



***Message from the***  
**GENERAL  
CONFERENCE  
YOUTH  
DEPARTMENT**

*Woonsan Kang*  
*General Conference Youth Leader*  
*South Korea*

**M**ay the peace and grace of God in Christ Jesus be with you in abundance. Greetings with the Scripture found in Isaiah 60:1: “Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.”

By the grace of the Lord, at the World Assembly Delegates’ Meetings in Peru last July, I was elected to serve as the new Youth Leader. I am deeply grateful to God and His representatives for entrusting me with this very important responsibility, despite my many shortcomings.

Through this letter, I wish to inform the brothers, sisters, and young people around the world of the principles and goals of the Youth Department for the next five years and ask for your cooperation and help. In particular, I express my gratitude for the work of Pastor Jose V. Giner, who led the Youth Department for the past 6 years, even in difficult times due to COVID-19. We are deeply grateful to Pastor Jose V. Giner and his team for their sacrifice and hard work.

## **Co-workers in the Youth Department**

I plan to share the authority and responsibility of the General Conference Youth Department with my co-workers on every continent for the next five years. It would be virtually impossible and inefficient to attempt to carry out the work of youth ministry around the world on my own, and I believe I lack the ability to do so. The co-workers below will discuss and coordinate the activities with the unions

and fields for youth events (conferences, workshops, meetings, music events, etc). The co-workers of the General Conference Youth Department in the divisions are as follows:

**European Division:** Pastor Wesley Gomes (Spain)

**African Division:** Pastor Bernard Conduah (Ghana)

**North American/Caribbean, and Oceania Divisions:** Pastor Nicholas Anca (Canada)

**Latin American Division:** Pastor Lauro Vasconcelos (Brazil)

**Asian Division:** Pastor Woonsan Kang (South Korea)

In addition to the above pastors, working-level co-workers will be sought to help with assembly preparation, publicity, and administration, and will work together in youth ministry.

## **Working principles**

For the unions, fields, and churches around the world, the rule has been established to hold events for the young people at least once a year. The format does not matter. It can be a conference, workshop, music conference, social event, etc. The goal is to network these youth events so that the youth from as many countries as possible can participate online.

In addition, we plan to hold an international youth conference and events at least once on each of the six continents over the next five years, so all who wish to hold an international youth conference, please contact us.

Administratively, unions and fields that wish to plan or coordinate youth events with the General Conference Youth Department are requested to consult first with the relevant

division and cooperate to maximize the synergistic effects of cooperation within the regular activities of the church.

## **Youth platform to be opened**

We are planning to open a General Conference Youth Platform where young people around the world can communicate and share the Bible, the Word, and their activities. This platform will be a forum for communication among young Christians who desire to share photos, short videos, music, etc. We also plan to operate the Youth Department website as a center for communication. We look forward to your participation in this.

Furthermore, the General Conference Youth Department will do its best to prepare events that are practical for the youth, increase participation, and hold user-centered events to help young people around the world to become more like Christ. If you have any special suggestions for the Youth Department, please feel free to contact me and our coworkers at any time.

Lastly, the Youth Department is planning many projects, but there are significant financial challenges; therefore, we ask for the dedication of our brothers and sisters around the world in supporting the Youth Department goals.

May God bless all of you.



# THE GREAT DRAGON



Henry Dering  
Cameron Park, California

*"Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it." John 8:44.*

*"And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him." Revelation 12:9.*

The great controversy continues to rage today. It is a cosmic battle between good and evil, between Christ and His satanic enemy. As the conflict intensifies, with spellbound interest the universe is watching the final events. Yes, there will be victors and there will be losers. In the end, Christ will win, and Satan will be defeated. But before his defeat, he will wage all-out war against God's people. Revelation 12:17.

Dear reader, Satan's object is for you to be lost for eternity. He wants you to join forces with him and become a member of his dark, mysterious kingdom of slavery and death.

## Characteristics of Satan's realm

1. A worldwide kingdom on earth.
2. Located in every town and city (easy to find).
3. Easy to join (requires no formal educa-

tion, no talents or special abilities, and no money; all ages are welcome).

4. Operates 24 hours per day, seven days a week; the doors are never closed.
5. Well organized for deadly service; all employees have been skillfully trained in deception and destruction.
6. Very popular and rapidly growing, due to continual advertising campaigns (TV programs showing violent, immoral scenes; bright lights flashing to attract attention to nightclubs, taverns, discos, rock concerts, and theaters; loud, heavy rhythm music; and corrupt books and magazines).

