

SABBATH BIBLE LESSONS  
Senior Division



God's Health Plan  
for *Humanity*

Vol. 91, No. 2

April–June, 2015

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*Sabbath Bible Lessons*, a daily study program, is based solely on the Bible and Spirit of Prophecy without additional comments. The quotations are as brief as possible to provide concise, direct thoughts. Brackets [ ] are supplied in some cases to ensure clarity, proper context, and smooth readability. Further study in the source materials is strongly recommended.

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# Foreword

The fall of our first parents affected not only the spiritual nature of humanity, but also the physical nature. Because of sin, our nature became subject to physical decay and death. Hence, the plan of salvation contemplates a complete recovery of our nature—spiritual, mental, and physical—from the degradation and degeneracy sin has caused.

“For the Son of man is come to seek and to save that which was lost” (Luke 19:10). Correctly understood, the gospel of Jesus Christ is not only a power to save us from sin, a power to purify our souls through obedience to the truth; it is also a power to restore physical health to our bodies through the natural laws of health God has revealed to us.

In the ministry of Jesus while on this earth, it is noteworthy that He spent more time healing the sick than preaching the gospel. No doubt there is a lesson here for us. Leading souls to Christ and healing the sick must go hand in hand. Wherever proper attention is not given to the health work (Matthew 10:7, 8), based on principles of Christian temperance (Acts 24:25; Galatians 5:22, 23), the gospel ministry is severely handicapped.

As it is well known, there are many factors that influence health. However, most people pay little attention to those factors until it is too late. Each year nations spend billions of dollars on health care. Based on research conducted by the Organization for Economic Cooperation and Development (2011), the U.S.A. on average spends \$7,212 for each person on health care; Switzerland spends \$4,338; \$4,110 is spent in the Netherlands; \$3,808 in Germany; \$3,359 in France; and \$3,796 in Canada. What many may not realize is that the Bible contains a complete health plan that will not only save money but prevent illness in the first place. God’s health plan, if faithfully followed, offers the best possible health—spirit, soul, and body—that this life can offer.

The *Sabbath Bible Lessons* for this quarter, entitled “God’s Health Plan for Humanity,” will consider the biblical principles that lead to good health. While the message of health reform is not the gospel itself, wisely presented, it can open the way for the healing of the soul.

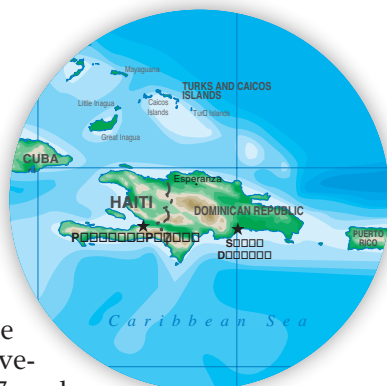
“The gospel of health has able advocates, but their work has been made very hard because so many ministers, presidents of conferences, and others in positions of influence, have failed to give the question of health reform its proper attention. They have not recognized it in its relation to the work of the message as the right arm of the body.”—*Counsels on Health*, p. 434.

It is our prayer that these lessons will inspire our readers to give this work its proper place among God’s people, and that not only will each soul prosper and be in good health, but that many souls will be led to Jesus through the ministry of healing.

*The General Conference Sabbath School Department*

## First Sabbath Offering for the headquarters in Haiti

Haiti is a small Caribbean country with a population of almost 10 million, sharing an island with the Dominican Republic. The greatest part of the inhabitants are Roman Catholic (80%) and the Protestant faith has also made progress in this country (16%). The work of the Seventh Day Adventist Reform Movement in Haiti began in 1996–1997 and has steadily grown amid challenges.



In spite of all the difficulties that this land presents, the work has developed greatly thanks to the efforts of devoted workers moved by the Holy Spirit. The Sabbath School is increasing continually. In recent times we have felt the need for better administration. The church does not have a convenient office or headquarters to hold the necessary meetings. We are in great need of a facility to lodge both the church and the headquarters of the mission. Our plan is to build this facility in Croix-des-Bouquets, about 12 km from the capital city of Port-au-Prince. We currently worship there every Sabbath in a rented place with at least 70 people in attendance of whom 20 are members. We have a parcel of land but not the means to erect a building. For this reason, we are appealing to our Sabbath School members around the world for financial assistance.

“When an interest is aroused in any town or city, that interest should be followed up. The place should be thoroughly worked until a humble house of worship stands as a sign, a memorial of God’s Sabbath, a light amid the moral darkness. These memorials are to stand in many places as witnesses to the truth. God in His mercy has provided that the messengers of the gospel shall go to all countries, tongues, and peoples, until the standard of truth shall be established in all parts of the inhabited world.

“Wherever a company of believers is raised up, a house of worship should be built. Let not the workers leave the place without accomplishing this.”—*Gospel Workers*, p. 431.

May God through His Holy Spirit prompt our brethren, sisters, and friends throughout the world to give freely and abundantly this first Sabbath to add your stone in the building of God’s work in Haiti!

*The brethren and sisters from Haiti*

# Health for Everyone

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth” (3 John 2).

“Through His servants, God designs that the sick, the unfortunate, those possessed of evil spirits, shall hear His voice. Through His human agencies He desires to be a Comforter such as the world knows not.”—*The Desire of Ages*, p. 351.

**Suggested Reading:** *The Ministry of Healing*, pp. 112–115, 470–474.

## 1. A CHANGE IN HUMAN HEALTH

- a. Describe the human health condition before the Fall. Genesis 1:26, 27, 31.
- 

“As man came forth from the hand of his Creator, he was of lofty stature and perfect symmetry. His countenance bore the ruddy tint of health and glowed with the light of life and joy.”—*Patriarchs and Prophets*, p. 45.

“The fact that [man] has for six thousand years withstood the ever-increasing weight of disease and crime is conclusive proof of the power of endurance with which he was first endowed.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 1, p. 1082.

- a. Genesis 1:26-27 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. (27) So God created man in his own image, in the image of God created he him; male and female created he them.
- Genesis 1:31 And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

## 1. A CHANGE IN HUMAN HEALTH

- b. How did human health gradually deteriorate after the Fall? Genesis 11:28; Psalm 90:10; John 5:3.
- 

“Deformity, imbecility, disease, and human suffering have been pressing heavier and heavier upon each successive generation since the Fall, and yet the masses are asleep as to the real causes. They do not consider that they themselves are guilty, in a great measure, for this deplorable state of things. They generally charge their sufferings upon Providence, and regard God as the author of their woes. But it is intemperance, to a greater or less degree, that lies at the foundation of all this suffering.”—*Selected Messages*, bk. 2, p. 411.

b. Genesis 11:28 And Haran died before his father Terah in the land of his nativity, in Ur of the Chaldees.

Psalms 90:10 The days of our years are threescore years and ten; and

if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away.

John 5:3 In these lay a great multitude of impotent folk, of blind, halt,

withered, waiting for the moving of the water.

## 2. THE DESIRE OF THE SICK

- a. What is the (sometimes unuttered) cry of every sick person who has not yet been forsaken by the Holy Spirit? Matthew 8:2; Mark 10:47.
- 

“How often those who are in health forget the wonderful mercies that are continued to them day by day, year after year. They render no tribute of praise to God for all His benefits. But when sickness comes, God is remembered. The strong desire for recovery leads to earnest prayer, and this is right. God is our refuge in sickness as in health.”—*Testimonies*, vol. 5, p. 315.

- a. Matthew 8:2 And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean.  
Mark 10:47 And when he heard that it was Jesus of Nazareth, he began to cry out, and say, Jesus, thou Son of David, have mercy on me.

## 2. THE DESIRE OF THE SICK

- b. Even when the sick seem to have no desire for healing (such as when addicted to drugs or other vices), what is sometimes the reality? Luke 8:27–29.

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“With authority [Jesus] bade the unclean spirits come out of [the demoniacs of Gadara). His words penetrated the darkened minds of the unfortunate men. They realized dimly that One was near who could save them from the tormenting demons. They fell at the Saviour’s feet to worship Him; but when their lips were opened to entreat His mercy, the demons spoke through them. [Luke 8:28 quoted]”—*The Desire of Ages*, pp. 337, 338.

b. Luke 8:27-29 And when he went forth to land, there met him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in any house, but in the tombs. (28) When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, What have I to do with thee, Jesus, thou Son of God most high? I beseech thee, torment me not. (29) (For he had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he brake the bands, and was driven of the devil into the wilderness.)

## 2. THE DESIRE OF THE SICK

- c. What common desire should we have for those who are closest to us? 3 John 2. Who else shares this desire? John 5:6.

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“God desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul.”—*The Ministry of Healing*, pp. 114, 115.

“God desires His light bearers ever to keep a high standard before them. By precept and example they must hold this perfect standard high above Satan’s false standard, which, if followed, will lead to misery, degradation, disease, and death for both body and soul.”—*The Review and Herald*, November 12, 1901.

c. 3 John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.  
John 5:6 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?

### 3. GOD'S ANSWER

- a. What appeal does Christ make to us today? Matthew 11:28–30. Does this apply only to our spiritual health?
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“Our Saviour’s words, ‘Come unto Me, . . . and I will give you rest’ (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him.”—*The Ministry of Healing*, p. 115.

“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind. Men and women must be taught to take a careful review of every habit and practice, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.”—*Counsels on Health*, p. 445.

- a. Matthew 11:28-30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. (29) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. (30) For my yoke is easy, and my burden is light.

### 3. GOD'S ANSWER

b. From where does healing power come? John 5:21; Malachi 4:2.

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“When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, ‘with healing in His wings’ (Malachi 4:2). Not all that this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent—all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man’s only hope.

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy.”—*The Ministry of Healing*, p. 115.

b. John 5:21 For as the Father raiseth up the dead, and quickeneth them; even so the Son quickeneth whom he will.  
Malachi 4:2 But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

#### 4. CHRIST, OUR EXAMPLE IN HEALTH WORK

- a. What was the prophesied work of Christ? Isaiah 61:1–3. How did He fulfill this prophecy? Mark 1:32–34.

“During His ministry Jesus devoted more time to healing the sick than to preaching. His miracles testified to the truth of His words, that He came not to destroy but to save. His righteousness went before Him, and the glory of the Lord was His rearward. . . . As He passed through the towns and cities He was like a vital current, diffusing life and joy wherever He went.”—*The Desire of Ages*, p. 350.

“Our Lord Jesus Christ came to this world as the unwearied servant of man’s necessity. He ‘took our infirmities, and bare our sicknesses,’ that He might minister to every need of humanity (Matthew 8:17). The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character.”—*The Ministry of Healing*, p. 17.

a. Isaiah 61:1-3 The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; (2) To proclaim the acceptable year of the LORD, and the day of vengeance of our God; to comfort all that mourn; (3) To appoint unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the LORD, that he might be glorified.

Mark 1:32-34 And at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils. (33) And all the city was gathered together at the door. (34) And he healed many that were sick of divers diseases, and cast out many devils; and suffered not the devils to speak, because they knew him.

#### 4. CHRIST, OUR EXAMPLE IN HEALTH WORK

- b. How did Christ show the relationship between the spiritual and the physical nature of humanity? John 5:14.
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“To many of the afflicted ones who received healing, Christ said, ‘Sin no more, lest a worse thing come unto thee’ (John 5:14). Thus He taught that disease is the result of violating God’s laws, both natural and spiritual. The great misery in the world would not exist did men but live in harmony with the Creator’s plan.”—*The Desire of Ages*, p. 824.

