

# The True and the False

## *Pretense*

#0681

Study Given by W. D. Frazee—May 3, 1963

In Philippians the third chapter verses 13–14, we find our text this evening:

“...This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus” Philippians 3:13–14.

Paul had a goal, an objective, a mark that he was reaching forward to attain. And it was so important in his mind that he said he left everything else aside. And that’s what it takes, my dear friends, to reach an objective.

“Live for something, have a purpose,  
And that purpose keep in view...

“Half the wrecks that strew life’s ocean,  
If some star had been their guide,  
Might have reached at last the harbor,  
But they drifted with the tide.”  
“Live for Something,” by Robert Whitaker (partial).

And oh, what a world of drifters there are today. How few have objectives, and how few that have them have objectives worth attaining, worth reaching. It’s amazing how little it takes to divert the minds of many people. It takes a real objective to urge people on and on.

Tuesday I was flying over the Atlantic Ocean from Puerto Rico on to Miami. And as we passed over the Bahamas, I asked the steward if he would point out for me the little island where Columbus landed so many years ago. And so he did.

And looking out the window, I looked down there, and there was that little spot surrounded by all those thousands of square miles of water. And there it was that Columbus found the object of his quest on that October day in 1492.

You remember the story of how, for years, the dream of sailing west in order to find east had filled his mind. You remember how he planned, and how he had talked with the King and Queen of Spain, and how at last the day had come when he set out with a crew from Spain with three vessels.

You remember how they journeyed on day after day, night after night, sailing west, west, west. And many of those sailors grew very much discontented. If they had any faith in the man or his program, they had lost that as days lengthened into weeks and those into still other weeks. They thought he must be mad.

But somehow, in the providence of God, he continued on his way. Joaquin Miller has glimpsed the conversations that must have taken place there on the ship:

“Behind him lay the gray Azores,  
Behind the gates of Hercules;  
Before him not the ghost of shores,  
Before him only shoreless seas.

The good mate said... ‘What shall I say  
If we sight not but seas at dawn?’  
‘Why, you shall say at break of day,  
Sail on! Sail on! Sail on! And on!’  
“Columbus,” by Joaquin Miller.

And so, they did. Well, it’s an interesting thing, friends, that Columbus had studied the prophecies. Elder Froom in his research has brought to light the fact that Columbus considered himself an instrument of providence. And he was.

My point is, friends, there was something that filled his mind, and everything else was bent to the accomplishment of that object, reaching that objective. “Sail on, sail on, sail on,” toward that one goal.

Do you have an objective tonight? Do you have a mark that you are seeking to reach?

In *Messages to Young People*, page 36, the Lord’s messenger says to young people:

“You may every one of you make your mark” *Messages to Young People*, page 36.

Isn’t that wonderful?

“You may every one of you make your mark” *Ibid.*

The pitiful thing is, friends, how little many people would have if they *made* their mark. They’re not aiming at anything very high, and if they hit it, it would be nothing to rejoice over, particularly. Oh:

“Live for something, have a purpose,  
And that purpose keep in view...”  
“Live for Something,” by Robert Whitaker (partial).

“Aim high,” that statement in *Messages*, page 36, says, “Aim high.” And every one of you can make your mark.

Someone has said that the average man when he’s 20 builds a castle; when he’s 40, he builds a doghouse. But the Christian doesn’t need to be in that program

at all, my friends, not at all. If he will take Paul's mark, and Paul's program in reaching the mark, like Paul at the close of his life, he can say:

"...I have finished my course..." 2 Timothy 4:7.

"I've arrived at the objective, thank the Lord."

Like Jesus, he can say:

"...I have finished the work which Thou gavest Me to do"  
John 17:4.

Oh, I'm so anxious about two things tonight, and that is that every one of you has an objective which is worth reaching, and second, that by God's grace, your soul is filled with the assurance that you *can* reach it, that God is going to help you to reach it, and no question about it.

But don't forget those two words, "Aim high." Aim high. Rise up. Oh, men of God, have done with lesser things.

One reason God doesn't answer our prayers sometimes is that we're not asking for enough. He wants us to expect more and therefore to attempt more. He wants us to undertake more for Him. It takes great objectives to challenge men to put forth their best.

Did you read that editorial in the *Review* a few weeks ago, the story that comes down from the time of Alexander?

