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# Hampden Heights Sentinel

## Highlights:

- Are we letting ourselves be deceived or distracted? Page 1
- Following Jesus is not easy, but it is real! Page 2
- The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants. Page 2
- Some will try to drag you down, but stand firm in the Lord! Page 3
- With Christ, there is life. Outside of Christ, there is just death. Page 4
- Overcome fear of change by focusing on the reward. Page 5
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*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh, rather serve one another humbly in love. ~Galatians 5:13 NIV~*

## The Pastor's Place

by Pete Maldonado, Pastor, Hampden Heights SDA Church

### Satan's 3 D's

Satan will work his miracles to deceive; he will set up his power as supreme. The church may appear as about to fall, but it does not fall. It remains, while the sinners in Zion will be sifted out—the chaff separated from the precious wheat. This is a terrible ordeal, but nevertheless it must take place. None but those who have been overcoming by the blood of the Lamb and the word of their testimony will be found with the loyal and true, without spot or stain of sin, without guile in their mouths. We must be divested of our self-righteousness and arrayed in the righteousness of Christ. – {Ellen White, Selected Messages Book 2 380.2}

Are we part of the group that will be *Deceived, Distracted, or Discouraged?* Let's be careful to watch out for the "3 D's," and not fall into the traps Satan would set for us.

Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" Genesis 3:1

D #1: Deception. The enemy is always looking for a way to trap us in his web of

deception. Are we truly alert and aware of what he's trying to do? Even Jesus was not exempt from Satan's attempt to deceive Him.

The tempter came to him and said, "If you are the Son of God..." Matthew 4:3

Satan clearly came to Jesus in order to deceive and present things in a different way, so that Jesus would be tricked, and ultimately sin. Satan spins his web in order to mislead us into distrusting God's word. This deception is very critical to Satan's plan, because it sets the foundation for doubt, and creates in us a feeling of euphoria.

D #2: Distraction. On a daily basis, Satan keeps us fully distracted with everything that's going on in the world.

"I will have upon the ground, as my agents, men holding false doctrines mingled with just enough truth to deceive souls. I will also have unbelieving ones present, who will express doubts in regard to the Lord's messages of warning to his church. Should the people read and believe these admonitions, we could have little hope of overcoming them. But if we can divert their attention from these warnings, they will remain ignorant of our power and cunning, and we shall secure

them in our ranks at last. God will not permit his words to be slighted with impunity. If we can keep souls deceived for a time, God's mercy will be withdrawn, and he will give them up to our full control. – {Ellen White, Spirit of Prophecy Vol 4, 340.2}

"We must cause distraction and division. We must destroy their anxiety for their own souls, and lead them to criticize, to judge, and to accuse and condemn one another, and to cherish selfishness and enmity. For these sins, God banished us from his presence; and all who follow our example will meet a similar fate." – {4SP 340.3}

I am saying this for your benefit, not to place restrictions on you. I want you to do whatever will help you serve the Lord best, with as few distractions as possible.

1 Corinthians 7:35

D #3: Discouragement. Satan works very hard to get us discouraged, because he knows what happens next; we stop praying! Effective prayer requires expectation that the God to whom we pray is listening, caring, and moving on our behalf. But discouragement distracts us from all that, and tells us in essence, "Hey, give up!

(continued on page 6)

**Grace's Outpost** by Ashley Richards

"What then? If some did not believe, their unbelief will not nullify the faithfulness of God, will it? May it never be! Rather, let God be found true, though every man be found a liar, as it is written, 'That You may be justified in Your words, and prevail when You are judged.'" (Romans 3:3-4, NASB)

To be honest, I'm not even sure what to do with this.

Not as in, religiously. In regards to my faith life, it's like a promise I've been hanging on in faith for, and somehow I just noticed it this past week or two. I love this passage.