“The violation of physical law, with its consequent suffering and premature death, has so long prevailed that these results are regarded as the appointed lot of humanity; but God did not create the race in such a feeble condition. This state of things is not the work of Providence, but of man. It has been brought about by wrong habits—by violating the laws that God has made to govern man’s existence. A continual transgression of nature’s laws is a continual transgression of the law of God. Had men always been obedient to the law of the Ten Commandments, carrying out in their lives the principles of those precepts, the curse of disease now flooding the world would not exist.”—*Counsels on Health*, pp. 19, 20.

- b. John 5:14 Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

5. COWORKERS WITH GOD

- a. What work does Christ entrust to His disciples today? Matthew 10:7, 8.
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“The followers of Christ are to labor as He did. We are to feed the hungry, clothe the naked, and comfort the suffering and afflicted. We are to minister to the despairing, and inspire hope in the hopeless. . . . The missionary cannot only relieve physical maladies, but he can lead the sinner to the Great Physician, who can cleanse the soul from the leprosy of sin.”—*The Desire of Ages*, pp. 350, 351.

- a. Matthew 10:7-8 And as ye go, preach, saying, The kingdom of heaven is at hand. (8) Heal the sick, cleanse the lepers, raise the dead,  
cast out devils: freely ye have received, freely give.

## 5. COWORKERS WITH GOD

- b. What should those who are consecrated to God remember when plagued by discontentment, unthankfulness, or even unbelief? Isaiah 42:4; 53:3; John 6:38.
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“Trials and obstacles are the Lord’s chosen methods of discipline and His appointed conditions of success.”—*The Ministry of Healing*, p. 471.

“We need to beware of self-pity. Never indulge the feeling that you are not esteemed as you should be, that your efforts are not appreciated, that your work is too difficult. Let the memory of what Christ has endured for us silence every murmuring thought. We are treated better than was our Lord. ‘Seekest thou great things for thyself? Seek them not’ (Jeremiah 45:5). The Lord has no place in His work for those who have a greater desire to win the crown than to bear the cross.”—*Ibid.*, p. 476.

b. Isaiah 42:4 He shall not fail nor be discouraged, till he have set judgment in the earth: and the isles shall wait for his law.

Isaiah 53:3 He is despised and rejected of men; a man of sorrows, and

acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

John 6:38 For I came down from heaven, not to do mine own will, but the will of him that sent me.

**PERSONAL REVIEW QUESTIONS**

1. What is the cause of much of the sickness and suffering today?
2. In which two situations should we think of God as our refuge?
3. What is our part in the healing process?
4. If we continually transgress nature's laws, what are we actually doing, and what will be the result?
5. What are some of the obstacles we will encounter in the medical missionary work, and how can we overcome them?

# Disease and Its Causes

“If thou wilt diligently hearken to the voice of the Lord thy God, . . . I will put none of these diseases upon thee . . . : for I am the Lord that healeth thee” (Exodus 15:26).

“‘Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap’ (Galatians 6:7). He who spends his talents and his means in self-indulgence, in gratification of the lower passions, will reap corruption. His harvest is sure.”—*Testimonies*, vol. 4, p. 343.

**Suggested Reading:** *Mind, Character, and Personality*, vol. 2, pp. 466–473.

## 1. DISEASE AND DEATH

### a. Why is the earth so full of sickness? Proverbs 14:12; 26:2.

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“Israel’s sin at Beth-peor brought the judgments of God upon the nation, and though the same sins may not now be punished as speedily, they will as surely meet retribution. ‘If any man defile the temple of God, him shall God destroy’ (1 Corinthians 3:17). Nature has affixed terrible penalties to these crimes—penalties which, sooner or later, will be inflicted upon every transgressor. It is these sins more than any other that have caused the fearful degeneracy of our race, and the weight of disease and misery with which the world is cursed. Men may succeed in concealing their transgression from their fellow men, but they will no less surely reap the result, in suffering, disease, imbecility, or death.”—*Patriarchs and Prophets*, p. 461.

a. Proverbs 14:12 There is a way which seemeth right unto a man, but the end thereof are the ways of death.

Proverbs 26:2 As the bird by wandering, as the swallow by flying, so the curse causeless shall not come.

## 1. DISEASE AND DEATH

- b. What has God promised to the obedient? Exodus 15:26. What will happen to the disobedient? Deuteronomy 28:58–61.

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“When Christ healed disease, He warned many of the afflicted ones, ‘Sin no more, lest a worse thing come unto thee’ (John 5:14). Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience.”—*The Ministry of Healing*, p. 113.

b. Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Deuteronomy 28:58-61 If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD; (59) Then the LORD will make thy plagues wonderful, and the plagues of thy seed, even great plagues, and of long continuance, and sore sicknesses, and of long continuance. (60) Moreover he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. (61) Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

## 2. A CAUSE AND AN EFFECT

- a. What does the Bible say about the cause-and-effect relationship that exists in the natural world? Galatians 6:7. How does this connection relate to our health? Deuteronomy 28:15, 22.

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“In the laws of God in nature, effect follows cause with unerring certainty. The reaping will testify as to what the sowing has been. . . .

“God destroys no man. Everyone who is destroyed will have destroyed himself.”—*Christ’s Object Lessons*, p. 84.

“God has given us powers to be used, to be developed and strengthened by education. We should reason and reflect, carefully marking the relation between cause and effect.”—*Testimonies*, vol. 4, p. 548.

a. Galatians 6:7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

Deuteronomy 28:15 But it shall come to pass, if thou wilt not hearken unto the voice of the LORD thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee:

Deuteronomy 28:22 The LORD shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish.

## 2. A CAUSE AND AN EFFECT

- b. Is disease always a result of our own actions? Exodus 34:7 (last part); John 9:2, 3.
- 

“It is very natural for human beings to think that great calamities are a sure index of great crimes and enormous sins; but men often make a mistake in thus measuring character.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, p. 1140.

“Many suffer in consequence of the transgression of their parents. While they are not responsible for what their parents have done, it is nevertheless their duty to ascertain what are and what are not violations of the laws of health. They should avoid the wrong habits of their parents and, by correct living, place themselves in better conditions.”—*The Ministry of Healing*, p. 234.

b. Exodus 34:7 Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation. (last part).

John 9:2-3 And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? (3) Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.

## 2. A CAUSE AND AN EFFECT

- c. What shows that at times God allows righteous people to become sick, even though they may be faithfully following the principles of good health? 2 Corinthians 12:7-9; Job 2:3-7.
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“Job was sorely afflicted, and his friends sought to make him acknowledge that his suffering was the result of sin, . . . but the Lord rebuked them for their judgment of His faithful servant.

“There is wickedness in our world, but all the suffering is not the result of a perverted course of life. Job is brought distinctly before us as a man whom the Lord allowed Satan to afflict.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, p. 1140.

c. 2 Corinthians 12:7-9 And lest I should be exalted above measure through the abundance of the revelations, there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure. (8) For this thing I besought the Lord thrice, that it might depart from me. (9) And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

Job 2:3-7 And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. (4) And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life. (5) But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. (6) And the LORD said unto Satan, Behold, he is in thine hand; but save his life. (7) So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown.

### 3. OVERCOMING DISCOURAGEMENT

- a. **When Elijah was filled with doubt and discouragement, what did he do? 1 Kings 19:1–4. What are we often tempted to do? Job 7:11.**

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“It is not wise to look to ourselves and study our emotions. If we do this, the enemy will present difficulties and temptations that weaken faith and destroy courage. Closely to study our emotions and give way to our feelings is to entertain doubt and entangle ourselves in perplexity. We are to look away from self to Jesus.”—*The Ministry of Healing*, p. 249.

“Those professed Christians who are constantly complaining, and who seem to think cheerfulness and happiness a sin, have not genuine religion. Those who take a mournful pleasure in all that is melancholy in the natural world, who choose to look upon dead leaves rather than to gather the beautiful living flowers, who see no beauty in grand mountain heights and in valleys clothed with living green, who close their senses to the joyful voice which speaks to them in nature, and which is sweet and musical to the listening ear—these are not in Christ. They are gathering to themselves gloom and darkness, when they might have brightness, even the Sun of Righteousness arising in their hearts with healing in His beams.”—*Ibid.*, p. 251.

a. 1 Kings 19:1-4 And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. (2) Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. (3) And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. (4) But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers.

Job 7:11 Therefore I will not refrain my mouth; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul.

### 3. OVERCOMING DISCOURAGEMENT

- b. What antidote does God give for depression? Psalm 37:7, 8; Matthew 11:28, 30.
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“When temptations assail you, when care, perplexity, and darkness seem to surround your soul, look to the place where you last saw the light. Rest in Christ’s love and under His protecting care. When sin struggles for the mastery in the heart, when guilt oppresses the soul and burdens the conscience, when unbelief clouds the mind, remember that Christ’s grace is sufficient to subdue sin and banish darkness. Entering into communion with the Saviour, we enter the region of peace. . . .

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings—as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house? . . .

“If we would give more expression to our faith, rejoice more in the blessings that we know we have—the great mercy and love of God—we should have more faith and greater joy.”—*Ibid.*, pp. 250–253.

- b. Psalms 37:7-8 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. (8) Cease from anger, and forsake wrath: fret not thyself in any wise to do evil.

Matthew 11:28-30 Come unto me, all ye that labour and are heavy laden, and I will give you rest. (29) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. (30) For my yoke is easy, and my burden is light.

#### 4. DEALING WITH STRESS

- a. **Why do many have high blood pressure and nervous breakdowns?**  
Matthew 6:31, 34.
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“God has endowed us with a certain amount of vital force. He has also formed us with organs suited to maintain the various functions of life, and He designs that these organs shall work together in harmony. If we carefully preserve the life force, and keep the delicate mechanism of the body in order, the result is health; but if the vital force is too rapidly exhausted, the nervous system borrows power for present use from its resources of strength, and when one organ is injured, all are affected.”—*The Ministry of Healing*, pp. 234, 235.

- a. Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?  
Matthew 6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

#### 4. DEALING WITH STRESS

- b. What promises should we always remember? Deuteronomy 33:25; Matthew 6:26–30.
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“We need to trust in Jesus daily, hourly. He has promised that as our day is, our strength shall be. By His grace we may bear all the burdens of the present and perform its duties. But many are weighed down by the anticipation of future troubles. They are constantly seeking to bring tomorrow’s burdens into today. Thus a large share of all their trials are imaginary. For these, Jesus has made no provision. He promises grace only for the day. He bids us not to burden ourselves with the cares and troubles of tomorrow; for ‘sufficient unto the day is the evil thereof’ (Matthew 6:34).”—*Testimonies*, vol. 5, p. 200.

b. Deuteronomy 33:25 Thy shoes shall be iron and brass; and as thy days, so shall thy strength be.

Matthew 6:26-30 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? (27) Which of you by taking thought can add one cubit unto his stature? (28) And why take ye thought for raiment?

