

By Beholding We Become Changed

Introductory Thoughts

1 2 Corinthians 3:18 (NKJV) 18 "But we all, with unveiled face, beholding as
2 in a mirror the glory of the Lord, are being transformed into the same image
3 from glory to glory, just as by the Spirit of the Lord."
4 "It would be well to spend a thoughtful hour each day reviewing the life of
5 Christ from the manger to Calvary. We should take it point by point and let
6 the imagination vividly grasp each scene, especially the closing ones of His
7 earthly life. By thus contemplating His teachings and sufferings, and the
8 infinite sacrifice made by Him for the redemption of the race, we may
9 strengthen our faith, quicken our love, and become more deeply imbued with
10 the spirit which sustained our Saviour. If we would be saved at last we must
11 all learn the lesson of penitence and faith at the foot of the cross. ...
12 Everything noble and generous in man will respond to the contemplation of
13 Christ upon the cross." *Testimonies*, Vol. 4, 374.1

14

15 Enoch: The Holy, Heavenly-Minded Messenger

16 *What brought about Enoch's conversion?*

17 Genesis 5:22, 24 (NKJV) 22 "After he begot Methuselah, Enoch walked with
18 God three hundred years.... 24 And Enoch walked with God; and he was not,
19 for God took him."

20 "[A]fter the birth of his first son, Enoch reached a higher experience; he was
21 drawn into a closer relationship with God. ... [A]s he saw the child's love for
22 its father, its simple trust in his protection; as he felt the deep, yearning
23 tenderness of his own heart for that first-born son, he learned a precious
24 lesson of the wonderful love of God to men in the gift of His Son, and the
25 confidence which the children of God may repose in their heavenly Father.
26 The infinite, unfathomable love of God through Christ became the subject of
27 his meditations day and night; and with all the fervor of his soul he sought to
28 reveal that love to the people among whom he dwelt." *Patriarchs and*
29 *Prophets*, p. 84.3

30

31 *What was the result of Enoch's conversion?*

32 Amos 3:3 (NKJV) 3 "Can two walk together, unless they are agreed?"

33 "It was in looking in faith to Jesus, in asking of Him, in believing that every
34 word spoken would be verified, that Enoch walked with God. He kept close
35 by the side of God, obeying His every word. . . . His was a wonderful life of
36 oneness. Christ was his Companion. He was in intimate fellowship with
37 God." Manuscript 11, 1898

38 "We read that he walked with God. He studied the character of God to a
39 purpose. He did not mark out his own course, or set up his own will, as if he

40 thought himself fully qualified to manage matters. He strove to conform
41 himself to the divine likeness.” Letter 169, 1903
42

43 *What was Enoch's work for God?*

44 Jude 1:14-15 (NKJV) 14 “Now Enoch, the seventh from Adam,
45 prophesied....”

46 “Enoch faithfully rehearsed to the people all that had been revealed to him by
47 the spirit of prophecy. Some believed his words, and turned from their
48 wickedness to fear and worship God. Such often sought Enoch in his places
49 of retreat, and he instructed them, and prayed for them....” *Signs of the*
50 *Times*, February 20, 1879, par. 6
51

52 *How did Enoch reach the people?*

53 “He did not make his abode with the wicked. ... He placed himself and his
54 family where the atmosphere would be as pure as possible. Then at times he
55 went forth to the inhabitants of the world with his God-given message. Every
56 visit he made to the world was painful to him. He saw and understood
57 something of the leprosy of sin. After proclaiming his message, he always
58 took back with him to his place of retirement some who had received the
59 warning.” Manuscript 42, 1900.10

60 “[Believers] often sought Enoch in his places of retreat, and he instructed
61 them, and prayed for them that God would give them a knowledge of his
62 will. He finally chose certain periods for retirement, and would not suffer the
63 people to find him, for they interrupted his holy meditations and communion
64 with God. He did not exclude himself at all times from the society of those
65 who loved him and listened to his words of wisdom; neither did he separate
66 himself wholly from the corrupt. He met with the righteous and the wicked at
67 stated times. He would remain with them as long as he could benefit them by
68 his godly conversation and holy example, and then would withdraw himself
69 for a season from all society—from the just, the scoffing and idolatrous, to
70 remain in solitude, hungering and thirsting for communion with God, and
71 that divine knowledge which he alone could give him.” *Signs of the Times*,
72 February 20, 1879, par. 6
73

74 *How did Enoch make sure he was beholding on an ongoing basis?*

75 Matthew 6:6 (NKJV) 6 “But you, when you pray, go into your room, and
76 when you have shut your door, pray to your Father who is in the secret place;
77 and your Father who sees in secret will reward you openly.”

