

THE LAST WAYMARK NEWS

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Last Waymark Ministry's
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Jamaica

EZEKIEL'S VISIONS

Human Agent Does Not Inspire With Life

It is not the human agent that is to inspire with life. The Lord God of Israel will do that part, quickening the lifeless spiritual nature into activity. The breath of the Lord of hosts must enter into the lifeless bodies. In the judgment, when all secrets are laid bare, it will be known that the voice of God spoke through the human agent, and aroused the torpid conscience, and stirred the lifeless faculties, and moved sinners to repentance and contrition, and forsaking of sins. It will then be clearly seen that through the human agent faith in Jesus Christ was imparted to the soul, and spiritual life from heaven was breathed upon one who was dead in trespasses and sins, and he was quickened with spiritual life.

But not only does this simile of the dry bones apply to the world, but also to those who have been blessed with great light; for they also are like the skeletons of the valley. They have the form of men, the framework of the body; but they have not spiritual life. But the parable does not leave the dry bones merely knit together into the forms of men; for it is not enough that there is symmetry of limb and feature. The breath of life must vivify the bodies, that they may stand upright, and spring into activity. These bones represent the house of Israel, the church of God, and the hope of the church is the vivifying influence of the Holy Spirit. The Lord must breathe upon the dry bones, that they may live.

The Spirit of God, with its vivifying power, must be in every human agent, that every spiritual muscle and sinew may be in exercise. Without the Holy Spirit, without the breath of God, there is torpidity of conscience, loss of spiritual life. Many who are without spiritual life have their names on the church records, but they are not written in the Lamb's book of life. They may be joined to the church, but they are not united to the Lord. They may be diligent in the performance of a certain set of duties, and may be regarded as living men; but many are among those who have "a name that thou livest, and art dead" (Revelation 3:1). The SDA Bible Commentary, Ellen G. White Comments, Volume 4, 1165, 1166.

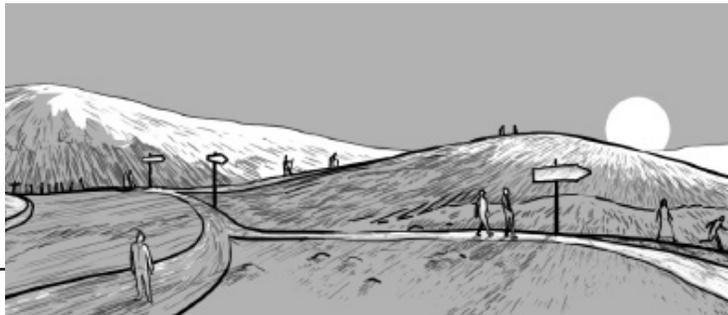
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The ministry is founded by a group of individuals who are studying the prophecies of Revelation 14: 6-12 based upon the rules and principles of William Miller and were inspired to formalize this ministry. We believe that we are called by God to teach this prophetic message, help in the preservation of health and to give the message of the hour by His grace.

Your donations are greatly appreciated.

MISSION STATEMENT

To restore and preserve the everlasting Gospel, is the life mission of The Last Waymark Ministry and we do so under the auspices of Hosea 12:13. Here we learn that Israel was freed and preserved of God through a prophet and we hope to have a similar effect on the world today. The wide circulation of the third angel's message is another of our mission and we share its warning through principles left us by Father Miller. These principles have been our rules for Bible interpretation and we have found their use to be valuable. Fast joined to the work of the third angel is medical ministry and in this we have a field of labor as well. Isaiah 58 is the scriptural premise on which we work. In summary, we at The Last Waymark ministry are commissioned to give the everlasting gospel to the world.



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EZEKIEL 37:1-14

This is a very interesting passage of scripture, it's fascinating to see how God uses the Valley of Dry Bones to describe His people and also how He uses it to give them hope and encouragement, promising them restoration full and complete. Hopefully, this study will bring new insight and be a blessing to the reader.