Consider the lilies of the field, how they grow; they toil not, neither do they spin: (29) And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. (30) Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

## 4. DEALING WITH STRESS

- c. **What should we consider when we are weighed down with financial pressures? Matthew 6:8, 33.**
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“Over and over again I have been shown that when individuals begin to reach out after higher and still higher wages, something comes into their experience that places them where they stand no longer on vantage ground. But when they take the wage that carries on the face of it the fact that they are self-sacrificing, the Lord sees their self-denial and He gives them success and victory. This has been presented to me over and over again. The Lord that seeth in secret will reward openly for every sacrifice that His tried servants have been willing to make.”—*Mind, Character, and Personality*, vol. 2, p. 612.

c. Matthew 6:8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

## 5. THE AGING PROCESS

- a. As we consider the effects of aging, what should our prayer be? Psalms 71:18, 19; 17:5.
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“I was shown David entreating the Lord not to forsake him when he should be old, and what it was that called forth his earnest prayer. He saw that most of the aged around him were unhappy and that unhappy traits of character increased especially with age. If persons were naturally close and covetous, they were most disagreeably so in their old age. If they were jealous, fretful, and impatient, they were especially so when aged.”—*Testimonies*, vol. 1, p. 422.

- a. Psalms 71:18-19 Now also when I am old and grayheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come. (19) Thy righteousness also, O God, is very high, who hast done great things: O God, who is like unto thee! Psalms 17:5 Hold up my goings in thy paths, that my footsteps slip not.

## 5. THE AGING PROCESS

- b. How does our past childhood and youth affect us when we are old—and how should this factor influence us when we are young? Ecclesiastes 12:1; Ezekiel 16:60.
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“Oh, that the youth may realize how important it is to keep the mind guarded, pure and clean, from corrupting thoughts and to preserve the soul from all debasing practices, for the purity or impurity of youth is reflected upon old age.”—*The Youth's Instructor*, October 25, 1894.

- b. Ecclesiastes 12:1 Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;  
Ezekiel 16:60 Nevertheless I will remember my covenant with thee in the days of thy youth, and I will establish unto thee an everlasting covenant

**5. THE AGING PROCESS**

- c. **How can the youth and the aged work together to benefit each other?**

“How touching to see youth and old age relying one upon the other, the youth looking up to the aged for counsel and wisdom, the aged looking to the youth for help and sympathy. This is as it should be.”—*Sons and Daughters of God*, p. 161.

**PERSONAL REVIEW QUESTIONS**

1. Is there generally a cause for a disease, and what is the main cause?
2. Name some instances where a disease is not the result of our own actions.
3. How can we gain the victory over discouragement and depression?
4. What should we consider when tempted to overwork ourselves?
5. What is important for the youth to consider regarding the elderly?

# Disease Prevention: God's Way (I)

“See, I have set before thee this day life and good, and death and evil; . . . therefore choose life, that both thou and thy seed may live” (Deuteronomy 30:15, 19).

“True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny.”—*Patriarchs and Prophets*, p. 562.

**Suggested Reading:** *Healthful Living*, pp. 76–95.

## 1. THE IMPORTANCE OF HYGIENE AND CLEANLINESS

- a. In the time of Israel what was the rule for anyone suspected or known to have an infectious or contagious disease? Leviticus 13:45, 46; Numbers 5:2-4.
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“Not only in [the people of Israel’s] religious service, but in all the affairs of daily life was observed the distinction between clean and unclean. All who came in contact with contagious or contaminating diseases were isolated from the encampment, and they were not permitted to return without thorough cleansing of both the person and the clothing.”—*The Ministry of Healing*, p. 277.

- a. Leviticus 13:45-46 And the leper in whom the plague is, his clothes shall be rent, and his head bare, and he shall put a covering upon his upper lip, and shall cry, Unclean, unclean. (46) All the days wherein the plague shall be in him he shall be defiled; he is unclean: he shall dwell alone; without the camp shall his habitation be.
- Numbers 5:2-4 Command the children of Israel, that they put out of the camp every leper, and every one that hath an issue, and whosoever is defiled by the dead: (3) Both male and female shall ye put out, without the camp shall ye put them; that they defile not their camps, in the midst whereof I dwell. (4) And the children of Israel did so, and put them out without the camp: as the LORD spake unto Moses, so did the children of Israel.

## 1. THE IMPORTANCE OF HYGIENE AND CLEANLINESS

- b. What Old Testament examples are there to show the importance of cleanliness? Exodus 19:10; Deuteronomy 23:12, 13.
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“In every respect [the Israelites] were to preserve cleanliness. They were to allow nothing untidy or unwholesome in their surroundings, nothing which would taint the purity of the atmosphere. Inwardly and outwardly they were to be pure.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 1, p. 1119.

b. Exodus 19:10 And the LORD said unto Moses, Go unto the people, and sanctify them to day and to morrow, and let them wash their clothes,

Deuteronomy 23:12-13 Thou shalt have a place also without the camp, whither thou shalt go forth abroad: (13) And thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee:

## 2. A PROPER DIET

- a. What was the original diet given to humanity in Eden? Genesis 1:29. What was added immediately after the Fall? Genesis 3:18 (last part).
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“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.

“God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden was the food man’s wants required.”—*Counsels on Diet and Foods*, p. 81.

- a. Gen 1:29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 3:18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; (last part).

## 2. A PROPER DIET

- b. **What major change in diet contributed to a significant shortening of the human lifespan? Genesis 9:3, 29; 11:24, 25.**
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“After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the Flood the race began to rapidly decrease in size and in length of years.”—*Ibid.*, p. 373.

b. Genesis 9:3 Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

Genesis 9:29 And all the days of Noah were nine hundred and fifty years: and he died.

Genesis 11:24-25 And Nahor lived nine and twenty years, and begat Terah: (25) And Nahor lived after he begat Terah an hundred and nineteen years, and begat sons and daughters.

## 2. A PROPER DIET

- c. What rules did God make for His people in order to protect them from the diseases which are now prevalent in civilized countries (cancer and cardiovascular diseases)? Leviticus 3:17.
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“Food should be prepared with simplicity, yet with a nicety which will invite the appetite. You should keep grease out of your food. It defiles any preparation of food you may make.”—*Ibid.*, p. 354.

“Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. . . . When properly prepared, olives, like nuts, supply the place of butter and flesh meats.”—*The Ministry of Healing*, p. 298.

- c. Leviticus 3:17 It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

### 3. ABSTINENCE SOMETIMES NECESSARY

- a. What does the Bible teach concerning fermented wine and strong drink? Proverbs 23:29–32. Why were the priests forbidden to use wine or strong drink? Leviticus 10:8–11.

“God prohibited the use of wine to the priests ministering in His sanctuary, and the same injunction would have been made against tobacco, had its use been known; for it, too, has a benumbing influence on the brain. And besides clouding the mind, it is unclean and defiling. Let every one resist the temptation to use wine, tobacco, flesh meats, tea, or coffee.”—*Fundamentals of Christian Education*, p. 428.

“The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks.”—*Counsels on Diet and Foods*, p. 428.

“Tea, coffee, and tobacco, as well as alcoholic drinks, are different degrees in the scale of artificial stimulants.

“The effect of tea and coffee, as heretofore shown, tends in the same direction as that of wine and cider, liquor and tobacco.”—*Ibid.*, p. 421.

a. Proverbs 23:29-32 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? (30) They that tarry long at the wine; they that go to seek mixed wine. (31) Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. (32) At the last it biteth like a serpent, and stingeth like an adder.

Leviticus 10:8-11 And the LORD spake unto Aaron, saying, (9) Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations: (10) And that ye may put difference between holy and unholy, and between unclean and clean; (11) And that ye may teach the children of Israel all the statutes which the LORD hath spoken unto them by the hand of Moses.

### 3. ABSTINENCE SOMETIMES NECESSARY

- b. How do we know that the wine provided by Jesus for the wedding feast at Cana was pure grape juice? John 2:7–10; Proverbs 20:1.
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“It was Christ who in the Old Testament gave the warning to Israel, ‘Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise’ (Proverbs 20:1). And He Himself provided no such beverage. Satan tempts men to indulgence that will becloud reason and benumb the spiritual perceptions. . . . It was Christ who directed that John the Baptist should drink neither wine nor strong drink. It was He who enjoined similar abstinence upon the wife of Manoah. And He pronounced a curse upon the man who should put the bottle to his neighbor’s lips. Christ did not contradict His own teaching. The unfermented wine which He provided for the wedding guests was a wholesome and refreshing drink. Its effect was to bring the taste into harmony with a healthful appetite.”—*The Desire of Ages*, p. 149.

b. John 2:7-10 Jesus saith unto them, Fill the waterpots with water. And they filled them up to the brim. (8) And he saith unto them, Draw out now, and bear unto the governor of the feast. And they bare it. (9) When the ruler of the feast had tasted the water that was made wine, and knew not whence it was: (but the servants which drew the water knew;) the governor of the feast called the bridegroom, (10) And saith unto him, Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now.

Proverbs 20:1 Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.

4. TEMPERANCE IN ALL THINGS

- a. What does the Bible teach us about the amount of healthful food we should eat? Can eating too much healthful food make us sick? Exodus 16:16; Proverbs 25:16.

“It is possible to eat immoderately, even of wholesome food. It does not follow that because one has discarded the use of hurtful articles of diet, he can eat just as much as he pleases. Overeating, no matter what the quality of the food, clogs the living machine, and thus hinders it in its work.

“Intemperance in eating, even of healthful food, will have an injurious effect upon the system and will blunt the mental and moral faculties.”—*Counsels on Diet and Foods*, p. 131.

- a. Exodus 16:16 This is the thing which the LORD hath commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons; take ye every man for them which are in his tents.  
Proverbs 25:16 Hast thou found honey? eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it

## 4. TEMPERANCE IN ALL THINGS

- b. How does the Bible describe the evil of overeating and its results? Deuteronomy 21:20 (last part); Proverbs 23:21 (first part).
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“As a people, with all our profession of health reform, we eat too much. Indulgence of appetite is the greatest cause of physical and mental debility, and lies at the foundation of a large share of the feebleness which is apparent everywhere.”—*Ibid.*, p. 135.

b. Deuteronomy 21:20 And they shall say unto the elders of his city, This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard. (last part).

Proverbs 23:21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags. (first part).

#### 4. TEMPERANCE IN ALL THINGS

- c. What is a most common form of intemperance among the professed people of God, usually from childhood? Ecclesiastes 10:16, 17. Why is it so harmful?
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“I am astonished to learn that, after all the light that has been given in this place, many of you eat between meals! You should never let a morsel pass your lips between your regular meals.”—*Testimonies*, vol. 2, p. 373.

“Nothing should be eaten between meals, no confectionery, nuts, fruits, or food of any kind. Irregularities in eating destroy the healthful tone of the digestive organs, to the detriment of health and cheerfulness.”—*The Ministry of Healing*, p. 384.

“The digestive organs, like a mill which is continually kept running, become enfeebled, vital force is called from the brain to aid the stomach in its overwork, and thus the mental powers are weakened. The unnatural stimulation and wear of the vital forces make them nervous, impatient of restraint, self-willed, and irritable.”—*Counsels on Diet and Foods*, p. 181.

- c. Ecclesiastes 10:16-17 Woe to thee, O land, when thy king is a child, and thy princes eat in the morning! (17) Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!

