

*Spiritual Exercises for Adventists*

**“BE SOBER, BE VIGILANT; BECAUSE YOUR  
ADVERSARY THE DEVIL, AS A ROARING LION,  
WALKETH ABOUT, SEEKING WHOM HE MAY  
DEVOUR:”**

*1 Peter 5:8*

## Chapter 17

# QUOTES—THE EXERCISES

*“But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” 2 Cor. 3:18*

These are not just for reference or an index, but are for study and reflection.

1. “The mind should be elevated to dwell upon eternal scenes, heaven, its treasures, its glories, and should take sweet and holy satisfaction in the truths of the Bible.” *Testimonies for the Church*, Vol. 1, page 164. (pages 87, 93 & 116)
2. “Satan leads many to believe that prayer to God is useless and but a form. He well knows how needful are meditation and prayer to keep Christ’s followers aroused to resist his cunning and deception. By his devices he would divert the mind from these important exercises, that the soul may not lean for help upon the Mighty One and obtain strength from Him to resist his attacks.” *Testimonies for the Church*, Vol. 1, page 295. (pages 18, 80 & 87)
3. “Only by constant watchfulness and persevering and almost unceasing prayer shall we be able to exhibit in our life the character of Christ or the sanctifying influence of the truth.”

## *Spiritual Exercises for Adventists*

*Testimonies for the Church*, Vol. 1, page 304. (page 76)

4. “The future abode of the righteous and their everlasting reward are high and ennobling themes for the young to contemplate.” *Testimonies for the Church*, Vol. 1, page 504. (pages 88 & 117)
5. “It would be well for us to spend a thoughtful hour each day in contemplation of the life of Christ from the manger to Calvary. We should take it point by point and let the imagination vividly grasp each scene, especially the closing ones of His earthly life. By thus contemplating His teachings and sufferings, and the infinite sacrifice made by Him for the redemption of the race, we may strengthen our faith, quicken our love, and become more deeply imbued with the spirit which sustained our savior. If we would be saved at last we must all learn the lesson of penitence and faith at the foot of the cross, . . . Everything noble and generous in man will respond to the contemplation of Christ upon the cross.” *Testimonies for the Church*, Vol. 4, page 374. (also *Desire of Ages*, page 83.) (page 88)
6. “We found that we could do nothing for the scattered sheep near us until we had first corrected the wrongs in many of the members of the church. They had let these poor souls wander. They felt no burden for them. In fact, they seemed shut up to themselves, and were dying a spiritual death for want of spiritual exercise...there was but little apparent interest for any only their own families. With so narrow a religion they were dying a spiritual death.” *Testimonies for the Church*, Vol. 2, page 19. (page 81)
7. “You must have an experience for yourselves, which shall be founded in God. Then can you stand amid the perils of the

*Quotes—The Exercises*

last days and be purified and not consumed by the fire of affliction through which all the saints must pass in order to have the impurities removed from their character preparatory to receiving the finishing touch of immortality.” *Testimonies for the Church*, Vol. 2, page 119. (page 110)

8. “Those who are unwilling to deny self, to agonize before God, to pray long and earnestly for His blessing, will not obtain it. How few have ever had their souls drawn out after God with intensity of desire until every power is on the stretch.” *Great Controversy*, page 621. (page 72)
9. “In heaven none will think of self, nor seek their own pleasure, but all, from pure, genuine love, will seek the happiness of the heavenly beings around them. If we wish to enjoy heavenly society in the earth made new, we must be governed by heavenly principles here.” *Testimonies for the Church*, Vol. 2, pages 132-123.
10. There are people “who are in the habit of praying, and who delight in religious exercises; yet there is a lack...their prayers are not answered...The difficulty is with the people. While professing godliness, they do not bear fruit to the glory of God; their works are not what they should be.” *Testimonies for the Church*, Vol. 2, page 147. (see also Isa 58.) (pages 81, 117 & 133)
11. “This world is not the Christian’s heaven, but merely the workshop of God, where we are to be fitted up to unite with sinless angels in a holy heaven. We should be constantly training the mind to noble, unselfish thoughts. This education is necessary to so bring into exercise the powers which God has given us that His name shall best be glorified upon the earth.” *Testimonies for the Church*, Vol. 2, page 187. (pages 82 & 89)

