

The SOP And Its Place Within The SDA Church

Website: [Healthy Christian Living - Living by the Blueprint](#)

Read: Eph. 4:11-14

BIBLE:

Isaiah 8:20 – “To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.”

Hosea 4:6 – “My people are destroyed for lack of knowledge...”

WHERE DOES KNOWLEDGE COME FROM?

Prov. 2:6 – “For the Lord giveth wisdom; out of His mouth cometh KNOWLEDGE and understanding.”

Matt 4:4 – “Man shall not live by bread alone but by EVERY WORD that proceedeth out of the mouth of God.”

WHAT ABOUT THE TESTIMONY OF JESUS?

Is it the Word of Ellen White or the Word of God?

“...the testimony of Jesus is the spirit of prophecy.” (Revelation 19:10)

IN THE BIBLE WE ARE TOLD:

“And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars.” (Revelation 12:1)

WHAT IS THIS MOON THAT IS DIRECTING THE PATH OF THE WOMAN? (God's Church)

Genesis 1:16 – And God made two great lights; the greater light to rule the day, and the lesser light to rule the night...

Note: The Bible refers to the moon as the “lesser light.” What else is referred to as the “lesser light?”

SOP:

“Little heed is given to the Bible, and the Lord has given a lesser light to lead men and women to the greater light.” (2SM 30.4)

“The Lord revealeth his secrets unto his servants the prophets” (Amos 3:7)

Note: Many suppose that because Sister White refers to herself/her writings as the “lesser light” that they are not equivalent to the Word of God. **Is this true? NO!!!**

WHO IS THE AUTHOR OF THE SPIRIT OF PROPHECY?

“THE HOLY GHOST IS THE AUTHOR of the Scriptures and of the Spirit of Prophecy...” {3SM 30.3}

SISTER WHITE IS NOT THE ORIGINATOR OF THESE BOOKS:

"Sister White is not the originator of these books. They contain the instruction that during her lifework God has been giving her. They contain the precious, comforting light that God has graciously given His servant to be given to the world..." (CM 125.1)

"...This work is of God, or it is not...My work for the past thirty years bears the stamp of God or the stamp of the enemy...The Testimonies are of the Spirit of God, or of the devil..." (4T 229.2-230 (top of page)

***REMEMBER: The Holy Spirit, who is the author of the SOP, leads into all truth.

Note: Even though the SOP is referred to as the lesser light, it is not less needed than the Bible and is not, by God, considered to be on a lower level than the Bible. In fact, it illuminates that which is already in the Bible, just as the moon illuminates the light of the sun. The moon is just as much needed as the sun is. It shines brightest in the darkness as does the SOP.

SOP:

"Besides the instruction in His Word, the Lord has given special testimonies to His people, not as a new revelation, but that He may set before us the PLAIN lessons of His Word, that errors may be corrected, that the right way may be pointed out, that every soul may be without excuse." -- Letter 63, 1893. (5T 665.) {3SM 31.3}

"The Lord designs to warn you, to reprove, to counsel, through the testimonies given, and to impress your minds with the importance of the truth of His word. The written testimonies are not to give new light, but to impress vividly upon the heart the truths of inspiration already revealed...ADDITIONAL TRUTH IS NOT BROUGHT OUT; but GOD has through the testimonies simplified the great truths already given and in His own chosen way brought them before the people to awaken and impress the mind with them, that all may be left without excuse." {2T 605.2}

HER WRITINGS ARE NOT AN ADDITION TO THE WORD OF GOD:

"Brother J would confuse the mind by seeking to make it appear that the light God has given through the Testimonies is an addition to the Word of God, but in this he presents the matter in a false light. God has seen fit in this manner to bring the minds of His people to His Word, to give them a clearer understanding of it." (3SM 30.6)

SHE WROTE WHAT WAS SHOWN TO HER:

"...You might say that this communication was only a letter. Yes, it was a letter, but prompted by the Spirit of God, to bring before your minds things that had been shown me. In these letters which I write, in the testimonies I bear, I am presenting to you that which the Lord has presented to me. I do not write one article in the paper expressing merely my own ideas. They are what God has opened before me in vision--the precious rays of light shining from the throne." (5T 67.2)

"I speak that which I have seen..." {3SM 49.4}

"In the line of my work I speak the things the Lord gives me..." {3SM 49.5}

"I write all that the Lord gives me to write." {3SM 49.6} 1906

"...I do not write one article...expressing merely my own ideas. They are what God has opened before me in vision..." (5T 67.2)

"...In these letters which I write, in the testimonies I bear, I am presenting to you that which the Lord has presented to me..." (5T 67.2)

"...In no case have I given my own judgment or opinion. I have enough to write of what has been shown me, without falling back on my own opinions ..." {3SM 70.1}

"Permit me to express my mind, and yet not my mind, but the word of the lord." {3SM 70.1-.2}

"...My work...bears the stamp of God...THE TESTIMONIES ARE OF THE SPIRIT OF GOD..." {4T 229.2}

"...Will you heed what THE LORD HAS SPOKEN THROUGH SISTER WHITE, or will you cast THE WORD OF THE LORD behind you?" {2SM 82.1} **REMEMBER:** The testimony of Jesus is the Spirit of Prophecy.