78 “In the midst of a life of active labor, Enoch steadfastly maintained his
79 communion with God. The greater and more pressing his labors, the more
80 constant and earnest were his prayers. After remaining for a time among the
81 people laboring to benefit them by instruction and example, he would
82 withdraw, to spend a season in solitude, hungering and thirsting for that
83 divine knowledge which God alone can impart.” *Patriarchs and Prophets*, p.
84 86, 87

85 “Enoch “walked with God;” but how did he gain this sweet intimacy? It was
86 by having thoughts of God continually before him. As he went out and as he
87 came in, his meditations were upon the goodness, the perfection, and the

88 loveliness of the divine character. And as he was thus engaged, he became
89 changed into the glorious image of his Lord; for it is by beholding that we
90 become changed.” *Signs of the Times*, August 18, 1887, par. 7

91 "Enoch continued to grow more heavenly while communing with God. His
92 face was radiant with a holy light which would remain upon his countenance
93 while instructing those who would hear his words of wisdom. His dignified
94 appearance struck the people with awe." *Signs of the Times*, February 20,
95 1879, par. 7

96 "His feet were always directed in the path of obedience to God's
97 commandments. Constantly his meditations were upon the goodness, the
98 perfection, the loveliness, of the divine character. His conversation was upon
99 heavenly things; he trained his mind to run in this channel. As he looked to
100 Jesus, he became changed into the glorious image of his Lord, and his
101 countenance was lighted up with the glory that shines from the face of
102 Christ." *Signs of the Times*, October 12, 1904

103 "And how did Enoch walk with God? He educated his mind and heart to
104 ever feel that he was in the presence of God, and when in perplexity his
105 prayers would ascend to God to keep him. He refused to take any course that
106 would offend His God." *Sermon and Talks*, Vol. 1, 32
107

108 *Why did Enoch please God?*

109 Hebrews 11:6 "He had this testimony, that he pleased God."

110 "The Lord loved Enoch, because he steadfastly followed him, and abhorred
111 iniquity, and earnestly sought a more perfect knowledge of his will, that he
112 might perform it. He yearned to unite himself still more closely to God,
113 whom he feared, revered, and adored." *Signs of the Times*, February 20,
114 1879, par. 7

115 "The society surrounding him was no more friendly to righteousness than is
116 the society surrounding us at the present time. The atmosphere he breathed
117 was tainted with sin and corruption, the same as ours; yet he was unsullied
118 [uncontaminated—spotless and without flaw] with the prevailing sins of the
119 age in which he lived. And so may we remain as pure and uncorrupted as did
120 the faithful Enoch." *Review and Herald*, August 23, 1881, par. 5
121

122 *Who does Enoch represent?*

123 "Enoch represents those who shall remain upon the earth and be translated to
124 Heaven without seeing death." *Review and Herald*, April 19, 1870, par. 11

125 "Enoch was holy because he walked with God in God's way. In him the
126 world had an example of what those will be who, when Christ comes, are
127 caught up in the clouds to meet Him in the air. As Enoch was, so are we to
128 be." Letter 97, 1902.6
129

130 *What can we learn from Job?*

131 Job 1:1 (NKJV) 1 "There was a man in the land of Uz, whose name was Job;
132 and that man was blameless and upright, and one who feared God and
133 shunned evil."

134

135

Beholding Christ

136 *Scriptures On Beholding Christ*

137 Philippians 4:8 (KJV) 8 Finally, brethren, whatsoever things are true,
138 whatsoever things are honest, whatsoever things are just, whatsoever things
139 are pure, whatsoever things are lovely, whatsoever things are of good report;
140 if there be any virtue, and if there be any praise, think on these things.

141 1 John 3:2-3 (KJV) 2 "Beloved, now are we the sons of God, and it doth not
142 yet appear what we shall be: but we know that, when he shall appear, we
143 shall be like him; for we shall see him as he is. 3 And every man that hath
144 this hope in him purifieth himself, even as he is pure."
145

