

Wisdom Booklet 7



WISDOM QUIZ

Matthew 5:7

"Blessed are the merciful: for they shall obtain mercy."



How well do you understand the concept of mercy?

True/False

1 God expects us to show mercy to every offender, no matter how great his offense has been toward us.

(Read Ephesians 4:32.)

- The ultimate example of mercy was given to us by Christ when He asked His Father to forgive the ultimate offense which would be done against another person. What will happen to us if we fail to show mercy to an offender? (See Matthew 6:14-15.)

2 The primary reason God allows people to offend us is that our right response will transform their lives.

(Read I Peter 5:6, 10.)

- Showing mercy to offenders will often transform their lives, but this is not God's primary purpose. The primary purpose is to bring the offended person to brokenness so that he will not depend upon himself, but allow God's grace to work effectively in his life. (See Psalm 51:15-17.) Can you list three men in the Old Testament who became great leaders because they showed mercy to their offenders?

3 It is an act of mercy to press charges against one who stole from you.

(Read Micah 6:8.)

- Mercy is only seen and appreciated in the face of justice. It is, therefore, important to first of all establish a man's responsibility for what he has done and then to determine the best way to show mercy. In some cases, it would be best for the person to have him pay for what he did. In other cases it would be best to release him from his debt.

How did Joseph show mercy to his brothers by putting one of them in jail?

4 By definition, mercy includes forgiveness and pardon.

(Read Psalm 99:8.)

- Forgiveness requires us to have the same love toward our offender after his offense as we should have had before. Pardon involves releasing our offenders from the consequences of their offenses. We are only able to pardon a person if we have jurisdiction over the consequences of his offense. Can you name three offenses that we would be able to forgive but not to pardon?

5 The person who needs mercy must request it before it is extended to him.

(Read Romans 5:8.)

- In providing salvation, God was the wronged party; yet He initiated the means by which we could be reconciled to Him. Whose example do we follow when we show mercy only to those who ask for it? (See Matthew 5:44-48.)

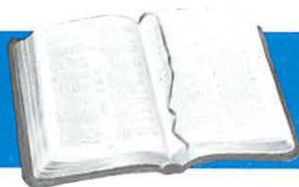
Total Correct

There's a Wideness in God's Mercy

1. There's a wide-ness in God's mer-cy, Like the wide-ness of the sea;
 2. There is wel-come for the sin-ner, And more grac-es for the good;
 3. For the love of God is broad-er, Than the meas-ure of man's mind;
 4. If our love were but more sim-ple, We should take Him at His Word.

There's a kind-ness in His jus-tice, Which is more than lib-er-ty.
 There is mer-cy with the Sav-ior; There is heal-ing in His blood.
 And the heart of the E-ter-nal is most won-der-ful-ly kind.
 And our lives would be all sun-shine in the sweet-ness of our Lord.

WISDOM WORKSHEET ON MATTHEW 5:7



"BLESSED ARE THE MERCIFUL ..."



How did the Good Samaritan show both aspects of mercy?

1. Compassion—The Samaritan used his own resources to aid the wounded Jewish traveler.
2. Forgiveness—By helping the Jewish traveler, the Samaritan demonstrated forgiveness for the Jews' rejection of the Samaritans.

"... FOR THEY SHALL OBTAIN MERCY."



From what two sources do we need to receive mercy?

1. From God—His mercies are new every morning. (See Lamentations 3:22-23.)
2. From others—We need the forgiveness of those whom we offend in word or deed.

Linguistics

Languages,
Grammar, Vocabulary,
Communication



MERCIFUL

Greek: ἐλεέω (eh-leh-EH-oh)

DEFINITION: actively compassionate, seeking to relieve suffering, moved with pity, extending forgiveness.

What three kinds of needs should we notice in others?

1. Physical needs. See the story of the Good Samaritan in Luke 10:30-37.
2. Emotional needs (hurts and sorrows).
3. Spiritual needs (lack of proper relationship with God).

Do Resource A.

Who needs our mercy the most?

1. Family and friends

Often we are so preoccupied that we fail to see the needs of those closest to us. (See Proverbs 11:29.)

2. Members of the Body of Christ

God desires unity among Christians, but Satan attacks as an "accuser of the brethren." (See Revelation 12:10.)

"As we have therefore opportunity, let us therefore do good unto all men, especially unto them who are of the household of faith" (Galatians 6:10).

3. Our enemies and those who offend us

"Be not overcome of evil, but overcome evil with good" (Romans 12:21).

4. The poor among us

"He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he [God] pay him again" (Proverbs 19:17).

Do Resource B.

History

Archaeology,
Geography, Prophecy,
Music, Art, Literature



How did one who was blind cause millions to "see"?

A country doctor blinded baby Fanny Crosby when he treated her eyes with the wrong medicine. Rather than becoming bitter over the doctor's error, however, Fanny decided to focus on Christ by memorizing large portions of Scripture. As a result, she learned to be content with God's plan for her life, and to be compassionate, as Christ was compassionate.



Fanny Crosby
1820-1915

Fanny often ministered to ruined lives through rescue missions, and was the first woman to speak before Congress. She wrote over 8,000 hymns which have blessed thousands of lives.

Do Resource C.

How did David receive mercy by giving mercy?



DAVID

David spared the life of Saul on two occasions when Saul was trying to kill him.

David also showed mercy to Nabal after Nabal had deeply offended him.

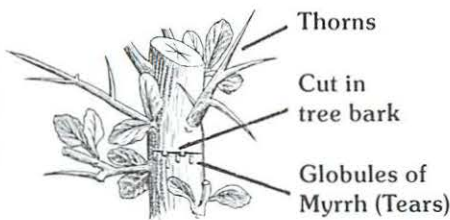
Years later, David sinned and was deserving of death. But God rewarded David's merciful and repentant heart by sparing his life and inspiring him to write rich Psalms that reveal the great mercy of God.

Science

Chemistry, Biology,
Astronomy, Geology,
Physics, Mathematics



How does myrrh illustrate the meaning of mercy?



Commiphora-myrrha tree

The name *myrrh* comes from an Arabic word which means "bitter tasting." When the bark of a myrrh tree is bruised or cut, the myrrh oozes as a fluid from resin ducts inside the damaged bark and slowly hardens into globules called "tears."



These globules were used in Biblical times to make fragrant perfume (see Psalm 45:8), special priestly anointing oil (see Exodus 30:23-25), or various medicines. (See Mark 15:23.)

Myrrh Perfume

Christians who properly show mercy hinder infection that spreads through the Body of Christ, draw Christians together, and help to cleanse out impurities that hinder the health of the church.

Myrrh is used in medicine as an anti-septic (destroyer of disease-producing bacteria), an astringent (drawing together body tissue), and as a carminative (cleaning out impurities). It is also used to relieve sore gums.



The greater the hurt, the greater the potential fragrance and healing.

Do Resource D.

Law

Government,
Economics, Logic



How is our ability to show mercy limited to legal jurisdiction?

Forgiveness deals with the releasing of our resentment and other emotional response toward an offender. Pardon deals with releasing the offender from the consequences of his offense. If someone violates criminal law in what he does to us, we must forgive him, but we do not have the authority to pardon him.



In such a case, he has placed himself under the hand of God's ministers of justice. (See Romans 13:1-7.)

Do Resource E.



How does mercy balance justice in God's law system?

True mercy is possible only in the context of true justice. The crime must be acknowledged by the offender, and he must agree that the punishment is just and deserved.

On the basis of this confession, he is able to plead for mercy. Mercy may be extended by a judge reducing the penalty or by the President or Governor granting a pardon.

How does God desire to work through us in the lives of those who offend us?

He first wants us to trust Him for vindication and then to maintain an attitude of love and forgiveness. This response will be expressed by speaking well of the offender, praying for him, and being ready to return good for evil to him.

God also wants us to trust Him for whatever discipline He knows is necessary in the offender's life.

Medicine

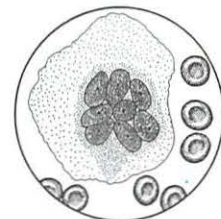
Health,
Nutrition, Behavior,
Counseling



How does lack of mercy damage our bones?

If, instead of forgiving an offender, we develop bitterness, this bitterness will not only harm our spiritual life and our emotions, but it will also greatly damage our bones.

Bone damage has far-reaching consequences, because our blood is manufactured in our bones and the health of the entire body is determined by the blood. (See Genesis 9:4.)



Blood cells
Magnified 1,000 times

Bitterness and its accompanying guilt cause bones to . . .

- "Burn with heat."
Bitterness weakens the immune system, increasing vulnerability to infection, fever, and disease.



- Dry up.
Bitterness causes capillaries in the bones to shrink, thus limiting the flow of blood and nourishment.

- Rot.
Bitterness robs calcium from the bones, making them soft and weak.

- Age prematurely.
Bitterness causes bones to become extremely brittle from the loss of living tissue.

Many bone diseases can be directly attributed to the effects of bitterness.

Do Resource F.

How do the qualities of myrrh and other herbs illustrate the health benefits of showing mercy?

Do Resource G.



How many of these questions can you answer before studying the resources?

WHAT IS THE SCOPE OF GOD'S MERCY?



- What are eight synonyms and antonyms of mercy? ...239
- What parable did Jesus use to demonstrate the necessity of showing mercy? ...239
- What are acts of mercy? ...240
- What seven requirements cause acts of mercy to glorify God? ...240

HOW IS MERCY DEFINED IN GREEK?



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- Why must mercy go beyond feelings of compassion? ...241
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HOW DID ONE BLIND PERSON CAUSE MILLIONS TO SEE?



- How did Fanny Crosby's mother help her see benefit in her blindness? ...243
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- What motivated Fanny Crosby to write "Rescue the Perishing"? ...248
- What benefits of blindness caused Fanny to rejoice? ...250

HOW CAN MATH ILLUSTRATE MERCY?



- What is today's equivalent of the unjust steward's debt? ...252
- How did David use distance to demonstrate God's mercy? ...253
- How did Jesus use multiplication to explain mercy? ...253
- Why must giving and mercy be related? ...254

HOW IS MERCY BASIC TO JUSTICE?



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HOW DOES BITTERNESS AFFECT BONES?



- Why do parents always have fewer bones than their children have? ...259
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HOW DO HERBS RELATE TO MERCY?



- In what ways do herbs nourish the body? ...267
- How do herbs regulate balance within the body? ...268
- How do herbs heal wounds? ...270
- How were herbs used before modern anesthetics? ...270



POWER THROUGH PRECISION

LEARN WORDS THAT WILL DEFINE THE SCOPE OF SHOWING MERCY

Consider the significance that God attaches to showing mercy. We receive from others exactly what we give to them. Thus, showing mercy brings a reward to those who do it, and failing to show mercy results in a painful reproof to those who omit it.

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets"
(Matthew 7:12).

PROJECT 1

SYNONYMS of Mercy

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Compassion |
| <input type="checkbox"/> Release | <input type="checkbox"/> Pity |
| <input type="checkbox"/> Pardon | <input type="checkbox"/> Reprieve |
| <input type="checkbox"/> Leniency | <input type="checkbox"/> Acquittal |

Since mercy involves the very nature of God, those who show it demonstrate that they know God, and those who fail to show it confirm just the opposite.

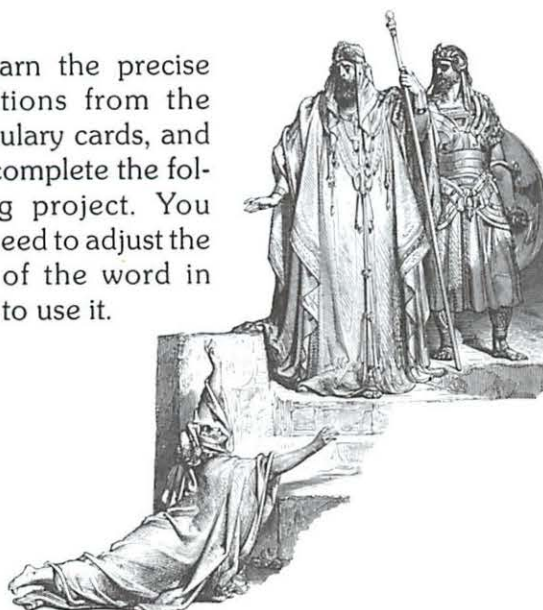
Words that Describe Failure to Show Mercy

- | | |
|----------------------------------|--|
| <input type="checkbox"/> Harsh | <input type="checkbox"/> Unrelenting |
| <input type="checkbox"/> Severe | <input type="checkbox"/> Stern |
| <input type="checkbox"/> Hard | <input type="checkbox"/> Oppressive |
| <input type="checkbox"/> Callous | <input type="checkbox"/> Unsympathetic |

PROJECT 2

HOW DID JESUS ESTABLISH OUR RESPONSIBILITY TO SHOW MERCY?

Learn the precise definitions from the vocabulary cards, and then complete the following project. You may need to adjust the form of the word in order to use it.



Doré Bible Illustrations

THE DEBTOR WHO FAILED TO SHOW MERCY

When Jesus taught the disciples in Capernaum, He painted the following picture of the Heavenly Father's pardon for us as we pity others.

A certain king summoned each of his servants to settle their debts. When one servant came before the king with no money to *acquit* his sizeable obligation, the king ordered him to be sold, along with his wife and children. The servant fell to his knees in anguish and pleaded for a *reprieve* until he could pay the sum.

- Read Matthew 18:27 and finish the story with the king's response using the remaining four synonyms of showing mercy.

But this servant whose debt was forgiven pursued his fellow servant with an *unsympathetic* spirit. The *callous* man demanded that the fellow-servant repay the small amount he owed. Though the fellow-servant begged him not to be so *severe*, the *unrelenting* servant required immediate repayment.

- Read Matthew 18:28-35 and complete in your own words this account using the remaining antonyms to describe the unmerciful servant.

List as many similarities as you can between the Christian and the servant in this parable who was forgiven a great debt.

WHEN DO ACTS OF MERCY GLORIFY GOD?



Doré Bible Illustrations

1. When they are done as unto Christ

Just as the boy gave his loaves and fishes to Christ, so we also are to offer our expressions of mercy as unto Christ. “. . . Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40).

We should carry out deeds of mercy in the name of Christ, Who promises us a special reward. “For whosoever shall give you a cup of water to drink in my name, because ye belong to Christ, verily I say unto you, he shall not lose his reward” (Mark 9:41).

2. When they meet basic needs

Scripture defines basic needs as the necessities of life: food, water, clothing, and emergency care. When God brings a person across our path who has these kinds of needs, we are to do all we can to meet them, even if he is our enemy.

“. . . If thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. Be not overcome of evil, but overcome evil with good” (Romans 12:20-21).

3. When they involve the giving of ourselves

We can determine the true value of any gift by measuring how much we had to give of ourselves in order to give it. When Christ gave His mercy to us in providing the gift of salvation, He had to totally sacrifice of Himself.

4. When they are given without expectation of reward

We should never view those who are in need of mercy as sources of financial gain. Any hope of

reward turns an act of mercy into a calculated investment. Thus, when we open our home for hospitality, we are not to invite only those who can return the invitation, but “. . . when thou makest a dinner or a supper, call . . . the poor, the maimed, the lame, the blind: And thou shalt be blessed; for they cannot recompense thee: for thou shalt be recompensed at the resurrection of the just” (Luke 14:12-14).