A CERTAIN CLASS WILL SAY SOME OF SISTER WHITE'S WRITINGS ARE INSPIRED AND SOME ARE NOT:

"Many times in my experience I have been called upon to meet the attitude of a certain class, who acknowledged that the testimonies were from God, but took the position that this matter and that matter were Sister White's opinion and judgment. This suits those who do not love reproof and correction, and who, if their ideas are crossed, have occasion to explain the difference between the human and the divine." {3SM 68.1}

If the preconceived opinions or particular ideas of some are crossed in being reproved by testimonies, they have a burden at once to make plain their position to discriminate between the testimonies, defining what is Sister White's human judgment, and what is the word of the Lord. Everything that sustains their cherished ideas is divine, and the testimonies to correct their errors are human--Sister White's opinions. They make of none effect the counsel of God by their tradition..." {3SM 68.2} (see 3SM 68.3 -69 (top of page)

DO NOT DO THIS!!!

BY DOING THE ABOVE, WE PUT A SNARE AND STUMBLING BLOCK IN THE PATH OF OTHERS:

"...I entreat you not to interpose between me and the people, and turn away the light which God would have come to them. Do not by your criticisms take out all the force, all the point and power, from the Testimonies. Do not feel that you can dissect them to suit your own ideas, claiming that God has given you ability to discern what is light from heaven and what is the expression of mere human wisdom...For Christ's sake do not confuse the minds of the people with human sophistry and skepticism, and make of none effect the work that the Lord would do. Do not, by your lack of spiritual discernment, make of this agency of God a rock of offense whereby many shall be caused to stumble and fall, "and be snared, and be taken." {5T 691.2}

BY DOING THIS, MEN ARE DOING THE WORK OF SATAN AND THEY WILL BE LED BY SATANIC AGENCIES:

"I have my work to do, to meet the misconceptions of those who suppose themselves able to say what is testimony from God and what is human production. If those who have done this work continue in this course, satanic agencies will choose for them. . . ." {3SM 70.3}

Those who have helped souls to feel at liberty to specify what is of God in the Testimonies and what are the uninspired words of Sister White, will find that they were helping the devil in his work of deception..." {3SM 70.4}

PAY HEED TO IN ORDER TO KEEP FROM STRONG DELUSION:

"Men may get up scheme after scheme, and the enemy will seek to seduce souls from the truth, but all who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in these last days..." {3SM 83.5}

"The enemy is on our track. We must be wide awake, on our guard against him. We must put on the whole armor of God. We must follow the directions given through the spirit of prophecy...This will save us from

accepting strong delusions. God has spoken to us through His word. He has spoken to us through the Testimonies to the Church and through the books that have helped make plan our present duty and the position that we should now occupy.

The warnings that have been given, line upon line, precept upon precept, should be heeded. If we disregard them, what excuse can we offer?" {8T 298.1} written in 1904

"Satan is a cunning worker, and he will bring in subtle fallacies to darken and confuse the mind and root out the doctrines of salvation. Those who do not accept the Word of God just as it reads, will be snared in his trap. Today we need to speak the truth with holy boldness..." {7MR 357} written in 1907

"In ancient times God spoke to men by the mouth of prophets and apostles. In these days He speaks to them by the testimonies of His Spirit." -- Testimonies, vol. 5, p. 661. {3SM 30.2} written in 1900

"Many are going directly contrary to the light which God has given to His people, because they do not read the books which contain the light and knowledge in cautions, reproofs, and warnings..." (5T 681.1) (1880)

"Light so precious, coming from the throne of God, is hid under a bushel. God will make His people responsible for this neglect. An account must be rendered to Him for every ray of light He has let shine upon our pathway, whether it has been improved to our advancement in divine things or rejected because it was more agreeable to follow inclination." {5T 681.1}

"Precious instruction has been given to our people in the books I have been charged to write. How many read and study these books? The light that God has given may be regarded with indifference and unbelief, but this light will condemn all who have not chosen to accept and obey it." --1907. {3SM 358.1}

