

## Problems and Solutions

“O Lord, my strength, and my fortress, and my refuge in the day of affliction” (Jeremiah 16:19).

“If in the providence of God we can secure places away from the cities, the Lord would have us do this. There are troublous time before us.”—Maranatha, p. 180.

Suggested Reading: Country Living, pp. 7–12.

Sunday February 1                      1. WARNINGS

**a. What does God tell us about the times ahead? 2 Timothy 3:1.**

**2 Timothy 3:1**

[1] This know also, that in the last days perilous times shall come.

“Perilous times are before us. The whole world will be involved in perplexity and distress.”—Counsels on Health, p. 503.

**b. In view of the many things to happen in the future, what does God wish us to do? Psalm 91.**

**Psalms 91:1-16**

[1] He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

[2] I will say of the LORD, *He is* my refuge and my fortress: my God; in him will I trust.

[3] Surely he shall deliver thee from the snare of the fowler, *and* from the noisome pestilence.

[4] He shall cover thee with his feathers, and under his wings shalt thou trust: his truth *shall be thy* shield and buckler.

[5] Thou shalt not be afraid for the terror by night; *nor* for the arrow *that* flieth by day;

[6] *Nor* for the pestilence *that* walketh in darkness; *nor* for the destruction *that* wasteth at noonday.

[7] A thousand shall fall at thy side, and ten thousand at thy right hand; *but* it shall not come nigh thee.

[8] Only with thine eyes shalt thou behold and see the reward of the wicked.

[9] Because thou hast made the LORD, *which is* my refuge, *even* the most High, thy habitation;

[10] There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

[11] For he shall give his angels charge over thee, to keep thee in all thy ways.

[12] They shall bear thee up in *their* hands, lest thou dash thy foot against a stone.

[13] Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

[14] Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

[15] He shall call upon me, and I will answer him: I *will be* with him in trouble; I will deliver him, and honour him.

[16] With long life will I satisfy him, and shew him my salvation.

“I am bidden to declare the message that cities full of transgression, and sinful in the extreme, will be destroyed by earthquakes, by fire, by flood. All the world will be warned that there is a God who will display His authority as God. His unseen agencies will cause destruction, devastation, and death. All the accumulated riches will be as nothingness. . . .

“Strictly will the cities of the nations be dealt with, and yet they will not be visited in the extreme of God’s indignation, because some souls will yet break away from the delusions of the enemy, and will repent and be converted, while the mass will be treasuring up wrath against the day of wrath.”—Evangelism, p. 27.

“In harmony with the light given me, I am urging people to come out from the great centers of population. Our cities are increasing in wickedness, and it is becoming more and more evident that those who remain in them unnecessarily do so at the peril of their soul’s salvation.”—Sermons and Talks, vol. 2 p. 289

Monday February 2

## 2. THE AIR WE BREATHE

### a. In view of Romans 12:1, 2, how are we to care for our health?

#### Romans 12:1-2

[1] 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.

[2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

“Men and women must be taught to take a careful view of every habit and every practice, and at once put away those things that cause an unhealthy condition of the body and thus cast a dark shadow over the mind.”—Testimonies, vol. 7, p. 137.

### b. Describe a few of God’s special blessings often taken for granted. Job 22:12; 37:14–18. Where can all this be best appreciated?

#### Job 22:12

[12] *Is* not God in the height of heaven? and behold the height of the stars, how high they are!

#### Job 37:14-18

[14] Hearken unto this, O Job: stand still, and consider the wondrous works of God.

[15] Dost thou know when God disposed them, and caused the light of his cloud to shine?

[16] Dost thou know the balancings of the clouds, the wondrous works of him which is perfect in knowledge?

[17] How thy garments *are* warm, when he quieteth the earth by the south *wind*?

[18] Hast thou with him spread out the sky, *which is* strong, *and* as a molten looking glass?

“Life in the open air, away from the congested cities, is healthrestoring. The pure air has in it health and life. As it is breathed in, it has an invigorating effect on the whole system.”—Medical Ministry, p. 232.

“Air is the free blessing of heaven, calculated to electrify the whole system.”—Testimonies, vol. 1, p. 701.