We can, however, expect a reward from the Lord for genuine acts of mercy. “He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again” (Proverbs 19:17).

5. When they are given through proper authorities

We must carry out acts of mercy which involve meeting basic needs in harmony with God’s structure of authority so they are not misunderstood.

For example, God has charged fathers with the responsibility of providing food and clothing for their children. It is proper, therefore, to work through the father of a needy family, rather than give directly to the children.

6. When they are directed by God

Christ did not heal every sick person in Jerusalem, nor did He feed every hungry person



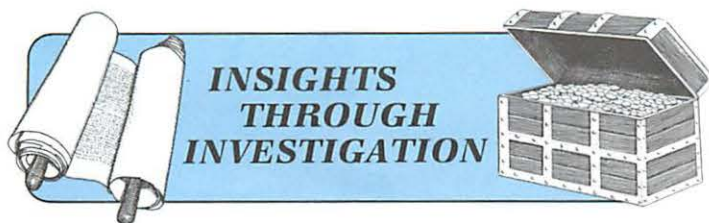
Doré Bible Illustrations

along the way. He remained sensitive to the leading of His heavenly Father, and carried out only those acts of mercy which were directed by Him.

PROJECT

Ask God to direct you in carrying out an act of mercy. Record the situation in your *Life Notebook*, using as many of the vocabulary words as you can.

Date completed _____ Evaluation _____



WHAT IS THE PRECISE DEFINITION OF THE WORD MERCY IN THE GREEK LANGUAGE?

The Lord might have chosen to use the Greek word οἰκτιρμός in Matthew 5:7. οἰκτιρμός refers to a feeling of compassion in the heart.

The Apostle Paul used this word in Philippians 2:1 when he sought to unify the Philippian church by reminding them of the comfort and mercy which is found in God, and by urging them to stand together in the cause of the comforting, merciful God. The Apostle again stressed the great mercy of God in II Corinthians 1:3, indicating that He is capable of comforting absolutely in times of tribulation because He completely understands and feels our needs.



GREEK INVESTIGATION 7



Myrrh Branches

Resin "tears" from this bush are processed to make an oil which is used for perfume, medicine, and embalming.

μακάριοι οἱ ἐλεήμονες· ὅτι αὐτοὶ
Blessed (are) the merciful: for they
ἐλεηθήσονται.
shall obtain mercy.



Doré Bible Illustrations

"Have mercy on me."

ENGLISH

GREEK

Lexicon Form (Root words)

MERCIFUL ἐλεήμων (eh leh AY mone)
Stem ἐλεημ— (merciful)

SHALL OBTAIN MERCY ἐλεέω
(eh leh EH oh)

Stem ἐλεε (to be merciful)

However, the Lord did not choose to use the word οἰκτιρμός in Matthew 5:7. Instead he chose the word ἔλεος. This Greek word speaks not only of an inward tenderness and compassion, but of an outward expression and manifestation of that tenderness. ἔλεος reveals itself through actions as well as words.

The two blind men in Matthew 9:27 begged the Lord to "have mercy" on them. They wanted more than just compassionate feelings; they wanted their sight restored. The rich man in hell in Luke 16:24 cried, "Father Abraham, have mercy on me." He desperately wanted Abraham to send Lazarus to quench his torments.

James 2:13 clearly teaches that it is the ἔλεος type of mercy which should characterize the life of a believer. "Faith without works is dead." (See James 2:14-18; I John 3:17-18.)

CAPITAL LETTERS

- In the Greek language, proper names and new paragraphs begin with capital letters. Sentences begin with lower case letters. First study the lower case form of the letters, then examine the upper case form of each letter.



alpha	α	A
beta	β	B
gamma	γ	Γ
delta	δ	Δ
epsilon	ϵ	E
zeta	ζ	Z
eta	η	H
theta	θ	Θ
iota	ι	I
kappa	κ	K
lambda	λ	Λ
mu	μ	M

nu	ν	N
xi	ξ	Ξ
omicron	\omicron	O
pi	π	Π
rho	ρ	P
sigma	σ	Σ
tau	τ	T
upsilon	υ	Y
phi	ϕ	Φ
chi	χ	X
psi	ψ	Ψ
omega	ω	Ω

Date completed _____ Evaluation _____



HISTORY RESOURCE

HOW ONE PERSON'S BLINDNESS CAUSED MILLIONS TO "SEE"



FANNY CROSBY
1820-1915

The fragrant mist of spring hovered over Putnam County, New York. John Crosby and his wife nervously paced the rough-hewn floor of their tiny cottage in an attempt to comfort little Frances. As painful tears flowed from the swollen, infected eyes of their six-week-old daughter, the Crosbys desperately sought for a solution.

"John, we have to do something! I can't stand to see Fanny in such agony."

"What can we do? The doctor is tending to his patients in the next county. We'll just have to wait till he returns."

The heartsick couple finally located another country doctor who was willing to care for their daughter's eyes. Tragically, the hot mustard poultices that he prescribed completely destroyed Fanny's eyesight.

HOW A WISE MOTHER VISUALIZED ACHIEVEMENT IN TRAGEDY

Fanny Crosby later reflected on the circumstances that caused her blindness and the impact that it had on her life.

"When about six weeks old, I was taken sick. My eyes grew very weak, and those who had charge of

me poulticed my eyes. Their lack of knowledge and skill destroyed my sight forever." The Crosby family later learned that the doctor who had prescribed the treatments was not qualified to practice medicine.



"As I grew older they told me I should never see the faces of my friends, the flowers of the field, the blue of the skies, or the golden beauty of the stars.

"When my dear mother knew that I was to be shut out from all the beauties of the natural world, she told me in my girlhood that two of the world's



Private Collection

**Blind John Milton composed his poetry
by dictating it to others.**

greatest poets, Homer and Milton, were blind and that sometimes Providence deprived persons of some physical faculty in order that the spiritual insight might be more fully awake.

"Soon I learned what other children possessed, but I made up my mind to store away a little jewel in

my heart, which I called Content. This has been the comfort of my whole life.”

HOW A “LITTLE JEWEL” AVERTED THE POISON OF BITTERNESS

“When I was eight years of age I wrote these words.

O what a happy soul am I!

← *Although I cannot see,*
← *I am resolved that in this world*

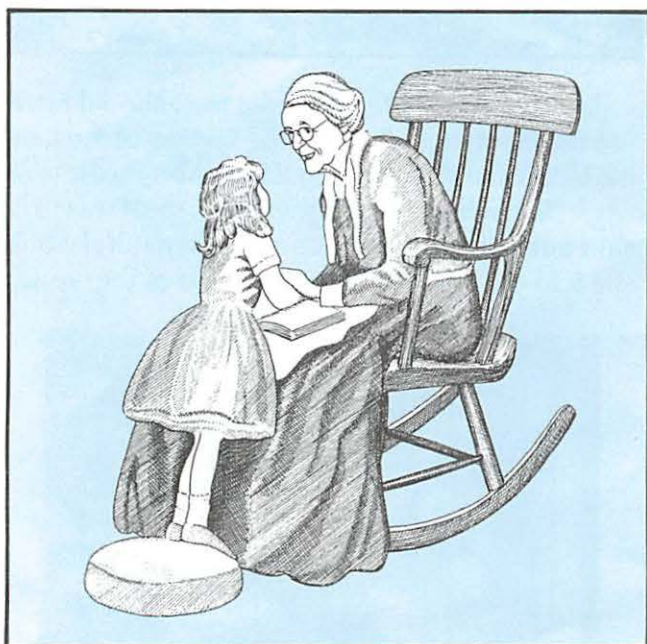
← *Contented I will be.*

How many blessings I enjoy,

← *That other people don’t.*

To weep and sigh because I’m blind,

← *I cannot, and I won’t.*



Fanny’s grandmother helped her “see” the beauty of God’s creation and the importance of God’s Word.

Countless souls have been led to Christ through her hymns. The lives of millions have been enriched because one little girl responded properly to God’s design for her life.

HOW A GODLY GRANDMOTHER BECAME THE “EYES” OF HER BLIND GRANDDAUGHTER

“My grandmother was to me more than I can ever express by word or pen. When she knew that her little granddaughter was to be sightless for life, she sought to make up for the loss of my eyes by coming to our home, taking me on her knee and

rocking me while she told me of the beautiful sun with its sunrise and sunset.

“One afternoon after a thunderstorm, Grandma caught me in her arms and took me to the brow of a hill and described a beautiful rainbow overarching the Croton River.



“I remember her saying, ‘O Fanny, there is such a beautiful bow in the heavens. It has seven colors; I wish you could see it. It is a sign of God’s covenant of mercy to this world.’ She described the colors in such vivid language that they were all real to me.”

Fanny’s grandmother became her “eyes” during her early childhood. She enchanted the curious young girl with breathtaking descriptions of the beauty of nature and also introduced her to the overwhelming truths of the Word of God.

The overwhelming impact Fanny’s grandmother made upon Fanny appears evident in a poem Fanny wrote many years later. Notice the fondness with which she reminisces as you read this poem.

“GRANDMA’S ROCKING-CHAIR”

I am thinking of a cottage, In a quiet, country dell,

And a brook that ran beside it, That I used to love so well;

I have sat for hours and listened, While it rippled at my feet,

And I thought no other music In the world was half so sweet.

There are forms that pass before me; Those are times I yet recall;

But the voice of gentle Grandma I remember best of all;

In her loving arms she held me, And beneath her patient care
I was borne away to dreamland, In her dear old rocking-chair.

I am thinking of a promise That I made when last we met;
'Twas a rosy summer twilight That I never shall forget;
"Grandma's going home," she whispered, "And the time is drawing nigh;
Tell me, darling, will you meet her In Our Father's house on high?"

She was looking down upon me; For a moment all was still;
Then I answered with emotion; "By the grace of God, I will."
How she clasped me to her bosom! And we bowed our heads in prayer
Where so oft we knelt together, By her dear old rocking-chair.

She has passed the vale of shadows, She has crossed the narrow sea,
And beyond the shining river She is waiting now for me:
But in fancy I recall her, And again we kneel in prayer,
While my heart renews its promise By her dear old rocking-chair.



What others called a "handicap" turned out to be a protection from distractions that would have limited her spiritual insights and magnificent contributions to music.

HOW FANNY CROSBY DISCOVERED THE SECRET OF GREAT SUCCESS

"It was Grandma who brought the Bible to me and me to the Bible. The stories of the Holy Book came from her lips and entered my heart and took deep root there.

"When the evening shadows fell, Grandma would take me alone, and rocking me in her old chair, tell me of a kind heavenly Father who sent His only Son, Jesus Christ, down into this world to be a Savior and a Friend to all mankind.

"This Holy Book nurtured my early life. When a girl, I could repeat from memory the five books of Moses, most of the New Testament, many of the Psalms, the Proverbs of Solomon, and the Book of Ruth."

Although she was well-acquainted with the glory of God's Word and God's creation, Fanny Crosby did not accept Christ as her personal Savior until the age of thirty-one. The miracle of the new birth took place in Fanny's life during a revival service at the old John Street Methodist Church in New York City.

Fanny later recalled, "After a prayer was offered, they began to sing the grand old consecration

ISAAC WATTS
REF., RALPH E. HUDSON

At the Cross

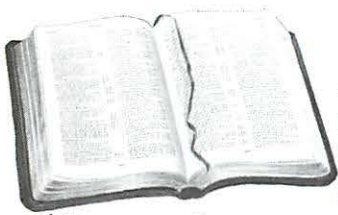
RALPH E. HUDSON

1. A - las, and did my Sav - ior bleed? And did my Sov'-reign die?
2. Was it for crimes that I have done, He groaned up - on the tree?
3. Well might the sun in dark-ness hide, And shut his glo - ries in,
4. But drops of grief can ne'er re - pay The debt of love I owe:

Would He de - vote that sa - cred head For such a worm as I?
A - maz - ing pit - y! grace unknown! And love be - yond de - groel!
When Christ, the might-y Mak - er, died For man the crea-ture's sin,
Here, Lord, I give my - self a - way, 'Tis all that I can do!

hymn, 'Alas! And Did My Savior Bleed?' and when they reached the third line of the fifth stanza, 'Here Lord, I give myself,' my very soul was flooded with celestial light. For the first time I realized that I had been trying to hold the world in one hand and the Lord in the other."

God not only gave her a new life that night, He also gave her a new mission—to write hymns that would praise His name and bring lost sinners to Him.



Fanny gained a perspective of true reality from the vast amount of Scripture which she memorized and meditated upon. Because this perspective was undistracted by temporal sight it gave her the wealth of wisdom and insight which enabled her to achieve unusual success.

HOW THE WISDOM OF SCRIPTURE BROUGHT FANNY BEFORE GREAT MEN

While living at the Institution for the Blind in New York City, Fanny was often taken to churches and schools to demonstrate what the blind were capable of doing. Fanny commented, "On returning from such visits, a deeper inner longing would awaken within my breast for the crystal streams of literature and the friendship of faithful souls. I wanted to go with the gallant, to sit with the sincere, to associate with those who, like myself, were winning their way, in the face of the fiercest foes, seeking a truer meaning to life."

During her twenty-three-year stay at the school (twelve years as a student and eleven as an instructor), Fanny became the personal friend of presidents and poets.



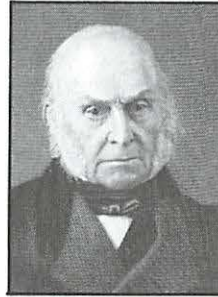
View of the Capitol at Washington, D.C., a hand-tinted engraving by C. J. Bentley after a painting by W. H. Bartlett; from *American Scenery*, published in 1840 by George Virtue

"Well do I remember our visiting Congress in the autumn of 1843 when I recited a number of my poems, which were well received. They told me that stalwart men were moved to tears when in one of my poems I reached the words:

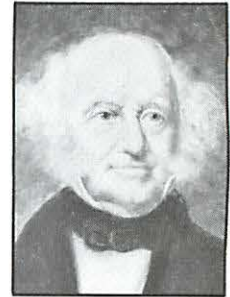
*O ye who here from every state convene,
Illustrious band, may we not hope the scene
That you behold will prove to every mind
Instruction hath a ray to cheer the blind.*

The notable assembly included such men as: John Quincy Adams, Thomas E. Benton, Hamilton Fish, Henry A. Wise, Alexander Stevens, Jefferson Davis, and Robert Toombs.

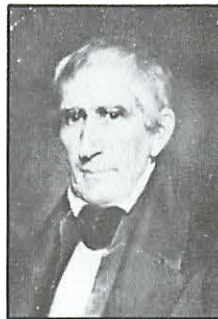
As a result of this witness, Fanny formed many memorable friendships with the great political and religious leaders of her time, including the Presidents William Henry Harrison, John Tyler, and James Polk.



