

A large blue silhouette of a hand holding a heart, with a white dove flying out of the top of the heart. The hand is positioned on the left side of the heart, and the dove is flying out of the top of the heart. The heart is a solid blue shape, and the hand is also a solid blue shape. The dove is white and has its wings spread. The background is a cloudy sky.

7. AT-ONE
6. ARK
5. PRAY
4. WATCH
3. TRUTH
2. DETOX
1. LOVE

7 STEPS TO HEAVEN

STEPHEN HILL

A misty mountain landscape with a forested peak and clouds. The mountain is in the foreground, and the clouds are in the background. The sky is a mix of blue and white, with soft clouds. The overall scene is peaceful and serene.

Introduction

These seven daily steps from the Bible & the Spirit of Prophecy will bring a continual connection with Jesus.

*Christ officiates in the sanctuary....
There must be a purifying of the
soul here upon the earth, in
harmony with Christ's cleansing of
the sanctuary in heaven. Letter 37,
1887.*

A revival of primitive godliness is our greatest need. The dailies lead to the hourly and to our necessary continual connection with Jesus. Thereby bringing about a revival of the light and power of Jesus in our lives, in the church, and in the world.

1. Self-Sacrificing Love, 2. Confession and Repentance, 3. Study of God's Word, 4. Watching for and Following the Leading of the Holy Spirit, 5. Prayer, 6. Keeping God's Laws, and 7. Inviting His Presence.

Our Only Hope – Our only hope is **daily** to love God, to love the truth, not for the sake of its clear arguments, but for the truth's sake alone. We must bring the truth into our hearts and minds, and **every day** be living, shining lights, learning **daily more and more of Jesus** (ST, August 6, 1894).

“Those who have trained the mind to delight in spiritual exercises are the ones who can be translated and not be overwhelmed with the purity and transcendent glory of heaven.” OFC 155.1.

Are We Too Lazy? *“The ‘time of trouble, such as never was,’ is soon to open upon us; and we shall need an experience which we do not now possess and which many are too indolent to obtain.”* GC 622

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1. LOVE – Reflect an Hour Each Day on the Events in the Life of Christ *Especially the Closing*

Scenes (Matthew 26:40; Isaiah 26:3;
The Desire of Ages, p. 83 1898).

*And he cometh unto the disciples,
and findeth them asleep, and saith
unto Peter, What, could ye not
watch with me one hour? Matthew
26:40.*

*“It would be well for us to spend a thoughtful hour
each day in contemplation of the life of Christ. We
should take it point by point, and let the imagination
grasp each scene, especially the closing ones. As
we thus dwell upon His great sacrifice for us:*

- 1. Our confidence in Him will be more constant*
- 2. Our love will be quickened*
- 3. We shall be more deeply imbued with His
spirit*
- 4. We must learn the lesson of penitence and
humiliation at the foot of the cross*
- 5. Our sweetest thoughts will be of Him*

6. *We shall love to talk of Him and as we speak to one another of His love, our hearts will be softened by divine influences*
7. *Beholding the beauty of His character, we shall be "changed into the same image from glory to glory." [2 Corinthians 3:18](#)."*--Desire of Ages, p. 83.

To sustain intensity during this hour it may help to:

- Read from any of the four gospels or from Isaiah 53.
- Read from the Desire of Ages, which is a book about the life of Jesus.
- Listen to the audio version of the Desire of Ages on head phones.
- Sing hymns like 'Turn Your Eyes Upon Jesus', 'How Great Thou Art', 'The Old Rugged Cross'.
- Instead of one whole hour, reflect for twenty minutes evening, morning and in the middle of the day.
- Reflect out loud taking turns with a friend or group of friends in person or on the phone.
- Record your inspiration on a facebook video.
- Write a poem expressing your love and gratitude.

Love is both the fuel and the destination for the journey. However, there is an essential transformation that happens along the way. In the beginning, the love is genuine but inconsistent. Later, the love becomes continual, always in remembrance, established in the present truth; looking to the instructions from the Spirit of Prophecy as unto a light that shines in darkness until Jesus arises in your mind.

Altar of Sacrifice

John 1:29 *Behold the Lamb of God, which taketh away the sin of the world.*

The Altar of Sacrifice is the first article of furniture brought to view in the courtyard of the sanctuary. The sacrifice of lambs at this altar pointed forward to the ultimate loving sacrifice of Jesus, the Lamb of God who led a sinless life.