*Spiritual Exercises for Adventists*

12. “The contemplation of the matchless depths of a Savior’s love should fill the mind, touch and melt the soul, refine and elevate the affections, and completely transform the whole character.” *Testimonies for the Church*, Vol. 2, page 213.
13. “Professed Christians, worldly Christians, are unacquainted with heavenly things. They will never be brought to the gates of the New Jerusalem to engage in exercises which have not hitherto specially interested them. They have not trained their minds to delight in devotion and in meditation upon things of God and heaven.” *Testimonies for the Church*, Vol. 2, page 265. (pages 82 & 116)
14. “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.” *Testimonies for the Church*, Vol. 2, page 267. (pages 82, 90 & 111)
15. “Ministers should have clear conceptions of eternal things and of God’s claims upon them; then they can impress others and excite in them a love for contemplating heavenly things.” *Testimonies for the Church*, Vol. 2, page 337. (page 92)
16. “The mind will strengthen by dwelling upon elevating subjects.” *Testimonies for the Church*, Vol. 2, page 408. (page 93)
17. Philippians 4:8 “Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” (page 87)
18. Philippians 2:12 “work out your own salvation with fear and trembling.”

*Quotes—The Exercises*

19. “If the mind were educated to contemplate elevating subjects, the imagination trained to reflect upon pure and holy things, it would be fortified.” *Testimonies for the Church*, Vol. 2, page 470. (page 93)
20. “A neglect of meditation and prayer will surely result in a declension in religious interests.” *Testimonies for the Church*, Vol. 2, pages 505-506.
21. “Disciplining the mind by religious exercises to love devotion and heavenly things, will bring the greatest amount of happiness.” *Testimonies for the Church*, Vol. 2, page 507. (page 83)
22. “The practice of holiness will be pleasant when there is a perfect surrender to God.” *Testimonies for the Church*, Vol. 2, page 507.
23. “The work of becoming perfect through the merits of Christ requires much meditation and earnest prayer.” *Advent Review and Sabbath Herald*, August 8, 1878.
24. “Contemplating things of eternal interest will give true perception of the things of God. The respect and reverence due to God will be exhibited in the daily life and character. The soul will be brought into harmony with Heaven. The entire character will be elevated and transformed. The believer will be made Christ-like, and finally obtain an entrance into the city of God.” *Advent Review and Sabbath Herald*, January 1, 1880.
25. “While with penitence and humble trust we meditate upon Jesus, whom our sins have pierced and our sorrows have burdened, we may learn to walk in his footsteps. By beholding him we become changed into his divine likeness. And

*Spiritual Exercises for Adventists*

when this work is wrought in us, we shall claim no righteousness of our own, but shall exalt Jesus Christ, while we hang our helpless souls upon his merits.” *Advent Review and Sabbath Herald*, January 18, 1881.

26. “Christ imputes to us His sinless character and presents us to the Father in His own purity. There are many who think that it is impossible to escape from the power of sin, but the promise is that we may be filled with all the fullness of God. We aim too low. The mark is much higher.” *Advent Review and Sabbath Herald*, July 12, 1892. (page 25)
27. “The remnant are to overcome by the blood of the Lamb and the word of their testimony. Some expect to overcome alone by the blood of the Lamb, without making any special effort of their own. I saw that God has been merciful in giving us the power of speech. He has given us a tongue and we are accountable to Him for its use. We should glorify God with our mouth, speaking in honor of the truth and of His unbounded mercy, and overcome by the word of our testimony through the blood of the Lamb.” *Early Writings*, page 116.
28. “The power of evil is so identified with human nature that no man can overcome except by union with Christ....The reason why many find the Christian life so deplorably hard...is they try to attach themselves to Christ without first detaching themselves from these cherished idols.” *Advent Review and Sabbath Herald*, December 13, 1887. (page 92 & 157)
29. “Christ has made ample provision to impart new vigor and divine strength at every advance step in the divine life.” *Testimonies for the Church*, Vol. 3, page 193. (pages 25 & 158)

*Quotes—The Exercises*

30. “I was shown that many are flattering themselves that they are good Christians, who have not a ray of light from Jesus. They have not a living experience for themselves in the divine life. They need a deep and thorough work of self-abasement before God before they will feel their true need of earnest, persevering effort to secure the precious graces of the Spirit.” *Testimonies for the Church*, Vol. 3, page 253.
31. “The only way to watch humbly is to watch prayerfully.” *Testimonies for the Church*, Vol. 3, page 326.
32. While you pray that you “may not be led into temptation, remember that your work does not end with the prayer. You must then answer your own prayer as far as possible by resisting temptation, and leave that which you cannot do for yourselves for Jesus to do for you.” *Testimonies for the Church*, Vol. 3, page 378.
33. “God will bless His people only when they try to be a blessing to others.” *Testimonies for the Church*, Vol. 3, page 436.
34. “With strictly temperate habits, and with mental and physical labor combined, they could accomplish a far greater amount of labor and preserve clearness of mind. If they would pursue such a course, their thoughts and words would flow more freely, their religious exercises would be more energized, and the impressions made upon their hearers would be more marked.” *Testimonies for the Church*, Vol. 3, page 486.  
(page 84)
35. “To gain daily victories in the divine life is the only course that God approves.” *Testimonies for the Church*, Vol. 4, page 67.
36. “In order for a man’s faith to be strong, he must be much with God in secret prayer.” *Testimonies for the Church*, Vol. 4,



*Spiritual Exercises for Adventists*

page 236.