Anyone reading the book of Ezekiel can see that he's very keen on chronology this sharpest of delineation naturally led my mind into thinking what year did this occur? Upon reading the previous passages, I found in chapter 33:12 that it was in the twelfth year of their captivity, the fifth day of the tenth month that one who had escaped the destruction of Jerusalem brought him the solemn news, that the city was smitten! According to 2Kings 25:3 the city was smitten on the ninth day of the fourth month and in verse 9 the author states that Nebuzardan came unto Jerusalem in the seventh day of the fifth month and burnt the house of the Lord, while Jeremiah tells us this burning of the house took place on the tenth day of the fifth month Jeremiah 52:12. I allude to this event for a reason because in Ezekiel chapter 24:1,15-27 an additional piece of information is given to us about what was happening with the prophet at this time. From reading these verses, we can see that this vision was given in the ninth year, the tenth day of the tenth month. This was the beginning of the siege of Jerusalem in the year 587BC. We also see that the Lord removed Ezekiel's wife by death as a symbol that the temple would be destroyed and also to show the response of the people to this crisis. Another point to note as well is that from this point on Ezekiel would be dumb until someone escaped the destruction of the city and told him about it. So Ezekiel was dumb from the tenth day of the tenth month, 587BC until the fifth day of the tenth month 585BC.

Points to take from the above paragraph:

Ezekiel 37:1-14 is linked to chapter 24:1,15-27 and chapter 33:12.

Ezekiel was dumb from the siege of Jerusalem 587-585BC.

585BC is where Ezekiel is given the vision of the restoration of Jerusalem.

From 585-515BC where the temple was complete is 70 years.

Now let us focus on the passage itself:

“The hand of the LORD was upon me, and carried me out in the spirit of the LORD, and set me down in the midst of the valley which *was* full of bones, Ezekiel 37:1

Where is this valley of dry bones? Verse 12 of the same chapter calls this valley their graves as we all know a grave is where someone is buried. Notice in chapter 24 Ezekiel's wife died in captivity which was in Babylon so we can safely say that Babylon is the place where they were buried making it this valley of dried bones. Verse 11 of Ezekiel 37 also tells us that the dried bones are the whole house of Israel. Notice their words in this same verse: “Then he said unto me, Son of man, these bones are the whole house of Israel: behold, they say, Our bones are dried, and our hope is lost: we are cut off for our parts.” (Eze 37:11) this verse can be compared with verse 21 of chapter 24: “Speak unto the house of Israel, Thus saith the Lord GOD; Behold, I will profane my sanctuary, the excellency of your strength, the desire of your eyes, and that which your soul pitieth; and your sons and your daughters whom ye have left shall fall by the sword.” (Eze 24:21) I think these two passages of scripture helps us to see what they mean when they say they are cut off from their parts and their hope is gone.

Summary so far:

The Valley of Dry Bones is the House of Israel buried.

Babylon is the grave.

The destruction of the temple and removal of their children is the cutting off of their parts and the dryness of their bones.

With this said I think the way has been paved to look at the other verses:

“Again, he said unto me, Prophecy upon these bones, and say unto them, O ye dry bones, hear the word of the LORD.” Ezekiel 37:4

Notice Ezekiel is to prophesy upon the bones telling them to hear the word of the Lord. These words in my mind denotes that the whole house of Israel is as they are because they had lost the fear of God, and had stopped listening to His Word, it also tells us that Prophecy is that word they should hear and that this is the Word that would restore them from their dead dry state.

Verses 5-10 tell us the process of their recreation:

He gives the Last, first Breath will enter them.

Sinew and flesh and skin will come upon them.

The repetition of the breath.

Notice as Ezekiel prophesied there was a noise and a shaking then bone came to his bone. This reminds me of Genesis 2 where Adam said Eve was bone of his bone and flesh of his flesh, sinew, flesh and skin came upon them but no life was in them, they still had no breath until Ezekiel prophesied unto the wind before they were given life interesting the breath came from the four winds.

Verses 11-14 are a repetition of the first 10 verses, explaining the first 10 so these verses are repeating the first ones and enlarging them.

Before the process of recreation can begin their graves had to be opened, as stated previously this grave was Babylon. Therefore, the opening of their graves would be equivalent to the fall of Babylon 539/8BC, their grave was open all of two-three years before the first decree was given by Cyrus 586BC enabling them to go home and begin the rebuilding process. It also took three decrees to complete this work.

1st decree their grave was opened.

2nd decree sinew, flesh and skin came upon the body but still no breath, no life.

3rd decree breath came from the four winds and brought life, into them with the restoration of the law of God.

The Great Controversy, page 326, says the following:

These three kings, in originating, reaffirming, and completing the decree, brought it to the perfection required by the prophecy to mark the beginning of the 2300 years.