He gave up His glory in heaven for us and took on fallen human flesh, and He overcame every temptation of the flesh. He took on the penalty for every believer's sin, which is death. He died and rose from the tomb and ascended to heaven where he ministers for us at the right hand of the Father –

forgiving and cleansing the guilt of repentant believers.

As we see through scripture the perfect, loving character of Jesus, we perceive the stains in our character and see our urgent need to change. The practical application of the Altar of Sacrifice represents giving up those things in our lives that distract us and separate us from Jesus. Instead, by His grace, we endeavour to think, speak, and do those things that are no longer self-centered but founded in true love.

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. 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. Romans 12:1,2

Read the love chapter each day – "The Lord desires me to call the attention of His people to the thirteenth chapter of First Corinthians. Read this chapter every day, and from it obtain comfort and strength. Learn

from it the value that God places on sanctified, heaven-born love, and let the lesson that it teaches come home to your hearts. Learn that Christlike love is of heavenly birth, and that without it all other qualifications are worthless." (RH July 21, 1904).

Continual – 1Jn 4:16 *And we have known and believed the love that God hath to us. God is love; and he that **dwelleth in love** dwelleth in God, and God in him.*

*Hebrews 13:15. By him therefore let us offer the sacrifice of praise to God **continually**, that is, the fruit of our lips giving thanks to his name.*

2. DETOX – Sincere Daily Confession and Repentance

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9.

Repentance means changing our minds.
(Acts 3:19; Psalm 51; Proverbs 28:13; Ms 87, 1886).

In His final week on earth, Christ cleansed the earthly temple of buyers and sellers. Each year, the ancient Hebrews afflicted their souls in preparation for the Day of Atonement. Since 1844, we have been in the antitypical prophetic day of atonement.

When we see the love of God, the beauty of holiness, the joy of purity; we long to be cleansed and to be restored to communion with Heaven. David saw the enormity of his sin; he saw the defilement of his soul; he loathed his sin. It was not for pardon only that he prayed, but for purity of heart. He longed for the joy of holiness—to be

restored to harmony and communion with God. This was the language of his soul:

“Have mercy upon me, O God, according to Thy loving-kindness: According unto the multitude of Thy tender mercies blot out my transgressions.... For I acknowledge my transgressions: and my sin is ever before me.... wash me, and I shall be whiter than snow.... Create in me a clean heart, O God; And renew a right spirit within me. Cast me not away from Thy presence; And take not Thy Holy Spirit from me. Restore unto me the joy of Thy salvation; And uphold me with Thy free spirit.... Deliver me from blood guiltiness, O God, Thou God of my salvation: And my tongue shall sing aloud of Thy righteousness.” Psalm 51:1-14

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. Proverbs 28:13.

Christ is the source of every right impulse. He is the only one that can implant in the heart enmity against sin. Every desire for truth and purity, every conviction of our own sinfulness, is evidence that His Spirit is moving upon our hearts.

It is not only at the beginning of the Christian life that this renunciation of self is to be made. At every advance step heavenward it is to be renewed. All our good works are dependent on a power outside of ourselves. Therefore there needs to be a continual reaching out of the heart after God, a continual, earnest, heartbreaking confession of

sin and humbling of the soul before Him. Only by constant renunciation of self and dependence on Christ can we walk safely. COL 159.4

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord; Acts 3:19.

Laver of Water

The priests of the Ancient Hebrew Sanctuary sacrificed lambs at the Altar of Sacrifice, and they washed their hands at the Laver of Water before entering the Holy Place. This washing was both practical cleaning and symbolically represented purification as washing away their sins and the sins of the families who brought the sacrifices.

Jesus died for our sins, was buried, and rose from death. Baptism represents the death of the old man, the burial of the old man and his sin under the water, and the resurrection of the new man in Jesus, coming up out of the water cleansed. It is an outer ceremony representing an inner transformation and commitment that has already been happening.

True confession is always of a specific character, and acknowledges particular sins. They may be of such a nature as to be brought before God only; they may be wrongs that should be confessed to individuals who have suffered injury through them; or they may be of a public character, and should then be as publicly confessed. But all confession should be definite and to the point, acknowledging the very sins of which we are guilty. He that confesseth and forsaketh his sin shall have mercy. And the goodness of God leads us to repentance. SC Chapters 3 & 4.