37. “The words of Christ must be meditated upon and cherished and enshrined in the heart. They should not be repeated, parrot-like, finding no place in the memory and having no influence over the heart and life.” *Testimonies for the Church*, Vol. 4, page 355.
38. “In order that we may be kept by the power of God through faith, the desires of the mind should be continually ascending in silent prayer for help, for light, for strength, for knowledge.....Work and prayer are both required in perfecting Christian character.” *Testimonies for the Church*, Vol. 4, page 459.
39. “And not only should the prayer meeting be faithfully attended, but as often as once each week a praise meeting should be held....and our thoughts and desires will be brought into submission to the will of Christ.” *Testimonies for the Church*, Vol. 4, page 461. (page 123)
40. “We must gather about the cross. Christ and Him crucified must be the theme of contemplation, of conversation, and of our most joyful emotion.” *Testimonies for the Church*, Vol. 4, page 462.
41. “In converse with God, and in happy contemplation of heavenly things, the soul is preparing for Heaven, and laboring together other souls into the fold of Christ.” *Testimonies for the Church*, Vol. 5, page 50.
42. “Abstract meditation is not enough; busy action is not enough; both are essential to the formation of Christian character. Strength acquired in earnest, secret prayer prepares us to withstand the allurements of society. And yet we

*Quotes—The Exercises*

should not exclude ourselves from the world, for our Christian experience is to be the light of the world. The society of unbelievers will do us no harm if we mingle with them for the purpose of connecting them with God, and are strong enough spiritually to withstand their influence. *Testimonies for the Church*, Vol. 5, page 113.

43. “Pray that the mighty energies of the Holy Spirit, with all their quickening, recuperative, and transforming power, may fall like an electric shock on the palsy-stricken soul, causing every nerve to thrill with new life, restoring the whole man from his dead, earthly, sensual state to spiritual soundness. You will thus become partakers of the divine nature, having escaped the corruption that is in the world, through lust; and in your souls will be reflected the image of Him by whose stripes you are healed.” *Testimonies for the Church*, Vol. 5, page 267.
44. “By study, contemplation, and prayer, God’s people will be elevated above common, earthly thoughts and feelings, and will be brought into harmony with Christ and His great work of cleansing the sanctuary above from the sins of the people.” *Testimonies for the Church*, Vol. 5, page 575. (page 192)
45. “By dwelling upon the love of God, and our Saviour, by contemplating the perfection of the divine character, and claiming the righteousness of Christ as ours by faith, we are to be transformed into the same image.” *Testimonies for the Church*, Vol. 5, page 744.
46. “It is God’s purpose that His people shall be a sanctified, purified, holy people, communicating light to all around them.” *Testimonies for the Church*, Vol. 8, page 14.

*Spiritual Exercises for Adventists*

47. "Christ has made provision that His church shall be a transformed body, illumined with the light of heaven, possessing the glory of Immanuel. It is His purpose that every Christian shall be surrounded with a spiritual atmosphere of light and peace. There is no limit to the usefulness of the one who, putting self aside, makes room for the working of the Holy Spirit upon his heart and lives a life wholly consecrated to God." *Testimonies for the Church*, Vol. 8, page 19.
48. "By prayer and confession of sin we must clear the King's highway. As we do this, the power of the Spirit will come to us. We need the Pentecostal energy. This will come, for the Lord has promised to send His Spirit as the all-conquering power." *Testimonies for the Church*, Vol. 8, pages 298-299.
49. "The inhabitants of the heavenly universe expect the followers of Christ to shine as lights in the world. They are to show forth the power of the grace that Christ died to give men." *Testimonies for the Church*, Vol. 9, page 22.
50. "Trim your lamps, and keep them burning, that wherever you may go you may reveal in speech and action precious rays of light." *Testimonies for the Church*, Vol. 9, page 133.
51. "God must be ever in our thoughts. We must hold converse with him while we walk by the way, and while our hands are engaged in labor. . . . To comprehend and enjoy God, is the highest exercise of the powers of man. . . . Christ must be the central object of our affections, and then we shall live in him, then we shall have his spirit, and follow his example." *Advent Review and Sabbath Herald*, May 30, 1882.
52. "God's people are to reflect to the world the bright rays of his glory. But in order for them to do this, they must stand