Editor's Notes: The above article is one in a series. The abrupt closure of the thoughts will be continued within subsequent newsletters.

HEALTH NUGGET

Dietary Fibre

Have you ever wondered why dietary fibre is essential in your diet and if the body actually digests it?

Well, today we are going to have a look at the importance of dietary fibre, and some of its benefits.

What is dietary fibre?

Dietary Fibre or roughage is the portion of plant-derived food that cannot be completely broken down by digestive enzymes. Due to this, dietary fibre is passed from the small intestine into the large intestine where it is partially or fully fermented.

Food sources for dietary fibre have customarily been divided according to whether they provide soluble fibre or insoluble fibre.

What is soluble fibre?

As the name suggests, soluble fibre is able to be dissolved in water- readily fermented in the colon into gases and physiologically active by-products (a secondary product derived from a chemical reaction), such as short-chain fatty acids produced in the colon by gut bacteria. Soluble fibre is viscous, may be called prebiotic fibre and delays gastric emptying which, in humans most often results in an extended period of feeling full.

Soluble fibre foods:

Black beans

Liam beans

Brussels Sprout

Avocados

Sweet potatoes

Broccoli

Turnips

Pears

Water is found in the colon and is used in digestion, and undigested food and fibre are eliminated. This causes food wasted products to harden and form faeces which are

removed.

Short chain fatty acids- are produced when dietary fibre is fermented in the colon and are primarily absorbed in through the portal vein during lipid digestion.

Insoluble fibre does not dissolve in water- is inert(chemical inactive) to digestive enzymes in the upper gastrointestinal tract and provides bulking. Some form of insoluble fibre such as resistant starches, however, can be fermented in the colon. Bulking fibres absorb water as they move through the digestive system, easing defecation.

Insoluble fibre rich food:

Cauliflower

Zucchini

Celery

Nopal

Beans

Wheat Bran

Nuts and seeds

Legumes

Potato skin

Resistant starch is starch molecules that resist digestion, functioning kind of like fibre. They are turned into short-chain fatty acids by the intestinal bacteria and are proven to be very beneficial.

Examples of such includes:

Oats

Cooked and cooled rice

Legumes

Cooked and cooled potatoes

Green bananas

Hi-Maize flour

Effects of fibre intake:

Research has proven that the consumption of fibre may benefit health in several ways.

Both soluble and insoluble fibre increases food volume without increasing its caloric content to the same degree as digestible carbohydrates, thus providing a state of fullness and reducing appetite.

Soluble fibre is very beneficial to a diabetic as it attracts water and forms a viscous gel during digestion, slowing down the emptying of the stomach and intestinal transit. Helping to shield carbohydrates from enzymes, and delaying absorption of glucose, which lowers variance in blood sugar levels, lowers total and LDL (low-density lipoprotein) cholesterol, which may reduce the risk of cardiovascular disease.

Insoluble fibre regulates blood

sugar, which may reduce glucose and insulin levels in diabetic individuals and may lower the risk of diabetes.

Insoluble fibre also speeds the passage of foods through the digestive system, which facilitates regular defecation.

Insoluble fibre adds bulk to the stool, which alleviates constipation.

Both insoluble and soluble fibre balances the pH and stimulates intestinal fermentation production of short chain fatty acids.

It is important to note also that fibre does not bind to minerals and vitamins and therefore does not restrict their absorption. Fermentable fibre instead improves absorption of minerals, especially calcium. Some plant foods can reduce the absorption of minerals and vitamins like calcium, zinc, vitamin C and magnesium, but this is caused by the presence of phytate; which also has significant benefits, not fibre.

TLWM'S SOTP SUMMARY

Revelation 11

This is not an exhaustive study of these two chapters it's just a revision. For further study, please refer to the School of the Prophets Channel on YouTube where you will find class discussions on these two topics.

We commenced this month looking at Daniel 11:40. The two times of the end were identified being 1798 and 1989. We never went into much detail, and that verse leads us to the subject of Revelation 11:1 and 2 which I will look at.

The points of discussion were as follows:

We looked at where John is standing in Revelation 11. The point of reference which we concluded is April 19, 1844.

Revelation 11 deals with two themes of restoration and destruction.

Verse **one** of Revelation highlights a theme of **restoration** while verse **two** a theme of **destruction**.