A chieftain, wishing to please Alexander, gave him three dogs that he said were very successful in hunting. They were wonderful hounds that could hunt and bring down their prey.

So, after the chieftain had left, Alexander one day wanted to try them out. And so, he had a stag brought in, but the dogs paid no attention. Then, he had several other animals of the deer tribe brought in. The dogs just sort of looked at them and rolled over and went to sleep. They paid no attention to them.

Alexander said, "What in the world? Have no use for those things around here."

And so he had them taken out and put to sleep, killed.

Some weeks later, the chieftain arrived on a visit, inquired about the dogs, and was told what had happened to them.

"Oh," he said, "Alexander, you're a great king, but you're a very foolish man."

He said, "You turned a stag and these deer loose before my dogs."

“But oh,” he said, “if you had only turned loose a lion and a tiger you would have seen what my dogs could do.”

And I wonder, friend, if in our contact with others, with young people, if we sometimes are afraid to set before them the highest standards and the strictest reforms and the greatest sacrifices for fear it will discourage them when what they need is something that challenges the soul.

“Aim high,” the instruction is, “Aim high.”

Believe me, friends, if we lower the standard in order to get people to come along with us, we compromise, and we lose the very power of God that makes it possible for people to reach objectives.

But when we aim high where God tells us to aim, even if it seems as high as the stars, and it *is* as high as the stars, thank God we’re going to reach it, friends.

Paul says:

“I can do all things through Christ which strengtheneth me” Philippians 4:13.

We’re told in the book *Education*, page 262:

“Success in any line demands a definite aim” *Education*, page 262.

It’s a shame to aim at nothing in particular and hit it, friends. That’s not success.

“Success in any line demands a definite aim...Such an aim is set before the youth of today. The heaven-appointed purpose of giving the Gospel to the world in this generation is the noblest that can appeal to any human being” *Ibid*.

Christ set it before us in those oft-quoted (never too often) words of Matthew 24:14. Let’s repeat them together:

“And this Gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come” Matthew 24:14.

Can you and I bring the end more quickly, the end of sin and sorrow and pain and woe? Oh, yes, friends, we can if we will accept as our aim God’s aim, reaching this world with His message of salvation. If we will give our lives to that and let nothing divert us, thank God, we have an aim worthy of the children of the King.

*Ministry of Healing*, 456, says:

“We must turn away from a thousand topics that invite attention” *Ministry of Healing*, page 456.

That’s why Paul said:

“...This *one* thing I do...” Philippians 3:13.

Oh, how many things there are to divert the attention of the child of God from the *one* thing.

You remember the man in *Pilgrim’s Progress* that Bunyan pictured as putting his fingers in his ears as he runs, saying, “Life, life, life that will not end.”

He didn’t want to be diverted. He didn’t want to hear the voices that called him here and there. He wanted to press right on to the mark. That’s the spirit.

But now, I wish you’d turn with me to 2 Timothy 2:5. I’m coming now to perhaps the most important point in our little study tonight. It isn’t enough to strive. It isn’t enough to run. It isn’t enough to press forward toward the objective.

Paul says:

“And if a man also strive for masteries, yet is he not crowned, except he strive lawfully” 2 Timothy 2:5.

He’s taking his illustration from the Greek games. From time to time, they had those contests of strength and skill. For weeks and weeks, men would train, and then put forth all their effort to reach the objective. For their reward, they got a crown of laurel, a wreath of leaves, you know, the honor that went with it.

Paul, thank God, said he had something better to strive for. So do you and I. But my point is he said that in those contests, the man couldn’t get the crown, no matter how much he strives, unless he strives how? Lawfully.

I read you this from Weymouth’s translation of the same text:

“And if any one takes part in an athletic contest, he gets no prize unless he obeys the rules” 2 Timothy 2:5  
(*Weymouth Translation*).

Is that true? Let me read it again:

“And if any one takes part in an athletic contest, he gets no prize unless he obeys the rules” 2 Timothy 2:5  
(*Weymouth Translation*).

Do you know what the rules are in this race that we’re engaged in? Well, there are 10 of them. And God thought them so important He wrote them on the stones. And there are two of them I wish you would look at with me particularly this

evening, as they bear directly on this matter of reaching our objective—the Eighth Commandment and the Ninth Commandment.