Almost the whole world is under Satan's influence and control. Is there any way to resist his attacks? Yes, there is, God's word says: "Lest Satan should get an advantage of us: for we are not ignorant of his devices." 2 Corinthians 2:11. We are well advised to become familiar with his methods and plan of attack. "There is nothing that the great deceiver fears so much as that we shall become acquainted with his devices." —Ellen G. White, *The Great Controversy*, p. 516.

Let us look at five ways in which Satan operates to ensnare people.

### DEVICE NO. 1

**Satan suggests that he does not exist—that he is a figment of people's imaginations**

Two little boys attended church one day. Walking home together afterward, both were unusually quiet. Finally, one of them

turned to the other and said, "I sure did get kinda scared when the preacher was talking about the devil, didn't you?"

"Yeah," the other youngster replied, "but I'm not now."

"Really? How come?"

"Well, I've been thinking about it, and I've figured it all out."

"You have? What do you mean?"

"Well," the lad replied in a serious, sober voice, "it's just like the Santa Claus story. The devil will turn out to be your daddy."

Is the devil fact or fiction? In everyday publications, Satan is pictured with a red face, two horns, a long tail, cloven hooves like a goat, and a pitchfork to torture countless people in hell. Is this really what he looks like? By no means. Satan is a real being, a fallen angel who was cast out of heaven.

Years ago, Sister Ellen G. White was shown in vision what Satan looks like. "He still bears a kingly form. His features are still noble, for he is an angel fallen. But the expression of his countenance is full of anxiety, care, unhappiness, malice, hate, mischief, deceit, and every evil. That brow which was once so noble, I particularly noticed. His forehead commenced from his eyes to recede. I saw that he had so long bent himself to evil that every good quality was debased and every evil trait was developed. His eyes were cunning, sly and showed great penetration. His frame was large, but the flesh hung loosely about his hands and face. As I beheld him, his chin was resting upon his left hand. He appeared to be in deep thought. A smile was upon his countenance, which made me tremble, it was so full of evil and satanic slyness. This smile is the one he wears just before he makes sure of his victim, and as he fastens the victim in his snare, this smile grows horrible." —*Early Writings*, pp. 152, 153.

Have you met him in this form? Most likely you have not. He works in a very extraordinary, underhanded manner. He does not come to your home and say, "Good morning, ma'am. I am the devil. I've come to tempt you," or "Good afternoon, sir. Glad to meet you here in your office. I've come to deceive you. I hope you'll follow my advice and cheat your customers today."

No. Satan comes as a supposed friend or an angel of light. "And no marvel, for Satan himself is transformed into an angel of light." 2 Corinthians 11:14. Coming in this manner, he does not seem to be repulsive or frightening. He is much more likely to be accepted. To succeed, Satan uses minis-

ters of unrighteousness and even so-called “reformers of the third angel’s message.” A so-called believer can be a very effective instrument in the enemy’s hands. Carefully read the following words: “The worst enemies we have are those who are trying to destroy the influence of the watchmen upon the walls of Zion.” –Ellen G. White, *Testimonies for the Church*, vol. 5, p. 294. This can be done through slander, negative criticism, or gossip.

### DEVICE NO. 2

#### Satan wants no one to know and understand the truth for today

“Satan is now using every device in this sealing time to keep the minds of God’s people from the present truth and to cause them to waver.” –*Early Writings*, p. 43. Present truth means the third angel’s message as found in Revelation 14:9-12. This message encompasses Christ Our Righteousness, justification by faith, obedience, and all of the related Biblical truths. It is the enemy’s plan to keep the whole world ignorant of the great plan of salvation. One way is by preventing the gospel from reaching a person. What are some examples of how this is done?

1. You are kept from attending church services.
2. When you go to church, Satan may try to control circumstances, so that the message is not fully heard. This can happen in different ways. A baby may cry for a minute or two—just enough to distract the hearers and prevent them from hearing some important, saving truth that they need. Another distraction is when your cell phone buzzes. Or, while the Sabbath school lesson is proceeding, a friend speaks to you about some matter, thus drawing your mind away from the spiritual things being discussed. These are just a few ways that one is prevented from hearing God’s word.

### DEVICE NO. 3

#### Satan does not want a person to confess his sins

Satan will try to suggest that you are unworthy for Jesus to forgive you, that your sins are too many and too great, and therefore Jesus will not listen to your prayers requesting forgiveness. How can you respond to such negative suggestions? Let me give you an answer through an interesting dream that Martin Luther had.

One day the devil came into Martin Luther’s room with a long piece of paper. All the sins

that Luther had committed were listed on it. They were held up to him.

