



# SHARING YOUTUBE LINKS

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There are many ways to do missionary work. Some people like to go door to door, others travel to different countries in support of large projects, others write articles to share, and several have done work on the social media side. Social media provides for people to see a hopeful message, a message with a lesson behind it, and messages about Bible truth. Social media is also a quick way to reach a good number of viewers. One popular platform for transmitting videos is YouTube. It has a huge influence in the world, because everyone can access it easily.

While being careful about what our eyes see and our ears hear, the *AU Newsletter* readers are encouraged to subscribe to the channel "Bible Well," <https://www.youtube.com/@TheBibleWell/playlists>, as well as the personal YouTube channel of Elder Henry Dering at <https://www.youtube.com/@hdvd777>. With 1.19 thousand subscribers, the Bible Well YouTube channel has 357 videos with different titles and playlists. One of these playlists is called "Promises." When you click on this playlist, you will find 15 different videos with interesting and inspiring messages.

A special thanks to the American Union Multimedia Department, which has worked with the ministers and labored for many hours to enhance the videos with graphics and to publish them.

Thanks go also to Elder Dering in northern California, who has devoted time to preparing this playlist ("Promises") containing the different videos, with added graphics by Elder Addin Ajucum. These videos can also be found on Elder Dering's personal YouTube Channel (link above), which has

one thousand subscribers. These videos carry wonderful messages for adults and young people. There is a variety of content with messages that anyone can understand easily as he watches, listens to, and learns about Bible truths, last-day events, Christ's second coming, and also the hope and love that Heaven offers to all who suffer

from anxieties of many kinds. Please share these platforms and links with loved ones, friends, and neighbors. May God bless all who work on these presentations.

Following are the links for the 15 videos. Copy and paste the chosen link into your server to see the desired video.

- "The End of the World": <https://youtu.be/qRnVQPvYvN4>
- "Is Christ's Second Coming Imminent?": <https://youtu.be/kWqKRvN94gw>
- "God Loves All Sinners": <https://www.youtube.com/watch?v=STI9qUIGVI>
- "Loud, Fast, and Shiny": <https://youtu.be/KowZXKNr30Q>
- "Who Will Rule the World in the Future?": <https://www.youtube.com/watch?v=Slga0dGdlo0>
- "God's Final Judgment": <https://www.youtube.com/watch?v=d6qzUJmSts>
- "God's Love Letter to Man": <https://www.youtube.com/watch?v=WG-IN-uEuBE>
- "The Truth About Death, Part 1": [https://www.youtube.com/watch?v=WQz817nhR\\_0](https://www.youtube.com/watch?v=WQz817nhR_0)
- "The Truth About Death, Part 2": <https://www.youtube.com/watch?v=CDmzDLxqPbw>
- "The Truth About Hell": <https://www.youtube.com/watch?v=PPnP3QFcTJU>
- "Identifying the Real Antichrist": [https://www.youtube.com/watch?v=F\\_kRDNz89Fs](https://www.youtube.com/watch?v=F_kRDNz89Fs)
- "God's Seal, or the Mark of the Beast": <https://www.youtube.com/watch?v=Qx-plqsObY0&list=PLIt2r-VKun7Zi8hG0BWAKQ42ZgdbDy9Of&index=12>
- "Identifying the Image of the Beast": <https://www.youtube.com/watch?v=kvXs-SaFMCzw&list=PLIt2r-VKun7Zi8hG0BWAKQ42ZgdbDy9Of&index=13>
- "A Time to Watch and Pray": <https://www.youtube.com/watch?v=1fJdYTOR2P4&list=PLIt2r-VKun7Zi8hG0BWAKQ42ZgdbDy9Of&index=14>
- "Psalm 23": <https://www.youtube.com/watch?v=4ukPVQrocUg>. This video is found only on the YouTube channel of Elder Henry Dering: <https://www.youtube.com/@hdvd777>