Continual – *Is the soul temple cleansed of its defilement? Are my sins confessed, and am I repenting of them before God that they may be blotted out? Do I esteem myself too highly? Am I willing to make any and every sacrifice for the excellency of the knowledge of Jesus Christ? Do I*

*feel **every moment** I am not my own, but Christ's property, that my service belongs to God, whose I am? Ms 87, 1886*

3. TRUTH – Studying the Bible Each Day & Bible Verse Memorisation

(Mat 4:4; Jn 8:31,32; 2Timothy 3:16,17; Psalm 1:2;
Our High Calling, p. 215 1897).

*Man shall not live by bread alone
but by every word that proceeded
out of the mouth of God. Matthew
4:4*

Studying the Bible is not reading the Bible

It is best to study a particular section of the Bible or a particular topic or doctrine. Our involvement in questioning and reasoning is very important. And having a journal and pen ready for the inspiration we will receive, beginning and ending with prayer. We are urged in particular to study the books of Daniel and Revelation together.

Then said Jesus to those Jews which believed on him, If ye continue in my Word, then are ye my disciples indeed; And ye shall know the

truth, and the truth shall make you free. John 8:31,32.

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness; 2Ti 3:16.

Come now, and let us reason together, saith the Lord; Isaiah; 1:18.

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1:8

None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict.--The Great Controversy, pp. 593, 594 (1911).

No renewed heart can be kept in a condition of sweetness without the daily application of the salt of the Word. Divine grace must be received

daily, or no man will stay converted.--Our High Calling, p. 215 (1897).

Daily Bible Verse Memorisation (Psalms 119:105; John 17:17; Review and Herald, April 10, 1888). Internalising God's Word, which is His character, enables the Holy Spirit to speak to us through our conscience the profound principles of the Word. Memorizing Bible Verses sharpens the mind. It literally helps to make you more intelligent.

- *Thy Word is a lamp unto my feet, and a light unto my path. Psalm 119:105.*
- *Thy Word have I hid in mine heart, that I might not sin against thee; Psa 119:11.*
- *Sanctify them through thy truth: thy Word is truth. John 17:17*
- *Make it a point when you have a moment's leisure, to store your mind with Scripture truth, and especially with*
- *what is brought to view in the Revelation, Review and Herald, April 10, 1888;*
- *Several times each day precious, golden moments should be consecrated*

to prayer and the study of the Scriptures, if it is only to commit a text to memory, that spiritual life may exist in the soul. T4:459

- *Keep a pocket Bible with you as you work, and improve every opportunity to commit to memory its precious promises.—The Review and Herald, April 27, 1905.*
- *Build a wall of scriptures around you, and you will see that the world cannot break it down. Commit the Scriptures to memory, and then throw right back upon Satan when he comes with his temptations, "It is written." This is the way that our Lord met the temptations of Satan, and resisted them. Be determined that you will not live without the presence and light and love of Jesus, and then you will have precious victories, and will know who is the Source of your strength. RH April 10, 1888, Par. 9*

The Table of Bread

Unleavened bread in the Ancient Hebrew Sanctuary represents truth in the Word of God. It was free of yeast as a complex carbohydrate giving life as a whole food.

But what do you call a highly refined wheat product that has been stripped of 11 known vitamins, half a dozen nutritionally significant minerals, as well as the essential fatty acids? Some would say nutritional junk. This is white bread.

The whole-meal gospel of the KJV Bible teaches the need for both forgiving grace and enabling grace. This includes His forgiveness and His transforming presence in our lives. Tragically, much of Christianity emphasizes only the partial popular white-bread gospel of forgiving grace. Do you really have the whole-meal, life giving, everlasting gospel to share? Or do you only have the white, refined bread that has no complete nutrients?

Continual – Psalm 1:2 *But his delight is in the law of the LORD; and in his law doth he meditate **day and night.***

Joshua 1:8. *This book of the law shall not depart out of thy mouth; **but thou shalt meditate therein day and***

night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

4. WATCH – Watch In & Watch Out - That we may be led by the Holy Spirit (Romans 8:5,6; Mark 13:37; Luke 21:36, Matthew 6:9-13; 26:41; Lt 123; 1904. 660, Romans 8:5,6; MCP 659.2).

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak, Matthew 26:41.

Every Thought

*Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity **every thought** to the obedience of Christ; 2Co 10:5.*

*For they that are after the flesh do mind the things of the flesh; but **they that are after the Spirit the things of the Spirit**. For to be carnally minded is death; but to be spiritually minded is life and peace. Rom 8:5,6*

Take ye heed, watch and pray: for ye know not when the time is. [Mark 13:33](#).

"Take ye heed, watch and pray" were the words of our Saviour spoken in reference to the time of the end, and His second coming to take His faithful children home.