*Quotes—The Exercises*

where these rays can fall on them. They must cooperate with God. The heart must be cleansed of all that leads to wrong. The Word of God must be read and studied with an earnest desire to gain from it spiritual power. The bread of heaven must be eaten and assimilated, becoming part of the life. Thus we gain eternal life. Thus is answered the prayer of Christ, ‘Sanctify them through thy truth: thy word is truth. This is the will of God, even your sanctification.’ Is it *your* will that your desires and inclinations shall be brought into harmony with the divine mind?” *Advent Review and Sabbath Herald*, January 28, 1904.

53. “‘Partakers of the divine nature.’ Is this possible? Of ourselves we can do no good thing. How, then, can we be partakers of the divine nature?—by coming to Christ just as we are, needy, helpless, dependent. He died to make it possible for us to be partakers of the divine nature. He took humanity upon himself that he might reach humanity. With the golden chain of his matchless love he has bound us to the throne of God. We are to have power to overcome as he overcame.” *Advent Review and Sabbath Herald*, April 14, 1904.
54. “Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden him; you cannot weary him. He who numbers the hairs of your head is not indifferent to the wants of his children.” *Advent Review and Herald*, December 8, 1904. (page 153)
55. “We can be partakers of the divine nature. In the strength of the Redeemer, we can live pure, noble, helpful lives. Make yourselves acquainted with every detail of the life of Christ. Strive to become like the Saviour, who was meek and lowly and self-denying. He was inspired with the purest purposes.”

*Spiritual Exercises for Adventists*

*Advent Review and Herald*, April, 13, 1905.

56. "Those who truly receive Christ are given power to become the sons of God. As they look to Jesus, they catch the divine rays of light, and are attracted by the loveliness and purity and goodness of the Saviour. They seek to copy his pleasantness, rather than the harsh violence manifested by those who disregard the laws of God. And as they keep before them the fear of God, and walk as obedient children, others will mark their Christlikeness of character, and will be drawn to the Saviour by the revelation of their love, their justice, and their mercy. Yet some will refuse to come to the Saviour, choosing darkness rather than light, because their deeds are evil." *Advent Review and Herald*, August 31, 1905.
57. "We need a connection with divine power, that we may have an increase of clear light and an understanding of how to reason from cause to effect. We need to have the powers of the understanding cultivated, by our being partakers of the divine nature, having escaped the corruption that is in the world through lust." *Advent Review and Sabbath Herald*, March 8, 1906.
58. "Brethren and sisters, as you let your light shine before men, they will 'see your good works, and glorify your Father which is in heaven.' As the result of these good works, an influence will go forth that will bring salvation to those who behold it. God desires us to keep our light constantly shining." *Advent Review and Sabbath Herald*, December 13, 1906.
60. "Behold Christ. Dwell upon his love and mercy. This will fill the soul with abhorrence for all that is sinful, and will inspire it with an intense desire for the righteousness of Christ." *Advent Review and Sabbath Herald*, May 21, 1908.

*Quotes—The Exercises*

61. “We should diligently study the Bible, asking God for the aid of the Holy Spirit, that we may understand his Word. We should take one verse, and concentrate the mind on the task of ascertaining the thought which God has put in that verse for us. We should dwell on the thought till it becomes our own, and we know ‘what saith the Lord.’ ” *Advent Review and Sabbath Herald*, June 11, 1908.
62. “God’s people are to be constantly reaching up to him in prayer.” *Advent Review and Sabbath Herald*, March 11, 1908.
63. “I wish I could impress upon every worker in God’s cause the great need of continual, earnest prayer. They cannot be constantly upon their knees, but they can be uplifting their hearts to God.” *Advent Review and Sabbath Herald*, April 15, 1908.
64. “The soul should be often uplifted to God in prayer, even while we are engaged in our business vocations.” *Advent Review and Sabbath Herald*, June 15, 1886.
65. “As people, we must have more love. Our hearts must grow soft in contemplating Christ.” *Advent Review and Sabbath Herald*, November 21, 1899.
66. “Prayer is the breath of the soul, the channel of all blessings.” *Advent Review and Sabbath Herald*, October 30, 1900.
67. “The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote virtuous actions. But if the stomach is abused by habits that have no foundation in nature . . . Sacred things are not appreciated. Spiritual zeal diminishes.” *Advent Review and Sabbath Herald*, May 27, 1902.