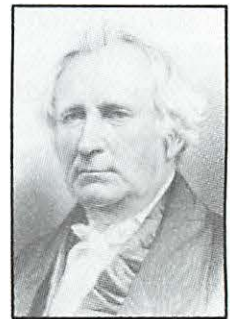
John Quincy Adams
1767–1848: Sixth President
Term 1825–1829



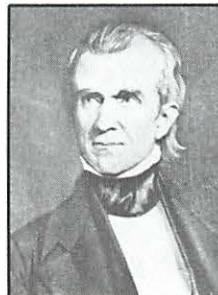
Martin Van Buren
1782–1862: Eighth President
Term 1837–1841



William Henry Harrison
1773–1841: Ninth President
Term 1841



John Tyler
1790–1862: Tenth President
Term 1841–1845



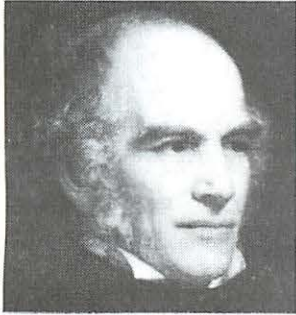
James K. Polk
1795–1849: Eleventh President
Term 1845–1849



Grover Cleveland
1837–1908: Twenty-second
and Twenty-fourth President
Terms 1885–1889—
1893–1897

Portraits reproduced from *Dictionary of American Portraits*, Dover Publications, Inc. John Quincy Adams, engraved by W. Wellstood after a photograph by Matthew Brady; Martin Van Buren, painted by Eliphalet Fraser Andrews after a painting by G.P.A. Healy, courtesy U.S. Department of State; William Henry Harrison, Photograph by Southworth and Hawes, Courtesy Metropolitan Museum of Art, Stokes-Hawes Collection; John Tyler, engraving by Henry B. Hall, Jr.; James K. Polk, painting by G.P.A. Healy; Grover Cleveland, engraving by Henry B. Hall, Jr.

Grover Cleveland was the secretary of the Institution for the Blind for a time, and he and Fanny established an especially close friendship which continued for more than half a century. President Cleveland maintained an unusual interest in her life and work and was often engaged in copying her poems.



Oil portrait (1850) by Henry Peters Gray, courtesy of the New York Historical Society

William Cullen Bryant

A visit from William Cullen Bryant, America's first great poet, greatly encouraged Fanny Crosby.

She recalls, "When they told me at the Institution for the Blind that William Cullen Bryant was coming to address the students and teachers, sweet music filled my soul, for I had read most of his poems and knew many of them by heart.

"He had been kind enough to read several of my poems and had written me encouraging me to continue writing verse. I cannot tell you how much Bryant's words helped me when I felt disheartened or discouraged.

"He knew the secret of the art of a kind word. I, too, have made it a point in my life to help as far as it lay in my power those who were struggling to reach the summit."

HOW TRUE WISDOM BROUGHT GENUINE LOVE INTO FANNY'S LIFE

A young musician named Alexander van Alstyne greatly admired Fanny's poetry and was attracted by the radiance of her life. Fanny, in turn, was fascinated with Alexander's great musical talent and ability. Later, Alexander would write the music for some of her hymns. Alexander was also blind; thus, he shared Fanny's physical limitations and spiritual advantages with Fanny.

The rich friendship which Alexander and Fanny quickly formed soon developed into genuine love.

One day in June, Alexander revealed to Fanny his great love for her. Fanny tells the story: "From that hour two lives looked on a new universe, for love met love and all the world was changed. We were no longer blind, for the light of love showed where the lilies bloomed, and where the crystal waters found the moss-mantled spring."

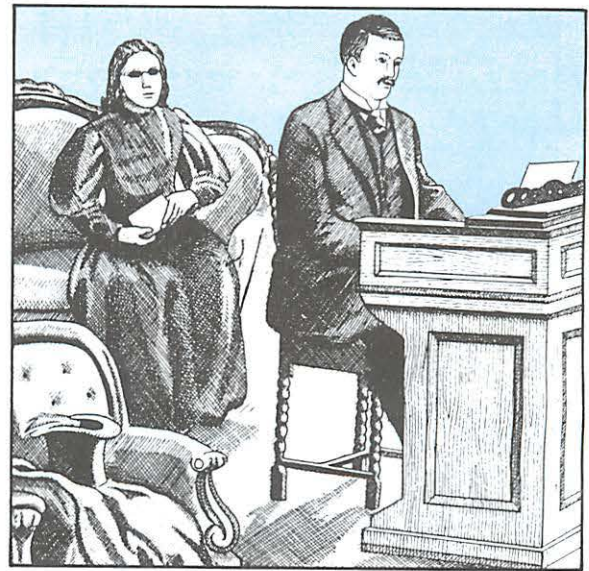
HOW THE JOY OF MARRIAGE AND THE SORROW OF DEATH PRODUCED A GREAT HYMN OF COMFORT

On March 4, 1858, fifteen years after they had met, Fanny and Alexander were joined in a happy marriage which lasted for forty-four years.

They moved into a small apartment where they established a home and entertained many guests. Although Alexander's income from teaching at the Institution for the Blind was very meager, he and Fanny had already learned to value the riches of God's world more than the treasure of their temporal world.

Alexander and Fanny lost their dearest treasure when their only child, a baby daughter, died while still very young. The couple mourned deeply and Fanny's heart was heavy with sorrow.

In 1868, the well-known Christian composer William Doane visited the van Alstynes. He had only a short time before he had to leave by train for



Cincinnati, Ohio, where he would be planning for an important, statewide convention to be held the following month. He explained that he needed a new hymn for the large gathering that would be in

attendance. He asked if she could give him words to a melody that he had already composed. She agreed to try.

As he played his melody, Fanny listened carefully. When he finished she said, "Your music says, 'Safe in the Arms of Jesus.'"

She went to her desk and, thinking of her baby daughter, began to write, as Doane played the melody again. She folded the paper, placed it in an envelope and handed it to her friend. Because he hardly had enough time to catch his train, she exclaimed, "Read it on the train and hurry, you don't want to be late!"

On the train, he read the words that Ira Sankey later made famous.

Safe in the Arms of Jesus

FANNY J. CROSBY WILLIAM H. DOANE

1. Safe in the arms of Je - sus, Safe on His gen-tle breast, There by His
 2. Safe in the arms of Je - sus, Safe from cor-rod-ing care, Safe from the
 3. Je-sus, my heart's dear ref - uge, Je - sus has died for me; Firm on the

love o'er-shad-ed, Sweet-ly my soul shall rest, Hark! 'tis the voice of
 world's temp-ta-tions, Sin can-not harm me there, Free from the blight of
 Rock of A - ges, Ev - er my trust shall be, Here let me wait with

an - gels, Borne in a song to me... O - ver the fields of glo - ry,
 sor - row, Free from my doubts and fears; On - ly a few more tri - als,
 pa-tience, Wait till the night is o'er; Wait till I see the morn-ing

CHORUS
 O - ver the jas - per sea... Safe in the arms of Je - sus, Safe on His
 On - ly a few more tears!... Break on the gold-en shore...

gen-tle breast, There by His love o'er-shad-ed, Sweetly my soul shall rest.



UPI

Soldiers marching during World War I

The impact of this song knew no cultural or national boundaries. A Finnish army officer named Nordenberg led his troops in beseiging an enemy town in 1918 during World War I. When the town finally fell, many prisoners were taken. Seven were singled out to be shot by a firing squad the following Monday.

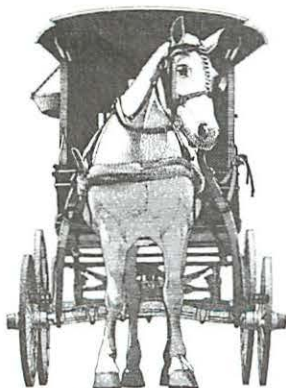
When the day of death arrived, one of the condemned prisoners began to sing, "Safe in the Arms of Jesus." He had learned it only three weeks before from an officer of the Salvation Army.

As the soldier sang, his fellow prisoners dropped to their knees and began to pray to the Lord. A new sense of peace and confidence came over them. The entire group asked if they could die with uncovered faces. The Finnish officer agreed and then watched with amazement as these seven prisoners lifted their eyes to heaven and sang this beloved song.

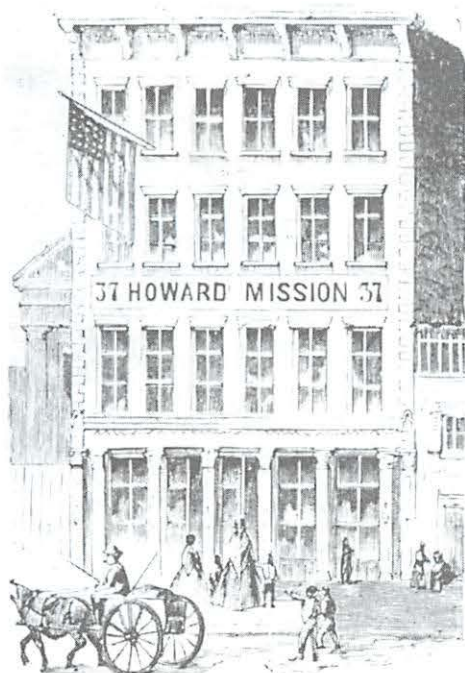
The officer was so impressed with the courage which these men had as they met their deaths that he received Christ as his Savior that very hour.

HOW COMPASSION FOR A WAYWARD BOY PRODUCED A GREAT HYMN

Long ago, a brass plate mounted on one of the benches in the now-defunct Bowery Mission of New York city stated, "Fanny Crosby occupied this seat on her many visits to this mission for over fifty years. It was while sitting here that she received the inspiration for the great Gospel song 'Rescue The Perishing.'" This is how Fanny told the story of its writing.



The accounts of how God used this song to bring comfort are deeply moving. A carriage driver, upon learning that His passenger was Fanny Crosby, took off his hat and wept. He called a policeman and asked him to guide her safely to the train, adding, "We sang 'Safe in the Arms of Jesus' at my little girl's funeral last week."



New York Public Library

"It was written in the year 1869, when I was forty-nine years old. Many of my hymns were written after experiences in New York mission work. This one was thus written. I was addressing a large company of working men one hot summer evening, when the thought kept forcing itself on my mind that some mother's boy must be rescued that night or not at all. So I made a pressing plea that if there was a boy present who had wandered from his mother's home and teaching, would he come to me at the close of the service.

"A young man of eighteen came forward and said, 'Did you mean me? I promised my mother to meet her in Heaven, but as I am now living that will be impossible.' We prayed for him and finally he arose with a new light in his eyes and exclaimed in triumph, 'Now I can meet my mother in Heaven, for I have found God.'



New York Public Library

"A few days before, Mr. Doane had sent me the subject 'Rescue the Perishing, Care for the Dying.' I could think of nothing else that night.

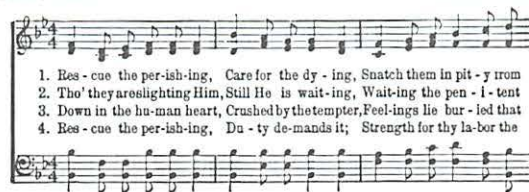
"When I arrived home, I went to work on the hymn at once, and before I retired it was ready for the melody."

From *Hymn Histories* ©1981, '82 by Alfred B. Smith, used by permission.

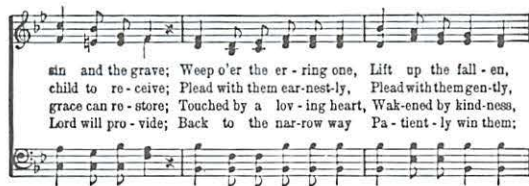
Rescue the Perishing

FANNY J. CROSBY

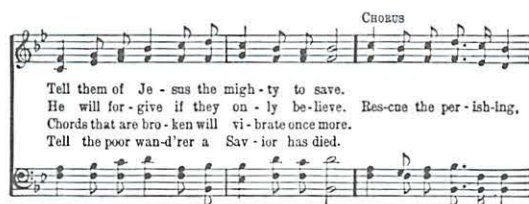
WILLIAM H. DOANE



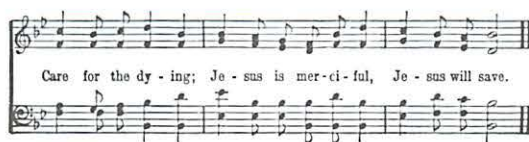
1. Res-cue the per-ish-ing, Care for the dy-ing, Snatch them in pit-y trom
2. Tho' they are sligh-ting Him, Still He is wait-ing, Wait-ing the pen-i-tent
3. Down in the hu-man heart, Crushed by the tem-pter, Feel-ings lie bur-i-ed that
4. Res-cue the per-ish-ing, Du-ty de-mands it; Strength for thy la-bor the



sin and the grave; Weep o'er the er-ring one, Lift up the fall-en, child to re-ceive; Plead with them ear-nest-ly, Plead with them gen-tly, grace can re-store; Touched by a lov-ing heart, Wak-ened by kind-ness, Lord will pro-vide; Back to the nar-row way Pa-tient-ly win them;



Tell them of Je-sus the migh-ty to save. He will for-give if they on-ly be-lieve. Res-cue the per-ish-ing, Chords that are bro-ken will vi-brate once more. Tell the poor wan-d'r'er a Sav-ior has died.



Care for the dy-ing; Je-sus is mer-ci-ful, Je-sus will save.



New York Public Library

A New York mission meeting

Fanny composed songs out of a heart of love for the Lord and mercy for others—not for money. She viewed the material needs which she experienced as simply another opportunity for the Lord to work miraculously in her life.

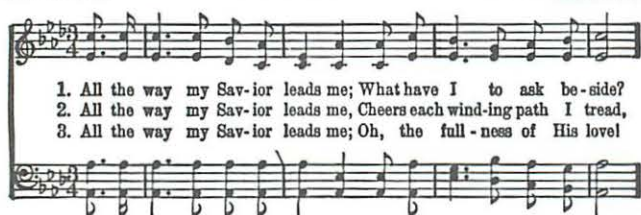
One day Fanny Crosby needed five dollars. She knelt down and told the Lord about her need. Soon after she finished praying a stranger knocked at her door and put a five dollar bill into her hand. Fanny's first thought was, "What a wonderful way

the Lord helps me.” And that prompted the song, “All the Way My Savior Leads Me.”

All the Way My Savior Leads Me

FANNY J. CROSBY

ROBERT LOWRY



IRA SANKEY



D. L. MOODY

Many people learned Fanny Crosby's hymns when they thronged to the revival meetings of Dwight L. Moody and Ira Sankey. Now, the songs are part of our Christian heritage.

When Ira Sankey lost his eyesight several years before his death, Fanny often visited him. She greatly encouraged him by sharing stories of how God had so richly compensated her for her affliction.

Together they would sing the hymns which they had written and carried around the world in days gone by.

Mrs. Joseph Knapp, wife of the founder of the Metropolitan Life Insurance Company, was one of Fanny's close friends. On a visit to the blind poetess in 1873, she brought in a melody she had composed and played it several times on the piano for Fanny. Then she asked, "Fanny, what does that tune say to you?"

Hesitating but for a moment, Fanny replied, "Blessed Assurance, Jesus Is Mine!" "Blessed Assurance" became perhaps her most famous hymn.

Blessed Assurance

FANNY J. CROSBY

PHOEBE P. KNAPP



When she was ninety years old, Fanny stated, "In my quiet moments I say to myself, 'Fanny, there are many worse things than blindness that might have happened to you.'"

"How in the world could I have lived such a helpful life as I have lived had I not been blind? I am very well satisfied. I never let anything trouble me, and to my implicit faith, and to my implicit trust in my heavenly Father's goodness, I attribute my good health and long life."

Her unfailing joy and childlike faith enabled her to encourage and comfort others with words like these.