146 *Quotations On Beholding Christ*

147 Transformation Comes In Beholding Christ

148 "As the mind dwells upon Christ, the character is molded after the divine
149 similitude. The thoughts are pervaded with a sense of His goodness, His
150 love. We contemplate His character, and thus He is in all our thoughts. His
151 love encloses us. If we gaze even a moment upon the sun in its meridian
152 glory, when we turn away our eyes, the image of the sun will appear in
153 everything upon which we look. Thus it is when we behold Jesus; everything
154 we look upon reflects His image, the Sun of Righteousness. We cannot see
155 anything else, or talk of anything else. His image is imprinted upon the eye
156 of the soul and affects every portion of our daily life, softening and subduing
157 our whole nature. By beholding, we are conformed to the divine similitude,
158 even the likeness of Christ. To all with whom we associate we reflect the
159 bright and cheerful beams of His righteousness. We have become
160 transformed in character; for heart, soul, mind, are irradiated by the
161 reflection of Him who loved us and gave Himself for us. Here again there is
162 the realization of a personal, living influence dwelling in our hearts by faith."
163 *Testimonies to Ministers*, 388.2

164 Beholding Christ We Become Like Him

165 "He who drinks from the water of the fountain of life, will be filled with the
166 new wine of the kingdom. Faith in Christ will be the means whereby the
167 right spirit and motive will actuate the believer, and all goodness and
168 heavenly-mindedness will proceed from him who looks unto Jesus, the
169 author and finisher of his faith. Look up to God, look not to men. God is your
170 heavenly Father who is willing patiently to bear with your infirmities, and to
171 forgive and heal them. "This is life eternal, that they might know thee the
172 only true God, and Jesus Christ, whom thou hast sent." By beholding Christ,
173 you will become changed, until you will hate your former pride, your former
174 vanity and self-esteem, your self-righteousness and unbelief. You will cast
175 these sins aside as a worthless burden, and walk humbly, meekly, trustfully,
176 before God. You will practice love, patience, gentleness, goodness, mercy,
177 and every grace that dwells in the child of God, and will at last find a place
178 among the sanctified and holy." *1888*, 1226.2

179 Beholding Christ Brings Conviction Of Sin

180 "The theme that attracts the heart of the sinner is Christ, and him crucified.
181 On the cross of Calvary, Jesus stands revealed to the world in unparalleled

182 love. Present him thus to the hungry multitudes, and the light of his love
183 will win men from darkness to light, from transgression to obedience and
184 true holiness. Beholding Jesus upon the cross of Calvary arouses the
185 conscience to the heinous character of sin as nothing else can do. It was sin
186 that caused the death of God's dear Son, and sin is the transgression of the
187 law. On him was laid the iniquities of us all. The sinner then consents unto
188 the law that it is good; for he realizes that it condemns his evil deeds, while
189 he magnifies the matchless love of God in providing for him salvation
190 through the imputed righteousness of Him who knew no sin, in whose mouth
191 there was found no guile." 1888 1074.1

192 We Behold Christ In Moments Of Communion

193 "It is because there is so little communion with God, that spiritual life is so
194 feeble, and the efforts of our workers meet with so little success. Our natures
195 must be raised from their earthliness; they must be kindled and purified in
196 the upper brightness of God's divine presence. Why are we so easily satisfied
197 with little flashes of light, when there is a heaven of illumination for us? We
198 drink at shallow streams, when there is a great fountain just above us, if we
199 will only rise a little higher in the pathway of faith. *Home Missionary*,
200 November 1, 1890 Par. 11 It is by beholding Christ, through faith, that we
201 are to be changed into his likeness. As we meditate upon the perfection of his
202 character, we shall desire to become wholly transformed and renewed in the
203 image of his purity. There will be a hungering and thirsting of soul to be
204 made like him whom we adore. The more our thoughts are upon Christ, the
205 more we shall speak of him to others, and represent him to the world." *Home*
206 *Missionary*, November 1, 1890 Par. 12

207 Look To Christ We Live

208 "Talk as Christ talked; work as Christ worked. We must look to Christ and
209 live. Catching sight of His loveliness, we long to practice the virtues and
210 righteousness of Christ. It is by beholding Christ that we become changed
211 into His image, and by renouncing self, giving our hearts up wholly to
212 Jesus for His Spirit to refine, ennoble and elevate, we will be in close
213 connection with the future world, bathed in the bright beams of the Sun of
214 righteousness. We rejoice with joy unspeakable and full of glory. Then we
215 are commanded to go in to other cities and towns and tell them the good
216 news with hearts all aglow with divine love, even to them that are afar off,
217 even as many as the Lord your God shall call." *Manuscript Releases*, Vol. 4,
218 310.3