They deal with honesty, which is very old-fashioned today, considered out of date. Men in business, and even in government, look upon a lie as something to be used if it's useful. In fact, we've come to a time when it's expected that people will lie if they think it's for their advantage or the advantage of the cause that they represent. And if we're not careful, some of that will rub off on us. We're liable to think that since the great thing is to reach the objective, any way to get there is okay.

But no, there's no matter how much a man strives, unless he strives lawfully according to the rules, he can't have the crown in this contest.

And what does that Eighth Commandment say? Together:

“Thou shalt not steal” Exodus 20:15.

You mustn't steal. And even though you have grasped something that's not yours, if you stole it, the judge is going to take it away from you and take it out of your hands and say, “No, this is not yours.”

“But I have it.”

“No. It's not yours.”

“Oh, but I tried so hard to get this.”

“Yes, but it isn't yours.”

All your effort is lost because you stole it, you stole it.

Then, what is that next commandment?

“Thou shalt not bear false witness...” Exodus 20:16.

That has to do with honesty in what we say. The other has to do with honesty relating to property, taking things.

Oh, I trust that the Holy Spirit will speak to our hearts tonight and that with His help, we seek to get down to business in this matter of honesty.

In the book *Mount of Blessing*, page 105, I read:

“Everything that Christians do should be as transparent as sunlight” *Mount of Blessing*, page 105.

That means no deceit, no pretense. Some investigations have been conducted in the universities and high schools of America. And what do you suppose they find out? The percentage of students who are cheating in their test papers and examinations is alarming. And even some professors are more or less

taking it for granted. And the pitiful thing is that one reason is that that's the way they got where they are.

But I ask you, friends, what does it profit, what does it profit a student to cheat in an examination and thereby get a grade or a credit? How has it helped him? How has it helped anybody? Sooner or later, the mask is torn away, the lie is revealed, the cheat is exposed, sooner or later.

Moses spoke a universal truth when he said to those sons of Ruben and Gad:

“...Be sure your sin will find you out” Numbers 32:23.

Why will students write down something that they have copied from somebody else and turn it in as their own? Because they want a credit. They want approbation. They want acceptance. But if they get it through cheating, what value is it, friends? It shows, if you'll allow me to use the expression, it shows that there's a screw loose in the thinking. They haven't learned friends, that pretense is one of the Devil's methods, and that the only value which is real value is that which comes from honesty. And that any credit, any grade, any acceptance which is based on pretense and deceit is worse than nothing.

It's like counterfeit money. What good is it? It's not worth the paper it's written on, friends. And the credit, the grade, the diploma that is purchased through deceit is not worth anything. Oh, it may get by for a time. Men may be fooled. It's been done all down through the history of the world. But sooner or later, God's Word comes to pass:

“...Be sure your sin will find you out” Numbers 32:23.

And listen, friend, if you have chosen an objective that's worth something, how would you dare use a dishonest method to try to attain it? Do you suppose that when we present our papers of transfer to the school above that, they will be recognized if those credits have been gotten deceitfully? If we have pretended and it doesn't represent real value, it doesn't mean a thing, friends.

Let me give you another illustration of it. A friend of mine, a nurse, told me that in a certain large hospital where she worked, not a Seventh-day Adventist one, thank the Lord, but on certain occasions, nurses were called out of bed from the dormitory to answer the telephone.

And the supervisor would say, “You haven't charted such and such a treatment or a medication on such and such a patient.”

“Why no, I'm sorry, supervisor, but the reason that wasn't charted was that, that treatment or medication wasn't given. The pressure of work was such that the time passed, other patients had to be cared for, and that wasn't given.”

“You get right up and come over here to the hospital and write that down on the chart that, that was given.”

“But it wasn’t given.”

“Never mind, those are doctor’s orders, that that was to be given, and the chart must show that the patient got that.”

Now, how much is that worth, friends? If it was a treatment or medication that the patient needed, would the fact that it was written down on the chart that the patient got it, help the patient any? Why, the answer is obvious. Would it help the doctor any? Why, it would mislead him, wouldn’t it? Who would it help? Nobody. But it would be a chart that looked nice, you understand.

What a childish concept, what a childish concept. You know, some children go through a stage like that. I was reading of a little girl who, when her mother was away, got in the cupboard and got down some food that she liked very much and enjoyed herself.

And before mother came home, she decided that she was going to have to cover up, and so she locked the cat in the cupboard. She thought the cat would get the blame, you understand.