*God will take care of you, be not afraid,
He is your safeguard through sunshine
and shade
Tenderly watching, and keeping His own,
He will not leave you to wander alone.*

HOW RECOGNIZING THE UNSEEN BENEFITS OF PHYSICAL BLINDNESS ENABLED FANNY CROSBY TO REJOICE

A Scotch minister once remarked to her: "I think it is a great pity that the Master, when He showered so many gifts upon you, did not give you sight."

Fanny replied, "Do you know that if I had been able to make only one petition to my Creator it would have been that I should remain blind?"

"Why?" asked the surprised minister.

"Because, when I go to heaven, the first face that shall ever gladden my sight will be that of my Savior," she answered.

Before she went home to see her Savior face to face, Fanny had given the world nearly eight thousand poems.

Because Fanny Crosby did not view her blindness as a handicap, it never became a root of bitterness in her life and she was able to live a life of mercy for others.

Quotations taken from S. Trevena Jackson, *Fanny Crosby's Story of Ninety-Four Years* (New York: Fleming H. Revell Company, 1915), pages 12, 13, 14, 26, 29, 33.

Date completed _____ Evaluation _____



1 HOW DID JESUS USE MATHEMATICS TO ILLUSTRATE MERCY?



In Matthew 18:23-35, Jesus told a parable about a king (representing God) who wanted to be paid what was due him. One servant (representing us as sinners) was called in by his lord for owing a great amount.

- How much was it? 10.00£
(See verse 24.)

Knowing that the servant could not pay the debt, the lord forgave him of all of it.

However, this same servant was due a certain amount of money by a fellow servant.

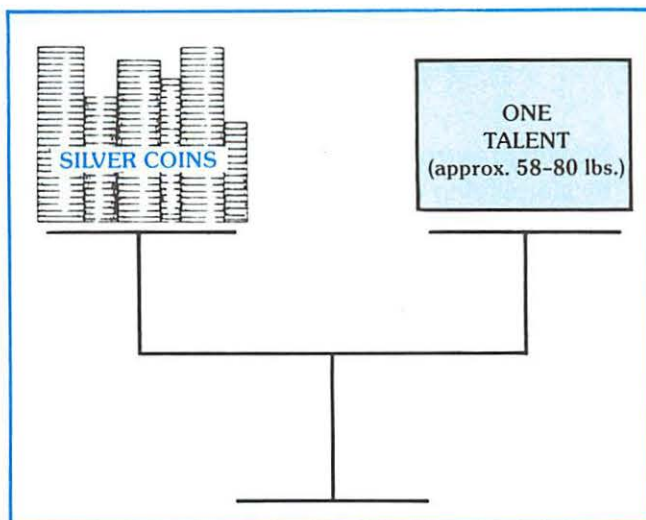
- How much was it? 100p
(See verse 28.)



Bible Art Series, Standard Publishing, Cincinnati

Instead of forgiving his friend, the servant threw this fellow in jail until all should be repaid.

HOW DO THE DEBTS COMPARE?



- A talent was a measure of weight and was used in weighing silver and gold. If one silver talent is worth \$1,200, how much was the merciless servant's total debt in dollars?

\$ 12.000000 owed

- If there are 6,000 pence in one talent, how much was the fellow servant's total debt?

First, find out how many dollars are in one pence.

$$\frac{\$1200}{\text{talent}} \div \frac{6000}{\text{pence/talent}} = \$ \underline{.20} / \text{pence}$$

Then, find the total debt in dollars.

$$\frac{\$ \underline{.20}}{\text{pence}} \times \frac{100}{\text{pence owed}} = \$ \underline{20} \text{ owed}$$

In mathematics, a comparison of two objects (or sets) expressed with numbers is called a **ratio**.

A ratio can be written in two ways:

(1) $a : b$

or

(2) $\frac{a}{b}$

(Say, "a to b.")

- Express the comparison of the debts in dollars using both ratio forms.

(1) 20 : 12,000,000

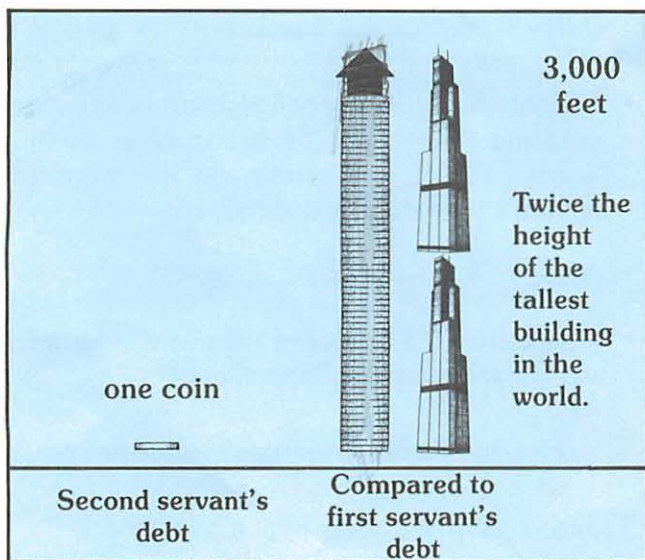
(2) 2 : 600,000

- Now express the comparison in its simplest form by simplifying the fraction.

1 : 600,000

or

$\frac{1}{600,000}$



The size of the debt would be like comparing the depth of one coin to a stack of coins the height of two Sears Towers.

Another way to compare the debts is to measure the working time involved in repaying the amount owed.

CALENDAR			
JANUARY	APRIL	JULY	OCTOBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5	1 2 3 4 5 6	1 2 3 4 5 6	1 2 3 4 5
6 7 8 9 10 11 12	7 8 9 10 11 12 13	7 8 9 10 11 12 13	6 7 8 9 10 11 12
13 14 15 16 17 18 19	14 15 16 17 18 19 20	14 15 16 17 18 19 20	13 14 15 16 17 18 19
20 21 22 23 24 25 26	21 22 23 24 25 26 27	21 22 23 24 25 26 27	20 21 22 23 24 25 26
27 28 29 30 31	28 29 30	28 29 30 31	27 28 29 30 31
FEBRUARY	MAY	AUGUST	NOVEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9 10 11	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9
10 11 12 13 14 15 16	12 13 14 15 16 17 18	11 12 13 14 15 16 17	10 11 12 13 14 15 16
17 18 19 20 21 22 23	19 20 21 22 23 24 25	18 19 20 21 22 23 24	17 18 19 20 21 22 23
24 25 26 27 28	26 27 28 29 30 31	25 26 27 28 29 30 31	24 25 26 27 28 29 30
MARCH	JUNE	SEPTEMBER	DECEMBER
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7 8 9	2 3 4 5 6 7 8 9 10 11 12 13 14 15	1 2 3 4 5 6 7 8 9 10 11 12 13 14	1 2 3 4 5 6 7 8 9 10 11 12 13 14
10 11 12 13 14 15 16	16 17 18 19 20 21 22	15 16 17 18 19 20 21	15 16 17 18 19 20 21
17 18 19 20 21 22 23	23 24 25 26 27 28 29	22 23 24 25 26 27 28	22 23 24 25 26 27 28
24 25 26 27 28 29 30	30	29 30	29 30 31

- How many days would the fellow servant have to work in order to pay back the merciless servant? (One pence was equal to a day's wage.)

100 working days

- How many days would the merciless servant have to work in order to repay his lord?

600,000 pence/talent \times _____ talents owed
= _____ pence owed

- If one pence is earned per day, how many working days would it take to pay back the lord?

_____ working days

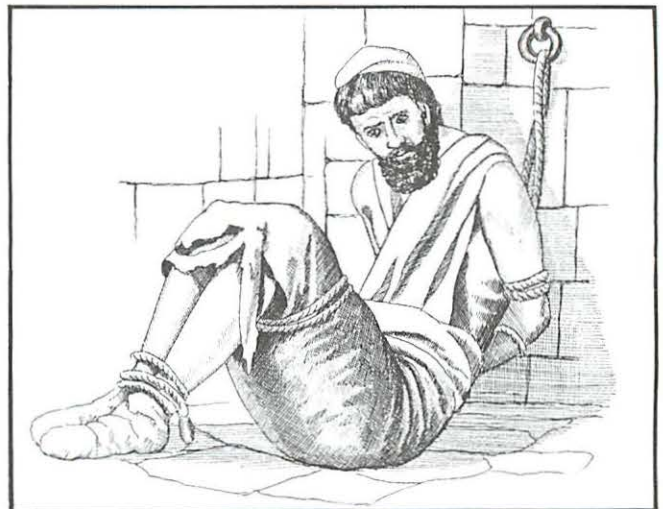
- How many years is that?

_____ working days \div _____ working days/year
(6 days \times 52 wks/year)
= _____ working years

Just as it would be impossible for the merciless servant to pay his lord the debt, so too it is impossible for us to pay the debt we owe to God.

The mercy God extends to us is vast compared to the forgiveness we extend to those around us.

However, what happened to the servant who did not show compassion on his fellow servant as his lord had pity on him?



The unforgiving servant was bound by bitterness and by chains.

See Matthew 18:32-35.

"For he shall have judgment without mercy, that hath shewed no mercy; and mercy rejoiceth against judgment" (James 2:13).

2 WHAT PICTURE DID DAVID USE TO ILLUSTRATE GOD'S MERCY TOWARD US?

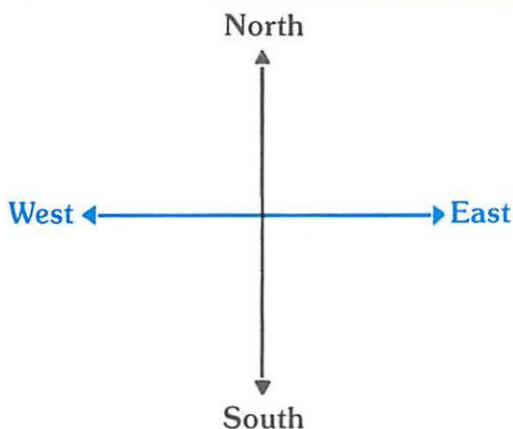
In geometry, a straight line is represented by a line with arrows on either end



and is defined as a set of points extending infinitely in both directions.

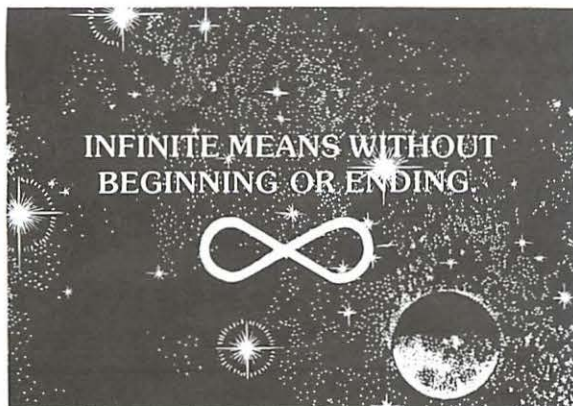
The line is named by any two points on the line. We write the name of this line:

\longleftrightarrow
AB which means "line AB."



"As far as the east is from the west, so far hath he removed our transgressions from us" (Psalm 103:12).

\longleftrightarrow
If EW (the east-west line) were to extend in both directions, off the page, out of the room, and to continue infinitely, that is the extent to which God has pardoned our sins.



3 HOW DID JESUS SHOW THAT WE SHOULD MULTIPLY OUR MERCY AS HE DOES?

Peter, the disciple, came to Jesus and said, "Lord, how oft shall my brother sin against me, and I forgive him? till seven times?" (Matthew 18:21).

Jesus' response was, "I say not unto thee, Until seven times: but, Until seventy times seven" (Matthew 18:22).

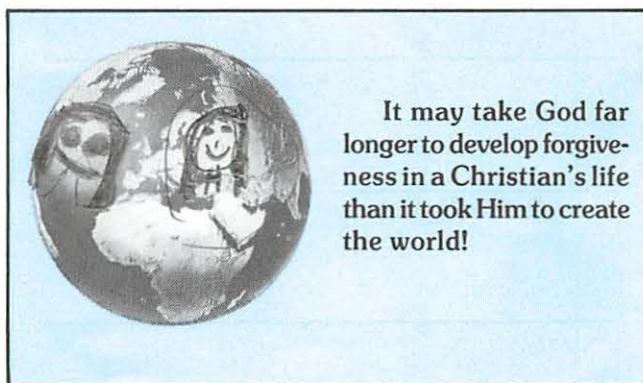


©Providence Lithograph Company

Jesus continually demonstrated mercy.

- What is 70×7 ? _____
- If you forgave someone once a day for 70×7 days, how many days would that be? _____
- How many weeks? _____
- How many months? _____

The number seven is often used in the Bible to communicate the idea of completion. One example is that God used seven days to create the world.



In His answer to Peter, Jesus used a great number and the number of completion to teach that we are to show mercy as long as it is needed.

4 HOW DOES GIVING ILLUSTRATE THE PRINCIPLE OF MERCY?

The ultimate expression of mercy is to give to someone, expecting nothing in return.

Giving is investing in the lives of Christians and needy people to meet their needs and aid them in advancing the Kingdom of God.

A person may give of his time, possessions, money, resources, or talents.

Study *Men's Manual*, Volume II, pages 9, 24, 157-161 to learn how giving differs from lending. Then complete the comparison chart below.



©Providence Lithograph Company

"He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again" (Proverbs 19:17).

GIVING

Example:

Giving activates the work of God.

Giving begins with tithes to God.

LENDING

Lending turns friends into servants.

Date completed _____ Evaluation _____



HOW IS MERCY IN THE COURT REGULATED BY JURISDICTION?



Robert H. Glaze, Artstreet

The legal definition of *crime* is, “any act or omission that is prohibited by law because it is harmful to the public and that is punished by the state in a proceeding in its own name or in the name of the people” (*Family Legal Guide*, page 266).

Crimes are classified as either felonies or misdemeanors. Felonies are crimes punishable by death or imprisonment. Misdemeanors are offenses which are not usually penalized by death or prison terms.

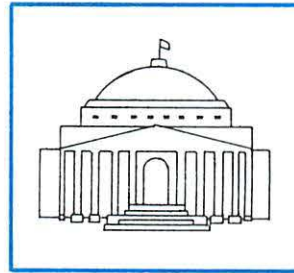
The American court system is comprised of two major branches: the federal court system and the state court system.

FEDERAL COURTS

The federal courts hear cases on both criminal and civil actions, including:

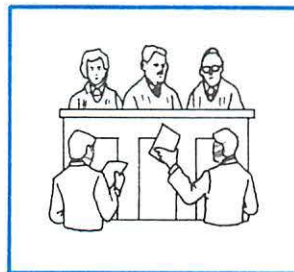
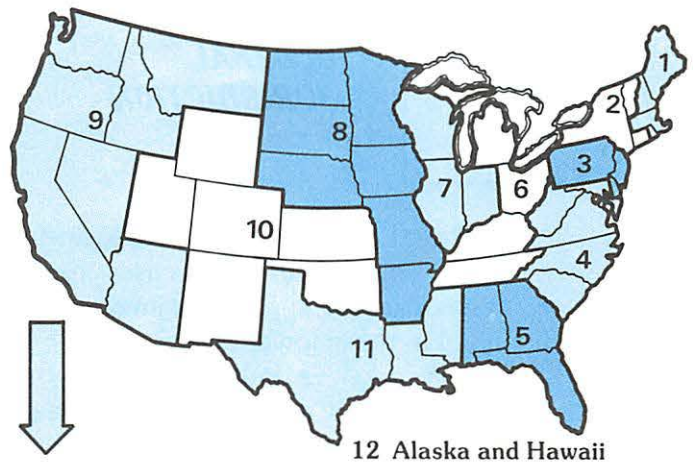
- Cases involving the U.S. Constitution or federal laws
- Cases in which the U.S. government is one of the parties
- Cases involving individuals or groups from different states
- Cases involving other countries or the citizens of other countries
- Cases involving maritime law
- Cases involving bankruptcy actions
- Cases of patent right and copyright violations

The federal court system is comprised of twelve federal district courts, federal appellate courts, and the U.S. Supreme Court.