219 Beholding Christ We Receive The Moral Image Of God

220 "If fathers and mothers love the Bible, and talk of the lessons Christ has
221 given; if they love Jesus, and make him the theme of conversation, a
222 heavenly atmosphere will pervade the home. As the wax receives the impress
223 of the seal, so the soul will receive and retain the moral image of God. By
224 beholding, we become changed. If we allow the mind to dwell upon the
225 imperfections and moral deformities of others, we ourselves shall become
226 depraved in character, and mentally one-sided and unbalanced. But if the
227 mind dwells upon the perfect life of Christ, and the thoughts and
228 conversation are centered upon him, we shall be changed to the same
229 image." *Signs of the Times*, May 4, 1888, par. 10

230

Negative Beholding

231 *Scriptures On Negative Beholding*

232 Job 31:1 (KJV) 1 I made a covenant with mine eyes; why then should I think
233 upon a maid?"

234 Psalms 119:37 (KJV) 37 "Turn away mine eyes from beholding vanity; and
235 quicken thou me in thy way."

236 1 Thessalonians 5:21-22 (KJV) 21 "Prove all things; hold fast that which is
237 good. 22 Abstain from all appearance of evil."
238

239 *Quotations On Negative Beholding*

240 It Is Dangerous To Look Upon The Diseased Souls Of Others

241 "O let us encourage our souls to look to Jesus! Tell every one how dangerous
242 it is to neglect his own soul's eternal healthfulness by looking upon the
243 diseased souls of others, by talking upon the uncomeliness of character found
244 in those who profess the name of Christ. The soul does not become more and
245 more like Christ by beholding evil, but like the evil which it beholds. The
246 same love of self, the same indulgence of self, the same hastiness of spirit,
247 the same petulance of temper, the same sensitiveness and pride of opinion,
248 the same unwillingness to receive counsel, the same unsanctified,
249 independent judgment, will be manifest in those who criticise as in those
250 whom they criticise." *Review and Herald*, August 15, 1893, par. 4

251 Looking At The Faults Of Others Brings Similar Faults In The Observer

252 "Do not keep your mind fixed on the defective example of professing
253 Christians. You will, of course, see in their lives things that are not right. But
254 if you keep looking at their faults, you will become like them. Instead of
255 looking at the lives of your fellow men, look to Jesus. There you will see no
256 imperfection, but perfection, righteousness, goodness, mercy, and truth. Take
257 the Saviour as your example in all things. In looking to men instead of
258 beholding Christ, you have made a great mistake."—Letter written in 1903.
259 Manuscript 87, 1906.3

260 There Is No Strength In Brooding Over Weaknesses

261 "There is no spiritual strength for us in constantly brooding over our
262 weakness and backslidings, and bemoaning the power of Satan. This great
263 truth must be established as a living principle in our minds and hearts—the
264 efficacy of the offering made for us; that God can and does save to the
265 uttermost all who come unto Him complying with the conditions specified in
266 His word. Our work is to place our will on the side of God's will. Then,
267 through the blood of the atonement, we become partakers of the divine
268 nature; through Christ we are children of God, and we have the assurance
269 that God loves us even as He loved His Son. We are one with Jesus. We
270 walk where Christ leads the way; He has power to dispel the dark shadows
271 which Satan casts across our path; and, in place of darkness and
272 discouragement, the sunlight of His glory shines into our hearts." *Counsels*
273 *for the Church*, 79.4 ...

274 "Many fix their eyes upon the terrible wickedness existing around them, the
275 apostasy and weakness on every side, and they talk of these things until their

276 hearts are filled with sadness and doubt. They keep uppermost before the
277 mind the masterly working of the archdeceiver and dwell upon the
278 discouraging features of their experience, while they seem to lose sight of the
279 heavenly Father's power and His matchless love. All this is as Satan would
280 have it. ... We must talk of the mightiness of Christ. We are utterly
281 powerless to rescue ourselves from the grasp of Satan; but God has
282 appointed a way of escape. The Son of the Highest has strength to fight the
283 battle for us, and "through Him that loved us" we may come off "more than
284 conquerors." *Counsels for the Church*, 79.3

285 Brethren and sisters, it is by beholding that we become changed. By dwelling
286 upon the love of God and our Saviour, by contemplating the perfection of the
287 divine character and claiming the righteousness of Christ as ours by faith, we
288 are to be transformed into the same image. Then let us not gather together all
289 the unpleasant pictures—the iniquities and corruptions and disappointments,
290 the evidences of Satan's power—to hang in the halls of our memory, to talk
291 over and mourn over until our souls are filled with discouragement. A
292 discouraged soul is a body of darkness, not only failing himself to receive the
293 light of God, but shutting it away from others. Satan loves to see the effect of
294 the pictures of his triumphs, making human beings faithless and
295 disheartened." *Counsels for the Church*, 80.1