*Spiritual Exercises for Adventists*

68. "Meditation alone will not answer the need of the world. Vigilant waiting is to be combined with vigilant working. We are to be living, wide-awake, energetic Christians, filled with zeal to give to others the blessings of the truth." *Advent Review and Sabbath Herald*, August 19, 1902.
69. "It is by contemplating Christ, by exercising faith in him, by experiencing for ourselves his saving grace, that we are qualified to present him to the world." *Advent Review and Sabbath Herald*, February 10, 1903. (page 79)
70. "He who calls men to repentance must commune with God in prayer. He must cling to the Mighty One, saying, 'I will not let thee go, except thou bless me.' Give me the power to win souls to Christ. . . Christ crucified —talk it, pray it, sing it, and it will break and win hearts." *Advent Review and Sabbath Herald*, June 2, 1903.
71. "let us follow the example of Christ, and daily consecrate ourselves to his service, that we may be one with Christ, as Christ is one with the Father; then we can bring glory to our Master." *Advent Review and Sabbath Herald*, March 24, 1896. (page 8)
72. "Christ has given us no assurance that to attain to perfection of character is an easy matter. It is a conflict, a battle and a march, day by day. It is through much tribulation that we enter the kingdom of heaven. In order to share with Christ in his glory we must share in his suffering." *Advent Review and Sabbath Herald*, May 5, 1910. (page 24)
73. "It is piety, goodness, truth, mercy, love; it is the revealing of the truth in the character and life. The gospel is dependent on the personal piety of its believers for its aggressive power, and God has made provision through the death of his be-

*Quotes—The Exercises*

loved Son, that every soul may be thoroughly furnished unto every good work.” *The Review and Herald*, December 26, 1912. (page 28)

74. “The hour of prayer should not be neglected for any consideration. Do not talk and amuse yourselves till all are too weary to enjoy the season of devotion. To do this, is to present to God a lame offering. At an early hour of the evening, when we can pray unhurriedly and understandingly, we should present our supplications, and raise our voices in happy, grateful praise.” *Advent Review and Sabbath Herald*, November 29, 1887. (page 35)
75. “The more we dwell upon our own imperfections, the less strength we shall have to overcome them.” *Advent Review and Sabbath Herald*, January 14, 1890. (page 47)
76. “We are not to bring complaints and murmurings into our testimony in the social meeting, but we are to talk of the blessed hope, to reflect as much light as possible upon the meeting.” *Advent Review and Sabbath Herald*, November 12, 1889. (page 125)
77. “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings,—as much a duty as it is to pray.” *The Review and Herald*, June 2, 1910. (page 125)
78. “There will come times when the church will be stirred by divine power, and earnest activity will be the result; for the life-giving power of the Holy Spirit will inspire its members to go forth and bring souls to Christ. But when this activity is manifested, the most earnest workers will be safe only as they depend upon God through constant, earnest prayer.



*Spiritual Exercises for Adventists*

They will need to make earnest supplication that through the grace of Christ they may be saved from taking pride in their work, or of making a savior of their activity.” *Advent Review and Sabbath Herald*, July 4, 1893. (page 134)

79. “Now and onward till the close of time the people of God should be more earnest, more wide-awake, not trusting in their own wisdom, but in the wisdom of their Leader. They should set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food.” *Advent Review and Sabbath Herald*, February 18, 1904. (page 146)
80. “I appeal to you, my fellow-laborers, to meditate upon the sacred truths imparted unto you. The heavenly Master has intrusted you with the mine of truth, and you are to work out its treasures, to display its gems, and unveil its attractions, not merely when giving a discourse, but in your daily life you are to show the constraining, transforming power of the truth. Every faculty and power of our nature must receive the imprint of Christ’s signature. We must become partakers of the divine nature. By beholding, we become changed into his image.” *Advent Review and Sabbath Herald*, January 21, 1890. (page 150)
81. “We have the companionship of the divine presence, and as we realize this presence, our thoughts are brought into captivity to Jesus Christ. Our spiritual exercises are in accordance with the vividness of our sense of this companionship.” *Testimonies to Ministers and Gospel Workers*, page 388.
82. “God’s faithful messengers . . . Are to wrestle with God in earnest prayer for a baptism of the Holy Spirit, that they may meet the needs of a world perishing in sin.” *Ibid*, page 459.

*Quotes—The Exercises*

83. “By the use of flesh meats the animal nature is strengthened and the spiritual nature weakened.” *The Ministry of Healing*, page 316.