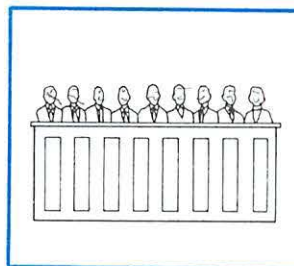
1 THE UNITED STATES DISTRICT COURTS

The United States and its territories are divided into twelve judicial circuits.



2 THE UNITED STATES APPELLATE COURTS

If either party is not satisfied with the ruling of a district court judge, that party may appeal the decision. In the court of appeals, a panel of three judges reviews the case and either confirms, alters, or overrules the previous decision.

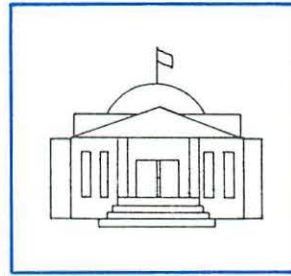


3 THE UNITED STATES SUPREME COURT

If a party is still dissatisfied with the decision from the court of appeals, the party may bring the case before the Supreme Court. If it is accepted for review, the nine justices of the court hear the case. The Supreme Court produces a majority decision and a minority opinion.

STATE COURTS

Each state court system is comprised of the courts of general jurisdiction, the appellate courts, and the state supreme court.



3 STATE SUPREME COURTS

The rulings of the state appellate courts may be appealed by either of the parties to the state supreme court. Here a panel of justices reviews the case and returns a decision. If one of the parties is still dissatisfied with the ruling, the party may then appeal the decision to the United States Supreme Court.

HOW DO WE KNOW THAT THE POWER FOR ALL COURTS IS FROM GOD?

No government is effective without power and authority, and all the power and authority which our government and its court system has comes from God. Romans 13:1-7 clearly establishes:

"Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God."

"Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation."

"For rulers are not a terror to good works, but to the evil. Wilt thou then not be afraid of the power? do that which is good, and thou shalt have praise of the same:"

"For he is the minister of God to thee for good. But if thou do that which is evil, be afraid; for he beareth not the sword in vain: for he is the minister of God, a revenger to execute wrath upon him that doeth evil."

"Wherefore ye must needs be subject, not only for wrath, but also for conscience sake."

"For for this cause pay ye tribute also: for they are God's ministers, attending continually upon this very thing" (Romans 13:1-7).

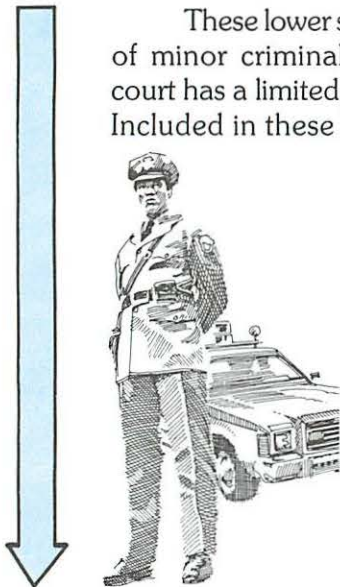
God also initiated the court system, granted it its power, and established the laws of justice and mercy. After the flood, God delegated to human government the authority to carry out His judgment upon those who broke His laws: *"Whoso sheddeth man's blood, by man [human government] shall his blood be shed . . ." (Genesis 9:6).* He also established a covenant with Noah and his descendants which is the foundation of our court system. (See Genesis 9:8-9.)



1 STATE COURTS OF GENERAL JURISDICTION

These lower state courts hear a variety of minor criminal and civil cases. Each court has a limited, specialized jurisdiction. Included in these lower courts are:

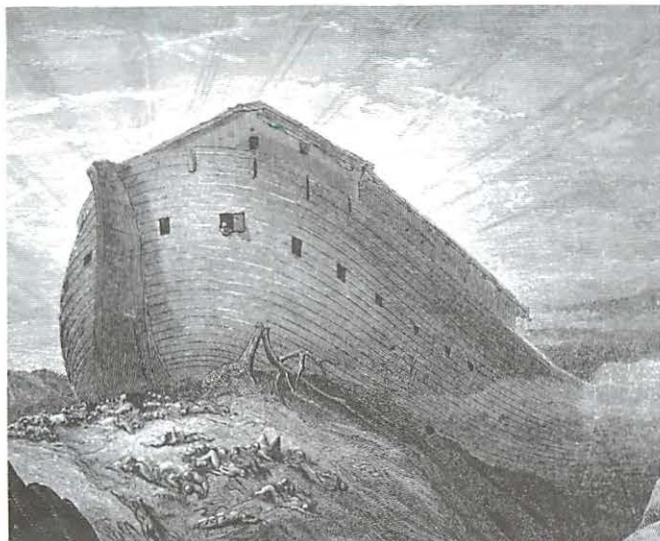
- Police courts
- Magistrates courts (County courts)
- Justices of the peace
- Small claims courts
- Probate courts (For wills and inheritance)
- Courts of domestic relations
- Juvenile courts
- Traffic courts



2 STATE APPELLATE COURTS

These higher courts, which include circuit courts, superior courts, or courts of common pleas, also have general jurisdiction. Jurisdiction in appellate courts varies from state to state.





Doré Bible Illustrations

HOW DOES GOD DEAL WITH MISUSE OF POWER?

When Pilate claimed that he had the power to kill Jesus or to free Him, Jesus replied, “. . . Thou couldest have no power at all against me, except it were given thee from above . . .”

The Lord himself is the “Judge of all the earth” (see Genesis 18:25), and reigns over the highest court—the court of heaven. Any judge, court, or government which misuses the power and authority granted to them by God must answer to Him, and one day, every citizen of every country must give an account to the “Judge of all the earth” in His court.

Although officials in government may be unjust, or may misuse their power, we know that God is sovereign and that He controls the affairs of this world. God deals with man’s abuse of power by:

- removing the judge.
“But God is the judge: He putteth down one, and setteth up another” (Psalm 75:7).
- accomplishing His higher purpose through the officials’ misuse of power. Pontius Pilate misused his power when he condemned Jesus to the cross. However, God’s sovereign design had planned to provide salvation for mankind through Christ’s death. Because God is sovereign and all-powerful, we ought never to “fear what man can do unto us.”

THE COURT OF HEAVEN

Courts on earth sometimes make mistakes, and are not always just, either in the rulings which they make or in the punishments which they meet out. The court of heaven, however, is eternally just, because its Judge is . . .

• **Omnipotent—All-powerful**

Omni means “all,” and potent means “powerful.” Thus, God has all the power in the world.

“... All power is given unto me in heaven and in earth” (Matthew 28:18).

• **Omniscient—All-knowing**

Omni means “all,” and sciens means “knowing.” Thus, omniscient is having infinite knowledge, wisdom, and understanding.

“I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings” (Jeremiah 17:10).

“O Lord, thou hast searched me, and known me. Thou knowest my downsitting and mine uprising, thou understandest my thought afar off. Thou compassed my path and my lying down, and art acquainted with all my ways. For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether” (Psalm 139:1-4).



Milt and Joan Mann

• **Omnipresent—Ever-present**

Omni means “all,” and present means “at hand.” Omnipresent, then, means everywhere, at all times.

“The eyes of the Lord are in every place, beholding the evil and the good” (Proverbs 15:3).

• **Everlasting—Without beginning or end**

“Thy throne, O God, is for ever and ever: the sceptre of thy kingdom is a right sceptre” (Psalm 45:6).

While God is holy and just, He is also merciful, and He placed mercy in a significant position in our governmental court system. He tells us in Proverbs 20:28, “*Mercy and truth preserve the king: and his throne is upholden by mercy.*”



Ewing Galloway

In our legal system, mercy can be shown by the granting of clemency, parole, pardon, commutation, or amnesty. As you read about these legal procedures, try to determine which one best illustrates God’s mercy to us.

- A. **CLEMENCY** comes from the Latin *clemens*, which means “mild” or “to be lenient.” Either the President of the United States or the governor of a state may grant clemency, which means to reduce the sentence of a convicted criminal.
- B. **PAROLE** comes from the French word *parol*, which means “word of honor.” Parole is the granting of a conditional release of a prisoner so that he can serve the rest of his sentence outside of prison.
- C. **PARDON** comes from the Latin word *perdonare*, meaning “to grant forgiveness.” A pardon may only be given by the President of the United States or a state governor, and actually releases a convicted criminal from the punishment to which he was sentenced by law.
- D. **COMMUTATION** comes from the Latin *commutare*, meaning “to change or to exchange.” A commutation exchanges or replaces a greater punishment for a lesser one. For example, the punishment of a death sentence may be commuted to the punishment of life imprisonment.
- E. **AMNESTY** comes from the Greek *amnestia*, which means “nonremembrance.” Amnesty is giving a certain group of persons immunity from prosecution for a certain offense they have committed.

Pardon best illustrates God’s mercy to us.

- 1 A pardon may be given only by the President of the United States or the governor of a state—the person highest in authority. So, also, salvation, God’s ultimate demonstration of mercy to us, can come only from God. “. . . *For there is no other name under heaven given among men whereby ye must be saved*”(Acts 4:12). “. . . *I am the way, the truth and the life: no man cometh unto the Father, but by me*” (John 14:6).
- 2 A pardon may be granted for any and all criminal offenses. “. . . *The blood of Jesus Christ his Son cleanseth us from all sin*” (1 John 1:7).
- 3 A pardon is only given after a criminal has been convicted and sentenced; therefore, the granting of a pardon establishes the guilt of the one being pardoned. “*For all have sinned and come short of the glory of God*” (Romans 3:23).
- 4 A pardon must be received by the offender in order to be valid. If the offender refuses the pardon, it is void. “*But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name*” (John 1:12).
- 5 A pardon restores the criminal to all the rights which belong to law-abiding citizens. “*Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ*” (Galatians 4:7).

PROJECT

For which of the following offenses would you be allowed to grant a pardon to the offender?

- ☐ Stealing your money
- ☐ Poisoning your dog
- ☐ Slandering your parents
- ☐ Falsely accusing you
- ☐ Vandalizing your home
- ☐ Cheating you out of a job promotion
- ☐ Killing a member of your family
- ☐ Taking the Lord’s name in vain

Date completed _____ Evaluation _____



MEDICINE RESOURCE

HOW DOES A LACK OF MERCY TROUBLE THE BONES?



Courtesy of Wyeth Laboratories, Philadelphia

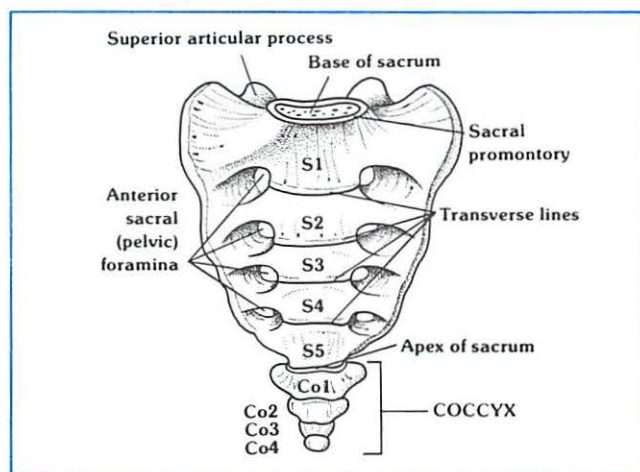
The loss of someone or something that is precious to us must be understood from God's perspective lest an improper response to loss produce a root of bitterness. Bitterness hinders a person from showing mercy and kindness, and it also has devastating physical consequences in the body. One of the areas affected by bitterness is our bones.

WHAT BONES FORM THE HUMAN SKELETON?

The normal adult has two-hundred six bones, including twenty-seven bones in each hand, three bones in each arm, twenty-six bones in each foot, four bones in each leg, twenty-four back bones, two pelvic bones, one tailbone, one sacrum, one breast bone, two shoulder bones, two collar bones, twelve pairs of ribs, and twenty-nine bones of the head.

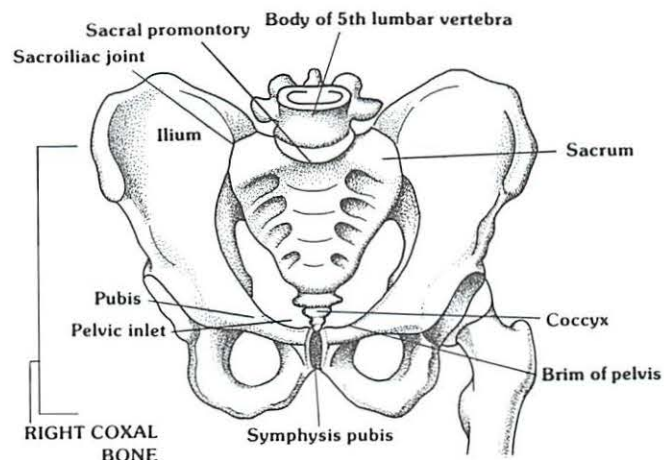
A newborn infant, however, has two-hundred sixty-six bones—sixty more than his parents. They are not “extra” bones; they are parts of larger bones which have not yet fused together.

Nine separate bones compose the sacrum and tailbone of a child at birth. As the child grows, the five bones of the sacrum fuse into one, and the four small coccyx (KOK-siks) bones fuse into the tailbone.



The bones of the sacrum

The sacrum attaches the vertebral column (backbone) to the pelvic bones at the *sacroiliac joint*. The pelvic bones contain three bones, the *ilium*, *ischium*, and *pubis*. These also fuse together to form just one bone. The sacroiliac joint is often the first to be strained when a person is lifting heavy loads improperly.



The sacroiliac is often the first to be strained when lifting heavy loads improperly.

WHY ARE BONES STRONGER THAN REINFORCED CONCRETE?

A precise combination of one-third living tissue and two-thirds minerals compose bones, making them stronger than reinforced concrete. In fact, the upper leg bone, called the *femur*, is stronger than an iron pipe of the same diameter, and can withstand stresses of more than 2,000 pounds without breaking.

The delicate balance between living and nonliving material in bones gives them their incredible strength. If this balance is upset in any way, our bones lose their strength. For example, if

the amount of living tissue in the bones decreases, bones become brittle and easily breakable. If the amount of mineral decreases, bones become too elastic and flexible.