5. FURTHER COUNSEL ON DIET

- a. Since many of the refined foods available today—such as refined flour and sugar products—have poor nutritional value, what should we consider about the Bible’s reference to purchasing food void of nutrition? Isaiah 55:2.
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a. Isaiah 55:2 Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

## 5. FURTHER COUNSEL ON DIET

- b. What else can we learn from the Spirit of Prophecy regarding our diet, much of which is being confirmed by research today?

“Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God’s original purpose in the creation of man.”—*Ibid.*, p. 380.

“A plain diet, free from spices and flesh meats and grease of all kinds, would prove a blessing to you.”—*Ibid.*, p. 354.

“Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character irritate the stomach and make the blood feverish and impure. . . .

“The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished but becomes filled with impurities, and liver and kidney difficulties appear.”—*Ibid.*, p. 345.

“And from the light given me, sugar, when largely used, is more injurious than meat.”—*Ibid.*, p. 328.

“Sweet breads and cookies we seldom have on our table. The less of sweet foods that are eaten, the better; these cause disturbances in the stomach, and produce impatience and irritability in those who accustom themselves to their use.”—*Ibid.*, p. 321.

**PERSONAL REVIEW QUESTIONS**

1. Explain God's method for the prevention of contagious disease.
2. What type of diet plays a major role in the prevention of cancer and cardiovascular disease?
3. What is the correct and safe attitude towards alcohol, coffee, tobacco, and similar substances?
4. What is temperance?
5. Which condiments are bad for us, and why?

# Disease Prevention: God's Way (II)

“And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it” (Genesis 2:15).

“In the name of Jesus, economize your powers, that after being refreshed with rest, you may do more and better work. . . . The disciples of Jesus needed to be educated as to how they should labor and how they should rest.”—*My Life Today*, p. 133.

**Suggested Reading:** *The Adventist Home*, pp. 493–520.

## 1. ESSENTIAL FOR OUR HEALTH

- a. What work was given to humanity, prior to the Fall, to promote health and happiness? Genesis 2:15. What blessings come from work, even after the Fall? Psalm 128:2; Ecclesiastes 2:24.
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“At the creation, labor was appointed as a blessing. It meant development, power, happiness. . . . And it is a safeguard against temptation. Its discipline places a check on self-indulgence, and promotes industry, purity, and firmness.”—*Education*, p. 214.

a. Genesis 2:15 And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.

Psalms 128:2 For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.

Ecclesiastes 2:24 There is nothing better for a man, than that he should eat and drink, and that he should make his soul enjoy good in his labour. This also I saw, that it was from the hand of God.

## 1. ESSENTIAL FOR OUR HEALTH

- b. What are some of the effects of laziness? Proverbs 12:24; 19:15; Ecclesiastes 10:18.
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“Laziness and indolence are not the fruit borne upon the Christian tree. Indolence is a great curse. God has blessed human beings with nerves, organs, and muscles; and they are not to be allowed to deteriorate because of inaction but are to be strengthened and kept in health by exercise. To have nothing to do is a great misfortune, for idleness ever has been and ever will be a curse to the human family.”—*Child Guidance*, p. 124.

b. Proverbs 12:24 The hand of the diligent shall bear rule: but the slothful shall be under tribute.

Proverbs 19:15 Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.

Ecclesiastes 10:18 By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through.

## 2. TEMPERANCE AT WORK

- a. What counsel is given to us in Ecclesiastes 3:1? When we disregard this counsel and overwork, what is the result?
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“Do not overwork. Better far leave undone some of the things planned for the day’s work than to undo oneself and become overtaxed, losing the courage necessary for the performance of the tasks of the next day. Do not today violate the laws of nature, lest you lose your strength for the day to follow.”—*Mind, Character, and Personality*, vol. 2, p. 376.

“Overwork sometimes causes a loss of self-control. But the Lord never compels hurried, complicated movements. Many gather to themselves burdens that the merciful heavenly Father did not place on them. Duties He never designed them to perform chase one another wildly. God desires us to realize that we do not glorify His name when we take so many burdens that we are overtaxed, and, becoming heart-weary and brain-weary, chafe and fret and scold.”—*Messages to Young People*, p. 135.

- a. Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:

## 2. TEMPERANCE AT WORK

- b. As much as possible, during which part of the 24-hour day should we work to preserve our health? Psalm 104:23; John 9:4.
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“Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant.”—*My Life Today*, p. 143.

“I know from the testimonies given me from time to time for brain workers, that sleep is worth far more before than after midnight. Two hours’ good sleep before twelve o’clock is worth more than four hours after twelve o’clock.”—*Manuscript Releases*, vol. 7, p. 224.

- b. Psalms 104:23 Man goeth forth unto his work and to his labour until the evening.

John 9:4 I must work the works of him that sent me, while it is day: the night cometh, when no man can work.

## 2. TEMPERANCE AT WORK

c. What benefit does exercise have upon the mind? Ecclesiastes 5:12.

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“Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood.

“For a healthy young man, stern, severe exercise is strengthening to the whole system. . . . Without such exercise the mind cannot be kept in working order. It becomes inactive, unable to put forth the sharp, quick action that will give scope to its powers.”—*My Life Today*, p. 130.

c. Ecclesiastes 5:12 The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.

### 3. REST FOR THE WEARY

- a. What means did God provide for the energies of humans to be restored? Mark 6:31. How do we know that Christ, in His human nature, was subject to the same weakness? Mark 4:38; John 4:6.

“Though time is short, and there is a great work to be done, the Lord is not pleased to have us so prolong our seasons of activity that there will not be time for periods of rest, for the study of the Bible, and for communion with God. All this is essential to fortify the soul, to place us in a position where we shall receive wisdom from God to employ our talents in the Master’s service to the highest account.

“When Jesus said the harvest was great and the laborers were few, He did not urge upon His disciples the necessity of ceaseless toil. . . . He tells His disciples that their strength has been severely tried, that they will be unfitted for future labor unless they rest awhile. . . .

“Today there is need that God’s chosen workmen should listen to the command of Christ to go apart and rest awhile.”—*My Life Today*, p. 133.

“Let several families living in a city or village unite and leave the occupations which have taxed them physically and mentally, and make an excursion into the country to the side of a fine lake or to a nice grove where the scenery of nature is beautiful.”—*Testimonies*, vol. 1, p. 514.

a. Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

Mark 4:38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

John 4:6 Now Jacob’s well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

### 3. REST FOR THE WEARY

- b. What is one type of rest, and what conditions must be fulfilled for this rest to be effective? Psalm 4:8.

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“In eating, drinking, and dressing, the laws of health should be diligently followed, and in regulating the hours for sleep, there should be no haphazard work. No student should form the habit of sitting up late at night to burn the midnight oil, and then take the hours of day for sleep.”—*Christian Education*, p. 124.

“Nature will restore . . . vigor and strength in [the children’s] sleeping hours, if her laws are not violated.”—*Healthful Living*, p. 46.

“Wake up in the mornings. Set your hour to rise early, and bring yourself to it, then retire at an early hour, and you will see that you will overcome many painful disorders which distress the mind, cause gloomy feelings, discouragement, and unhappy friction, and disqualify you from doing anything without great taxation.”—*Manuscript Releases*, vol. 9, p. 47.

“This reading much by brain workers, up to the sleeping hours, is very injurious to health.”—*Ibid.*, p. 46.

- b. Psalms 4:8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

#### 4. REST FOR THE BODY, MIND, AND SPIRIT

- a. Besides the rest resulting from sleep, of what other forms of rest do we know of? Leviticus 23:3; Matthew 11:28. Does the Sabbath rest include extra sleep on this day?
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“None should feel at liberty to spend sanctified time in an unprofitable manner. It is displeasing to God for Sabbathkeepers to sleep during much of the Sabbath. They dishonor their Creator in so doing, and, by their example, say that the six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away holy time. They then excuse themselves by saying: ‘The Sabbath was given for a day of rest. I will not deprive myself of rest to attend meeting, for I need rest.’ Such make a wrong use of the sanctified day. They should, upon that day especially, interest their families in its observance and assemble at the house of prayer with the few or with the many, as the case may be. . . . Of all the days in the week, none are so favorable for devotional thoughts and feelings as the Sabbath.”—*Testimonies*, vol. 2, p. 704.

- a. Leviticus 23:3 Six days shall work be done: but the seventh day is the sabbath of rest, an holy convocation; ye shall do no work therein: it is the sabbath of the LORD in all your dwellings.  
Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

#### 4. REST FOR THE BODY, MIND, AND SPIRIT

- b. What is the difference between recreation and amusement—and where is the best place for rest and recreation for God's people? Mark 6:31. What about for meditation and personal prayer? Genesis 24:63; Luke 6:12.
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“There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success.”—*Education*, p. 207.

“Those with whom mental and physical well-being is of greater moment than money or the claims and customs of society, should seek for their children the benefit of nature's teaching, and recreation amidst her surroundings. It would be a great aid in educational work could every school be so situated as to afford the pupils land for cultivation, and access to the fields and woods.”—*Ibid.*, pp. 211, 212.

b. Mark 6:31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.

Genesis 24:63 And Isaac went out to meditate in the field at the eventide: and he lifted up his eyes, and saw, and, behold, the camels were coming.

Luke 6:12 And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.

## 5. BENEFICIAL EXERCISE

### a. What are some benefits achieved through physical exercise?

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“Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of those organs.”—*Testimonies*, vol. 3, p. 77.

“Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.”—*Ibid.*, vol. 2, p. 530.

## 5. BENEFICIAL EXERCISE

- b. What should we consider when contemplating playing games or sports for exercise? 1 Corinthians 10:31; Acts 24:16.
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“Among the youth the passion for football games and other kindred selfish gratifications have been misleading in their influence. Watchfulness and prayer and daily consecration to God have not been maintained.”—*Manuscript Releases*, vol. 6, p. 127.

“Other athletic games . . . stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities.”—*Education*, p. 210.

“There are modes of recreation which are highly beneficial to both mind and body. An enlightened, discriminating mind will find abundant means for entertainment and diversion from sources not only innocent, but instructive.”—*Testimonies*, vol. 4, p. 653.

b. 1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Acts 24:16 And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.

**PERSONAL REVIEW QUESTIONS**

1. From the beginning, what blessing did God provide for humanity as essential for physical and spiritual health?
2. What does temperance in work mean?
3. Why is it that many people do not have a restful sleep?
4. Besides sleep, what other forms of rest aid us in restoring our physical and spiritual powers?
5. What are the best sources of recreation for Christians, and why?

## First Sabbath Offering for World Missions

Dear brethren and sisters around the world:

We live in the closing days of the history of planet Earth, and for a long time our Lord has anxiously been waiting to take us home. The prophetic events that unfold right before our eyes tell us that the second coming of Jesus is near, even at the door. Unfortunately, the gospel message has not reached the ends of the earth



and not every creature has had an opportunity to hear the truth. "Men will soon be forced to great decisions, and they must have opportunity to hear and to understand Bible truth, in order that they may take their stand intelligently on the right side" (*Evangelism*, p. 25).

As members of Christ's body, it is our privilege to represent His character and to take part in spreading the gospel throughout the entire world by committing to this special work our time, strength, and financial resources.

Thanks to our members and friends' prayers and financial contributions, new missions are being instituted in many regions. These new missions still need our support until they are well-established and become self-supporting, while other new fields are being opened. Every year at the time of the Week of Prayer, we collect a special offering to supply the necessary means to spread the message to many parts of the globe. But more is still needed.