First, you are to watch. Watch, lest you should speak hastily, fretfully and impatiently. Watch, lest pride should find a place in your heart. Watch, lest evil passions should overcome you, instead of your subduing them. Watch, lest a careless, indifferent spirit comes upon you, and you neglect your duty and become light and trifling, and your influence savor of death, rather than life. YI, October 1, 1855

"You will have to become a faithful sentinel over your eyes, ears and all your senses, if you would control your mind, and prevent vain and corrupt thoughts from staining your soul." MYP 76.1 page 106

Second, you are to pray. Jesus would not have enjoined this upon you, unless there was actual necessity for it. It is well known to Him that of yourself you cannot overcome the many temptations of the enemy, and the many snares laid for your feet. He has not left you alone to do this; but has provided

a way that you can obtain help. Therefore He has bid you to pray. YI, October 1, 1855

Watch In & Watch Out! – 7 Watches – The Main Point of Mat 24 thru 26

Notice in this paragraph, which has been divided into 7 dot points, how the first 3 are watching in, the middle point is watching the thoughts, and the last three are watching out.

*"Watch ye and pray, lest ye enter into temptation."
Mark 14:38.*

- 1. Watch against the stealthy approach of the enemy,*
- 2. Watch against old habits and natural inclinations, lest they assert themselves;*
- 3. Force them back, and Watch.*
- 4. Watch the thoughts;*
- 5. Watch the plans, lest they become self-centered.*
- 6. Watch over the souls whom Christ has purchased with His blood.*
- 7. Watch for opportunities to do them good. (6T 410.2)*

The Seven-Branched Lamp

In the Ancient Hebrew Sanctuary, the seven-branched oil lampstand represented the work of the Holy Spirit.

1 John 2:27 But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him.

“When He, the Spirit of truth, is come,” said Jesus, “He will guide you into all truth.”

Through the Scriptures the Holy Spirit speaks to the mind, and impresses truth upon the heart. Thus He exposes error, and expels it from the soul. It is by the Spirit of truth, working through the word of God, that Christ subdues His chosen people to Himself. DA 671.1

The Spirit was to be given as a regenerating agent, and without this the sacrifice of Christ would have been of no avail... Sin could be resisted and overcome only through the mighty agency of the Third Person of the Godhead, who would come with no modified energy, but in the fullness of divine

power. It is the Spirit that makes effectual what has been wrought out by the world's Redeemer. It is by the Spirit that the heart is made pure. Through the Spirit the believer becomes a partaker of the divine nature. Christ has given His Spirit as a divine power to overcome all hereditary and cultivated tendencies to evil, and to impress His own character upon His church. DA 671.2

Then our efforts may become effective in watching in and watching out. Then the Holy Spirit may empower us to effectively control self and to effectively recognise and fulfil opportunities to witness to others.

Continually – Luke 21:36 *Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.*

Revelation 16:15 *Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.*

5. PRAYER – Pray Aloud Three Times a Day

(Ps 55:17; Dan 6:10, GC, p.530 1911).

Evening, and morning, and at noon, will I pray, and cry aloud: and he shall hear my voice. Psalm 55:17

Like plugging into the power socket – the source. With regular prayer we are sustaining our connection with God. Without the prayers our connection is lost.

He kneeled upon his knees three times a day, and prayed, and gave thanks to God; Daniel 6:10.

No man is safe for a day or an hour without prayer. Especially should we entreat the Lord for wisdom to understand His Word. GC p530

Let your prayers be fervent. Let this be the language of your heart, "I will not let thee go,

except thou bless me." Have a set time, a special season for prayer at least three times a day. YI, October 1, 1855

Altar of Incense

The Altar of Incense of the Ancient Hebrew Sanctuary represents our prayers ascending to heaven purified by Christ's intercession and His righteousness to the Father.

Revelation 8:3-4 And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.

Follow Jesus' Example by Starting the Day With Prayer—It was in hours of solitary prayer that Jesus in His earth life received wisdom and power... follow His example in finding at dawn and twilight a quiet season for communion. Ed 259

Continual Communion– "As a man Jesus supplicated the throne of God till His humanity was charged with a heavenly current that should connect humanity with divinity. Through **continual communion** He received life from God, that He might impart life to the world. His experience is to be ours." DA p363

The reason why so many are left to themselves in places of temptation is that they do not set the Lord always before them. When we permit our communion with God to be broken, our defense is departed from us. Not all your good purposes and good intentions will enable you to withstand evil. You must be men and women of prayer.