TEST THE STRENGTH OF A CHICKEN BONE

EXAMINE A BROKEN BONE



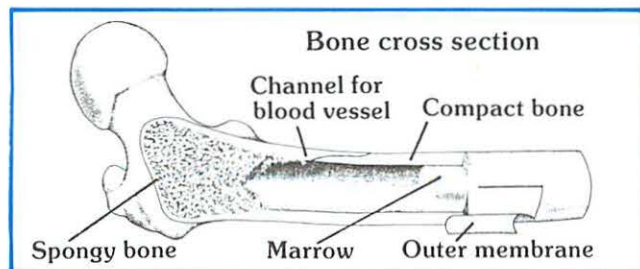
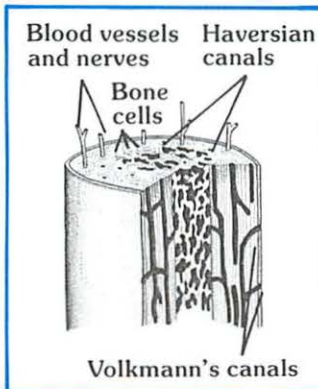
Test the strength of both cooked and uncooked chicken bones by tying a heavy cord to the middle of a drumstick that has had the muscle removed. Rest the ends of the drumstick on the backs of two chairs. Hang a bucket from the free end of the cord and gradually add weights until the bone breaks.

Test several bones so that you can average your results. How does cooking affect the strength of a chicken bone?

Examine the broken chicken bones. Locate the spongy bone which lines the inside of each bone. It contains large spaces which are filled with red bone marrow. Compact bone tissue surrounds the spongy tissue and gives the bone most of its strength. Can you find the canals through which blood vessels and nerves enter the bone?

CROSS SECTION OF A HUMAN BONE

Blood vessels and nerves reach the interior of bones through hollow canals. *Volkman's canals* penetrate the exterior of a bone, while *Haversian canals* run lengthwise along the interior of the bone.



The medical term for bone is *osseous* (OSS-ee-us) tissue, and bone cells are called *osteocytes* (OSS-tee-oh-sites). Both these terms come from the same Greek word which was used in Matthew 23:27 and Luke 24:39.

Ossification, the continual process by which osseous tissue is added, replaced, or repaired, is the most active growth process in the body and continues long after an individual stops growing. The ossification process begins about the sixth week after a child is conceived.

Osteoclasts, which are a type of bone cell, continually remove calcium from the bones. Another type of bone cell, called *osteoblasts*, replaces the calcium removed by the osteoclasts. In this way, bones are constantly being remodeled with new calcium. In fact, some active bones are totally remodeled with new calcium every four months, and the skeletons of growing children are replaced at least once a year because children have far more osteoblasts than osteoclasts. The bones of inactive adults, however, are renewed less than twenty percent per year.

One reason for this lower bone renewal rate in adults is that the number of osteoblasts in adults continuously lowers, until, by the time a person is forty years of age, he has more osteoclasts than osteoblasts. This means that more calcium is removed from his bones than is replaced, and his bones actually begin to shrink in size.



Ewing Galloway

As a person grows older, bone renewal slows down, causing injuries to require more healing time.

HOW DO STIFF, UNBENDABLE BONES ALLOW US TO MOVE?

If all our bones were fused together into one solid skeletal mass, we could not move. We would be frozen in one position. Instead, God made us with many bones that are attached at movable joints called *articulations*. Joints are grouped

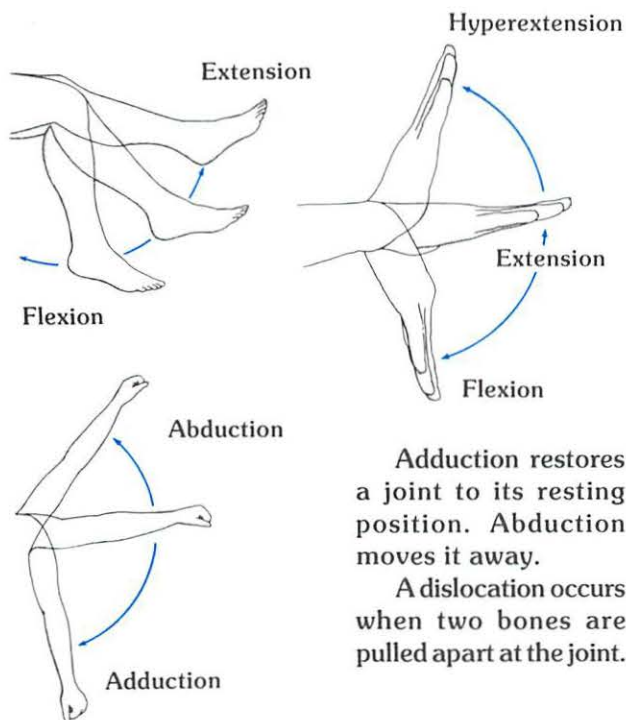
according to the degree of movement that they allow and the way they are held together.

Synarthrose (sin-are-THROZE) joints do not allow movements. These joints connect the bones of the skull and hold teeth in place in the jaw. **Amphiarthrose** (am-fee-are-THROZE) joints provide for movement within a limited range. These are the joints of the ribs, vertebrae, and pelvic bones.

The most maneuverable joints are called **diarthrose** (die-are-THROZE). The knee, elbow, shoulder, ankle, and wrist are diarthrose joints. They allow for movements that range from a little less than 180 degrees up to a full 360 degrees.

HOW DO JOINTS MOVE?

An **extension** straightens the joint, while a **flexion** bends the joint.



WHAT KEEPS BONES FROM SLIPPING APART?

Some bones are held together by dense fibers which literally suture (sew) the bones together. Other bones are held together by **cartilage**. Cartilage is made up of **collagenous** (kuh-LAJ-uh-nuss) material similar to that found in bone. Cartilage, however, is not hardened with minerals. Therefore, it remains soft and pliable.

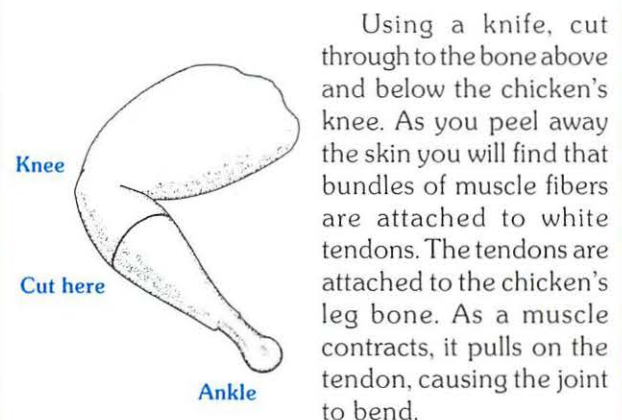
The most movable joints are those that are held together by a **socket**. These are called **synovial** (sih-NO-vee-al) joints. Both ends of the bones are covered with a smooth layer of cartilage to reduce

friction. The bones themselves never touch one another. They ride on a cushion of oil called **synovial fluid**.

In some synovial joints, such as the knee, the ball and socket are very shallow. The upper leg bone or femur is only slightly concave while the lower leg bone, the tibia, is gently convex. The two bones are held against each other by tight ligaments which prevent the bones from separating. The knee requires seven major ligaments to hold it together.

The shoulder is formed by a ball at the upper end of the humerus, but there is no socket. Instead, the humerus rotates inside a "rotator cuff." It is made up of a neatly arranged nest of muscles, ligaments, and tendons. The lack of a bony socket allows the arm to move more freely than any other joint of the body.

EXAMINE A CHICKEN'S KNEE



Pull on one of the tendons with your finger. What happens to the leg bone?

Ligaments hold the knee joint together. How many ligaments are required to hold a chicken's knee together?



HOW DOES THE BODY OIL ITSELF?

The membrane lining all synovial joints manufactures an oil called **synovial fluid**, which looks like the white of an egg.

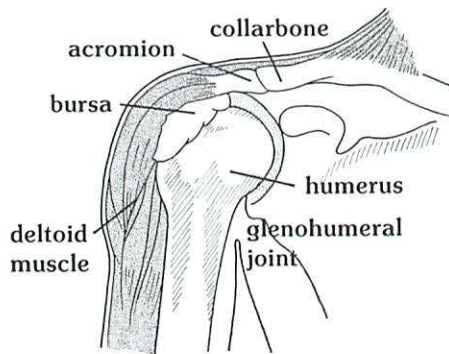
Sometimes a joint lacks sufficient synovial fluid, and the dry internal membranes rub painfully against one another, resulting in a condition called a "dry socket." Other times, an injury or other factor causes the synovial membrane to produce abnormally large amounts of fluid. Pressure then builds up

inside the joint, causing pain and swelling. This is what happens when someone has “water on the knee.” Occasionally the pain may become so great that the excess fluid must be withdrawn with a needle.

WHY DO OUR BONES NOT WEAR HOLES IN OUR SKIN?

Everyone has gotten a hole in his sock at some time from the friction of his feet rubbing against his shoe and wearing away the thread. Our bones also wear against our skin, but because of tiny sacs called *bursas*, they do not rub holes in our skin.

Bursas are fluid-filled sacs which cushion the pressure between moving parts in the body. They are located at all points where bones, tendons, and ligaments rub against the skin, and are also found in places where bones rub against muscle.



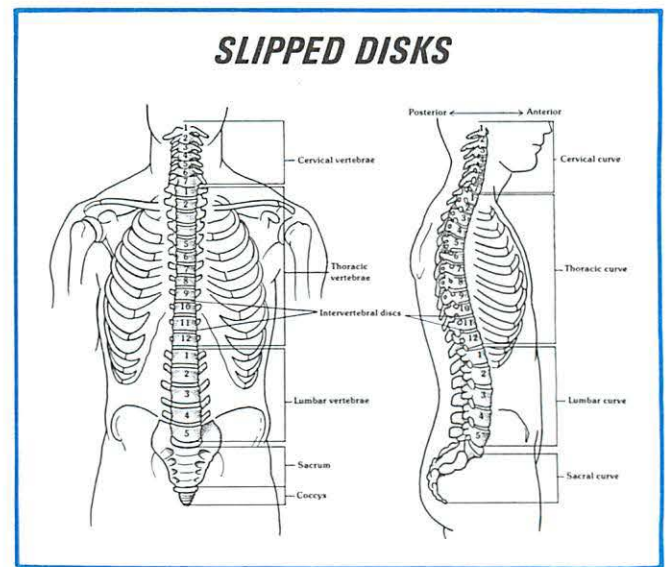
Bursitis of the shoulder is the result of an inflamed bursa.

Bursitis is the condition caused by an injury, an infection, or too much activity in one area, in which a bursa becomes inflamed. Carpet layers often develop bursitis of the “subcutaneous infrapatellar bursa,” an area just below the kneecap, from spending long hours on their knees.

HOW IS THE SPINE EQUIPPED WITH SHOCK ABSORBERS?

The spine is actually made up of twenty-four individual bones called *vertebrae*. Between each vertebra is a cookie-sized pad that looks like a small disk. Like bursas, these disks are filled with a fluid.

A “slipped disk” is a disk that has literally slipped out of position between two vertebrae. The disk may put painful pressure on the spinal cord, and the surfaces of the adjacent vertebrae are likely to grate against each other.



Each time a person’s foot hits the ground it sends a jolt up the spine. The jolt flattens the disk. As the fluid inside the disk is compressed, it transfers the force from a vertical direction to a horizontal direction. This absorbs a portion of the jolt. By the time it reaches the head, it is hardly noticeable.

During a hard day, some of the fluid in these disks is actually squeezed out, making each disk slightly thinner. By lying down to sleep at night we relieve the pressure on these disks and allow them to reabsorb the fluid which they lost during the day. That is why we are shorter at night and taller in the morning.

Exercise promotes the growth of strong bones and increases the range of motion through which joints are able to bend. Inactivity stiffens joints, limits flexibility, and may reduce the calcium in bones by as much as fifty percent.



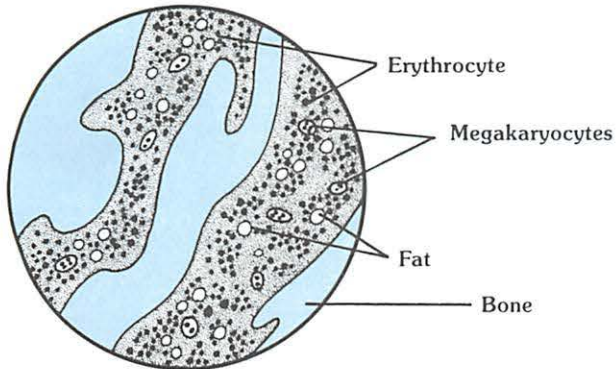
HOW DO BONES MAKE OUR BLOOD RED?

The red marrow that is contained in the center of most bones produces red blood cells, which give our blood its characteristic red color.

Each red blood cell contains more than 280 million molecules of a substance called *hemoglobin* (HEE-muh-glow-bin). Hemoglobin carries both

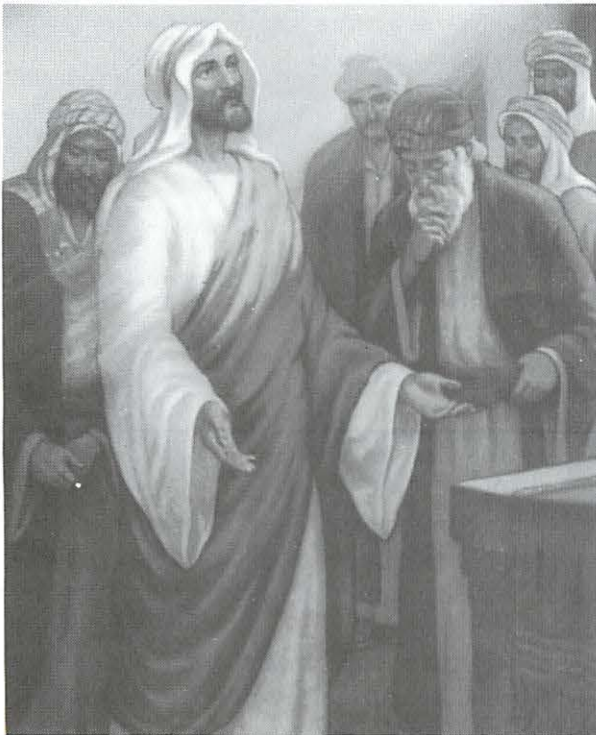
oxygen and carbon dioxide. When hemoglobin is saturated with oxygen, it is bright red in color. When it carries mostly carbon dioxide, it is a much darker red.

Because blood contains so many red blood cells and they live for such a short time (less than 120 days), bones must replace more than 2,000,000 red blood cells every second.



When red blood cells are needed, the megakaryocyte (MEH-gah-CARE-yo-site), which grew in the bone marrow, moves to the bloodstream and breaks into platelets.

WHAT DID JESUS TEACH ABOUT THE IMPORTANCE OF SHOWING MERCY?



©Providence Lithograph

"Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?"

"Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.

"Therefore is the kingdom of heaven likened unto a certain king, which would take account of his servants. And when he had begun to reckon, one was brought unto him, which owed him ten thousand talents. But forasmuch as he had not to pay, his lord commanded him to be sold, and his wife, and children, and all that he had, and payment to be made.

"The servant therefore fell down, and worshipped him, saying, Lord have patience with me, and I will pay thee all. Then the lord of that servant was moved with compassion, and loosed him, and forgave him the debt.

"But the same servant went out, and found one of his fellow-servants, which owed him an hundred pence: and he laid hands on him, and took him by the throat, saying, Pay me that thou owest. And his fellow-servant fell down at his feet, and besought him, saying, Have patience with me, and I will pay thee all. And he would not: but went and cast him into prison, till he should pay the debt.