**c. How did the ancient prophet foresee city streets? Nahum 2:4. What were we told many years ago about the city air, and how has this condition worsened since then?**

**Nahum 2:4**

**[4]** The chariots shall rage in the streets, they shall justle one against another in the broad ways: they shall seem like torches, they shall run like the lightnings.

“The noise and excitement and confusion of the cities, their constrained and artificial life, are most wearisome and exhausting to the sick. The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life.”—The Ministry of Healing, p. 262.

“[Satan] imparts to the air a deadly taint, and thousands perish by the pestilence.”—The Great Controversy, p. 590.

“The physical surroundings in the cities are often a peril to health. The constant liability to contact with disease, the prevalence of foul air, impure water, impure food, the crowded, dark, unhealthful dwellings, are some of the many evils to be met. It was not God’s purpose that people should be crowded into cities, huddled together in terraces and tenements.”—The Ministry of Healing, p. 365.

Tuesday February 3

3. BREAD AND WATER

**a. What warning are we given in Revelation 13:17?**

**Revelation 13:17**

**[17]** And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name.

“The time is fast coming when the controlling power of the labor unions will be very oppressive. Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one. We should now begin to heed the instruction given us over and over again: Get out of the cities into rural districts, where the houses are not crowded closely together, and where you will be free from the interference of enemies.”—Selected Messages, bk. 2, p. 141.

**b. What is the promise of God for the last days? Isaiah 33:16.**

**Isaiah 33:16**

**[16]** He shall dwell on high: his place of defence *shall be* the munitions of rocks: bread shall be given him; his waters *shall be* sure.

“With proper, intelligent cultivation the earth will yield its treasures for the benefit of man. The mountains and hills are changing; the earth is waxing old like a garment; but

the blessing of God, which spreads a table for His people in the wilderness, will never cease.”— Testimonies, vol. 6, p. 178.

“Wait on the Lord and have one purpose in view, to seek the eternal good of all those with whom you are connected, holding fast your integrity in the strength of your God. He will redeem His promise. Your bread shall be provided; your water shall be sure. This means not only temporal bread and water but the bread and water of eternal life.”— That I May Know Him, p. 268.

**c. What are the conditions in receiving this promise? Isaiah 33:14, 15; 1 John 2:3, 4.**  
**Isaiah 33:14-15**

[14] The sinners in Zion are afraid; fearfulness hath surprised the hypocrites.  
Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings?

[15] He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil;

**1 John 2:3-4**

[3] And hereby we do know that we know him, if we keep his commandments.

[4] He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him.

“Obedience to God’s commands is the condition upon which His promises are fulfilled.”—The Signs of the Times, November 30, 1904.

Wednesday February 4

4. IS IT TIME YET?

**a. What can we learn from Lot about delay? Genesis 19:12–17, 24.**

**Genesis 19:12-17**

[12] And the men said unto Lot, Hast thou here any besides? son in law, and thy sons, and thy daughters, and whatsoever thou hast in the city, bring *them* out of this place:

[13] For we will destroy this place, because the cry of them is waxen great before the face of the LORD; and the LORD hath sent us to destroy it.

[14] And Lot went out, and spake unto his sons in law, which married his daughters, and said, Up, get you out of this place; for the LORD will destroy this city. But he seemed as one that mocked unto his sons in law.

[15] And when the morning arose, then the angels hastened Lot, saying, Arise, take thy wife, and thy two daughters, which are here; lest thou be consumed in the iniquity of the city.

[16] And while he lingered, the men laid hold upon his hand, and upon the hand of his wife, and upon the hand of his two daughters; the LORD being merciful unto him: and they brought him forth, and set him without the city.

[17] And it came to pass, when they had brought them forth abroad, that he said, Escape for thy life; look not behind thee, neither stay thou in all the plain; escape to the mountain, lest thou be consumed.

**Genesis 19:24**

[24] Then the LORD rained upon Sodom and upon Gomorrah brimstone and fire from the LORD out of heaven;

“More and more, as time advances, our people will have to leave the cities. For years we have been instructed that our brethren and sisters, and especially families with children, should plan to leave the cities as the way opens before them to do so. Many will have to labor earnestly to help open the way. But until it is possible for them to leave, so long as they remain, they should be most active in doing missionary work, however limited their sphere of influence may be. As they yield their talents and their all to God to be used as He may direct; as they live out their consecration by engaging in practical missionary work wherever opportunity affords, God will bless them with wisdom and discretion, and in His own way and time He will make it possible for them to place themselves where they will not be surrounded constantly with the contaminating influences of modern city life.”—The Review and Herald, September 27, 1906.

