches in glory by Christ Jesus." **Philippians 4:19**

"Great peace have they which love thy law: and nothing shall offend them." **Psalms 119:165**

### Depressed

"The righteous cry, and the Lord heareth, and delivereth them out of all their troubles." **Psalms 34:17**

"When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee." **Isaiah 43:2**

## THREE ANGELS KITCHEN

### Easy No-Knead Wheat Bread!

#### Ingredients:

3 cups whole wheat flour  
 1/3 cup unrefined sugar (or other sweetener)  
 1/2 tablespoon salt  
 1 package dry yeast  
 1 teaspoon cinnamon (optional, but \*really\* yummy!)  
 1 2/3 cup warm water

#### Directions:

Mix all the dry ingredients in a bowl and add the water last. You can use an electric mixer, but I find a spoon works fine and is much easier to clean.

Pour the batter into a greased loaf pan and smooth out the top. Cover the dough with a towel or greased plastic wrap and let it rise for about an hour (until it's doubled in size).

Bake in a 400° oven for about 25 minutes (until a toothpick comes out clean).

This is really a treat with a nice raspberry jam.

P.S. One can also add 1/3-1/2 cup of raisins for a scrumptious cinnamon-raisin wheat bread. ❖



## BIRTHDAYS & ANNIVERSARIES

### May

29 – Beryl Permaul  
 31 – Mitchel L. Boyd

“For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.” **Psalm 30:5**

“But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.” **Isaiah 40:31**

“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.” **II Corinthians 1:3, 4**

#### Tempted

“Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who” will not suffer you to be tempted above that ye are able; but will with the temptation also make a way of escape, that ye may be able to bear it.” **1 Corinthians 10:12,13**

“For in that he himself hath suffered being tempted, he is able to succour them that are tempted.” **Hebrews 2:18**

“The Lord knoweth how to deliver the godly out of temptations,” **II Peter 2:9a**

“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love him.” **James 1:2, 3, 12**

#### Angry

“A soft answer turneth away wrath: but grievous words stir up anger.” **Proverbs 15: 1**

“For if ye forgive men their trespasses, your heavenly Father will also forgive you:” **Matthew 6:14**

“He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly.” **Proverbs 14:29**

“He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city.” **Proverbs 16:32**

“Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.” **Ecclesiastes 7:9**

“If thine enemy be hungry, give him bread to eat; and if he be thirsty, give him water to drink: For thou shalt heap coals of fire upon his head, and the Lord shall reward thee.” **Proverbs 25:21, 22**

“Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.” **Ephesians 4:31, 32❖**

Taken from:

<http://www.patblights.com/Bible%20Promises/PowerPromises.htm>

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*“And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.” (Romans 13:11)*

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# ANNOUNCEMENTS

## Healthy Choices Cooking Classes

Place: Three Angels SDA Church - Owasso  
Time: Sunday, June 24 (2-4 PM); ongoing monthly.

Come enjoy health videos by renowned doctors and health professionals as well as food samples, gift drawings, and more!

## Revelation Seminar

Place: Three Angels SDA Church - Owasso  
Time: Each Wednesday at 7:00 PM

Each Wednesday evening, we delve into the fascinating prophecies of the book of Revelation using a question and answer format with a colorful study guide for each lesson. These in-depth studies will provide you will valuable insights crucial to our times. Come join us as we pray and study together to learn what God has to share with us in these last days of earth's history.

## Stop Smoking Seminar

Coming in the Summer!  
Location and Time: To be announced

## Church Monthly Activities

Place: Three Angels SDA Church – Owasso  
Time: Every Sabbath afternoon starting at 2:00 PM

Every month, on Sabbath afternoons our church is working on something. From evangelism planning to outreach to Bible study, there is always something going on Sabbath afternoons. Come join us! Here is the schedule:

- **1<sup>st</sup> Sabbath:** Personal Ministries Council/Community Outreach
- **2<sup>nd</sup> Sabbath:** Bible/Spirit of Prophecy Study
- **3<sup>rd</sup> Sabbath:** Visitation/Invite a church member to your home.
- **4<sup>th</sup> Sabbath:** Bible/Spirit of Prophecy Study

accomplishment. He would not have us conjecture as to the success of our honest endeavors. Not once should we even think of failure. We are to co-operate with One who knows no failure.

When God opens the way for the accomplishment of a certain work, and gives assurance of success, the chosen instrumentality must do all in his power to bring about the promised result. In proportion to the enthusiasm and perseverance with which the work is carried forward, will be the success given.

Ten truly converted, willing-minded, unselfish workers can do more in the missionary field than one hundred who confine their efforts to set forms, and preserve mechanical rules, working without deep love for souls.

Legal religion will not answer for this age. We may perform all the outward acts of service, and yet be as destitute of the quickening influence of the Holy Spirit as the hills of Gilboa were destitute of dew and rain. We all need spiritual moisture; and we need also the bright beams of the Sun of Righteousness to soften and subdue our hearts. We are always to be as firm as a rock to principle. Bible principles are to be taught, and then backed up by holy practice.

Success depends not so much on talent as on energy and willingness. It is not the possession of splendid talents that enables us to render acceptable service; but the conscientious performance of daily duties, the contented spirit, the unaffected, sincere interest in the welfare of others. In the humblest lot true excellence may be found. ❖

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### Worship Schedule

#### Saturday (Sabbath)

Sabbath School.....9:30am  
Main Worship Service.....10:45am

#### Wednesday

Prayer Meeting.....7:00pm

Send comments/suggestions about this newsletter to  
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