"The Lord's heritage has been strangely neglected, and God will judge His people for this thing. Pride and the love of display are gratified by the accumulated advantages, while new fields are left untouched. The rebuke of God is upon the managers for their partiality and selfish appropriation of His goods."—*Testimonies*, vol. 8, p. 59.

Will you choose to unite your efforts with those of missionaries and their families by giving liberally from your resources so that the earth may be filled with God's glory and that Jesus can come soon? We hope you will.

On behalf of a world in need,

*Your brethren from the GC Missionary Department*

# Elements of Nature in Health

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul” (Genesis 2:7).

“God’s remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties.”—*Testimonies*, vol. 5, p. 443.

**Suggested Reading:** *The Ministry of Healing*, pp. 272–276;  
*Counsels on Diet and Foods*, pp. 419, 420.

## 1. AIR AND THE BREATH OF LIFE

- a. When did the first human being become a living soul, and upon what does human life essentially depend? Genesis 2:7; Job 34:14.
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“In God we live and move and have our being. Each heartbeat, each breath, is the inspiration of Him who breathed into the nostrils of Adam the breath of life—the inspiration of the ever-present God, the great I AM.”—*The Review and Herald*, November 8, 1898.

a. Genesis 2:7 And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

Job 34:14 If he set his heart upon man, if he gather unto himself his spirit and his breath;

## 1. AIR AND THE BREATH OF LIFE

- b. Why is it so important to have fresh air, and how can we breathe in a healthful manner?
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“Teach [patients] to breathe deeply, and in breathing and speaking to exercise the abdominal muscles.”—*The Ministry of Healing*, pp. 264, 265.

“Many are suffering from disease because they refuse to receive into their rooms at night the pure night air. The free, pure air of heaven is one of the richest blessings we can enjoy.”—*Testimonies*, vol. 2, p. 528.

“Neglect of proper ventilation is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher’s work toilsome and ineffective.”—*The Ministry of Healing*, p. 274.

**2. WATER – AN ESSENTIAL ELEMENT FOR LIFE****a. Why is water essential to life on earth? Judges 15:18, 19.**

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“In health and in sickness, pure water is one of heaven’s choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.”—*The Ministry of Healing*, p. 237.

a. Judges 15:18-19 And he was sore athirst, and called on the LORD, and said, Thou hast given this great deliverance into the hand of thy servant: and now shall I die for thirst, and fall into the hand of the uncircumcised? (19) But God clave an hollow place that was in the jaw, and there came water thereout; and when he had drunk, his spirit came again, and he revived: wherefore he called the name thereof Enhakkore, which is in Lehi unto this day.

## 2. WATER – AN ESSENTIAL ELEMENT FOR LIFE

- b. What qualities must water have in order to be potable and beneficial to health? Exodus 15:23, 25. What are some other uses of water in the treatment of disease? Hebrews 10:22.
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“The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. . . .

“There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments.”—Ibid.

b. Exodus 15:23 And when they came to Marah, they could not drink of the waters of Marah, for they were bitter: therefore the name of it was called Marah.

Exodus 15:25 And he cried unto the LORD; and the LORD shewed him a tree, which when he had cast into the waters, the waters were made sweet: there he made for them a statute and an ordinance, and there he proved them,

Hebrews 10:22 Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

## 2. WATER – AN ESSENTIAL ELEMENT FOR LIFE

- c. What water substitutes has Satan introduced in order to weaken humanity, physically and spiritually—and what is wrong with them? Isaiah 55:2; Proverbs 23:31.
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“The health is in no way improved by the use of those things which stimulate for a time, but afterward cause a reaction which leaves the system lower than before. Tea and coffee whip up the flagging energies for the time being, but when their immediate influence has gone, a feeling of depression is the result. . . .

“Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul.”—*Counsels on Diet and Foods*, p. 425.

“Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues.”—*Ibid.*, p. 421.

c. Isaiah 55:2 Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness.

Proverbs 23:31 Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright.

### 3. MORE ON THE WATER OF LIFE

- a. What should we remember when drinking pure water? Ecclesiastes 3:1.
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“Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. . . . Food should not be washed down; no drink is needed with meals. . . . The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest; for the liquid must first be absorbed. Do not eat largely of salt; give up bottled pickles; keep fiery spiced food out of your stomach; eat fruit with your meals, and the irritation which calls for so much drink will cease to exist. But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires.”—*Ibid.*, p. 420.

- a. Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:

### 3. MORE ON THE WATER OF LIFE

- b. What benefits do we receive from water, “the gift of God”? Psalm 104:10–14. What can we learn from other living things which God has created?
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“The material world is under God’s control. The laws of nature are obeyed by nature. Everything speaks and acts the will of the Creator. Cloud and sunshine, dew and rain, wind and storm, all are under the supervision of God, and yield implicit obedience to His command. It is in obedience to the law of God that the spire of grain bursts through the ground, ‘first the blade, then the ear, after that the full corn in the ear’ (Mark 4:28). These the Lord develops in their proper season because they do not resist His working. And can it be that man, made in the image of God, endowed with reason and speech, shall alone be unappreciative of His gifts and disobedient to His will? Shall rational beings alone cause confusion in our world?”—*Christ’s Object Lesson*, pp. 81, 82.

b. Psalms 104:10-14 He sendeth the springs into the valleys, which run among the hills. (11) They give drink to every beast of the field: the wild asses quench their thirst. (12) By them shall the fowls of the heaven have their habitation, which sing among the branches. (13) He watereth the hills from his chambers: the earth is satisfied with the fruit of thy works. (14) He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth;

## 3. MORE ON THE WATER OF LIFE

- c. What references are made to water in the heavenly kingdom?  
Revelation 22:1; 21:6.
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c. Revelation 22:1 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

Revelation 21:6 And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.

## 4. THE SPIRITUAL SIGNIFICANCE OF WATER

- a. Which two religious ordinances utilize water as a main agent?  
Matthew 3:5, 6; John 13:3–5.
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a. Matthew 3:5-6 Then went out to him Jerusalem, and all Judaea, and all the region round about Jordan, (6) And were baptized of him in Jordan, confessing their sins.

John 13:3-5 Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God; (4) He riseth from supper, and laid aside his garments; and took a towel, and girded himself. (5) After that he poureth water into a bason, and began to wash the disciples' feet, and to wipe them with the towel wherewith he was girded.

#### 4. THE SPIRITUAL SIGNIFICANCE OF WATER

- b. What is the significance of each of these ordinances, and what does the water symbolize in each? 1 Peter 3:21; John 13:8.
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“Baptism is a most solemn renunciation of the world. Those who are baptized in the threefold name of the Father, the Son, and the Holy Spirit, at the very entrance of their Christian life declare publicly that they have forsaken the service of Satan and have become members of the royal family, children of the heavenly King.”—*Testimonies*, vol. 6, p. 91.

“The example of washing the feet of His disciples was given for the benefit of all who should believe in Him. He required them to follow His example. This humble ordinance was not only designed to test their humility and faithfulness, but to keep fresh in their remembrance that the redemption of His people was purchased upon conditions of humility and continual obedience upon their part.”—*The Spirit of Prophecy*, vol. 1, p. 202.

b. 1 Peter 3:21 The like figure whereunto even baptism doth also now save us (not the putting away of the filth of the flesh, but the answer of a good conscience toward God,) by the resurrection of Jesus Christ:

John 13:8 Peter saith unto him, Thou shalt never wash my feet. Jesus answered him, If I wash thee not, thou hast no part with me.

#### 4. THE SPIRITUAL SIGNIFICANCE OF WATER

- c. Does the water in the foot washing ceremony cleanse us from sin? Why or why not? Luke 22:3–6; John 13:10, 11.
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“Christ gave His disciples to understand that the washing of their feet did not cleanse away their sin, but that the cleansing of their heart was tested in this humble service. If the heart was cleansed, this act was all that was essential to reveal the fact. He had washed the feet of Judas; but He said, ‘Ye are not all clean.’ Judas brought a traitor’s heart to this scene, and Christ revealed to all that He knew him to be the betrayer of his Lord, and that the washing of his feet was not an ordinance to cleanse the soul from its moral defilement. . . .

“And we have, in His example, the lesson that the ordinance of feet washing is not to be deferred because there are some professed believers who are not cleansed from their sins.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 5. p. 1138.

c. Luke 22:3-6 Then entered Satan into Judas surnamed Iscariot, being of the number of the twelve. (4) And he went his way, and communed with the chief priests and captains, how he might betray him unto them. (5) And they were glad, and covenanted to give him money. (6) And he promised, and sought opportunity to betray him unto them in the absence of the multitude.

John 13:10-11 Jesus saith to him, He that is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all. (11) For he knew who should betray him; therefore said he, Ye are not all clean.

## 5. THE BENEFITS OF SUNLIGHT

- a. What blessings has God given us through the sun? Ecclesiastes 11:7; Deuteronomy 33:14 (first part). What analogy suggests that the sun provides healing, physically and spiritually? Malachi 4:2.
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“The sun is a God-given physician.”—*Manuscript Releases*, vol. 20, p. 25.

“Let your judgment be convinced that exercise, sunlight, and air are the blessings which Heaven has provided to make the sick well and to keep in health those who are not sick. God does not deprive you of these free, Heaven-bestowed blessings, but you have punished yourselves by closing your doors against them. Properly used, these simple yet powerful agents will assist nature to overcome real difficulties, if such exist, and will give healthy tone to the mind and vigor to the body.”—*Testimonies*, vol. 2, p. 535.

- a. Ecclesiastes 11:7 Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun:

Deuteronomy 33:14 And for the precious fruits brought forth by the sun, and for the precious things put forth by the moon, (first part).

Malachi 4:2 But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.

5. THE BENEFITS OF SUNLIGHT

- b. What are some of the risks involved in overexposure to the sun? Jonah 4:8; Matthew 13:6 (even though this is a reference to plants, it can literally apply to us as well). What protection did God provide for the Israelites in the wilderness? Psalm 105:39.
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b. Jonah 4:8 And it came to pass, when the sun did arise, that God prepared a vehement east wind; and the sun beat upon the head of Jonah, that he fainted, and wished in himself to die, and said, It is better for me to die than to live.

Matthew 13:6 And when the sun was up, they were scorched; and because they had no root, they withered away.

Psalms 105:39 He spread a cloud for a covering; and fire to give light in the night.

5. THE BENEFITS OF SUNLIGHT

- c. How does Scripture depict the perfect balance of nature in the new earth—and the actual source of light there? Isaiah 49:10; Revelation 21:23.
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c. Isaiah 49:10 They shall not hunger nor thirst; neither shall the heat nor sun smite them: for he that hath mercy on them shall lead them, even by the springs of water shall he guide them.

Revelation 21:23 And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.

**PERSONAL REVIEW QUESTIONS**

1. In which ways can we benefit from fresh air?
2. What part does water play in the preservation of health, both internally and externally?
3. Why shouldn't we drink with our meals?
4. Although the ceremonies of baptism and the communion service do not in and of themselves cleanse us from sin, why are they still necessary?
5. How can we benefit from sunlight, both physically and spiritually?

# Dressing for God's Glory

“Unto Adam also and to his wife did the Lord God make coats of skins, and clothed them” (Genesis 3:21).