**b. In the experience of Noah’s day, other warnings are given for those that think they have lots of time. Genesis 7:13–23.**

Genesis 7:13-23

[13] In the selfsame day entered Noah, and Shem, and Ham, and Japheth, the sons of Noah, and Noah's wife, and the three wives of his sons with them, into the ark;

[14] They, and every beast after his kind, and all the cattle after their kind, and every creeping thing that creepeth upon the earth after his kind, and every fowl after his kind, every bird of every sort.

[15] And they went in unto Noah into the ark, two and two of all flesh, wherein *is* the breath of life.

[16] And they that went in, went in male and female of all flesh, as God had commanded him: and the LORD shut him in.

[17] And the flood was forty days upon the earth; and the waters increased, and bare up the ark, and it was lift up above the earth.

[18] And the waters prevailed, and were increased greatly upon the earth; and the ark went upon the face of the waters.

[19] And the waters prevailed exceedingly upon the earth; and all the high hills, that *were* under the whole heaven, were covered.

[20] Fifteen cubits upward did the waters prevail; and the mountains were covered.

[21] And all flesh died that moved upon the earth, both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the earth, and every man:

[22] All in whose nostrils *was* the breath of life, of all that *was* in the dry *land*, died.

[23] And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth: and Noah only remained *alive*, and they that *were* with him in the ark.

“Erelong there will be such strife and confusion in the cities, that those who wish to leave them will not be able.”—The General Conference Bulletin, April 6, 1903.

**c. What signs multiplying around us should prompt us to serious, prayerful consideration and action? Matthew 24:15–18.**

Matthew 24:15-18

[15] When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:)

[16] Then let them which be in Judaea flee into the mountains:

[17] Let him which is on the housetop not come down to take any thing out of his house:

[18] Neither let him which is in the field return back to take his clothes.

“As the siege of Jerusalem by the Roman armies was the signal for flight to the Judean Christians, so the assumption of power on the part of our nation in the decree enforcing the papal sabbath will be a warning to us. It will then be time to leave the large cities, preparatory to leaving the smaller ones for retired homes in secluded places among the mountains. And now, instead of seeking expensive dwellings here, we should be preparing to move to a better country, even a heavenly. Instead of spending our means in self-gratification, we should be studying to economize.”—Testimonies, vol. 5, pp. 464, 465.

Thursday February 5

5. ARK OF REFUGE

**a. What can we learn from God’s faithful prior to the Flood? Hebrews 11:7.**

Hebrews 11:7

[7] By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.

**b. What ark of refuge do we have now? Revelation 12:10, 14.**

Revelation 12:10

[10] And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.

Revelation 12:14

[14] And to the woman were given two wings of a great eagle, that she might fly into the wilderness, into her place, where she is nourished for a time, and times, and half a time, from the face of the serpent.

“Our homes should be a place of refuge for the tempted youth. Many there are who stand at the parting of the ways. Every influence, every impression, is determining the choice that shapes their destiny both here and hereafter. Evil invites them. Its resorts are made bright and attractive. . . . These youth need a hand stretched out to them in sympathy. . . . If we would . . . invite them to our homes, and surround them with cheering, helpful

influences, there are many who would gladly turn their steps into the upward path.”—The Ministry of Healing, pp. 354, 355.

“As the decree issued by the various rulers of Christendom against commandment keepers shall withdraw the protection of government and abandon them to those who desire their destruction, the people of God will flee from the cities and villages and associate together in companies, dwelling in the most desolate and solitary places.”—The Great Controversy, p. 626.

**c. From what else will country living protect us? Isaiah 8:12; Jeremiah 17:5; Psalm 146:3.**

**Isaiah 8:12**

[12] Say ye not, A confederacy, to all *them to* whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid.

**Jeremiah 17:5**

[5] Thus saith the LORD; Cursed *be* the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.

**Psalms 146:3**

[3] Put not your trust in princes, *nor* in the son of man, in whom *there is* no help.

“The trades unions will be one of the agencies that will bring upon this earth a time of trouble such as has not been since the world began.”—Spalding and Magan Collection, p. 260.