# The Benefits of Walking

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As time advances, more and more research studies show the benefits of regular exercise. While there are different types of exercise, walking may seem most natural and easy, because we have years of experience with this activity. Walking can be done almost anywhere; one does not need special equipment for it; and it is gentle on the body in general and on the knees in particular. More than 2,400 years ago, Hippocrates stated: "Walking is a man's best medicine." Here are a few health benefits of a regular walking program:

1. Protects the heart
2. Prevents diabetes
3. Helps lower blood pressure
4. Reduces the risk of falls
5. Helps with weight loss
6. Helps curb cravings for sweets
7. Improves sleep
8. Sharpens thinking
9. Reduces depression and anxiety
10. Can increase lifespan

Even with all the benefits of walking, there may be some concerns about possible dangers of such exercise. People may be worried about a heart attack or even sudden death caused by stress sustained by the body from physical exertion. Dr. Anthony A. Goodman, Professor of Medicine at Montana State University, assures everyone that 96 percent of all heart attacks occur while at rest. In those people who have heart attacks during vigorous physical exertion, most of them had been sedentary before they had their heart attack. Before beginning any physical exercise program after a long period of inactivity, one would be well advised to check with his or her personal physician.

Another concern is that some people assert that one must exercise so intensely that he sweats heavily, huffing and puffing, in order to derive any benefits from physical activity. But over the years, numerous studies have seen significant benefits from

no or very little exercise to moderate exercise, but no significant benefits from going from moderate to very intense exercise. Another myth is that of "no pain, no gain." Nothing is further from the truth. Experiencing pain is not just a cautionary sign that if one persists with certain physical activity, tissue damage may occur; rather, damage has already occurred! The problem is that one may feel perfectly comfortable, at ease and pain free while exercising and not experience aches and pains until the next day or two. Therefore, it is wise to go easy when starting a new exercise program, perhaps doing 50 percent to 75 percent of what one is capable of, and thus add to the new routine gradually.

It is worthwhile to remember that different tissues all have their own biological clock. We all know that a limb has to be in a cast for about six weeks after a fracture until the bone heals. In another example, the epithelial lining of the stomach is replaced every few hours or the stomach would digest itself. When exercising, there is an anticipation of acquiring larger and stronger muscles, and that is a reasonable goal. But tendons, the tough bands that attach muscles to bones, take six to twelve months to regenerate and become stronger. They need time to catch up with the contractile parts of the muscles, which gain strength more rapidly. Moreover, the body needs time to build up a more extensive network of blood vessels to supply the muscle tissues with oxygen and other nutrients. These are just a few physiological changes that occur with regular physical exercise. All of this is to say that we need to be patient with our bodies and kind to ourselves.

## Walking technique and proper form

**Stand tall.** This is an antidote to the hunched-over posture that many people develop as they work at their computers, desks, or work benches. Such positions make it harder to breathe and may contribute to backaches. When you walk, extend your spine as if you were being lifted from

the crown of your head. Also, imagine the ribcage being raised up and away from the hips. In military parlance, rooster chest out, and tail feathers in.

**Keep your eyes up.** Avoid looking down at your feet. Direct your gaze out about 10-20 feet in front of you.

**Swing your arms.** Let your arms swing freely from your shoulders forward and back like a pendulum. Do not let your arms go across your body or go higher than your chest.

**Step lightly.** You should roll from heel to toe as you stride instead of landing flat-footed with a thud. To reduce risk of injury and decrease impact on the joints, take a smooth, quiet walk without bouncing or plodding along.

## Conclusion

Technique is especially important if one has a goal to become fitter or lose weight, because that will entail faster and longer walking. By standing tall, one's muscles will move through a greater range of motion for a more powerful stride.

May God bless all who desire to become healthier, for this should be something we value. After all, improving one's health is a major purpose of health reform, and no one can excuse having poor health and a feeble body.





# Diverse Weights and Measures

## Great and Small

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### Justice personified

Outside of the entrance to the county courthouse in Tampa, Florida, stands a statue that personifies justice. It is a blindfolded woman with a sword in one hand and a scale of weights in the other. The blindfold symbolizes that those who execute justice should not be influenced by the beauty, financial means, education, ethnicity, or race of those who stand before the court. However, my uncle put a different spin on it when he said, “Justice appears blindfolded so that she does not see the injustices committed in her name!” Is it possible that we commit injustices in the name of justice?