I more mean—to form an article around it. I've been making my way through the book of Romans lately, and I stumbled across this verse about a week ago. "What then? If some did not believe, their unbelief will not nullify the faithfulness of God, will it? May it never be!

**Rather, let God be found true, though every man be found a liar**, as it is written, 'That You may be justified in Your words, and prevail when You are judged'" (Romans 3:3-4, NASB).

I love it. I don't know about you, but I'm very gullible in a debate. Not so much that I could easily be swayed to the theory of evolution, but (and oh, I feel like I won't explain this well), sometimes people say, "Weighing the odds, even if Jesus was a lie, I'd rather continue to believe in Him and follow Him than waste away my life seeking temporal pleasures," or something along those lines. And my mind takes that rabbit hole. Is Jesus just an imaginary friend? Is He real? Have I believed a lie? Eventually I come to my senses, but I think I'm more open to the power of suggestion than I'd like to be.

But I love this line from Paul, because when I make

statements like "I believe in Jesus" surrounded by people who either don't or don't think He's nearly as incredible and worship-worthy as I do, I tend to start to feel like maybe I'm naïve or stupid. It's not cool—or even very common—to love Jesus anymore. I feel the pressure from society to just follow the crowd.

The thing is, even if I am the ONLY one in a room (or the world!) to believe, this verse gives me confidence, because it tells me that no matter what others say, my faith, my Bible, and my God are real. "Rather, **let God be found true, though every man be found a liar.**" Ach. It's like the answer all my hesitations and lack of confidence have been waiting a decade for. Life following Jesus may not be easy, but it is REAL.

Maybe this doesn't affect you at all, but it reaffirms my own faith in a million different ways. I'm so grateful to follow a God who stoops down to our level, meets us where we are, and takes care of our every (sometimes inconsequential) need.

**Notable Quotes** selected by Bob Kondracki

Death is nothing, but to live defeated and inglorious is to die daily.  
~Napoleon Bonaparte~

The measure of who we are is what we do with what we have.  
~Vince Lombardi~

Courage is resistance to fear, mastery of fear, not absence of fear.  
~Mark Twain~

Is life so dear or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty, or give me death!  
~Patrick Henry~

The harder the conflict, the more glorious the triumph.  
~Thomas Paine~

Obstacles are those frightful things you see when you take your eyes off your goal.  
~Henry Ford~

If we ever forget that we are One Nation Under God, then we will be a nation gone under.  
~Ronald Reagan~

What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.  
~Ralph Waldo Emerson~

A lie can travel half way around the world while the truth is putting on its shoes.  
~Charles Spurgeon~

The tree of liberty must be refreshed from time to time with the blood of patriots and tyrants.  
~Thomas Jefferson~

History does not long entrust the care of freedom to the weak or the timid.  
~Dwight D. Eisenhower~

True patriotism is better than the wrong kind of piety.  
~Abraham Lincoln~

The patriot's blood is the seed of Freedom's tree.  
~Thomas Campbell~

Patriotism demands the ability to feel shame as much as to feel pride.  
~Anne-Marie Slaughter~

## Meet a Member

by Ashley Richards

Many of you will know—or at least recognize!—this month’s member of the month: Grace de Peña. Often she can be seen leading worship on a Sabbath morning.

Like many of us, Grace has grown up in the Seventh-day Adventist church. “I’m still on the path of making my parent’s religion my own, but I’m certain that with the amount of support and love from Jesus I have, I’ll be able to find myself through Him and hopefully be a good example on my sister who has started the journey as well,” she explains. She first started searching for Jesus herself when a former pastor of Hampden Heights, Brian Cassell, started holding Bible studies when she was in third or fourth grade. She was interested in getting baptized at the time, she explains, and says that she decided to study the Bible with Pastor Brian in order to be renewed in Christ. Since then, it’s been a continuous journey,

and she continues to draw closer to God.