Your petitions must not be faint, occasional, and fitful, but earnest, persevering, and constant. It is not always necessary to bow upon your knees in order to pray.

Pray at All Times– Cultivate the habit of talking with the Saviour when you are alone, when you are walking, and when you are busy with your daily labor. Let the heart be **continually** uplifted in silent petition for help, for light, for strength, for knowledge.

Let every breath be a prayer.—[The Ministry of Healing, 510, 511.](#))

6. ARK – Daily Review – Reflecting on our thoughts, words, and actions – *Nearly All Neglect Self-Examination!*

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? 2 Corinthians 13:5; Psalm 19:14

Each evening we should reflect on our thoughts, words and actions of the day

If they would watch, they would become acquainted with their weak points, where they are most likely to be assailed by temptation. With watchfulness and prayer their weakest points can be so guarded as to become their strongest points, and they can encounter temptation without being overcome. Every follower of Christ should daily examine himself, that he may become perfectly acquainted with his own conduct. There is with nearly all a neglect of self-examination. — T2:511

A Deliberate Review of The Actions of Each Day

Will bring the reforms necessary for perfecting Christian character... Many see and feel their lack, yet they seem to be ignorant of the influence they exert. They are conscious of their actions as they perform them, but suffer them to pass from their memory, and therefore do not reform. If ministers would make the actions of each day a subject of careful thought and deliberate review, with the object to become acquainted with their own habits of life, they would better know themselves. By a close scrutiny of their daily life under all circumstances they would know their own motives, the principles which actuate them. "Examine yourselves, whether ye be in the faith; prove your own selves" (2 Corinthians 13:5).

This Daily Review is Necessary for Christian Character

This daily review of our acts, to see whether conscience approves or condemns, is necessary for all who wish to arrive at the perfection of Christian character. Many acts which pass for good works, even deeds of benevolence, will, when closely investigated,

be found to be prompted by wrong motives. Many receive applause for virtues which they do not possess. The Searcher of hearts inspects motives, and often the deeds which are highly applauded by men are recorded by Him as springing from selfish motives and base hypocrisy. Every act of our lives, whether excellent and praiseworthy or deserving of censure, is judged by the Searcher of hearts according to the motives which prompted it.—
2T 511

Ark of the Covenant

The Ark of the Covenant in the Most Holy Place of the Ancient Hebrew Sanctuary contained the Ten Commandments on two pieces of stone. The first had four outlining how we are to demonstrate our love to God and the second had six clarifying how we are to demonstrate our love to the people around us.

These principles of loving God supremely and our neighbours as ourselves are to be written in our foreheads.

Hebrews 8:10 *For this is the covenant that I will make with the house of Israel after those days,*

7 Steps to Heaven - Stephen Hill

saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people.

When the temple of God was opened in heaven, the ark of His testament was seen; Revelation 11:19.

Within the holy of holies, in the sanctuary in heaven, the divine law is sacredly enshrined—the law that was spoken by God Himself amid the thunders of Sinai and written with His own finger on the tables of stone.

THE GREAT ORIGINAL – The law of God in the sanctuary in heaven is the great original, of which the precepts inscribed upon the tables of stone and recorded by Moses in the Pentateuch were an unerring transcript. “Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law.” Matthew 5:18.

The law of God, being a revelation of His will, a transcript of His character, must forever endure, “as a faithful witness in heaven.” Not one command has been annulled; not a jot or tittle has been changed. Says the psalmist: “Forever, O Lord, Thy word is settled in heaven.” “All His commandments

are sure. They stand fast for ever and ever.” Psalm 119:89; 111:7, 8.

TRUE LOVE – Says the wise man: “Fear God, and keep His commandments: for this is the whole duty of man.” Ecclesiastes 12:13.

Continually– keeping our thoughts, words and actions in harmony with the commandments of God and the faith of Jesus. Matthew 22:37-40

*Here is the patience of the saints:
here are they that keep the
commandments of God, and the
faith of Jesus. Revelation 14:12*

7. AT-ONE – The Mind Continuously Going Out to God

*I can do all things through Christ
Jesus, which strengtheneth me.
Philippians 4:13.*

This is the fruition – Bible Mind-Full-Ness (Is 26:3;
Col 1:27; 1Thes 5:16-18; OHC 154)

Thoughts repeated become thoughts ingrained and eventually this current becomes automatic. The heavenly current has been established, and God will draw nigh to us. The uncontrived urge to be a blessing to those around us will be continuously arising.