"So when his fellow-servants saw what was done, they were very sorry, and came and told unto their lord all that was done. Then his lord, after that he had called him, said unto him, O thou wicked servant, I forgave thee all that debt, because thou desiredst me: Shouldest not thou also have had compassion on thy fellow-servant, even as I had pity on thee?

"And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses"(Matthew 18:21-35).

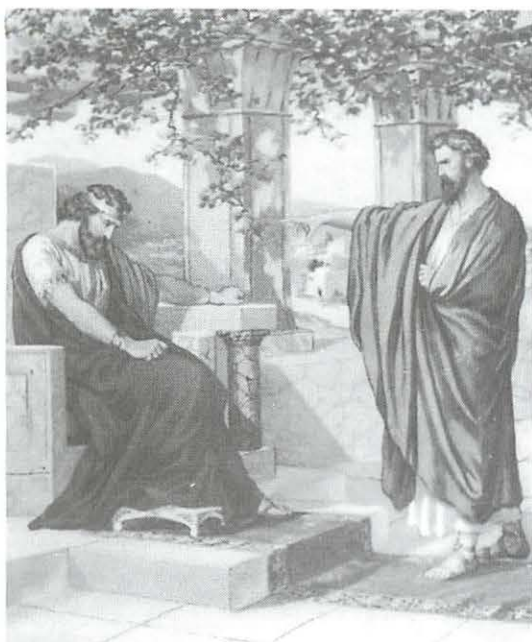
This parable illustrates that the term "a lack of mercy" can refer not only to our not demonstrating mercy to others, but also to our refusal or inability to accept the mercy of others. Because the second hinges so closely on the first, only when we are merciful to others will we receive and accept others' mercy.

HOW DOES A LACK OF MERCY TROUBLE THE BONES?

Proverbs 11:17 says, "The merciful man doeth good to his own soul: but he that is cruel troubleth his own flesh." Medical evidence corroborates Biblical statements that sin and iniquity, particularly the bitterness, anger, and cruelty which accompany a lack of mercy, can cause bones to "wax old," be "consumed," and feel "burned."

A LACK OF MERCY CAN CAUSE BONES "TO WAX OLD"

"Blessed is he whose transgression is forgiven; whose sin is covered. Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile. When I kept silence, my bones waxed old through my roaring all the day long" (Psalm 32:1-3).

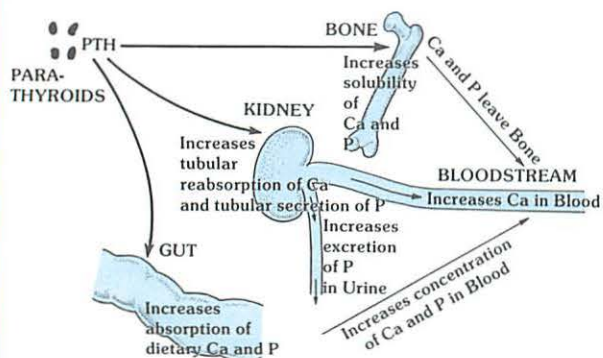


Bible Art Series, Standard Publishing, Cincinnati

After Nathan confronted him with his sin, David begged for God's mercy.

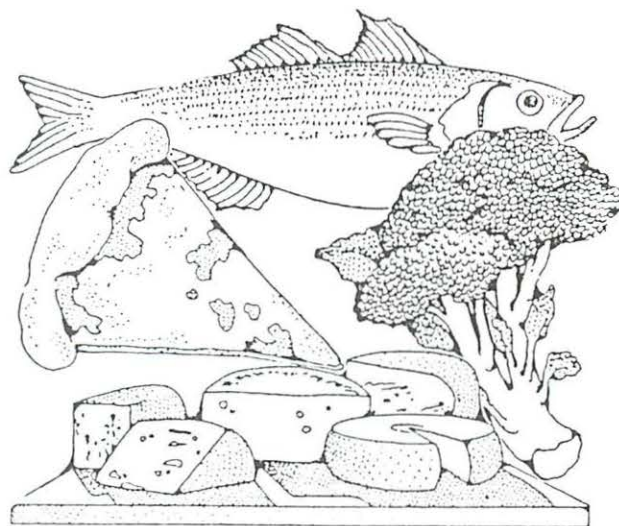
When we fail to confess our sin, and instead "keep our silence," we feel guilty. This guilt, in turn, and the stress which accompanies it, causes blood to coagulate up to twelve times faster than it does in times of relaxation. Because calcium is vital to the coagulation process, when coagulation increases, more and more calcium is consumed. When stress is prolonged, the calcium reserves in bones are used up and emptied, and our bones are left porous, weak, and brittle.

HOW IS THE LEVEL OF CALCIUM CONTROLLED IN THE BODY?



When the body needs more calcium for the coagulation process, the parathyroid gland secretes PTH (parathormone) which opens up calcium reserves in the bones. As it flows through the body, calcium controls heart rate, conducts nerve impulses, contracts muscles, as well as playing a vital role in the coagulation of blood. *Calcitonin*, a substance

produced by the thyroid gland, returns calcium to the calcium reserves in the bones. Our bones also store fluoride, phosphorus, sodium, and fat when there is an abundance of any of these substances in the diet. They can then be retrieved and returned to the bloodstream as they are needed.



The Best Food Sources of Calcium

Food	Portion	Calcium (mg.)
Swiss cheese	2 oz.	544
Yogurt, skim milk	1 cup	452
Provolone cheese	2 oz.	428
Monterey Jack cheese	2 oz.	424
Cheddar cheese	2 oz.	408
Muenster cheese	2 oz.	406
Colby cheese	2 oz.	388
Brick cheese	2 oz.	382
Sardines, Atlantic, drained solids	3 oz.	371
Mozzarella cheese	2 oz.	366
American cheese	2 oz.	348
Milk, skim	1 cup	302
Buttermilk	1 cup	285
Limburger cheese	2 oz.	282
Salmon, sockeye, drained solids	3 oz.	274
Broccoli, cooked	1 medium stalk	158
Dandelion greens, cooked	½ cup	147
Pizza, cheese	⅛ of a 14-in. pie	144
Blackstrap molasses	1 tbsp.	137
Soy flour	½ cup	132
Collards, cooked	½ cup	110
Tofu	3 oz.	109
Kale, cooked	½ cup	103

Understanding Vitamins and Minerals, Rodale Press, Emmaus, Pennsylvania, 1984, page 101.

The common condition of weak, calcium-depleted bones is called *senile osteoporosis* (SEE-nile OSS-tee-oh-puh-ROE-sis), meaning "old hollow bones." It occurs when there is a lack of calcium in the bones, leaving only fragile, brittle mineral shells which break easily. The Psalmist may have been referring to senile osteoporosis when he spoke of his bones "waxing old."

"Fat bones" are just the opposite of osteoporotic bones. They are filled with healthy living tissue

and calcium. Just as a lack of mercy causes bones to “thin,” or become osteoporotic, so mercy and the accompanying good reports make bones “fat.” (See Proverbs 15:30.) The contentment and relaxation which come from giving and receiving mercy and good reports reduces vasoconstrictors in the blood. This increases blood circulation in the bones, which brings more calcium into the bones, and increases the production and distribution of red blood cells which feed and cleanse the entire body.

A LACK OF MERCY CAN CAUSE BONES TO BE “CONSUMED”

“For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed” (Psalm 31:10).

Stress, which can be caused by guilt over sins such as anger, bitterness, or cruelty, “consumes” bones because it secretes large amounts of adrenaline into the bloodstream. Adrenaline, a vasoconstrictor, limits the flow of blood to bones by shrinking the tiny capillaries that supply the digestive system, skin, and bones with nourishment. As the flow of blood is decreased, the production of essential red blood cells, which takes place in the red bone marrow, decreases also. Without red blood cells, our bones are literally “consumed.”

A LACK OF MERCY CAN CAUSE BONES TO “BURN”

“Hear my prayer, O Lord, and let my cry come unto thee. Hide not thy face from me in the day when I am in trouble; incline thine ear unto me: in the day when I call answer me speedily. For my days are consumed like smoke, and my bones are burned as an hearth” (Psalm 102:1-3).

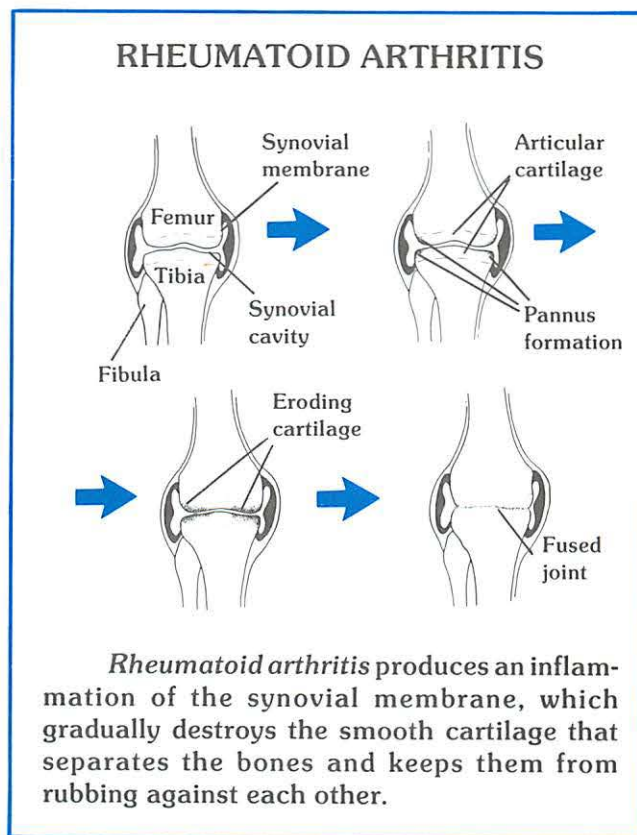
Stress reduces the body’s ability to fight disease. Just as stress in plants makes them more susceptible to disease, stress in humans interferes with the immune system and increases the likelihood of disease.

Although bones are normally very resistant to disease, when the body’s resistance is weakened through stress, bones become vulnerable to attack from disease and infection.

Osteomyelitis (OSS-tee-oh-my-ih-LITE-us) is a bone infection, commonly caused by the bacteria *staphylococcus aureus* (STAF-uh-lo-KOK-us AH-re-us) or “staph” for short. Staph may enter the bone through the bloodstream or through a cut or other opening in the skin. The symptoms of *osteomyelitis* are high fever and severe burning sensation in the bones.

HOW MIGHT A LACK OF MERCY AGGRAVATE ARTHRITIS?

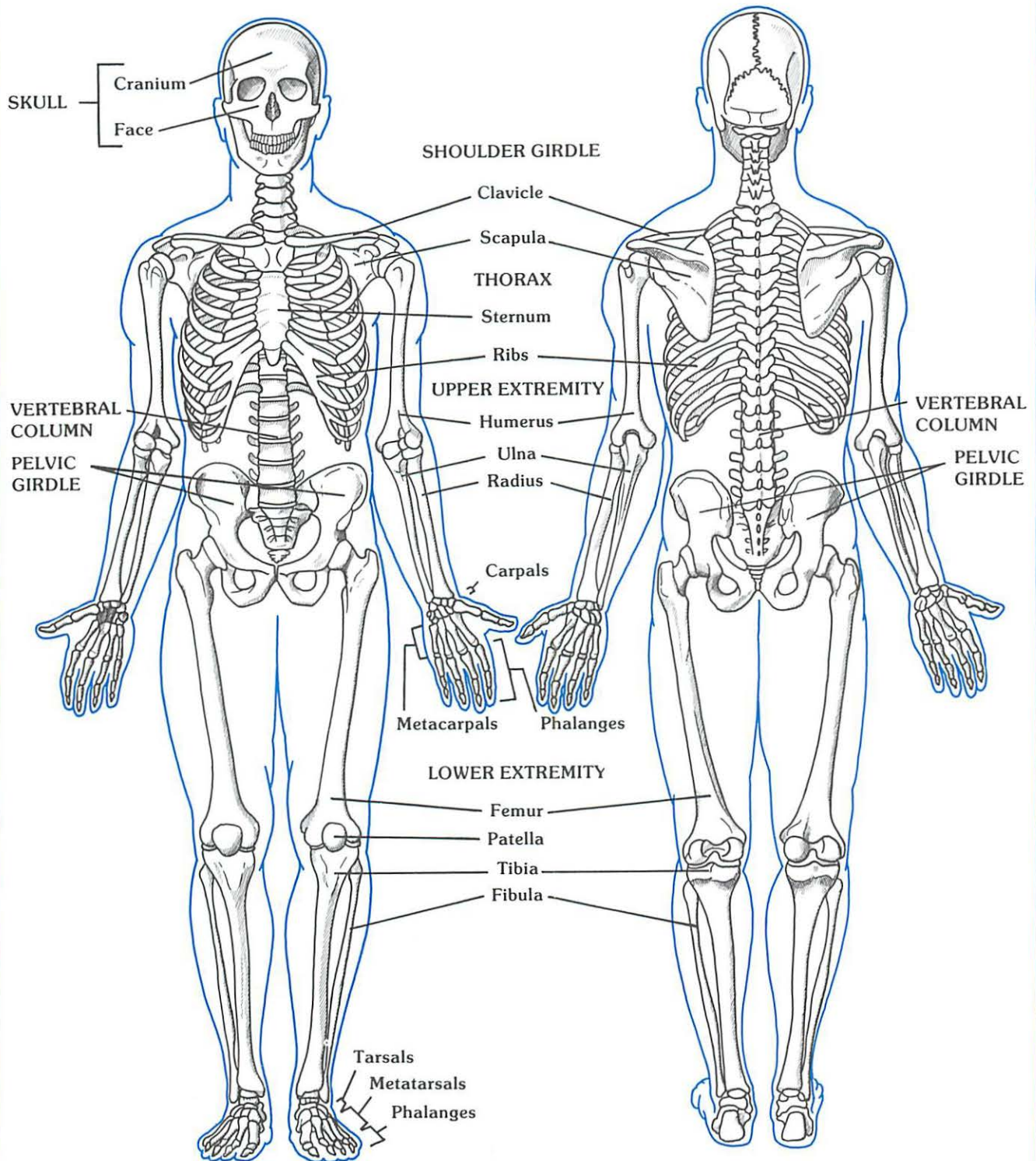
Arthritis is a painful condition in which a joint is inflamed, sometimes so severely that the joint is immovable. Doctors frequently treat arthritis with anti-depressant drugs which reduce pain and help to restore movement. The fact that hormonal drugs like anti-depressants are used to treat arthritis suggests that the condition may be aggravated by an imbalance in the hormones which influence emotion.



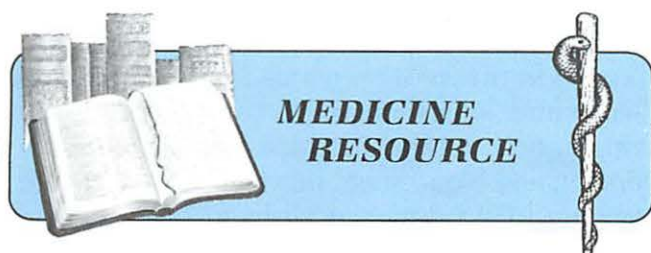
Because bitterness and suppressing mercy often have the combined effect of causing a hormonal imbalance, they may possibly also intensify the pain of arthritis.