Grace’s favorite Bible text is 1 Timothy 4:12, which says, “Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity.” She explains, “It serves as a reminder that throughout life, there will be people who will try and drag you down. But if I know who I am in God and keep my head held high, they won’t really matter.”

Her favorite Bible story is the story of Shadrach, Meshach, and Abednego in the fiery furnace (although she admits to loving many!). “The sheer amount of faith that Shadrach, Meshach, and Abednego had was inspiring. They were willing to risk their lives for their belief in God, and even changed Nebuchadnezzar’s views completely!”

Grace is currently involved in the worship committee, and she says that if there was an after-service youth program, she’d love to take part in that as well. If Grace could change one thing about the church, she says, she would increase the amount of involvement with the youth in the church. (Something we can all agree on, no?)

Grace has just graduated from her sophomore year in high school from Reading Junior Academy, and is currently trying to decide where to pursue her education. “I just hope that wherever I go will be able to help me grow in Christ,” she says. She is still deciding on her career path, as well. She’s considered nursing, she says, but it’s more out of a concern for paying the bills than any real passion. She’d love to pursue the arts in some way but is concerned about steady work in that field. Grace loves pretty much anything arts-related, and enjoys drawing.

She recently has taken up watercolor painting, and she also loves nature and nature-related photography. “I love strolling through trails and photograph whatever catches my eye. It also helps me feel closer to God when surrounded by His creation,” she says.

Five Things about Grace de Peña you may not know:

1. She has a phobia of cockroaches. (“They’re just so creepy and crawly!” she says.)
2. She used to collect panda plushies.
3. She has a pet peeve of loud chewing.
4. She really likes cats with extra toes.
5. She used to play the piano by ear, but doesn’t practice much anymore.

## Recipe of the Month

by Elizabeth Hill

This recipe is really a diversion from what I usually post for you, but it is a recipe that I made for a cookout for a crowd of coworkers and friends and everyone loved it. One person copied it for all who were there and wrote “Indescribable, probably the best you will ever eat!!” These potatoes are delicious, but certainly not good for a diet!

### Garlicky Potatoes with Cream and Cheese

- 2 pounds baking potatoes (I used small red potatoes boiled and cut in half)
- 1 cup heavy cream
- 4 garlic cloves, minced
- 1/4 cup freshly grated Parmesan cheese (I used Kraft already grated)
- salt and freshly ground pepper (optional)

Boil potatoes until cooked, then peel (if desired) and slice thickly. Transfer to foil pan.

In a saucepan, bring cream, garlic, and 4 tablespoons butter just to a boil. Remove from heat. Stir in cheese, salt, and pepper.

Pour over potatoes, tossing carefully to coat. Dot with remaining butter and cover with foil.

Place on grill over indirect heat, and cook for about 30 minutes.

Garnish with fresh thyme sprigs if desired.

# The Christian Experience In Christ paraphrased by Wayne Johns

This sermon was originally presented by W.W. Prescott at the General Conference in 1895, and titled "The Divine Human Family." The entire three sections are available in pamphlet, if interested. This 3<sup>rd</sup> section is paraphrased here by Wayne Johns. All scriptural references are NKJV.

"But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption" (1 Cor 1:30).

The law shows us our sin, and condemns us. But God has provided an escape in Christ. Being in Christ, God sees righteousness through His Son, all by faith. Christ became human that we may become righteous in Him, meeting the requirements of God's eternal law. With Christ in us, we meet the demands of the law, for it is all Christ. "There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit" (Romans 8:1).

Christ, condemned by man, was not condemned by God. Even Pilate, representing civil power, said three times, "I find no fault in Him." There is no condemnation but approval from God to those in Christ. There will be conviction, for even in earthly courts we are first convicted and then sentence passed. The Holy Spirit convicts of sin but not for condemnation but to offer pardon. The Holy Spirit takes the convicted to convince us of righteousness so God may offer free

pardon. Numbers 35 talks of the city of refuge. When one committed murder, they could flee to this city and while inside be safe, but outside risked death. We can flee to Christ who keeps us. If outside of Him, we are at our own risk and likely to pay the penalty but if we abide in Him we are safe.