In the Torah (the first five books of the Bible), Moses taught Israel not to deceive others in business transactions. Merchants were not to obtain more for less, nor sell less for more deceitfully. He said, “Thou shalt not have in thy bag divers weights, a great and a small. Thou shalt not have in thine house divers measures, a great and a small.” Deuteronomy 25:13.

This text also has a spiritual meaning that can be applied to interpersonal relationships. In our hearts, thoughts, and feelings, we hold mental balances. We carry mental weights with which we measure others’ attitudes, words, and behavior. Then, with a separate set of mental measures, we measure our own attitudes, words, and behavior. Sadly, there seems to be a significant difference between our estimation of our own accomplishments and those of others.



### Our afflictions

In our minds, we have a bag of diverse weights—great and small. When it comes to measuring our own trials, troubles, and sufferings, we open our bag of diverse weights and take out the heaviest ones. We use them to overestimate our own difficulties and measure them as heavy and insurmountable. With our minds carnally wired to display a large digital read-out of our burdens in comparison to those of others, we weigh our own troubles by tons. Yet how did the apostle Paul consider affliction? “For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.” 2 Corinthians 4:17. He declared that all of our afflictions are light, not heavy. They are small, not great. We are guilty of unrighteousness when we choose from our bag of diverse weights a large weight to estimate our “light affliction, which is but for a moment.”

The next time we are tempted to weigh our trials, we need to be careful not to pull out of our diverse weights’ bags a great weight or large measure but to plead with the Spirit to help us, by faith, to pull out a small weight or a light measure with which to estimate our difficulties.

### Our acts

Then, on the other hand, when we measure our good works, righteous acts, or works of mercy, we again take out of our diverse measures’ bag a large measure to estimate our accomplishments. We are tempted to believe that we truly are the best. We consider how smart we are, how good we have been, and how

efficiently we have completed the task at hand. We are self-deceived, given our carnal natural mind, and evaluate ourselves as did the Pharisee in the temple. Behold, how grand, perfect, and exemplary are our actions for God and our community! Like a good Laodicean, we recount our goodness in detail. Yet what did the holy prophet of old say? Read Isaiah 64:6: “But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.”

The evangelist of the Old Testament, the prince of prophets, Isaiah, clearly declared that all our righteousnesses are as filthy rags. He was not referring to our unrighteousness but to our righteousness! In God’s sight, all of our great, holy, exemplary actions are like filthy rags. What was Isaiah referring to? He compared our best human accomplishments to rotten things which must be discarded!

In reality, our righteous acts do not merit much praise. They do not smell good. They do not look neat and clean. They do not feel soft and cuddly. They simply do not have much value in God’s bag of weights. It is only by the merits and righteous acts of Christ, who intercedes for us before the Father, that our acts, behavior, and words are purified and made acceptable in the sight of Almighty God. The blood of Christ, not ours, is of real value in the light of eternity.

When we are tempted to consider ourselves highly, we should be careful not to pull out a great weight to measure what we have accomplished, for God considers this unrighteousness an abomination. Our key text tells us, “For all that do such things, and all that do unrighteously, are an abomination unto the Lord thy God.” Deuteronomy 25:16.

### Our aspirations

Even our holy, noble aspirations can be misleading. The carnal heart is “deceitful above all things.” We are tempted to aspire to be rich so that we can do grand things for God, for the community, and for the betterment of humanity. Like the Jewish protagonist in the musical *Fiddler on the Roof*, we seem to sing, “If I were a rich man, . . .” I could help the poor, I could help the church, I could be a true help to all. I would not be like other rich folks who buy big houses, expensive cars, and nice clothes. No, I would not be like that. And so we flatter and deceive ourselves.