“Our words, our actions, and our dress are daily, living preachers, gathering with Christ or scattering abroad. This is no trivial matter to be passed off with a jest. The subject of dress demands serious reflection and much prayer.”—*Testimonies*, vol. 4, p. 641.

**Suggested Reading:** *Messages to Young People*, pp. 344–360.

## 1. THE DIVINE PROVISION

- a. When Adam and Eve lost their original garment of light after the Fall and realized their nakedness, what did Satan put in their mind to supply the lack? Psalm 104:2 (first part); Genesis 1:27; 3:7.
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“A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God it would ever have continued to enshroud them. But when sin entered, they severed their connection with God, and the light that had encircled them departed. Naked and ashamed, they tried to supply the place of the heavenly garments by sewing together fig leaves for a covering.”—*Christ’s Object Lessons*, pp. 310, 311.

- a. Psalms 104:2 Who coverest thyself with light as with a garment: who stretchest out the heavens like a curtain: (first part).  
Genesis 1:27 So God created man in his own image, in the image of God created he him; male and female created he them.  
Genesis 3:7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

## 1. THE DIVINE PROVISION

- b. What did the Lord do so that Adam and Eve could preserve their modesty and be protected in the changed conditions? What signifies that this covering was more than a single, small animal skin? Genesis 3:21.
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“The atmosphere, once so mild and uniform in temperature, was now subject to marked changes, and the Lord mercifully provided them with a garment of skins as a protection from the extremes of heat and cold.”—*Patriarchs and Prophets*, p. 61.

- b. Genesis 3:21 Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them.

## 2. DRESSING FOR HEALTH

- a. How should our clothing be appropriate for the activity we are performing? Exodus 28:2; Matthew 22:11, 12.
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“Christian sisters should not at any time dress extravagantly, but should at all times dress as neatly, modestly, and healthfully as their work will allow.”—*Testimonies*, vol. 1, p. 465.

a. Exodus 28:2 And thou shalt make holy garments for Aaron thy brother for glory and for beauty.

Matthew 22:11-12 And when the king came in to see the guests, he saw there a man which had not on a wedding garment: (12) And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless.

## 2. DRESSING FOR HEALTH

b. How should our clothing be adapted to the weather? Proverbs 31:21.

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“Our clothing . . . should be chosen for durability rather than display. It should provide warmth and proper protection. The wise woman described in the Proverbs ‘is not afraid of the snow for her household: for all her household are clothed with double garments’ (Proverbs 31:21, margin).”—*Messages to Young People*, pp. 351, 352.

“There is but one woman in a thousand who clothes her limbs as she should. . . . Females should clothe their limbs as thoroughly as the males.”—*Selected Messages*, bk. 2, p. 479.

“Mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease. . . . [The limbs] should be so thoroughly clothed as to induce the blood to the extremities.”—*Testimonies*, vol. 2, pp. 531, 532.

b. Proverbs 31:21 She is not afraid of the snow for her household: for all her household are clothed with scarlet.

## 2. DRESSING FOR HEALTH

- c. What basic illustration did an angel use to convey to a high priest our need for healthiness of soul? Zechariah 3:4. In order to preserve our physical health, what is necessary in regard to our clothing?
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“Our dress should be cleanly. Uncleanliness in dress is unhealthful, and thus defiling to the body and to the soul.”—*The Ministry of Healing*, p. 288.

“God has claims upon us to take care of the habitation He has given us, that we may present our bodies to Him a living sacrifice, holy and acceptable. . . . If we enfeeble the body by self-gratification, by indulging the appetite, and by dressing in accordance with health-destroying fashions, in order to be in harmony with the world, we become the enemies of God.”—*Testimonies*, vol. 3, p. 63.

- c. Zechariah 3:4 And he answered and spake unto those that stood before him, saying, Take away the filthy garments from him. And unto him he said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment.

### 3. COPYING THE WORLD IN OUR DRESS

- a. How do we too often use clothing for our own glory instead of God's glory? What does God's word teach us in this respect? 1 Peter 3:3, 4; 1 Timothy 2:9.
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"The vain and trifling lovers of fashion may claim to be followers of Christ; but their dress and conversation show what occupies the mind and engages the affections. Their lives betray their friendship for the world, and it claims them as its own."—*Messages to Young People*, p. 355.

"The outside appearance is frequently an index to the mind, and we should be careful what signs we hang out for the world to judge of our faith."—*Ibid.*, pp. 346, 347.

a. 1 Peter 3:3-4 Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; (4) But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

1 Timothy 2:9 In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array;

### 3. COPYING THE WORLD IN OUR DRESS

- b. Why did God command that the clothing of each gender should be different? Deuteronomy 22:5.
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“There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it abomination. . . .

“God designed that there should be a plain distinction between the dress of men and women and has considered the matter of sufficient importance to give explicit directions in regard to it; for the same dress worn by both sexes would cause confusion and great increase of crime.”—*Child Guidance*, p. 427.

- b. Deuteronomy 22:5 The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the LORD thy God.

### 3. COPYING THE WORLD IN OUR DRESS

#### c. What is the duty of the church regarding the dress of her members?

“Fashion is deteriorating the intellect and eating out the spirituality of our people. Obedience to fashion is pervading our Seventh-day Adventist churches and is doing more than any other power to separate our people from God. I have been shown that our church rules are very deficient. All exhibitions of pride in dress, which is forbidden in the word of God, should be sufficient reason for church discipline. If there is a continuance, in face of warnings and appeals and entreaties, to still follow the perverse will, it may be regarded as proof that the heart is in no way assimilated to Christ. Self, and only self, is the object of adoration, and one such professed Christian will lead many away from God.”—*Testimonies*, vol. 4, pp. 647, 648.

#### 4. DRESS AND SPIRITUALITY

- a. Does the way we dress have anything to do with our Christian experience? Name some examples of godly and ungodly people, and describe their dress and appearance. 2 Kings 9:30; Matthew 3:4.
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“People of discernment will look upon your attempts to beautify the external as proof of weak minds and proud hearts. Simple, plain, unpretending dress will be a recommendation to my youthful sisters. In no better way can you let your light shine to others than in your simplicity of dress and deportment. You may show to all that, in comparison with eternal things, you place a proper estimate upon the things of this life.”—*Messages to Young People*, p. 348.

“We judge of a person’s character by the style of dress worn. A modest, godly woman will dress modestly. A refined taste, a cultivated mind, will be revealed in the choice of a simple, appropriate attire.”—*Ibid.*, p. 353.

“Our words, our actions, and our dress are daily, living preachers, gathering with Christ or scattering abroad.”—*Testimonies*, vol. 4, p. 641.

a. 2 Kings 9:30 And when Jehu was come to Jezreel, Jezebel heard of it; and she painted her face, and tired her head, and looked out at a window.

Matthew 3:4 And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey.

#### 4. DRESS AND SPIRITUALITY

- b. What else can we learn from God's command regarding our dress? Numbers 15:38–40.
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“God expressly commanded a very simple arrangement of dress for the children of Israel for the purpose of distinguishing them from the idolatrous nations around them. As they looked upon their peculiarity of dress, they were to remember that they were God's commandment-keeping people. . . . An Israelite was known to be such as soon as seen, for God through simple means distinguished him as His.

“The order given by God to the children of Israel to place a ribbon of blue in their garments was to have no direct influence on their health, only as God would bless them by obedience, and the ribbon would keep in their memory the high claims of Jehovah and prevent them from mingling with others nations, uniting in their drunken feasts, and eating swine's flesh and luxurious food detrimental to health.”—*Ibid.*, vol. 1, pp. 524, 525.

- b. Numbers 15:38-40 Speak unto the children of Israel, and bid them that they make them fringes in the borders of their garments throughout their generations, and that they put upon the fringe of the borders a ribband of blue: (39) And it shall be unto you for a fringe, that ye may look upon it, and remember all the commandments of the LORD, and do them; and that ye seek not after your own heart and your own eyes, after which ye use to go a whoring: (40) That ye may remember, and do all my commandments, and be holy unto your God.

**4. DRESS AND SPIRITUALITY**

c. What symbol is used in the Bible for righteousness? Revelation 19:8.

c. Revelation 19:8 And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints.

## 5. IDEAL FOOTWEAR

### a. In order for our footwear to be healthy, what qualities should it have?

“If any part of the body should be favored with extra coverings, it should be the limbs and feet, which are at a distance from the great wheel of life, which sends the blood through the system. The limbs should ever be clothed with a warm covering to protect them from a chill current of air. . . . If the feet are clothed with good-sized, thick-soled, warm boots or shoes, for comfort rather than for fashion, the blood will be induced to circulate freely in the limbs and feet, as well as other portions of the body.”—*Healthful Living*, p. 124.

## 5. IDEAL FOOTWEAR

- b. What references are made of the feet of those who engage in spreading the gospel? Isaiah 52:7; Ephesians 6:15. Apart from the impractical and unhealthy nature of high-heeled shoes in spreading the gospel, how does the Bible describe someone who walks in a mincing manner, such as that produced by the wearing of high heels? Isaiah 3:16, 17.
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“Let us be shod with the gospel shoes, ready to march at a moment’s notice.”—*Testimonies*, vol. 9, p. 48.

“The prophecy of Isaiah 3 was presented before me as applying to these last days, and the reproofs are given to the daughters of Zion who have thought only of appearance and display.”—*Ibid.*, vol. 1, p. 270.

“A reform in dress is essential to physical and mental health. God’s people have, to a great extent, lost their peculiarity, and have been gradually patterning after the world, and mingling with them, until they have in many respects become like them. This is displeasing to God.”—*Ibid.*, p. 525.

b. Isaiah 52:7 How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth!

Ephesians 6:15 And your feet shod with the preparation of the gospel of peace;

Isaiah 3:16-17 Moreover the LORD saith, Because the daughters of Zion are haughty, and walk with stretched forth necks and wanton eyes, walking and mincing as they go, and making a tinkling with their feet: (17) Therefore the Lord will smite with a scab the crown of the head of the daughters of Zion, and the LORD will discover their secret parts.

**PERSONAL REVIEW QUESTIONS**

1. What was the covering God provided for humans after the Fall, and why?
2. What are some health factors to consider when choosing our clothing?
3. Why does God make a distinction between the clothing of men and women?
4. Explain the connection between dress and spirituality.
5. What are some of the effects of wearing improper footwear?

# God's Methods of Healing

“See now that I, even I, am he, and there is no god with me: I kill, and I make alive; I wound, and I heal: neither is there any that can deliver out of my hand” (Deuteronomy 32:39).

“God’s healing power runs all through nature. If a tree is cut, if a human being is wounded or breaks a bone, nature begins at once to repair the injury. Even before the need exists, the healing agencies are in readiness; and as soon as a part is wounded, every energy is bent to the work of restoration. So it is in the spiritual realm. Before sin created the need, God had provided the remedy.”—*Education*, p. 113.

**Suggested Reading:** *The Ministry of Healing*, pp. 112–124;  
*Healthful Living*, pp. 236–248.

## 1. THE SOURCE OF ALL TRUE HEALING

- a. What is the only source of healing for any kind of disease? Hosea 6:1; Job 5:18.
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“The Saviour in His miracles revealed the power that is continually at work in man’s behalf, to sustain and to heal him. Through the agencies of nature, God is working, day by day, hour by hour, moment by moment, to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature’s agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him.

“Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer.”—*The Ministry of Healing*, pp. 112, 113.

- a. Hosea 6:1 Come, and let us return unto the LORD: for he hath torn, and he will heal us; he hath smitten, and he will bind us up.  
Job 5:18 For he maketh sore, and bindeth up: he woundeth, and his hands make whole.

## 1. THE SOURCE OF ALL TRUE HEALING

- b. What is the most essential step to a full recovery of our health?  
Matthew 9:1, 6.
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b. Matthew 9:1 And he entered into a ship, and passed over, and came into his own city.

Matthew 9:6 But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house.

## 2. AN IMPORTANT MISSIONARY WORK

- a. **What is one of the most important parts of missionary work? Matthew 10:8. How will God bless those who undertake this work?**
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“The sick are to be healed through the combined efforts of the human and the divine. Every gift, every power, that Christ promised to His disciples, He bestows upon those who will serve Him faithfully.

“Sin brings physical and spiritual disease and weakness. Christ has made it possible for us to free ourselves from this curse. The Lord promises, by the medium of truth, to renovate the soul. The Holy Spirit will make all who are willing to be educated able to communicate the truth with power. It will renew every organ of the body, that God’s servants may work acceptably and successfully. Vitality increases under the influence of the Spirit’s action. Let us, then, by this power lift ourselves into a higher, holier atmosphere, that we may do well our appointed work.

“The religion of the Bible is not detrimental to the health of the body or of the mind. The influence of the Spirit of God is the very best medicine that can be received by a sick man or woman. Heaven is all health; and the more deeply the heavenly influences are realized, the more sure will be the recovery of the believing invalid.”—*Medical Ministry*, p. 12.

- a. **Matthew 10:8 Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.**

## 2. AN IMPORTANT MISSIONARY WORK

- b. How did Jesus spend most of his time during His earthly ministry? Luke 7:21, 22. Why?
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“During His ministry, Jesus devoted more time to healing the sick than to preaching. . . .

“The Saviour made each work of healing an occasion for implanting divine principles in the mind and soul. This was the purpose of His work. He imparted earthly blessings, that He might incline the hearts of men to receive the gospel of His grace.”—*The Ministry of Healing*, pp. 19, 20.

“The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character.

“Varied were the circumstances and needs of those who besought His aid, and none who came to Him went away unhelped. From Him flowed a stream of healing power, and in body and mind and soul men were made whole.”—*Ibid.*, p. 17.

- b. Luke 7:21-22 And in that same hour he cured many of their infirmities and plagues, and of evil spirits; and unto many that were blind he gave sight. (22) Then Jesus answering said unto them, Go your way, and tell John what things ye have seen and heard; how that the blind see, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, to the poor the gospel is preached.

### 3. DISCOVER AND TREAT THE CAUSE

- a. How does the Bible show that without treating the cause of the disease, healing is only temporary? John 5:14; 2 Timothy 2:19.

“When Christ healed disease, He warned many of the afflicted ones, ‘Sin no more, lest a worse thing come unto thee’ (John 5:14). Thus He taught that they had brought disease upon themselves by transgressing the laws of God, and that health could be preserved only by obedience.

“The physician . . . knows that the laws of nature, as truly as the precepts of the Decalogue, are divine, and that only in obedience to them can health be recovered or preserved. He sees many suffering as the result of hurtful practices who might be restored to health if they would do what they might for their own restoration. They need to be taught that every practice which destroys the physical, mental, or spiritual energies is sin, and that health is to be secured through obedience to the laws that God has established for the good of all mankind.

“When a physician sees a patient suffering from disease caused by improper eating and drinking or other wrong habits, yet neglects to tell him of this, he is doing his fellow being an injury. . . . Is he benevolent and merciful if he does not teach strict temperance as a remedy for disease?”—*The Ministry of Healing*, pp. 113, 114.

a. John 5:14 Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

2 Timothy 2:19 Nevertheless the foundation of God standeth sure, having this seal, The Lord knoweth them that are his. And, Let every one that nameth the name of Christ depart from iniquity.

### 3. DISCOVER AND TREAT THE CAUSE

- b. Since false prophets can perform signs and wonders (including healing), how will we be able to distinguish between the healing performed by the servants of God and that performed by satanic agencies? Matthew 24:24; 7:15, 16.
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“It is labor lost to teach people to go to God as a healer of their infirmities, unless they are educated also to lay aside every wrong practice.”—*Healthful Living*, p. 236.

“God will not work a miracle to change natural causes which you can control.”—*Ibid.*, p. 238.

“The way in which Christ worked was to preach the word, and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way; for Satan will exercise his power by working miracles. God’s servants today could not work by means of miracles, because spurious works of healing, claiming to be divine, will be wrought.”—*Medical Ministry*, p. 14.

- b. Matthew 24:24 For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.

Matthew 7:15-16 Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves. (16) Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

#### 4. PEOPLE SPECIALIZED IN THE MEDICAL WORK

- a. Is there a need for people to be specially trained in treating the sick? Why? Luke 5:31; Colossians 4:14.
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“A consecrated physician bears a double responsibility; for in him are combined the qualifications of the physician with those of the gospel minister. His is a grand, a sacred, and a very necessary work.”—*The Kress Collection*, p. 138.

“Let no one listen to the suggestion that we can exercise faith and have all our infirmities removed, and that there is therefore no need of institutions for the recovery of health. Faith and works are not severed.”—*Testimonies*, vol. 6, p. 441.

“Luke, the writer of the Gospel that bears his name, was a medical missionary. In the Scriptures he is called ‘the beloved physician’ (Colossians 4:14). The apostle Paul heard of his skill as a physician, and sought him out as one to whom the Lord had entrusted a special work. He secured his cooperation, and for some time Luke accompanied him in his travels from place to place.”—*The Ministry of Healing*, pp. 140, 141.

- a. Luke 5:31 And Jesus answering said unto them, They that are whole need not a physician; but they that are sick.  
Colossians 4:14 Luke, the beloved physician, and Demas, greet you.

#### 4. PEOPLE SPECIALIZED IN THE MEDICAL WORK

- b. How should young people prepare for the medical work? 1 Corinthians 10:31; Micah 6:8.
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“While seeking a preparation for his lifework, the medical student should be encouraged to attain the highest possible development of all his powers. His studies, taxing though they are, need not necessarily undermine his physical health, or lessen his enjoyment of spiritual things. Throughout his course of study he may continually grow in grace and in a knowledge of truth, while at the same time he may be constantly adding to the store of knowledge that will make him a wise practitioner.”—*Counsels to Parents, Teachers, and Students*, p. 474.

“In every department where [medical students] have to labor, they must possess a willing mind, an earnest spirit, and a hearty, unselfish zeal in trying to do others good. They will not study how best to preserve their dignity, but by thoughtfulness and caretaking will earn a reputation for thoroughness and exactitude, and by sympathetic ministry will gain the hearts of those whom they serve.”—*Ibid.*, pp. 477, 478.

b. 1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Micah 6:8 He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

## 5. GOD'S METHODS: TRUE VERSUS FALSE

- a. Which healing methods were used by Jesus and His prophets?  
John 9:6, 7; Isaiah 38:21.
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“The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.”—*The Ministry of Healing*, p. 233.

a. John 9:6-7 When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, (7) And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.

Isaiah 38:21 For Isaiah had said, Let them take a lump of figs, and lay it for a plaister upon the boil, and he shall recover.

## 5. GOD'S METHODS: TRUE VERSUS FALSE

### b. What healing methods are forbidden by God? 2 Kings 1:2, 3. Why?

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“Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies.”—*Selected Messages*, bk. 2, p. 281.

“When Dr. A came to the Health Retreat, she laid aside her knowledge and practice of hygiene, and administered the little homeopathic doses for almost every ailment. This was against the light God had given.”—*Ibid.*, p. 282.

“Cut away from yourselves everything that savors of hypnotism, the science by which satanic agencies work.”—*Ibid.*, p. 350.

“The apostles of nearly all forms of spiritism claim to have the power to cure the diseased. They attribute their power to electricity, magnetism, the so-called ‘sympathetic remedies,’ or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified Christian physicians.”—*Evangelism*, p. 606.

b. 2 Kings 1:2-3 And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, enquire of Baalzebub the god of Ekron whether I shall recover of this disease. (3) But the angel of the LORD said to Elijah the Tishbite, Arise, go up to meet the messengers of the king of Samaria, and say unto them, Is it not because there is not a God in Israel, that ye go to enquire of Baalzebub the god of Ekron?

**PERSONAL REVIEW QUESTIONS**

1. From where does all true healing come, and how is it achieved?
2. What should be our purpose in helping to heal others?
3. If we want the healing to be more permanent, what should we consider?
4. How can a physician work for God?
5. Why are we denying our faith by accepting treatments from doctors who use so-called bioenergy, magnetism, hypnosis, and the like?

# Keeping Your Heart Healthy

**“Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:23).**

“Let the prayer go up to God, ‘Create in me a clean heart’ (Psalm 51:10) for a pure, cleansed soul has Christ abiding therein, and out of the abundance of the heart are the issues of life.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, p. 1157.

**Suggested Reading:** *Healthful Living*, pp. 178–187.

## 1. THE HEART—ESSENTIAL FOR MAINTAINING LIFE

### a. Why is the heart key to maintaining health? Proverbs 4:23.

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“Perfect health depends upon perfect circulation.

“The more active the circulation the more free from obstructions and impurities will be the blood. The blood nourishes the body. The health of the body depends upon the healthful circulation of the blood.”—*Healthful Living*, p. 178.

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing.”—*The Ministry of Healing*, p. 115.

a. Proverbs 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

## 1. THE HEART—ESSENTIAL FOR MAINTAINING LIFE

- b. What does the heart represent spiritually? What effect does the spiritual heart have on spiritual health? Luke 6:45; Isaiah 26:3.
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“Diligent heart-keeping is essential to a healthy growth in grace. The heart in its natural state is a habitation for unholy thoughts and sinful passions. When brought into subjection to Christ, it must be cleansed by the Spirit from all defilement. This cannot be done without the consent of the individual.

“When the soul has been cleansed, it is the duty of the Christian to keep it undefiled.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, p. 1157.

b. Luke 6:45 A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

Isaiah 26:3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

## 2. DISEASES OF THE HEART

- a. How is arteriosclerosis (the most frequent cause of disease and death in the world) produced, and how can we prevent it? Leviticus 3:17; Genesis 1:29.

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“Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. . . . The blood-making organs cannot convert such things into good blood.”—*Healthful Living*, pp. 180, 181.

“When properly prepared, olives, like nuts, supply the place of butter and flesh meats.”—*Counsels on Diet and Foods*, p. 359.

“A bad circulation leaves the blood to become impure, induces congestion of the brain and lungs, and causes diseases of the heart, the liver, and the lungs.”—*Healthful Living*, p. 180.

“Catarrhal difficulties, kidney disease, headache, and heart troubles are the result of immoderate eating.”—*Ibid.*, p. 181.

- a. Leviticus 3:17 It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

Genesis 1:29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

## 2. DISEASES OF THE HEART

- b. What are some of the diseases of the spiritual heart? Ezekiel 3:7 (last part); Jeremiah 17:9; Proverbs 16:5.
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“Can anyone think it possible that pride can exist in the heart and yet that heart have a place in the kingdom of God? It was pride that caused the fall of Satan. His heart was lifted up because of his beauty.”—*The Signs of the Times*, February 5, 1894.

b. Ezekiel 3:7 But the house of Israel will not hearken unto thee; for they will not hearken unto me: for all the house of Israel are impudent and hardhearted. (last part).