But of course, the mother hadn’t been born the day before, and she quickly observed some things. And when she labored with the little girl about it, the child, of course, became contrite and wept and so forth.

But she asked her mother what made her think that she had done it and not the cat.

“Well,” she said, “I knew that the cat wouldn’t leave a spoon in the jar.”

“...Be sure your sin will find you out” Numbers 32:33.

Now, Paul said that when he became a man, he did what with childish things? Put them away [a paraphrase of 1 Corinthians 13:11]. God help us to put away all pretense. What do you say, friends? Every bit of it.

Shall I talk about some very plain things? You know, I have several plain things I want to talk to you about in this connection, friends. I’m so anxious for you to reach your objective.

When young people get into their teens and twenties, from time to time, they think of this one or that one that they’re attracted toward. A young man looks at a certain young woman, and he thinks she’s pretty fine. Or a young woman looks at a certain young man and admires him. There comes a time in the providence of God when there’s a time for courtship, a time for marriage.

But I want to ask you something, friends. Do you know that the One Who knows has told us:

“Courtship as carried on in this age is a scheme of deception and hypocrisy, with which the enemy of souls



has far more to do than God" *Messages to Young People*, page 450.

Now, let's look at that a minute. What does that mean, "a scheme of deception and hypocrisy"? It seems to me, friends, if I'm a Christian and I'm a young man, and I'm looking for a life companion, there are two things that I ought to be concerned about. One is that I'm honest about myself. And the second thing is that I know the truth about the individual that I'm thinking about. What do you say?

Of all times when pretense ought to be put aside, it's then, and in any of the experiences that lead to that.

But do you know that the way society is, and the way education is and the way the music on the subject, and the literature on the subject, and advertising on the subject is, the whole tendency of the thing is for the young man to pretend to be something he is not, and for the young woman to pretend to be something she is not.

Now, my dear young friends, if you're going to be a real Christian and be with the 144,000, you're going to have done with all that pretense. You're going to have to have done with it, done with all pretending to be something you're not. I leave that with you to meditate about and think about.

It's too bad, my friends, when the reason a girl gets up to testify and speaks in a sanctimonious way is to win the attention of some young man that's deeply spiritual. That's too bad.

And if some girl says, "Brother Frazee, how did you know I did that?"

I cannot read your mind, friend, but I have light from heaven through the Spirit of Prophecy. And I know something about human nature, as diagnosed by the One who made the mind and has seen it degenerate for 6,000 years of sin. And I warn every young man and every young woman about being led astray by those of the opposite sex that put on sanctimonious spirituality.

And do you know, the terrible thing about it is, friends, it can be done so that the person himself is deceived. I mean the one that does it.

In evangelistic work, I always, if you'll allow me to say it, have a great big question mark when I see a young man that doesn't know God coming to meeting with some girl that has brought him there to the meeting. I don't think God gave our young women the job of pulling in from the world sinning, worldly young men through sex appeal. I don't think God gave our young women that job at all.

And many an Adventist girl has learned by sad experience that the young man who wooed and won her, using religion as part of the experience, that in later years he had no love for God and finally lost his love for her, and vice-versa.

Now, that same thing can happen on a narrower stage. It can happen with these different reforms right within the circle of the church. What I'm trying to say,

young men, if you are loyal to these reforms, be loyal to them not because some girl is loyal. Pay no attention to that. Be honest in your inmost soul.

And you girls, if you're going to adopt dress reform, any of these other reforms, do it before God regardless of what any young man thinks or says or what effect it may have upon him. Put all that away as far as you humanly can. Be honest; be honest, my friends.

The only way you can be honest is to get down before God and plead that He'll send the Holy Spirit to illuminate your soul. And you may be surprised and shocked at what God opens up to your mind. But oh, if you're going to reach your objective, friends, you must understand that you must strive lawfully. You are not to bear false witness.

Take this matter of dress for everybody, men, women, everybody, of all ages. I ask you, what does it profit to pretend?

Let me tell you something I heard at our Southern Union Conference meeting just a few days ago. One of our most successful evangelists was discussing with others there at a meeting the problem of the tremendous rate at which we're losing people from the church, the backsliders that are going out. Suggestions were being made, and this was one suggestion he made. This is what he said. Listen.

He said, "Do not send a deaconess with hair dyed red to labor with some backsliding young woman to try to get the red off of her face."