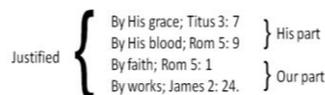
As Paul noted in Phil 3:4-9, he counted all things loss for the excellent knowledge of Jesus Christ his Lord. Through faith in Christ, His righteousness becomes ours by faith. We could list all our "good" qualities but they are nothing compared to Christ. Perfection of righteousness is only found in Christ. All our "things" must be repented of and he must be found in Christ and that is sufficient. We need to be found in Christ and not self, for in Him we are complete.

Colossians 2:6-8 states, "As you therefore have received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, as you have been taught, abounding in it with thanksgiving. Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ."

Jesus was clothed with humanity and we are complete/made full in Him. We are nothing without Him. In Christ dwell the fullness of the Godhead. Attempts of man to make himself better by meeting the requirements of God's law without Christ is simply formalist, an empty shell. We must be filled with Christ, who makes us alive.

In Adam we all die, in Christ we all live by grace and the gift of His righteousness. By the offense of one came judgment, by the obedience of One many will be made righteous. We are counted righteous because of Christ who dwells in us.

In Jesus Christ, all men were justified. For God commends His love to us, while we were yet sinners Christ died for us. He died for all, correct? It was by God's grace Jesus tasted death for every man. It would not be necessary for God to change His plan if this very moment all humans decided at once to repent and turn to God. Now by the obedience of One, many will be made righteous, for by one Man's obedience the free gift came to all men to justification of life. By this divine-human union in Christ, the punishment He took on our behalf, every human received a tendency or feels a drawing to righteousness, but we do not receive any consideration because of that righteousness or drawing to Christ's righteousness unless we yield to Christ and His righteousness. We must be drawn to Christ, be in Christ and Christ in us and then we will personally receive the benefits of His righteousness, justification of life in Christ. When we yield to sin we are condemned, when we yield to Christ we are righteous in Him. The following illustration may be helpful:



Grace and His blood were given by Christ of which we had no part in providing. We are given a measure of faith and demonstrate that faith by works of which we have a part. Responding to these gifts we exercise faith, demonstrating Christ works in us. It's all about Christ. We are justified freely by His grace, justified by His blood and being justified by faith we have peace with God to do and to will of His good pleasure. With God's peace, works will naturally flow, demonstrating our faith in Christ. Divine grace is the source of all justification. Justification by Christ's blood, in which is life, and by His divine life, which is eternal life, He came to humanity uniting Himself, His life, to humanity. Faith is the channel, the conduit by which we appreciate and apply His righteousness, all by grace through the blood of Christ.

Our works are outward evidence of His righteousness working in our life that came by His grace through His blood. This is all from a loving, personal Savior from our loving God through the blood of Christ. When we say justified by works it implies faith in Christ, who works through us. Our justification is a combination of grace, faith, Christ's blood and works.

Justification by faith is Christ's righteousness credited to us freely. Christ is our righteousness given to humanity when Christ became human. It is not a ticket giving us access to heaven, for we do not get in by ticket as if heaven owes us entrance.

## Dealing With Life Changes by Nancy Minnich Manubay, Physician's Assistant

### Dealing with Life Changes

Why is change so difficult? It is, at least, for the majority of us. In the Webster's New World Pocket Dictionary from ages ago, the definition of change is: 1. Substitute. 2. Exchange. 3. Alter/vary. Doesn't sound so scary does it? Granted, this is an abbreviated definition, but nevertheless, I think the majority of people find change difficult. And as we age, it often becomes even harder.

I think change is difficult because it is much easier to stay stuck in the same routine day after day. One of the reasons I think we resist change is out of fear. Fear of the unknown, fear of failure.

