



Dear

Contemporary Comments

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Thirty years ago, we started the Center for Creative Ministry. We called it Adventist Baby Boomer Awareness then because the majority of my generation was like me; we were young adults. Of course, we didn't have a website then because the internet was in its infancy, but we've had one for decades now.

You may have noticed that our Center website is down at the moment. Please accept our apologies. We had been working on it when our service provider took this opportunity to discontinue support to the software version we were using. So we have a splash page up at www.creativeministry.org, and are providing updates on Facebook regularly. We continue to email Contemporary Comments, and our phone is still available to you: 800.272.4664. Thank you for hanging in there with us. Our new website will be so much easier to view on your mobile phone, and we are simplifying what we offer so you can navigate around it more easily. Thank you for your patience, and come back to our website in the New Year. We think you'll like the improvements!

Happy New Year,

Paul Richardson
Executive Director

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"Among the Lampstands"

January 12, 2019

Texts: Revelation 1:9-18; Acts 7:54-60; Matthew 12:8; Exodus 20:11; Daniel 10:5-6; Revelation 1:20; Revelation 2:1-7

Visions may be disturbing, they may be reassuring, but they're always memorable. "I was lying in bed, (and) I opened my eyes. I could kind of see a cloud in the corner of my room," University of Iowa student Abby Dickson said. "I didn't really acknowledge it or anything, and I couldn't move. It formed a face. And it moved closer to me. And then I woke up crying, freaking out." The cause of Dickson's distress was sleep paralysis, a rare disorder in which people are conscious of their

surroundings, but are unable to move. While sleep paralysis experiences are rare, they're very memorable when they do happen.

University of Iowa Sleep Clinic doctor, Alex Iannone, says, "Sleep paralysis is an overlapping of the sleep states, it's when your REM sleep crosses over with being awake. All of your muscles are inhibited except for your eyes and your diaphragm, which is used to breathe." REM sleep is when the brain becomes most active. In this phase, individuals dream vividly and have low muscle tone. Our brains prevent our bodies from acting out our dreams so that we don't cause physical harm to ourselves or others. It's the classic "escape" dream where you're trying to run away but your legs feel like lead.

Iannone says people shouldn't worry because sleep paralysis is rare. "It can happen once or twice in a person's life," she said. "Up to 50 percent of people have it, and it (usually) doesn't recur. It can be a one-time thing." If it does happen to recur, people should start looking into other sleep disorders. "It could be a small symptom of possible narcolepsy, or it can actually be a genetic thing." [1]

John's initial vision on Patmos is intended to be the reassuring kind. Although the dazzling sight of Jesus in His high-priestly garb of light, moving among a room full of golden lamp stands was certainly attention-getting, the message is heartening: Jesus is continually ministering on behalf of His people. The Christian churches at that time experienced persecution from secular Rome, but like the storm on the Sea of Galilee, Jesus is in the boat with His church in the midst of that storm. The introductory vision of this book reveals Jesus as the ever-present God who cares for us.

This prophetic vision also gave personal comfort to John in his time of trial. Imprisoned on a desolate rock, John could have succumbed to the isolation and loneliness of his situation. Jesus' appearance to John that Sabbath is a reminder to him and us that Jesus truly never leaves us or forsakes us. That practical message spoke volumes to the seven churches and their pastors as they endured Roman persecution. Jesus's vision of the lamp stands is a perfect lead off to the wild apocalyptic ride that John is about to experience.

~cb

[1]

<https://dailyiowan.com/2018/10/31/the-real-life-terror-of-sleep-paralysis/>

About Us

Since 1988, the Center for Creative Ministry has been serving local church leaders and individuals around the world. Formerly known as the publishers of ABBA Newsletter and the Baby Boomer Ministries Resource Center, we have now broadened our generational/ministry focus to include our children. The Center for Creative Ministry took on its new name on June 1, 1996.

The Center for Creative Ministry, formerly Baby Boomer Ministries, is a privately funded and managed para-church ministry fully recognized by the Seventh-day Adventist Church in North America. We are dedicated to supporting the local church in outreach and nurture ministries by providing resources, information, training, and consulting.