Satan asked, “Did you commit these sins?” “Yes,” was the reply.

Satan further questioned Luther, “Then, what hope is there for you?”

Luther hung his head and felt discouraged. But then he noticed that the devil was keeping his hand over something in the corner of the long sheet of paper. “What is under your hand? Take your hand away. Let me see what you’re hiding,” he said.

Written in red ink, he read, “The blood of Jesus Christ His Son cleanseth us from all sin.” 1 John 1:7. Yes, the devil will keep his hand over that verse. He does not want you to see it and be saved.

My dear fellow pilgrim, through the blood of Jesus Christ we can be forgiven of all our sins. That is wonderful news! Christ will forgive us, but only if we confess our sins. Satan does not want you to ask the Saviour for forgiveness. This is a device of his satanic majesty. Do not wait! Go to Jesus and ask Him for pardon. There is hope for you and me.

### DEVICE NO. 4

#### He wants no one to pray or study the Bible

“Satan well knows that all whom he can lead to neglect prayer and the searching of the Scriptures will be overcome by his attacks.” –Ellen G. White, *The Great Controversy*, p. 519.

“Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of Me.” John 5:39.

“Thy word is a lamp unto my feet, and a light unto my path.” Psalm 119:105.

“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works.” 2 Timothy 3:16, 17.

“But He said, Yea rather, blessed are they that hear the word of God, and keep it.” Luke 11:28.

“O Thou that hearest prayer, unto Thee shall all flesh come.” Psalm 65:2.

“Prayer is the opening of the heart to God as to a friend.” –Ellen G. White, *Steps to Christ*, p. 93.

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is

weak.” Matthew 26:41.

“Pray without ceasing.” 1 Thessalonians 5:17.

“Continuing instant in prayer.” Romans 12:12.

“Take ye heed, watch and pray: for ye know not when the time is.” “And what I say unto you I say unto all, Watch.” Mark 13:33, 37.

### DEVICE NO. 5

#### He tries to keep people from getting ready for the second coming of Jesus. He tempts them to think that there is plenty of time to prepare

This is a great deception. Satan knows that Jesus will return to earth very soon. He has studied the Bible and understands that this world cannot continue much longer. Look at the economic crisis in the Third World countries. See the racial tensions, the religious confusion, the explosive conditions in the Middle East, the increase of crime, and the political upheavals. Look how the African countries have opened their doors to receive the gospel.

Today everything seems to be falling apart and about to explode. What a sinful world we live in! Jesus must return soon. There is little time left for Him to impart His righteous, holy character to the human heart. Martin Luther said, “When the devil comes knocking on the door of my heart and asks, ‘Who lives here?’ Jesus goes to the door and says, ‘Martin Luther used to live here, but he has moved out. Now I live here.’”

Who lives in your heart? Is it self or Jesus Christ? With Jesus living in you, you will be able to resist Satan’s devices and be victorious. When we do this, we can be sure that his satanic majesty cannot come into our lives. Only one master can live in us—Christ or Satan. Let it be Jesus Christ, the Victor!





*Emil Bainhardt*  
*Western Field Health Leader*  
*Novato, California*

*"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Romans 12:1.*

The long-standing discussion about the use of supplements has been going on for some time and will likely continue. What exactly are supplements? According to the U.S. Food and Drug Administration (FDA): "Dietary supplements are intended to add to or supplement the diet and are different from conventional food. Generally, to the extent a product is intended to treat, diagnose, cure, or prevent diseases, it is a drug, even if it is labeled as a dietary supplement." Supplements include vitamins, minerals, botanicals, and herbs (such as echinacea and ginger), amino acids, and live microbials (commonly referred to as "probiotics").

In this article, we will consider the case in favor of adding supplements to our nutritional intake. First, we need to be aware that many health care providers, including medical doctors, believe that nutritional supplements are not necessary if one eats a "balanced diet." How many of us truly eat a balanced diet? Another frequent comment of naysayers is that vitamins just make expensive urine. If that were the case, we could stop drinking water because in the long run water just goes through the system and out through the bladder.

The question remains, What do supplements like vitamins and minerals actually do in our bodies? Trillions and trillions of chemical reactions occur in the body every second. Every single reaction requires a helper or an enzyme, and each enzyme requires its own helper or co-enzyme. Vitamins and minerals are the co-enzymes essential to grease the wheels of our vast metabolic machinery. Most of us know that a long-term deficiency of certain vitamins can cause serious health issues. For example, not getting enough vitamin D causes rickets, a disease of children characterized by *imperfect calcification, softening*, and distortion of the bones that typically results in bow legs. Long-term low-level deficiency can cause osteoporosis, cancer, depression, muscle weakness, heart disease, and dementia.