I had just started a blog on depression and anxiety, and when I was developing this topic, I wrote that I was feeling fear at that very moment. I was afraid because putting me and all my stuff "out there" was way out of my comfort zone. It still is.

However, what I found over the years is that once you get over that initial fear and push yourself to the edge of your comfort zone, the reward is usually well worth the effort. Sometimes life doesn't take you where you expect to go, but getting there just may be a gift.

I am a self-proclaimed expert on moving. This last move was my 15<sup>th</sup> move and I can tell you that it does not get any easier. When I first moved here I didn't know my way around and I was intimidated by everything.

I'd left my job, my friends, my good neighbors of almost 5 years. I cried pretty much every day and soon became very depressed, so much so that one day, I thought I might become a danger to myself. I looked out of my window that day. I could see everything, but hear nothing. Talk about scary.

With the help of my doctor, my fiancée, and a therapist, I worked through most of these issues, and two years later I was almost back to my old self. Now, if I am afraid to go out of my comfort zone, I take a deep breath and do it anyway! The reward is worth it.

## The Christian Experience In Christ (continued from page 4)

Christ became human and He is Lord, our righteousness, and when He became one with us, we were granted to be one with Him. God looks on us as one with Christ in righteousness for those in Christ, meaning grafted into the true Vine. Our justification is a gift from Christ, who is our righteousness, grafting us with a redemptive union into the true Vine, Christ in us, meaning those grafted into the Vine receive their strength from Christ. This is all encompassing, not like a garment just covering the outside, but into our very core, His life through and through. It is credited, it is all given, all a gift, yet this righteousness is from within Him and we are in Him, it is His gift of righteousness. This gift was given without any choice or will on our part just like sin was committed in Adam without any choice or will on our part.

By faith we can lay hold of Christ's righteousness, which He will do in us by our constant will and choice. This gift, solely in and initiated by Christ, was given without waiting for us to ask for it, for while we were yet sinners, Christ died for the ungodly. Will this inspire the idea of self-righteousness? No, not at all because it is a gift, the gift of grace, His blood is a gift, faith a gift we exercise, and works are His works in us that others observe. It is all about Christ; part of God's wonderful plan completed in Christ.

Generations may come and go but the tie of Christ to humanity continues allowing us to be grafted into the true Vine that Christ may be in us and us in Christ.

Now what about sanctification and justification? At first sanctification is nothing when

we are initially born into the family of God, for we are accounted righteous at once when born anew. Christ is in us. All His righteousness is credited or accounted righteous and complete. But none of His righteousness is produced in us, for we must be submissive, yielding to Him while being justified all the time by faith in Him. His life of righteousness working within us being a life union. He begins to be a part of us, so to speak, with His life blood beginning to circulate through our life, taking the place of the old dead matter, changing our lives into His likeness. We become connected with the source of divine life as it is poured into us, circulating throughout. The result of receiving His divine life in us and through us is sanctification. As we keep yielding we are justified all the time and as we yield to the flow of divine life that

keeps working more and more, yielding to the motions of His life and not the motions of sin, the more sanctification is growing all the time. Justification is not decreasing any, but the sum of justification and sanctification all the time is simply completeness in Christ. Justification is no less all the time, yet we keep growing in sanctification, and it is God's purpose that all Christ's righteousness that is given the moment one is born into the family of God and believes in "Christ our righteousness" is formed in us by our actual will and consent all the time. In Christ is life, that's the secret. Apart from Him there is no life. When He fills our life, He fills us with His righteousness giving life, eternal life. Christ's life is not dormant or an inactive thing. It is His life showing itself. We are simply instruments of His righteousness. He simply uses us as a willing, yielding instrument.

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**The Children's Page** by Ashley Richards

Do you have a favorite Bible character or story? I'm sure you do! With some of the members of the church getting ready to go be missionaries in Brazil for a couple weeks, I thought it would be fun to see our favorite characters' names in a different language—Portuguese! In the puzzle below, you'll find the names of 26 Bible characters going across or down. To make it a little simpler, there are no accents in the puzzle. The English version of each Bible character's name is in parentheses for you.