And he said, "Don't think that I'm just making this up."

He said, "This is something that I just had to meet just a few days ago."

And he said, "That young woman said to me, 'What do they think? What do they think? If it's on my face, it's bad, but if I take it off my face and put it on my hair, it's all right?'"

Now, what *are* we thinking about, dear friends? What is the basis of our standards? What's the basis of our thinking? What is wrong with rouge and lipstick and some of these other things? May I tell you the fundamental problem with all? They are deceitful. That's the basis.

Well, if that is so, then anything else that is deceitful is all in the same basket, isn't it? And I think the evangelist had a point. What do you say? I think he did.

And so, I ask you, friend, will you face this question about everything about yourself, "Is it false or is it true? Is it natural or is it artificial? Is that the way you really are, or is that just a pretense?"

Are those fair questions? Yes, my friends, and those are the questions that we need to think through. And if we ever get those questions settled, we'll not be spending time or money to doll ourselves up to look in a way that is false and deceitful.

“Ah but,” somebody says, “everybody does it.”

Not quite everybody, not quite everybody. There are a few natural people left in this world, thank God.

Now, one of the great reasons that God has called us out of the cities, He says is:

“Life in the cities is false and artificial” *Ministry of Healing*, page 364.

City life tends directly to the false and the artificial, to make believe. That’s what the advertising is, that’s what the movies are, that’s what the fiction is, that’s what the TV is, all sorts of things that are false and artificial. Oh, let’s cultivate a love for the true, the natural. What do you say, friends? What do you say?

I’ve spoken about being honest in our associations, honest in our dress, honest in our work as students; just a word or two on being honest in our conversations.

What was that commandment that dwelt with that?

“Thou shalt not...” Exodus 20:16.

Do what?

“...bear false witness...” Exodus 20:16.

Read this comment in *Mount of Blessing*, page 105. This is speaking of Christ’s words in the Sermon on the Mount:

“‘Let your speech be yea, yea, and nay, nay, and whatsoever is more than these is of the evil one.’ These words condemn all those meaningless phrases and expletives that border on profanity. They condemn the deceptive compliments...” *Mount of Blessing*, page 105.

The what?

“...deceptive compliments, the evasion of truth, the flattering phrases, the exaggerations, the misrepresentations in trade that are current in society and in the business world. They teach that no one who tries to appear what he is not can be called truthful” *Ibid.*

“...No one who tries to appear what he is not can be called truthful” *Ibid.*

Then, if I try to appear wise when I'm ignorant, I'm what? I'm dishonest. If I try to cover up and pretend, whether it's by word or act, I'm a living lie, friends. Do you know that's why so many people are restless and unhappy? They're worried. They're afraid the veneer is going to peel off.

What was it someone said? That one of the best things about telling the truth is you don't have to remember what you said.

Oh, be yourself, and speak the honest truth without diverting in the least. And if it makes people think you're ignorant, they'd better find it out now, friends. You might learn something. Let's not be afraid of just being what we are, friends, just being what we are.

You remember in John the 14<sup>th</sup> chapter and the 6<sup>th</sup> verse Jesus said of Himself that He was:

“...The Way...” John 14:6.

And what else?

“...the Truth and the Life...” John 14:6.

And that brings me to these closing thoughts that I trust we shall meditate on. The only way we can speak the truth, friends, is to have the Truth living in our hearts, and that's Jesus. Jesus spoke the truth because He was the Truth [a paraphrase of *Education*, page 79].

“Thou must be true thyself, If thou the truth wouldst teach;  
Thy soul must overflow if thou Another's soul wouldst reach!  
It needs the overflow of heart To give the lips full speech.”  
“Be True,” by Horatius Bonar.

“...Out of the abundance of the heart the mouth  
speaketh” Matthew 12:34.

“Think truly, and thy thoughts shall the world's famine feed.  
Speak truly, and each word of thine Shall be a fruitful seed.  
Live truly, and thy life shall be A great and noble creed.”  
“Be True,” by Horatius Bonar.

The only thing which will cure us of lying, for that's what we're talking about tonight, friends, pretense, deception, evasion, exaggeration, make-believe, the false, the artificial, in all these phases of life, the only thing which will cure us of these dishonest things in word and deed and thought is to come to Calvary and see what these things have cost Christ.