Measuring makes you know that one group is restored and one destroyed

Revelation 11 also deals with the prophecy of the 391.5 which spans from the time of 977 with the rending of Solomon's kingdom. 390 years onward leads to the year 587 while 391.5 leads to the year 586 B.C. Revelation 11:14- "second woe pass" takes us to the year August 11, 1840. It commences on July 27, 1849.

"Reed" is a phrase that is used and we notice its measurement which is equal to 126 and our point of reference is found in Ezekiel 40:5. Two themes can be demonstrated from this prophecy being 126 which also symbolises the 2520 prophecy. The themes are "restoration" and "destruction".

We also demonstrated the restoration of the temple. The temple was reared up on the first day of the first month (see Ezra for that history). 70 years was given for the restoration of the temple spanning from 516 to 586 which

is equalled to seventy years. Its completion took place in 515, but the decree for its completion began in 516.

These are just some points that we revised. If you desire to receive more information, please email or contact us.

CREATIVE CORNER

The Question

The night was still and the air light as the Jacksons settled down for dinner. The quietness of the streets, however, found no place within their home as little Melody buzzed from chair to chair with uncontained glee. Merrily she rehearsed the verses she had learned within the day's study and having seen the effect of moving air upon her skirt as she spun along during recess she wondered why God would use something so simple to explain so many different subjects in the Bible. This wonderment she cherished from her lesson closed at noon and having found no answer since, she ran to the table and without introduction, reeled her inquiry to all that listened. Many were her questions and breathlessly she expressed them, all without breaks between. Her dad, seeing no immediate end to her queries, lifted her to his lap with the hand that wasn't employed in covering her mouth. "Baby girl," he began with a slight chuckle; "we can only help you in the answers as we hear the questions clearly. Why not ask us one question at a time," concluded her father as he panned Melody off to her mother who gestured earlier that she wanted to hold her. Her little face reflected serious mental action; she seemed to be mulling over thoughts bigger than herself. Long she stayed that way, cuddled in a coma within her mother's arms, unable to pose her first question.

Mrs. Jackson watched Melody's face contort into different expressions as the thoughts bounced about in her mind. She wanted so much to answer her many questions and remove her wonder

but she knew she couldn't. Biblical themes are of eternal depths and her finite mind could not provide the answers that her four year old needed. "Mommy!" called Melody with tears trickling down her cheeks. "Why, is it so painful to think about Bible lessons," added the youngster as her mother kissed her cheeks. Upon this inquiry Mr. Jackson looked over to Justin, their thirteen year old son, and cuing him to respond, he rose from his seat, kissed Melody and beckoned to his wife to follow him. Mrs. Jackson, was puzzled by this action of her husband but she trusted he knew the best method to answer Melody and did as he bade her.

Melody and Justin sat alone at the dinner table; mom and dad having retired to their room. Justin knew why his dad left him responsible for answering that question from his little sister. It was a question he had recently answered himself and seeing Melody's pain he gladly sought to relieve her anxiety. He began his talks with her simply and in an illustrative way he explained things to her. He asked her if she understood all the things their parents did and when she answered no he asked her if she ever tried to understand them through her own efforts. To this she answered in the affirmative. "How many years older than you are mom and dad?" asked Justin as he saw that Melody had settled down. "Thirty-two years each" returned the answer as Melody climbed his legs and sat down. Justin smiled at the answer and continued at his talks with her. He continued into telling her that that many years laid between the experiences of their parents and Melody herself and how those length of years contribute to them not being easily understood by her. That explanation seemed to have been clear enough for him to ask: "how many years older than you is God, Melody?" Amazement was the expression her face wore and when she shouted, "eternally older!" Justin smiled; for that was the answer he wanted. "Eternity lies between you and God Melody and I'm sure you remember mother's explanation on how eternity is measured. That, little sister is why I believe Bible lessons are painful to think about; because we are handling thoughts sent from a God who lives where time is

without an end. That's another reason He is able to use natural things like wind, rain, beasts and nations to teach us many different lessons."

Understanding was obvious as Melody leaped from Justin's lap excitedly and resumed her lively recital of Job 12: 7 and 8 "But ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee: Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee." Hearing her reengaged in her nightly rounds Mr. and Mrs. Jackson left their room and joined their children again. They had listened in on Justin and as they gestured their approval to him Melody ran to them and unloaded all that she learned from her brother to them.

The End!