HER WRITINGS SHOULD BE READ AGAIN AND AGAIN

"The volumes of Spirit of Prophecy, and also the Testimonies, should be introduced into every Sabbath keeping family, and the brethren should know their value and BE URGED TO READ THEM... They should be in the library of every family and read again and again. Let them be kept where they can be read by many, and let them be worn out in being read by all the neighbors." {4T 390.3}

"There should be evening readings, in which one should read aloud to those assembled at the winter fireside. There is but little interest manifested to make the most of the light given of God... God has caused precious light to be brought out in publications, and these should be owned and read by every family." (4T 390.4

WHAT ABOUT THOSE WHO SAY THE BIBLE, AND THE BIBLE ONLY?

"The enemy has made his masterly efforts to unsettle the faith of our own people in the Testimonies, and when these errors come in they claim to prove all the positions by the Bible, but they misinterpret the Scriptures. They make bold assertions, as did Elder Canright, and misapply the prophecies and the Scriptures to prove falsehood. And, after men have done their work in weakening the confidence of our churches in the Testimonies, they have torn away the barrier, that unbelief in the truth shall become widespread, and there is no voice to be lifted up to stay the force of error. This is just as Satan designed it should be, and those who have been preparing the way for the people to pay no heed to the warnings and reproofs of the Testimonies of the Spirit of God will see that a tide of errors of all kinds will spring into life. They will claim Scripture as their evidence, and deceptions of Satan in every form will prevail." {3SM 83.3-4}

"The Word of God is sufficient to enlighten the most beclouded mind, and may be understood by those who have any desire to understand it. But notwithstanding all this, some who profess to make the Word of God

their study are found living in direct opposition to its plainest teachings.

Then, to leave men and women without excuse, God gives plain and pointed testimonies, bringing them back to the Word that they have neglected to follow..." (5T 663-664) {3SM 31.1-.2}

MORE QUOTES:

"It does not become anyone to drop a word of doubt here and there that shall work like poison in other minds, shaking their confidence in the messages which God has given, which have aided in laying the foundation of this work...To all who have stood in the way of the Testimonies, I would say, God has given a message to His people, and His voice will be heard, whether you hear or forbear. Your opposition has not injured me; but you must give an account to the God of heaven, who has sent these warnings and instructions to keep His people in the right way. You will have to answer to Him for your blindness, for being a stumbling block in the way of sinners." {1SM 43.1}

"The very last deception of Satan will be to make of none effect the testimony of the Spirit of God." Where there is no vision, the people perish." (Proverbs 29:18) {1SM 48.3}

"...Satan will work ingeniously, in different ways and through different agencies, to unsettle the confidence of God's remnant people in the true testimony." {1SM 48.3}

SOME OF THE WAYS SATAN DOES THIS ARE:

- Making people believe that her writings are not important
- Putting them on a lower level than the Bible
- Making people believe she plagiarized
- Causing people to forget that it is the "Testimony of Jesus" and not testimony of Ellen White.

THERE ARE SOME IN PRESENT TRUTH WHO ARE AGAINST THE TESTIMONIES:

"I saw the state of some who stood on present truth, but disregarded the visions...I saw that in striking against the visions they did not strike against the worm--the feeble instrument that God spake through--but against the Holy Ghost. I saw it was a small thing to speak against the instrument, but it was dangerous to slight the words of God." (1SM 40.1)

DID SHE AUTHORIZE CHANGES IN HER BOOKS AT A LATER TIME?

"Satan and all his hosts are on the battlefield. The enemy of our souls has acted the part of a busy agent in presenting the thought that many of our books now in print are in need of general revision. He would be glad to have our brethren receive the impression that many changes must be made. He would delight to insinuate questioning and doubt into the minds of many of our people." {10MR 49.8}

"I have been instructed that the Lord is not the author of the proposal to make many changes in books already published. If information regarding this sort of work, even as regards the few instances where revisions are needed, should become widespread, seeds of doubt would spring up in many minds. Satan would be busy at work implanting seeds of distrust and unbelief, and it would require much labor to remedy the evil that would be wrought." --Letter 70, 1910, pp. 2,4. (To A. G. Daniells, August 11, 1910.) {10MR 50.1}

HER WRITINGS WILL LAST UNTIL THE END:

"Abundant light has been given to our people in these last days. Whether or not my life is spared, my writings will constantly speak, and their work will go forward as long as time shall last..." {3SM 76.4}

"...My writings are kept on file in the office, and even though I should not live, these words that have been given to me by the Lord will still have life and will speak to the people." {3SM 76.4}