Similarly, scurvy is a disease caused by low levels of vitamin C. It was common in past centuries among long-distance sailors, who were unable to get enough fruit and vegetables in their diet. Although it is rare today, scurvy is still seen in people who do not eat enough fruit and vegetables, as well as in infants and elderly patients.

In response to these issues, health authorities have issued RDAs (recommended dietary allowances) to help avoid deficiency diseases. However, it cannot be stressed enough that these recommendations are the *minimal* amounts required to prevent diseases, but not the amounts needed for *optimal* health. For example, to prevent rickets the minimum amount of vitamin D is 30 units a day; but for optimal health around 2,000 to 5,000 units of vitamin D a day would be recommended. The same is true for most nutrients.

Research shows that nutritional deficiencies are rampant. According to the National Health and Nutritional Examination Survey governmental nutritional study, more than 90 percent of Americans are deficient in one or more nutrients at the RDA level. In the U.S., 10 percent of the population is deficient in vitamin C and has scurvy; more than 90 percent are deficient in omega-3 fatty acids; 80 percent are low in vitamin D; and 45 percent are deficient in magnesium and iron, with folate and zinc not far behind. Lack of these nutrients accelerates disease and aging.

One may wonder how it is possible to have such deficiencies in the modern world. A number of factors are responsible for the lack of foundational nutrients. These include environmental toxins, chronic stress, sleep deprivation, and sedentary lifestyles. On the food supply side, significant circumstances adversely affect the nutritional quality of the food that people eat. Following is an abbreviated version of a long list: soil depletion from years of corporate farming, use of pesticides and herbicides, fruits and vegetables being harvested before they are completely ripe, food being transported over long distances, produce kept in storage, and major food processing and packaging.

Once such food reaches the consumer and is ready to be eaten, a person may be allergic to something in it or have allergies, sensitivities or difficulty in absorbing it. Other people may have dietary restrictions. As we increase in age, some foods and nutrients may be more difficult to absorb in the digestive tract, while the need for protein increases to maintain muscle mass. In such a case, if the person consumes a plant-based diet, in addition to vitamins and minerals, protein supplements would be recommended. As in other areas of health, nutritional requirements vary greatly from one individual to another. Hence, the following is a basic list of core supplements that one should take. Beyond that, blood tests and consultation

with a qualified healthcare provider may yield more specific information and more definite direction.

- Vitamin D3: 2000-5000 IU per day
- EPA/DHA (omega-3 supplements): 1-2 grams per day
- Multivitamin with minerals: 1 tablet a day
- Vitamin C: 500 mg per day
- Magnesium glycinate or citrate: 200-600 mg a day
- CoQ10: 100 mg a day
- Probiotics: to support a healthy microbiome

It is important to inform personal family physicians of any supplements one may be taking or changes in their dosage. While supplements may seem benign, they can be very powerful. For example, when one is scheduled for elective surgery, the doctor may advise the patient to stop taking supplements, since some of them, particularly omega-3 oils, are blood thinners and can interfere with the healing process when they are taken with other prescribed medications. Moreover, there may be adverse drug-to-drug interactions between some supplements and certain medications. Play it safe, and keep your doctor informed. Other than these precautions, judicious use of evidence-based nutritional supplements can be a powerful boost to one's health and wellbeing.

*"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?" 1 Corinthians 3:16.*

*"All should have an intelligent knowledge of the human frame that they may keep their bodies in the condition necessary to do the work of the Lord.... All should place themselves in the best possible relation to life and health. Our habits should be brought under the control of a mind that is itself under the control of God." —Christ's Object Lessons, p. 348.*

*"The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease." —Thomas Edison.*

#### References:

Dale Bredesen, M.D.  
 Ann Hathaway, M.D.  
 Robert P. Heaney, M.D.  
 Mark Hyman, M.D.  
 David Perlmutter, M.D.  
 Ellen G. White

**Disclaimer:** This article on supplements is intended to increase your knowledge of health-related lifestyle choices for the benefit of maintaining sound health and preventing disease. It is not designed for use as a medical reference to diagnose, treat, or prevent medical illness. Neither the author, Emil Bainhardt, nor the publisher, International Missionary Society, is responsible for your use of this material or its consequences. If you have questions about diagnosis, treatment, or prevention of a medical condition or illness, you should consult with your physician.