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"It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell." ~ Great Controversy, page 555

"The Degrading Process — The mind of a man or woman does not come down in a moment from purity and holiness to depravity, corruption, and crime. It takes time to transform the human to the divine or to degrade those formed in the image of God to the brutal or the satanic. ... By beholding we become changed. Though formed in the image of his Maker, man can so educate his mind that sin which he once loathed will become pleasant to him. As he ceases to watch and pray, he ceases to guard the citadel, the heart, and engages in sin and crime." ~Mind, Character and Personality, Volume 1, pages 225 & 227

"Educate, educate, educate." The mind must be enlightened; for the understanding is darkened just as Satan would have it to be, because he can find access through perverted appetite, to debase the soul." ~Colporteur Ministry 133.1 (She is speaking here about health reform, but I think the underlying principle applies to other perverted appetites [including sexual] also.)

"All such satire and polemic, even at its most indignant, greatly understated the threat posed by advertising, particularly since the war; for those responses all cast advertising as overt solicitation: easy to perceive and, therefore, easy to resist, if you just keep your wits about you and deploy your common sense. Anyone thus armed will not be moved by the false promises of advertising, nor led into temptation by its other blatant stimuli, however expertly concocted they may be: the motto that you can't forget, the jingle that won't leave your head, or the endless hints that you're too fat or scrawny, pale or pimply, vulgar, flakey-headed, dull or stinky, or just ludicrously "out-of-date." As advertising is, in short, a vast unwanted overture, those who always try to see it coming will see through it every time, because its many faults—its triviality, its foolishness, its wild hyper- bole, and even its incessant bald-faced lies—are all explicit evils, plain as day to anyone with open eyes." ~Vance Packard in his book 'The Hidden Persuaders' {Page 12}

"We still have a strong defense available against such persuaders: we can choose not to be persuaded. In virtually all situations we still have the choice, and we cannot be too seriously manipulated if we know what is going on. It is my hope that this book may contribute to the general awareness. As Clyde Miller pointed out in The Process of Persuasion, when we learn to recognize the devices of the persuaders, we build up a 'recognition reflex'. Such a recognition reflex, he said, 'can protect us against the petty trickery of small-time persuaders operating in the common-place affairs of everyday life, but also against the mistaken or false persuasion of powerful leaders'." ~Vance Packard in his book 'The Hidden Persuaders' {Page 239}

Dr. Wilson Bryan Key says that once subliminal information becomes apparent to the conscious mind, its effectiveness as a subconscious stimulus is destroyed. He also says that contrary to the earlier study by Bressler, the stimulus loses its effectiveness the closer it gets to the threshold of conscious awareness.

"If ever there was a time when we needed faith and spiritual enlightenment, it is now. Those who are watching unto prayer and are searching the Scriptures daily with an earnest desire to know and do the will of God will not be led astray by any of the deceptions of Satan. They alone will discern the pretext which cunning men adopt to beguile and ensnare." ~Faith and Works, pg 45.2

"We want the truth on every point. We want it unadulterated with error and unpolluted by the maxims, customs, and opinions of the world. We want the truth with all its inconvenience. The acceptance of truth ever involves a cross. But Jesus gave His life as a sacrifice for us, and shall we not give Him our best affections, our holiest aspirations, our fullest service?" ~Heavenly Places, page 350.5

"Where can be found grander themes for contemplation, a more interesting subject for thought, than the sublime truths unfolded in the Bible? These truths will do a mighty work for man, if he will but follow what they teach. But how little the Bible is studied! Every unimportant thing is dwelt upon in preference to its themes. If the Bible were read more, if its truths were better understood, we should be a far more enlightened and intelligent people. Angels from the world of light stand by the side of the earnest seeker after truth, to impress and illuminate his mind. He who is dark of understanding may find light through an acquaintance with the Scriptures." ~Fundamentals of Christian Education, page 165.2

"Those who put their trust in Christ are not to be enslaved by any hereditary or cultivated habit or tendency. Instead of being held in bondage to the lower nature, they are to rule every appetite and passion. God has not left us to battle with evil in our own finite strength. Whatever may be our inherited or cultivated tendencies to wrong, we can

overcome through the power that He is ready to impart." ~God's Amazing Grace, page 254

"But thanks be to God, which giveth us the victory through our Lord Jesus Christ." ~1 Corinthians 15:57

"Who gave himself for our sins, that He might deliver us from this present evil world, according to the will of God and our Father." ~Galatians 1:4

Further Reading

SEXUALITY::

Letters to Young Lovers; Section 6—Sexual Responsibility

Mind, Character, and Personality Volume 1; Chapter 25—Love and Sexuality in the Human Experience

Testimonies on Sexual Behavior, Adultery, and Divorce; Section 6 (Chapters 14-18)— Other Sexual Evils

SAFEGUARD::

The Adventist Home; Section 14 (Chapters 66-68)—Guarding the Avenues of the Soul

The Adventist Home; Chapter 66—The Portals We Must Watch

The Adventist Home; Chapter 74—Safe And Unsafe Associations

Mind, Character, and Personality Volume 1; Section 2 (Chapters 7-10)—Basic Relationships

Mind, Character, and Personality Volume 2; Section 14 (Chapters 72-76)—Thoughts and their Influences

COURTSHIP::

Adventist Home; Chapter 8-Common Courtship Practices

Adventist Home; Chapter 10—When Counsel is Needed

Messages to Young People; Section 15 (Chapters 148-157)—Courtship and Marriage Mind, Character, and Personality Volume 1; Chapter 32—Infatuation and Blind Love Selected Messages Book 2; Appendix 2—Important Factors in Choosing a Life Companion

Testimonies for the Church Volume 2; Chapter 18—True Love

Testimonies for the Church Volume 2; Chapter 31—Contemplating Marriage

Testimonies for the Church Volume 2; Chapter 36—Sentimentalism and Matchmaking

Testimonies for the Church Volume 5; Chapter 9—Unwise Marriages

OTHER::

Mind, Character, and Personality Volume 1; Chapter 17—Heredity and Environment The Ministry of Healing; The Essential Knowledge (Chapters 35-39)

Testimonies on Sexual Behavior, Adultery, and Divorce; Section 10 (Chapters 41-42)—Love for the Erring and Tempted