296 Look Away From What Is Disagreeable To Christ

297 "How much sweet peace we lose because we keep poring over the
298 disagreeable items in ourselves and in our brethren. We must look away from
299 the disagreeable to Jesus. We must love Him more, obtain more of His
300 attractive beauty and grace of character, and cease filling the mind with the
301 contemplation of others' mistakes and others' errors. ... Think of Him and be
302 charmed away from yourself and from every disagreeable thing; for
303 beholding our defects faith is weakened. Faith in God and His promises is
304 lost sight of." *Manuscript Releases*, Vol. 15, 146.2

305 Do Not Dwell On Imperfections

306 "When the mind dwells upon self, it is turned away from Christ, the source
307 of strength and life. Hence it is Satan's constant effort to keep the attention
308 diverted from the Saviour and thus prevent the union and communion of the
309 soul with Christ." *Steps to Christ*, 71.2

310 We Become Spiritually Dwarfed In Beholding The Faults Of Others

311 "We shall never grow in grace by beholding the faults and mistakes and
312 defects of someone else. Instead, we will become spiritually dwarfed and
313 enfeebled. Let us keep looking to Christ, thinking of what he has done for us
314 and of what he has promised to do. Thus we shall be changed into his
315 likeness. This is true religion." *Paulson Collection*, 318.4

316 We Have No Time To Dwell Upon The Defects Of Others

317 "Earnest workers have no time to dwell upon the defects of others. They
318 behold the Saviour, and by beholding become changed into His likeness. He
319 is the One whose example we are to follow in our character-building."
320 Pamphlet 151, 46.3

321 Looking For Evil Develops Defects In Those Who Look

322 "Slipshod religion is a dangerous thing, in the home or in the church; and to
323 educate the mind to look for defects in others unfits the soul for communion
324 with God. This is the leaven of evil. The very act of looking for evil in others
325 develops defects in those who look." *Youth's Instructor*, September 21,
326 1899, par. 7

327 Faultfinding Can Become A Religion

328 "Do not come at your brethren to pick at their faults, to make a drive at their
329 peculiar traits of character. Educate them to better habits, and better traits, by
330 the power of your own example. If you make it evident that you have come
331 to correct them, you will only arouse their combativeness, and do more harm
332 than if you had not come at all. Reveal Jesus to them, that they may behold
333 him and become like him. If you cultivate fault-finding, and take it upon
334 yourself to correct your brethren, you will soon have no other religion save
335 that of picking flaws and finding defects. You cannot benefit the sinner by
336 coming to him in your own way and in your own strength. Christ alone can
337 save him." *Signs of the Times*, July 1, 1889, par. 9

338 We Must Guard Our Eyes From Beholding Iniquity

339 "Everything that can be done should be done to place ourselves and our
340 children where we shall not see the iniquity that is practiced in the world. We
341 should carefully guard the sight of our eyes and the hearing of our ears so
342 that these awful things shall not enter our minds. When the daily newspaper
343 comes into the house, I feel as if I want to hide it, that the ridiculous,
344 sensational things in it may not be seen. It seems as if the enemy is at the
345 foundation of the publishing of many things that appear in newspapers.
346 Every sinful thing that can be found is uncovered and laid bare before the
347 world." *Adventist Home*, 403.4

348 Some Reading Destroys Love For The Pure Truth Of The Word

349 "Parents should endeavor to keep out of the home every influence that is not
350 productive of good. In this matter some parents have much to learn. To those
351 who feel free to read story magazines and novels I would say: You are
352 sowing seed the harvest of which you will not care to garner. From such
353 reading there is no spiritual strength to be gained. Rather it destroys love for
354 the pure truth of the word. Through the agency of novels and story
355 magazines, Satan is working to fill with unreal and trivial thoughts minds
356 that should be diligently studying the word of God. Thus he is robbing
357 thousands upon thousands of the time and energy and self-discipline
358 demanded by the stern problems of life." *Adventist Home*, 411.1

359 We Must Fasten Our Eyes Upon Jesus

360 "Fasten your eyes upon Jesus, dear friends, and by beholding you will
361 become assimilated to his image. Do not allow your thoughts to dwell
362 continually upon things of the earth, but place them upon things that are
363 heavenly, and then, wherever you are, you will be a light to the world." *Signs
364 of the Times*, October 20, 1887, par. 1

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