A	N	D	R	E	S	R	V	I	Z	T	K	V	R	U	A	S	U	N	K
D	H	A	W	L	A	E	B	S	K	H	C	O	W	S	V	B	Q	O	P
A	V	N	Z	I	T	S	U	A	R	W	D	L	K	C	C	R	Q	P	V
O	U	I	B	A	Z	J	T	B	G	P	J	E	X	T	A	T	P	M	J
W	K	L	F	S	A	M	U	E	L	I	Y	P	Y	V	S	A	R	A	W
G	J	O	S	E	F	O	E	L	U	F	D	E	S	J	I	U	O	T	I
X	O	G	A	G	U	I	U	D	C	F	E	D	Z	Z	M	Z	L	H	X
O	A	Y	V	I	G	S	W	X	A	S	D	R	Q	C	A	W	U	E	H
M	O	H	Y	N	O	E	L	Y	S	A	L	O	M	A	O	V	K	U	Y
M	R	V	Q	F	V	S	P	O	N	M	I	K	P	L	O	Y	W	S	G
N	Y	J	K	I	Y	I	Z	A	M	B	D	C	G	E	D	H	E	F	Z
H	E	I	B	C	W	H	G	D	A	V	I	N	M	B	N	X	M	L	Z
D	R	J	X	M	U	P	I	Q	R	Q	A	L	E	E	S	T	E	R	K
L	Q	T	D	D	J	X	F	M	I	B	I	F	A	C	B	O	L	U	J
P	Z	U	G	E	R	E	O	D	A	G	X	J	U	F	L	M	N	T	B
W	O	T	M	C	J	A	C	S	L	F	N	E	B	E	V	A	H	E	I
L	M	Q	K	O	H	X	H	B	Q	H	C	T	N	L	O	S	W	P	Y
S	R	G	J	P	C	A	C	F	R	M	R	A	D	I	V	X	T	E	S
T	J	I	N	E	I	Q	F	K	S	N	D	T	N	P	O	C	A	S	Q
A	Y	R	A	L	S	K	Z	X	G	A	B	R	I	E	L	B	M	P	I

- Adão (Adam)
- André (Andrew)
- Calebe (Caleb)
- Danilo (Daniel)
- Davi (David)
- Elias (Elijah)
- Ester (Esther)
- Eva (Eve)
- Felipe (Philip)
- Gabriel (Gabriel)
- Isabel (Elizabeth)
- João (John)
- José (Joseph)

- Lídia (Lydia)
- Lucas (Luke)
- Maria (Mary)
- Matheus (Matthew)
- Moisés (Moses)
- Noé (Noah)
- Pedro (Peter)
- Rute (Ruth)
- Salomão (Solomon)
- Samuel (Samuel)
- Sara (Sarah)
- Simão (Simon)
- Tomás (Thomas)

**The Pastor's Place** (continued from page 1)

You're not doing any good with all this prayer, anyway. You're just wasting your time and effort." At the heart of the matter, discouragement is really all about us. Basically, things didn't work out the way we wanted, in the timing we expected. And we can even entertain thoughts that maybe God wasn't quite so good to us after all.

Oswald Chambers said, "Discouragement is disenchanted self-love." The Bible says in Isaiah, "A bruised reed he will not break, and a smoldering wick he will not snuff out. In faithfulness he will bring forth justice, he will not falter or be discouraged until he

establishes justice on earth."  
Isaiah 42:3-4

Jesus never was discouraged because He was not on His own mission. He was on His Father's missions, doing His Father's will. Let us then stay focused and not be **Deceived, Distracted, or Discouraged.**

Let us instead look forward to the coming of the Lord, being faithful in all we do, to the glory of God.

And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him. Colossians 3:17