At the time of the Civil War, an Adventist pioneer, Sister Ellen G. White, wrote a letter

to a poor sister in the church who aspired to be rich so that she could help others. This woman often held silent conversations with herself, promising that, if she ever became wealthy, she would not use her means to gratify herself, like other well-off individuals had done. However, her story typifies the reality of many believers.

“My attention was called to your desire to possess means. The sentiment of your heart was: ‘Oh, if I only had means, I would not squander it! I would set an example to those who are close and penurious. I would show them the great blessing there is to be received in doing good....”

“When your condition in life began to improve, you said: ‘As soon as I can get me a home, I will then donate to the cause of God.’ But when you had a home you saw so many improvements to make to have everything about you convenient and pleasant that you forgot the Lord and His claims upon you, and were less inclined to help the cause of God than in the days of your poverty and affliction.” —*Testimonies for the Church*, vol. 2, pp. 277, 283.

Yes, even in our righteous aspirations, we can be led down a path of self-deception. We are tempted to bring out a great weight from our bag of diverse weights to measure our seemingly noble pursuits. But, after all is said and done, we have to exclaim with Elijah that we are no greater than our fathers.

The wise Preacher advised one not to aspire too greatly to worldly pursuits, or he might end up with very few heavenly treasures. His prayer was, “Two things have I required of Thee; deny me them not before I die: Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me: Lest I be full, and deny Thee, and say, Who is the Lord? or lest I be poor, and steal, and take the name of my God in vain.” Proverbs 30:7-9.

## Rating others' afflictions, actions, and aspirations

When we rate the afflictions of others, do we use the same large weights to estimate their troubles and trials as we do to measure our own? Absolutely not! We weigh the difficulties of others as if they were mere feathers on the scale. The troubles of others are easy, light, and short lived. The suffering of others is small stuff, not large, like ours. We are tempted to pull out of our mental bag of diverse weights a small measure to estimate the pain of others' afflictions.

Our carnal mind estimates the successes, accomplishments, and righteous works of



others from the same selfish perspective. We tend to find fault with their accomplishments. We easily see their mistakes and foibles. We quickly recognize their imperfections and failures. We downplay their abilities. We criticize their achievements.

When negotiating the price of an old stamp, a collector will devalue it by using negative descriptions, such as chipped, stained, used, canceled, dull, faded, wrinkled, or torn, to help lower the price. We seem to use the same adjectives in describing the actions of others. We devalue their accomplishments in our own self-righteous spirit.

## The spiritual reset button

In the modern world of technology, many electronic gadgets come with a reset button. When the equipment goes out of whack, the operator's manual gives instructions on how to press the reset button.

Similarly, the Holy Scriptures serve as our operator's manual. The Holy Spirit has the ability to activate the reset button of our souls. Consider what the Bible says about this matter of estimating the trials of others.

1. “Be kindly affectioned one to another with brotherly love; in honour preferring one another.” Romans 12:10. Here the apostle Paul exhorted his fellow believers to put on a spiritual mindset. He instructed them to prefer others above themselves.
2. “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus.” Philippians 2:3-5. The apostle stated that if one has the mind of Christ, he will automatically

pull out of his mental diverse weights' bag a greater estimation of others than of himself. He will be lowly when comparing his afflictions, acts, and aspirations with those of others. He will estimate others more highly than himself.

Did Christ really estimate the capabilities of others as greater than His own? Yes. Notice what He told His disciples right before His great sacrifice on Calvary. “Verily, verily, I say unto you, He that believeth on Me, the works that I do shall he do also; and greater works than these shall he do; because I go unto My Father.” John 14:12.

Jesus stated that the works of His apostles and subsequent disciples would be “greater works” than those that He had performed. “Let this mind be in you, which was also in Christ Jesus.” “For the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ: Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ.” Philippians 2:5; Ephesians 4:12, 13.

Why not enter today into His rest? Why not stop using our diverse measures of self, and rather let each esteem others better than himself? What is in our bags of diverse weights? What weights will we use when we estimate the actions of others and of ourselves in the light of God's word? May God help us always to choose correct weights and measures!

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