***Willie was in charge of her writings and did not change them as some would have us believe he did.

ADDITIONAL QUOTES:

"...In my books, the truth is stated, barricaded by a "thus saith the Lord." The Holy Spirit traced these truths upon my heart and mind as indelibly as the law was traced by the FINGER OF GOD..." {CM 126.2} 1906

"...The testimonies themselves will be the key that will explain the messages given, as scripture is explained by scripture..." {1SM 42.2} 1903

"...The key to the testimonies is the testimonies themselves..." (15MR 295.1)

"Soon every possible effort will be made to discount and pervert the truth of the testimonies of God's Spirit. We must have in readiness the clear, straight messages that...have been coming to God's people." {1SM 41.2}

"Those who have treated the light that the Lord has given as a common thing will not be benefited by the instruction presented." {1SM 41.4}

"If you lose confidence in the testimonies you will drift away from Bible truth." {PM 360.2}

"ONE THING IS CERTAIN: those Seventh-Day Adventists who take their stand under Satan's banner will first give up their faith in the warnings and reproofs contained in the testimonies of God's Spirit." {PM 360.1} 1903

"The churches that have cherished influences which lessen faith in the testimonies, are weak and tottering..." {1NL 68.1}

"...Those who have helped souls to feel at liberty to specify what is of God in the testimonies, and what are the uninspired words of Sister White, will find that THEY WERE HELPING THE DEVIL in his work of deception." {3SM 70.4}

"The testimonies of the Spirit of God are given to direct men to his word, which has been neglected...if the messages are not heeded, the Holy Spirit is shut away from the soul..." {1NL 67.6}

SOME THINGS TO KEEP IN MIND WHEN READING HER WRITINGS:

1. Time and Place must be considered

2. Her writings were progressive

Keep in mind when something was written

Look at the date (eg: she got vaccinated prior to knowing the health message)

3. She spoke against compilations of her writings except for the Manuscripts

So things like devotionals compiled with her writings should not be read because things are taken out of context and not written in their correct order

If you are going to read books like Counsels on Diet and Foods and other compilations, they should

Be used as reference books and not really as reading material

GIVE EXAMPLE OF "Child Guidance" BOOK

4. **Most Capitalized Words are someone's expression, not the prophet's words**

**WHERE DOES SISTER WHITE SAY HER KNOWLEDGE ON THE HEALTH MESSAGE CAME FROM?
DOCTORS AND BOOKS, OR FROM GOD HIMSELF?**

"Question on the Vision. -- Did you receive your views upon health reform before visiting the Health Institute at Dansville, New York, [THE MOST PROMINENT OF MEDICAL INSTITUTIONS IN THE UNITED STATES FEATURING REFORMS IN DIET AND IN THE TREATMENT OF THE SICK WAS AT THIS TIME OPERATED BY DR. JAMES C. JACKSON AT DANSVILLE, NEW YORK, --COMPILERS.] or before you had read works on the subject?" {3SM 276.1}

"Answer. -- It was at the house of Bro. A. Hilliard, at Otsego, Mich., **June 6, 1863,** that the great subject of Health Reform was opened before me in vision." {3SM 276.2}

"I did not visit Dansville till August, 1864, fourteen months after I had the view. I did not read any works upon health until I had written Spiritual Gifts, volumes 3 and 4, Appeal to Mothers, and had sketched out most of my six articles in the six numbers of How to Live." {3SM 276.3}

"I did not know that such a paper existed as The Laws of Life, published at Dansville, N.Y. I had not heard of the several works upon health, written by Dr. J. C. Jackson, and other publications at Dansville, at the time I had the view named above. I did not know that such works existed until September, 1863, when in Boston, Mass., my husband saw them advertised in a periodical called the Voice of the Prophets, published by Eld. J. V. Himes. My husband ordered the works from Dansville and received them at Topsham, Maine. His business gave him no time to peruse them, and as I determined not to read them until I had written out my views, the books remained in their wrappers." {3SM 276.4}

"As I introduced the subject of health to friends where I labored in Michigan, New England, and in the State of New York, and spoke against drugs and flesh meats, and in favor of water, pure air, and a proper diet, the reply was often made, "You speak very nearly the opinions taught in the Laws of Life, and other publications, by Drs. Trall, Jackson, and others. Have you read that paper and those works?" {3SM 277.1}

"My reply was that I had not, neither should I read them till I had fully written out my views, lest it should be said that I have received my light upon the subject of health from physicians, and not from the Lord." {3SM 277.2}

"And after I had written my six articles for How to Live, I then searched the various works on hygiene and was surprised to find them so nearly in harmony with what the Lord had revealed to me. And to show this harmony, and to set before my brethren and sisters the subject as brought out by able writers, I determined to publish **HOW TO LIVE**, in which I largely extracted from the works referred to." {3SM 277.3}

Note: Sister White did not plagiarize.