However, there must continue to be a vigilant ongoing monitoring, watching out for the distracting elements of the enemy, without and within. The dailies must be sustained to maintain this continuous connection with Jesus.

The ending of the mystery of God – *Christ in you, the hope of glory*, Col 1:27.

Rejoice evermore, pray without ceasing, in everything give thanks for this is the will of God in Christ Jesus concerning you;

1 Thessalonians 5:16,17,18.

Hourly

How are we to live to be approved and blessed by God? Hourly in communion with Jesus! *It is the privilege of every one to so live that God will approve and bless him. You may be hourly in communion with Heaven;* RH March 27 1888

Our growth in grace, our joy, our usefulness—all depend upon our union with Christ. It is by communion with Him, daily, hourly—by abiding in Him—that we are to grow in grace.... SC 69-71

When beginning a new activity during the day, we may pray for Jesus's leading and protection from accidents or incidents. We may consecrate the job to the Lord. While working, we may commune with our Savior. And when finished, we should pray with thanksgiving.

The great conflict is right at hand in which all will take sides. In it the whole Christian world will be involved. Daily, hourly, we must be actuated by the principles of the Word of God. Self must be sanctified by the principles of righteousness, the mercy, and the love of God. (Letter 94a, June 6, 1909, cited in UL 171).

He who would become a living channel of light must be governed by something more than habit or opinion. He must live hourly in conscious communion with God. His life must be brought into contact with the principles of truth and righteousness. He must become a partaker of the divine nature. ST Nov. 30, 1888

The scripture calls us to give all diligence in adding to our faith. That would be weekly, daily, hourly, and continually.

Shekinah - The Presence of God

In the Most Holy Place of the Ancient Hebrew Sanctuary, above the Ark of the Covenant, shone the Glory of God in His awesomeness! On either side of the Shekinah were two golden cherubs or covering angels. Only the High priest once a year, after much prayer and fasting, could survive entering the Most Holy Place on the day of atonement.

For us to be God's people, He must live among us on both a corporate and a personal level. The Israelites came to understand this during their Exodus from Egypt. In Exodus 25:8, God directed Moses, "Let them make me a sanctuary, that I may dwell among them." And His presence was evident (Exodus 40:34-35). This glory was described by the Word *Shekinah*, literally being "indwelling."

And on an individual level, if we live in connection with Jesus keeping His principles as the guides for our life, then God shall give his angels charge over thee, to keep thee in all thy ways, Psalm 91:11.

However, the presence of God will leave us if our mind is not consistently looking towards Him. If we are more committed to our own interests like

relationships, money, fashion, and social media, then the Holy Spirit will leave. And other unholy angels will have the right to lead us into delusion, even though we may believe we are on the right path.

Continually

– *But the mind must be **constantly** going out after God. If worldliness is allowed to come in, if we have no desire to pray, no desire to commune with Him who is the source of strength and wisdom, the Spirit will not abide with us.--OHC, p. 154.*

The Continual – *The work of transformation from unholiness to holiness is a **continuous** one. Day by day God labors for man's sanctification, and man is to co-operate with Him, putting forth persevering efforts in the cultivation of right habits. He is to add grace to grace; and as he thus works on the plan of addition, God works for him on the plan of multiplication. AA 532*

Are We Too Lazy? *The "time of trouble, such as never was," is soon to open upon us; and we shall need an*

experience which we do not now possess and which many are too indolent to obtain. GC 622

Our Only Hope – Our only hope is **daily** to love God, to love the truth, not for the sake of its clear arguments, but for the truth's sake alone. We must bring the truth into our hearts and minds, and **every day** be living, shining lights, learning **daily more and more of** Jesus (ST, August 6, 1894).

The author is very grateful for the work of the dedicated souls who make Sister Ellen G. White's inspiring writings freely available at <https://egwwritings.org>

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7 Steps to Heaven

We see many signs around the world that a major crisis is imminent:

- The increase in violent crime
- Shattering of family structure
- The global metabolic crisis killing millions
- The Global mental health crisis
- Increasing migration issues
- Natural disasters
- Wars and international confrontations
- Pandemics
- Political extremes
- Unions of church and state forming
- Amongst many other signs, things are heating up rapidly

Many are realising that the return of Christ is imminent, and we hear calls, “Get ready! Get ready!” But we rarely hear specifically how the Bible and the Spirit of Prophecy urge us to grow in our faith in order to be ready.

These seven dailies are the simple, practical ‘how’ God has ordained we can come closer to Him weekly, daily, hourly, and continually.