These are the things that nailed Him to the cross, and still crucify Him afresh and put Him to an open shame [a paraphrase of Hebrews 6:6]. It is only the light that shines from Calvary that can reveal to us how sinful hypocrisy is.

I have pointed out a number of areas in which this pretense manifests itself, but I want to say to you, my friends, the most alarming is in the field of religious experience itself. The One Who knows says:

“Many children are pious hypocrites” *Testimonies for the Church, Volume 2*, page 460.

And the same children who, if they were living in a certain atmosphere, would be aping the world, under other conditions may be aping the saints. But apes don't make saints, friends, and aping doesn't make saints.

And because your children learn to pray in public, at the family altar or in the church school, it doesn't make saints out of them. Because they learn to engage in missionary work and even testify, it doesn't in itself mean that their hearts have been touched by the grace of God at all.

Long ago, the Spirit of Prophecy said:

“...There is not one in twenty of the youth who knows what experimental religion is” *Messages to Young People*, page 384.

That was written a hundred years ago. I wouldn't pretend to say what the statistics are today. Only heaven knows.

But I warn you, friends, children, young people, do not think that because you read the Bible, and study your Sabbath school lesson, and come to church, take part in prayer that you are thereby Christians. Christians will pray and will study the Bible and will testify. But it's possible to do all those things without being Christians at all. It's possible to do them like a monkey or a parrot, just repeating what somebody else has said or aping what somebody else has done.

Oh, I plead with young and old, friends, let us understand that we must have an experience with God. That we must come to Calvary and have our hearts broken. That we must get down to business until the false and the artificial, the put on and the pretense of this world loses its glamour and its tinsel. And instead of having an attraction for us, we feel to loath it and abhor it, and to loath and abhor ourselves for ever being attracted by it.

We can't do that for ourselves; we can't do it for one another. But we can get down on our knees and plead with God that at the cross of Calvary, such a revelation will be given to us that we shall from this time on want nothing but the truth. If it's a sad truth, we'll want to hear it.

If it's a truth that exposes our weakness or need or insufficiency, we'll still say, “Doctor, tell me the truth about myself, whatever it is. Tell me the truth about myself, whatever it is.”

And when we get that view of things, then how wonderful it is when the One who *is* Truth puts His arms of love about us and says:

“...I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment” Zechariah 3:4.

That’s the garment friends that will cover us, not like the sinner’s garment on top of his sins. God will cleanse us and clothe us with His beautiful robe of righteousness, and we shall know that we are truly His because the One Who is the Truth says so, and we believe it.

Shall we bow our heads?

Precious Lord, rightly interpret to our hearts the things that we have studied tonight, and may the Holy Spirit send its sharp quivers of conviction into our hearts. And may we looking at Jesus repent of every bit of pretense and make-believe, and may we at Calvary’s cross find the sprinkled blood that cleanses from sin and the righteousness that covers our poor lives truly.

We ask it in that blessed name. Amen.

Now friends, I believe in the work of the Spirit of God. And I believe that God can help folks that want help. And so, as we close this meeting tonight, I’m going to give you an opportunity to seek God.

If there’s somebody here that feels that God has spoken to your heart tonight and that you must have an experience such as you’ve never had before, and you want to come up here to God’s altar and kneel down and pray for yourself, we’ll pray for and with you.

Children, young people, older ones, anybody that God is calling, I cannot read your heart, friends, and I warn you right now, beware of pretense. Beware of surface work. Beware of any attempt to impress anybody. But deal truly with your own heart.

And if there’s somebody that God has spoken to tonight and you know that you’ve got to get something much deeper than the shallow work that has been in your life, and you’re going to seek it tonight with all your heart, just come and seek God, friends.

Let us stand.

“Come every soul by sin oppressed,  
There’s mercy with the Lord,  
And He will surely give you rest,  
By trusting in His word.

[Refrain]  
Only trust Him, only trust Him,  
Only trust Him now;  
He will save you, He will save you,  
He will save you now.

For Jesus shed His precious blood  
Rich blessings to bestow;  
Plunge now into the crimson flood  
That washes white as snow.  
[Refrain]

Yes, Jesus is the Truth the Way,  
That leads you into rest;  
Believe in Him without delay,  
And you are fully blest.  
[Refrain]"

*Seventh-day Adventist Hymnal*, #279, stanzas 1–3.

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