God may have had her borrow from the works of others, but this was only to show that GOD was leading many people to the same truths.

However, the SDA Church has been given the greatest light through the writings of the Prophet.

See: 2 Chronicles 20:20

We are considered the healthiest people in the world.

Not a single person or group can touch us when it comes to our health message. (that is referring to those who follow her writings on health)

SOP HEALTH BOOKS:

1. How to Live – <http://www.present-truth.org/7-Health-Secrets-Sem/SOP/HOW%20TO%20LIVE.pdf>
2. Ministry of Healing
3. Christian Temperance & Bible Hygiene
4. Counsels on Diet & Foods
5. Counsels on Health
6. Healthful Living
7. Temperance
8. Medical Ministry
9. Loma Linda Messages
10. Call to Medical Evangelism
11. Mind, Character, and Personality, Volume 1
12. Mind, Character, and Personality, Volume 2
13. Testimonies on Sexual Behavior, Adultery, and Divorce
14. Health Reformer Articles
15. Paulson Collection
16. Manuscript Releases (volumes 1-21)

TO LEARN MORE ABOUT ELLEN WHITE AND HER WRITINGS, GO TO THE FOLLOWING LINK:

<http://ellenwhitedefend.com>

SOP ABBREVIATIONS:

10MR = Manuscript Releases, Volume 10
15MR = Manuscript Releases, Volume 15
1NL = Notebook Leaflet from the Elmshaven Library, Volume 1
1SM = Selected Messages, Volume 1
3SM = Selected Messages, Volume 3
4T = Testimonies for the Church, Volume 4
2T = Testimonies for the Church, Volume 2
5T = Testimonies for the Church, Volume 5
8T = Testimonies for the Church, Volume 8
7MR = Manuscript Releases, Volume 7
CM = Colporteur Ministry
PM = Publishing Ministry

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*****Questions on next page*****

The Sop And The Health Message

(Questions)

1. What are the two things that God's people are to speak according to?
 1. _____
 2. _____
2. God's people are destroyed for a lack of what? _____
3. From where does knowledge come? Out of the _____ of the Lord.
4. How many of God's word that proceed out of his mouth are people to live by? _____
5. What is the testimony of Jesus? The _____ of _____
6. Is it the Testimony of Ellen White or Jesus? _____
7. What is found under the feet of the woman (church) in Revelation 12:1? _____
8. What is the moon equivalent to in Genesis 1:16? The _____ light
9. Is it any less important than the sun? YES or NO
10. When is the moon (lesser light) needed? DAYLIGHT or in DARKNESS? _____
11. What else is compared to as the lesser light? _____
12. Who is the author of the Spirit of Prophecy? The _____ Ghost
13. How much truth does the Holy Spirit lead us into? _____
14. Besides the instruction in His word, where else has the Lord given instruction? In the T _____
15. Are the Testimonies written to give new light? YES or NO
16. Is additional truth brought out in the Testimonies? YES or NO
17. Are the Testimonies an addition to the Word of God? YES or NO
18. Will men and women be without excuse if they don't know what is written in the Testimonies/SOP? YES or NO
19. Are the Testimonies PLAIN AND POINTED or HARD AND CONFUSING?(Circle the answer)
20. Will the light given in the Testimonies condemn all those who have not chosen to accept and obey it? YES or NO
21. Is what Sister White wrote for us in the Testimonies considered GOD'S WORD? YES or NO
22. Are we to follow the directions given in the Spirit of Prophecy? YES or NO
23. God speaks to us through the Test _____
24. Why are many going contrary to the light which God has given His people? _____
25. In how many Sabbath keeping families are the Testimonies and the Spirit of Prophecy to be? _____
26. Should God's people be urged to read them? YES or NO
27. What does much of it concern?
 1. _____ duties
 2. Instruction is given to _____ almost _____ case and _____
28. Should these be owned by every family? YES or NO
29. Should they be read by every family? YES or NO
30. Should they be loaned out to the neighbors? YES or NO
31. Why does God give us "plain and pointed" Testimonies? _____
32. Did Ellen White get her knowledge on health from doctors and health books? YES or NO
33. If not, from whom did she get it? _____
34. Please list 17 SOP Health books:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____

35. How many of these health books have you read? _____

36. Is the Testimony of Jesus the Word of God? YES or NO

37. What ALONE will answer to churches Laodicean condition?