I've been viewing some SDA's videos. Are they right? I'd like a way to be sure.

The Seventh-day Adventists church is a cult based on the visions of Ellen G. White (2 Pe 2:1). Her manmade religion emphasizes rules about: Sabbath observance, diet, and other lifestyle issues.

Seventh-day Adventists teach conditional immortality (i.e. everyone ceases to exist between the time they die and are resurrected).

The Bible teaches—absent from the body present with the Lord—or not (2 Co 5:8). Human beings were made to live forever *somewhere*. They go to heaven or hell based on their relationship with the Lord Jesus (Ex 23:25–29; Is 65:11, 12 1 Thess 4:13; Re 20:10, 14, 15).

Seventh-day Adventists teach annihilation.

The Bible teaches that after a thousand year period (i.e. the Millennium [Re 20:1–10]), the unrighteous dead will be: resurrected, judged and sentenced to eternal punishment (Re 21:8).

The Seventh-day Adventists church teaches that the human body is the temple of God and should therefore be treated as such. They encourage followers to have a healthy diet, which includes: abstaining from alcohol, tobacco, drugs and unclean foods specified in the Old Testament.

Ellen White did not always follow her own health advice (Mt 23:13–19).

Legalism is when my preference becomes your obligation. White perverted the meaning of 1 Corinthians 6:19-20¹ (2 Co 4:2).

Regarding that passage, J. Vernon McGee wrote: Our bodies are the temple of the Holy Spirit. Because our bodies belong to God, we are not to share our bodies in fornication.²

White promoted healthy living; but, she failed to acknowledge more important matters pertaining to eternal life and death (Eph 4:14, 2 Pe 2:12–19).

Regarding Matthew 23:23³ J. Vernon McGee wrote:

Can you imagine one of these religious rulers measuring off a little patch of mint and taking a tenth of it to give to the Lord? Oh, they were so strict about those little matters! But our Lord says, "You have forgotten about the weightier matters of the law."⁴

¹ Don't you know that your body is a sanctuary of the Holy Spirit who is in you, whom you have from God? You are not your own, for you were bought at a price. Therefore glorify God in your body. The Holy Bible: Holman Christian standard version. (2009). (1 Co 6:19–20). Nashville: Holman Bible Publishers.

² McGee, J. V. (1991). Thru the Bible commentary: The Epistles (1 Corinthians) (electronic ed., Vol. 44, p. 74). Nashville: Thomas Nelson.

³ "Woe to you, scribes and Pharisees, hypocrites! You pay a tenth of mint, dill, and cumin, yet you have neglected the more important matters of the law—justice, mercy, and faith. These things should have been done without neglecting the others. The Holy Bible: Holman Christian standard version. (2009). (Mt 23:23). Nashville: Holman Bible Publishers.

⁴ McGee, J. V. (1991). Thru the Bible commentary: The Gospels (Matthew 14-28) (electronic ed., Vol. 35, p. 120). Nashville: Thomas Nelson.

The scriptures reveal Christ's message (Luke 5:1) and the Christian gospel (Ac 4:31). Adhering to God's word will lead one in the right direction (Jn 14:6).

Christian are fee—to obey (Jn 8:36). Christ died to set the sinner free from his sin (Mt 1:21).

White's teachings hinder potential believers (Jn 9:16, 22).