While cruelty, bitterness, and anger, which all accompany a lack of mercy, may harm us physically by causing our bones to “wax old,” “be consumed,” “burn,” or by aggravating conditions of rheumatoid arthritis, in the long run, these sins harm us even more spiritually. A cruel, bitter, or angry man expects only cruelty, bitterness, and anger in return, and therefore cannot accept mercy or forgiveness from others. Because he especially will not accept mercy and forgiveness from God, his spiritual health and growth are devastated, unless he humbles himself and relinquishes his sin.

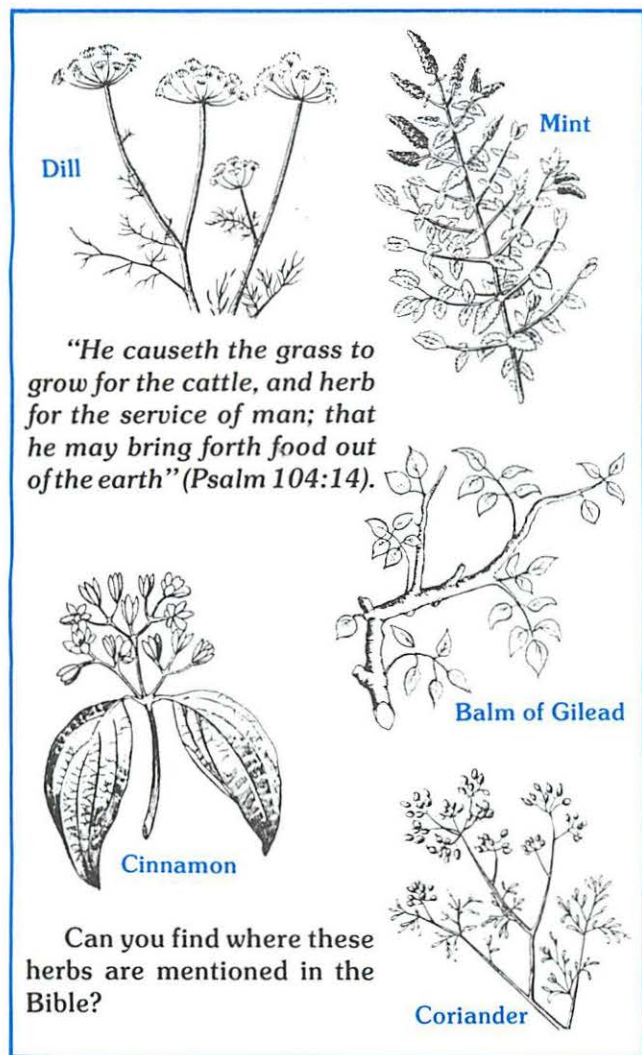
CAN YOU NAME THE MAJOR BONES OF THE BODY?



Date completed _____ Evaluation _____



HOW DO THE WAYS THAT HERBS SERVE MAN ILLUSTRATE MERCY?



Today's Bible Dictionary

The Hebrew word for herb is עֵשֶׂב "eseb" (EH seb). It refers to the 250,000 seed-bearing green plants which have been named in scientific journals. The Bible speaks of herbs as any green plant apart from those plants that reproduce by spores, such as ferns and moss, and woody or fruit-bearing trees. (See Genesis 1:11-12.)

The Greek word for herb is λάχανον "lachanon" (LAHK-ah-non), which means literally "to dig." This term includes all crops which men plant, cultivate, and harvest, not just those whose roots are dug up for food.

1 HERBS NOURISH THE BODY.

Mercy is food for the soul. (See Psalm 37:25.)

God created herbs to supply us with all the nutrients we need. Herbs contain carbohydrates, proteins, fats, vitamins, and the thousands of enzymes necessary for every bodily function.

Everything man consumes, with the exception of salt and water, is a product of herbs. Milk, eggs, and meat all originate from herbs. They are as much a product of the soil as potatoes, lettuce, and wheat.

HOW YELLOW DOCK MAKES BLOOD RED

Hemoglobin, a long, twisting chain of carbon, hydrogen, and oxygen atoms that surrounds an inner core of iron, carries oxygen in the bloodstream. Without enough iron, blood cannot carry oxygen. This shortage, called *anemia*, causes a person to become pale and to feel cold and tired most of the time.

YELLOW DOCK is an herb which concentrates iron in its roots. Tea made from the ground roots of these young plants can supply all the iron the body needs.



Yellow Dock

Sometimes the body may become anemic even though it has plenty of iron. This problem may result from the lack of vitamin B12, which is critical to the manufacture of hemoglobin.



Comfrey

The Shepherd's Purse

An herb called COMFREY is rich in vitamin B12. Its leaves can also be ground and made into a tea to restore those who suffer from pernicious anemia.

HOW ROSE HIPS MAKE SKIN SOFT AND SMOOTH

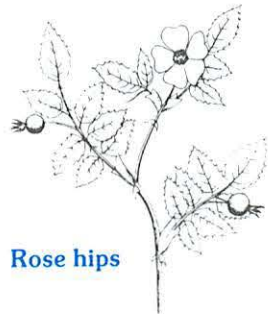
ROSE HIPS contains large amounts of vitamin C (also called ascorbic acid) which is important in

the manufacture of the “cement” that holds cells together in the body. Ascorbic acid can be extracted from rosehips by making a tea with the bulbs.

Without vitamin C, cells literally crumble and fall apart: Skin becomes rough and dry, teeth loosen in their sockets, and muscles become flabby and weak.

A continued lack of vitamin C results in an illness called “scurvy” which is characterized by bleeding gums, skin rashes, and extreme weakness.

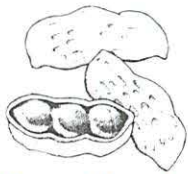
Scurvy was common among sailors in the 18th century when long voyages prevented the crew from eating fresh herbs and fruit. It was not until 1753 that a Scottish physician discovered that eating vitamin C-rich citrus fruits cured scurvy.



Rose hips

The Shepherd's Purse

HOW PEANUTS PROMOTE ALERTNESS



Roasted Peanuts

PEANUTS are rich in B vitamins, especially vitamin B3, or niacin. Both physical and mental activity require large amounts of energy, and because niacin affects the energy releasing reactions in the body,

its omission from the diet can lead to mental confusion and irritability. People who need to concentrate for long periods will find that their performance improves if they eat foods rich in the B vitamins like carrots, spinach, and cabbage.

2 HERBS REGULATE BALANCE WITHIN THE BODY.

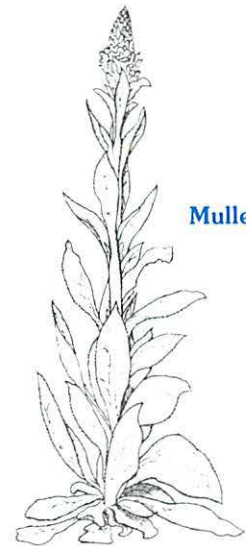
Mercy brings favour and understanding in the sight of God and man. (See Proverbs 3:3, 4.)

Balance is crucial to our health. Improper amounts of anything can result in disease. In fact, germs and viruses may not be our body's principle enemies. They are always present in the body, even when we are not sick. As long as all our body's systems are balanced, disease is usually kept in check. However, when our systems are imbalanced, germs and viruses multiply freely and cause disease.

The medical term for balance is *homeostasis*. It comes from two Greek words, *homoios* meaning “like” and *stasis* meaning “standing.” Body temperature, heart rate, blood pressure, water content, and blood sugar must all be kept in “like standing.” God designed herbs to help regulate these balances.

HOW MULLEIN HELPS KEEP THE BODY AT A CONSTANT TEMPERATURE

MULLEIN is a tall, spindly herb which the Romans used to make torches. Mullein gathers iron, potassium, and especially magnesium from the soil and concentrates these minerals in its leaves. When the leaves are brewed as a tea, they can provide the necessary magnesium for the formation of super oxidase dismutase (SOD).



Mullein

SOD, which is found in red blood cells, maintains our body's constant temperature of 98.7° Fahrenheit by regulating the rate at which our body burns oxygen. If our body burns oxygen too rapidly, our body temperature rises, causing a fever. If our body burns oxygen too slowly, we become chilled.

HOW THE FOX GLOVE PLANT REGULATES HEARTBEAT

Digitalis, which comes from the leaves of the FOX GLOVE plant, is used in the treatment of congestive heart failure. The heart beats faster when it does not receive enough oxygen. This added strain on the heart requires even more oxygen and causes the heart to beat even faster. Digitalis breaks this dangerous cycle and slows the heart down. Digitalis is also prescribed as a treatment for hypertension and arteriosclerosis.

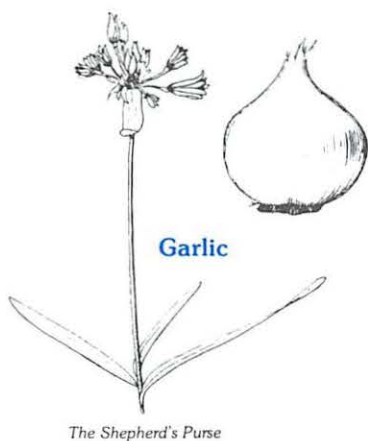
HOW GARLIC PREVENTS INSANITY

The Roman emperors drank large quantities of wine from lead goblets. Over the years the toxic

lead accumulated in their bodies, poisoned their systems, and caused insanity.

The "mad hatters" of England were poisoned by the mercury in the beaver pelts they used to make hats.

Compounds found in GARLIC attach themselves to toxic metals like lead and mercury which accumulate in the body. These metals are then filtered out through the kidneys and eliminated. In many ways garlic is like a "garbage collector" which makes regular rounds throughout the body to absorb and dispense metal poisons and carry them away.



Garlic

The Shepherd's Purse

HOW LAMB'S-QUARTERS STEADY THE HANDS



A Field Guide to Wild Flowers
Lamb's-Quarters

LAMB'S-QUARTERS contains large amounts of calcium. In fact, sometimes it contains so much calcium that a white powdery layer of calcium forms on the upper leaves. These leaves can be eaten directly as a salad green.

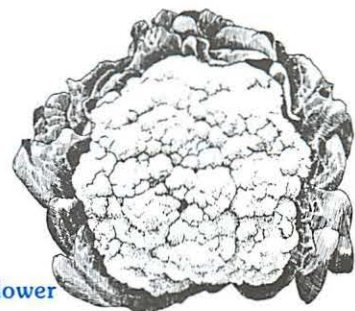
Calcium is important for the proper contraction of muscles. *Hypocalcemia* is a condition caused by a lack of calcium which may lead to muscle tremors and convulsions. Shaking hands could indicate that a person is low in calcium.

HOW CARROTS PREVENT LIVING CELLS FROM BEING "ELECTROCUTED"

Each cell of the body must balance the electrical charges surrounding it. These electrical charges play an important role in determining what is allowed to enter a cell and what is "locked" outside. Without a proper balance in these electrical charges, a cell will be invaded by disease.

Beta-carotene, found in carrots, comfrey, cauliflower, broccoli, and many other herbs, works to maintain the balance of electrical charges along a cell's walls. Cancer patients with histories of beta-carotene deficiency had their cancers spread almost eight times faster than patients with the same form of cancer but with high levels of beta-carotene.

Cauliflower



Carrots



Broccoli



3 HERBS PREVENT DISEASE.

Mercy doeth good to the soul and does not trouble the flesh. (See Proverbs 11:17.)

Herbs also serve as treatments for disease. In fact, most modern drugs were originally extracted from natural herbs, and many others are synthetic copies of herbs.

HOW VALERIAN ROOT SEARCHES OUT AND DESTROYS ABNORMAL CELLS

LIMA BEANS, MILLET, and BUCKWHEAT contain a compound called *nitriloside* which checks the normalcy of cell genes. If a gene which controls the function of a cell is abnormal, the body destroys the entire cell.

VALERIAN ROOT is rich in nitrilosides and keeps the metabolism of cells in order.



Valerian

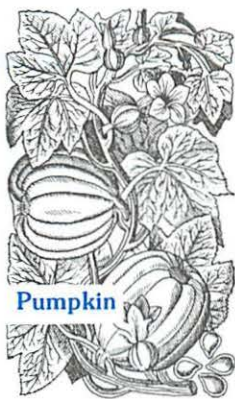
A Field Guide to Wildflowers ©1968 by Roger Tory Peterson and Margaret McKenny. Reprinted by permission of Houghton Mifflin Company.

HOW PUMPKINS ACTIVATE THE IMMUNE SYSTEM

PUMPKINS and SQUASH are rich sources of zinc, an integral mineral found in more than ninety enzymes which the body must produce.

Zinc stimulates the production of T-cells found in the blood which identify and consume foreign material that does not belong in the body.

T-cells are controlled by the thymus gland located in the upper chest near the wind pipe. The thymus, which is very active during childhood, shrivels up in adulthood. This loss of the thymus affects the body's ability to fight disease and infection. Zinc can often compensate for the loss of the thymus gland.



HOW CELLULOSE PREVENTS DIVERTICULITIS

The stems and leaves of most herbs are made of cellulose, or fiber, which our bodies cannot digest. While fiber has no nutritional value, the bulk it adds to the food we eat is very important. Cancer of the bowels, heart disease, gallstones, hypertension, and diverticulitis have all been linked to a lack of fiber in our diet.



The richest source of fiber is bran, the outer husk which is removed from wheat during the milling process. Other rich sources of fiber are peas and brown rice.

Fiber acts like a soft brush, cleansing the large intestines and preventing digested food from becoming trapped in a bend or fold of the intestine. Trapped foods provide a rich breeding ground for bacteria that actually eat through the intestinal lining. Fiber also absorbs cholesterol from the bloodstream and eliminates it from the body, reducing the possibility of both heart disease and gall stones.

HOW GINSENG FIGHTS INFECTIONS

GINSENG is an herb that concentrates more minerals in its roots than any other herb. In fact, it absorbs so many minerals from the soil that it cannot be grown in the same place twice. Ginseng has a "cure all" reputation. Its roots contain Germanium, an element which fights a variety of infections.

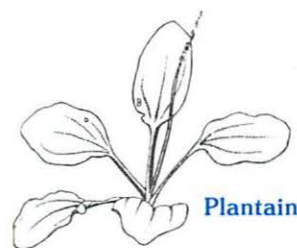


4 HERBS HEAL WOUNDS.

Mercy preserves the king and upholds the throne so that there is peace. (See Proverbs 20:28.)

Wounds cause pain, prevent the members of the body from carrying out their normal functions, and allow infections to enter the body. God designed herbs to not only kill pain, but also to fight infection and to stop bleeding.

HOW MARSHMALLOW ROOTS MAKE WOUNDS HEAL FASTER



PLANTAIN, MARSHMALLOW ROOT, and COMFREY are herbs that aid in the healing of wounds. They contain concentrations of vitamins A and E which increase cell division by approximately 33 percent. The children of Israel often carried pouches of these herbs into battle.

Another herb known as CAYENNE affects ability of white blood cells to flow out of the blood stream and into an injured area.

HOW YARROW MADE AMPUTATION POSSIBLE BEFORE MODERN ANESTHETICS



YARROW is a small furry plant with leaves which look like those of carrots. These leaves stop a wound from bleeding when they are crushed and placed on it because they contain vasoconstrictors.

The vasoconstrictors restrict the flow of blood so that a blood clot can plug the severed vessel and stop the bleeding altogether.

Before the development of modern anesthetics, yarrow was one of the most powerful pain-killers known.

Date completed _____ Evaluation _____