Jeremiah 17:9 The heart is deceitful above all things, and desperately wicked: who can know it?

Proverbs 16:5 Every one that is proud in heart is an abomination to the LORD: though hand join in hand, he shall not be unpunished.

## 2. DISEASES OF THE HEART

- c. What reveals the state of a person's spiritual heart? Matthew 7:20; 12:34 (last part); 15:18, 19.
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“Our thoughts are to be strictly guarded; for one impure thought makes a deep impression on the soul. . . . If the thoughts are pure and holy, the man is better for having cherished them. By them the spiritual pulse is quickened, and the power for doing good is increased. And as one drop of rain prepares the way for another in moistening the earth, so one good thought prepares the way for another.”—*The Faith I Live By*, p. 222.

“Not only our words and actions, but our thoughts, make up the picture of what we are.”—*Child Guidance*, p. 563.

- c. Matthew 7:20 Wherefore by their fruits ye shall know them.

Matthew 12:34 O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh. (last part).

Matthew 15:18-19 But those things which proceed out of the mouth come forth from the heart; and they defile the man. (19) For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

### 3. THE APPROPRIATE TREATMENT

- a. If a person is diagnosed with heart disease, how should we speak to him or her and what should we say? Proverbs 25:11.
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“Those who argue for the policy plan will not enlighten the suffering one as to the nature and cause of the disease which has seized upon his body. They should, with tact and wise discrimination, with tenderness and love for his soul, open to him the reason of his sickness, and then seek to enlighten his mind, that he may bring his appetite and passions under the control of reason, and find a sure remedy for every malady in Jesus Christ.”—*Pamphlet*, no. 167, p. 27.

“The chief if not the only reason why many become invalids is that the blood does not circulate freely, and the changes in the vital fluid which are necessary to life and health do not take place. They have not given their bodies exercise nor their lungs food, which is pure, fresh air; therefore it is impossible for the blood to be vitalized, and it pursues its course sluggishly through the system.”—*Healthful Living*, p. 180.

- a. Proverbs 25:11 A word fitly spoken is like apples of gold in pictures of silver.

### 3. THE APPROPRIATE TREATMENT

- b. Who diagnoses the state of the spiritual heart? Jeremiah 17:10. What is the recommended treatment? Ezekiel 36:26.
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“When Jesus speaks of the new heart, He means the mind, the life, the whole being. To have a change of heart is to withdraw the affections from the world, and fasten them upon Christ. To have a new heart is to have a new mind, new purposes, new motives. What is the sign of a new heart?—a changed life. There is a daily, hourly dying to selfishness and pride.

“One of the most earnest prayers recorded in the Word of God is that of David when he plead, ‘Create in me a clean heart, O God’ (Psalm 51:10). God’s response to such a prayer is, A new heart will I give you. This is a work that no finite man can do. Men and women are to begin at the beginning, seeking God most earnestly for a true Christian experience. They are to feel the creative power of the Holy Spirit. They are to receive the new heart, that is kept soft and tender by the grace of heaven. The selfish spirit is to be cleansed from the soul. They are to labor earnestly and with humility of heart, each one looking to Jesus for guidance and encouragement.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 4, pp. 1164, 1165.

b. Jeremiah 17:10 I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

Ezekiel 36:26 A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

#### 4. PERMANENT HEALING, IN THE FUTURE

- a. Although any physical healing on this earth is only temporary (including that performed by Jesus and by the apostles), when will the healing be permanent? Revelation 22:2, 14; 2:7.
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“The fruit of the tree of life in the Garden of Eden possessed supernatural virtue. To eat of it was to live forever. Its fruit was the antidote of death. Its leaves were for the sustaining of life and immortality.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 988.

“The transgression of God’s commandments deprived man of all right to the tree of life. Christ died, that by virtue of His blood, obedience to God’s law might make man worthy of the heavenly benediction, and grant him a right again to the tree of life.”—*Spiritual Gifts*, vol. 3, p. 88.

- a. Revelation 22:2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Revelation 22:14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

Revelation 2:7 He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.

## 4. PERMANENT HEALING, IN THE FUTURE

- b. How much can a person do in cleansing and purifying his or her spiritual heart? Proverbs 20:9; Jeremiah 13:23.
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“O, that all might realize that without Christ they can do nothing! . . . Our actions have a twofold influence; for they affect others as well as ourselves. This influence will either be a blessing or a curse to those with whom we associate. How little we appreciate this fact. Actions make habits, and habits, character, and if we do not guard our habits, we shall not be qualified to unite with heavenly agencies in the work of salvation, nor be prepared to enter the heavenly mansions that Jesus has gone to prepare; for no one will be there except those who have surrendered their will and way to God’s will and way.”—*Christian Education*, p. 92.

- b. Proverbs 20:9 Who can say, I have made my heart clean, I am pure from my sin?  
Jeremiah 13:23 Can the Ethiopian change his skin, or the leopard his spots? then may ye also do good, that are accustomed to do evil.

## 4. PERMANENT HEALING, IN THE FUTURE

- c. What is God able to do for us in this regard? Isaiah 41:10; Psalm 51:10.
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“But to him who by patient continuance in well-doing, seeks for glory, honor, and immortality, God will render eternal life.”—*The Signs of the Times*, September 24, 1894.

c. Isaiah 41:10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. Psalms 51:10 Create in me a clean heart, O God; and renew a right spirit within me.

**4. PERMANENT HEALING, IN THE FUTURE**

**d. What is the promise to the pure in heart? Matthew 5:8.**

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d. Matthew 5:8 Blessed are the pure in heart: for they shall see God.

## 5. THE REMEDY FOR SPIRITUAL HEART DISEASE

- a. What must we do in order to have true healing of the spiritual heart? Psalm 32:5; 1 John 1:9.
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“God requires that we confess our sins and humble our hearts before Him; but at the same time we should have confidence in Him as a tender Father, who will not forsake those who put their trust in Him. Many of us walk by sight and not by faith. We believe the things that are seen but do not appreciate the precious promises given us in God’s word; and yet we cannot dishonor God more decidedly than by showing that we distrust what He says and question whether the Lord is in earnest with us or is deceiving us.

“God does not give us up because of our sins. We may make mistakes and grieve His Spirit; but when we repent, and come to Him with contrite hearts, He will not turn us away. There are hindrances to be removed. Wrong feelings have been cherished, and there have been pride, self-sufficiency, impatience, and murmurings. All these separate us from God. Sins must be confessed; there must be a deeper work of grace in the heart. Those who feel weak and discouraged may become strong men of God and do noble work for the Master. But they must work from a high standpoint; they must be influenced by no selfish motives.”—*Gospel Workers* (1892), pp. 411, 412.

- a. Psalms 32:5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.  
1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness

**5. THE REMEDY FOR SPIRITUAL HEART DISEASE**

- b. When does God want us to experience this healing? 2 Corinthians 6:2.**
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b. 2 Corinthians 6:2 (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now is the accepted time; behold, now is the day of salvation.)

**PERSONAL REVIEW QUESTIONS**

1. What do we understand by the word “heart,” from a spiritual point of view?
2. What are the main causes for disease of the physical heart?
3. What does it mean to have a new heart, in a spiritual sense, and why is it necessary to completely replace the old heart?
4. What is the only type of character that God values, and why?
5. When and how is the full healing for the physical heart achieved?  
When and how do we have true healing of the spiritual heart?

# The Dangers of Extremism

**“Be not righteous over much; neither make thyself over wise: why shouldest thou destroy thyself?”** (Ecclesiastes 7:16).

“There is real common sense in dietetic reform.”—*The Ministry of Healing*, p. 319.

**Suggested Reading:** *Counsels on Diet and Foods*, pp. 195–213.

## 1. DEFINITION OF TERMS

### a. What is extremism? Ecclesiastes 7:16–18.

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“Those who advocate unpopular truth should be most consistent in their lives, and should be extremely careful to shun everything like extremes. They should not labor to see how far they can take their position from other men; but, otherwise, to see how near they can come to those whom they wish to reform, that they may help them to the position which they themselves so highly prize.”—*Testimonies*, vol. 2, pp. 377, 378.

“We would also caution those that are extremists not to raise a false standard and then endeavor to bring everybody to it.”—*Ibid.*, p. 375.

a. Ecclesiastes 7:16-18 Be not righteous over much; neither make thyself over wise: why shouldest thou destroy thyself? (17) Be not over much wicked, neither be thou foolish: why shouldest thou die before thy time? (18) It is good that thou shouldest take hold of this; yea, also from this withdraw not thine hand: for he that feareth God shall come forth of them all.

## 1. DEFINITION OF TERMS

b. What are some of the characteristics of fanatics? Matthew 23:25.

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“There are some who will not hear. So long have they chosen to follow their own way and their own wisdom, so long have they cherished hereditary and cultivated tendencies to wrong, that they are blind and cannot see afar off. By them, principles are perverted; false standards are raised; tests are made that bear not the signature of heaven. They are assimilating worldly ideas and forming characters that will exclude them from heaven. And yet some of these very ones make their boasts in the Lord as a people who do righteousness and forsake not the ordinances of their God!”—*The Signs of the Times*, June 24, 1903.

b. Matthew 23:25 Woe unto you, scribes and Pharisees, hypocrites! for ye make clean the outside of the cup and of the platter, but within they are full of extortion and excess

## 2. DEALING WITH FANATICISM

- a. How can we be wise and avoid fanaticism? Romans 12:3; Hosea 14:9.

“Those who realize their weakness trust in a power higher than self. And while they look to God, Satan has no power against them. But those who trust in self are easily defeated.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 5, p. 1102.

“Those who have but a partial understanding of the principles of reform are often the most rigid, not only in carrying out their views themselves, but in urging them on their families and their neighbors. The effect of their mistaken reforms, as seen in their own ill-health, and their efforts to force their views upon others, give many a false idea of dietetic reform, and lead them to reject it altogether. . . .

“No one should criticize others because their practice is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate every one’s habits, and no one should think himself a criterion for all. Not all can eat the same things. Foods that are palatable and wholesome to one person may be distasteful, and even harmful, to another.”—*Counsels on Diet and Foods*, p. 198.

a. Romans 12:3 For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Hosea 14:9 Who is wise, and he shall understand these things? prudent, and he shall know them? for the ways of the LORD are right, and the just shall walk in them: but the transgressors shall fall therein.

## 2. DEALING WITH FANATICISM

b. How else can we respond to fanaticism? Mark 6:45, 46.

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b. Mark 6:45-46 And straightway he constrained his disciples to get into the ship, and to go to the other side before unto Bethsaida, while he sent away the people. (46) And when he had sent them away, he departed into a mountain to pray.

## 2. DEALING WITH FANATICISM

- c. How can we avoid falling into extremes? Deuteronomy 30:16, 19; Isaiah 8:20.
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“Those who elevate the standard as nearly as they can to the order of God, according to the light God has given them through His word and the testimonies of His Spirit, will not change their course of action to meet the wishes of their friends or relatives, be they one or two or a host, who are living contrary to God’s wise arrangement. If we move from principle in these things, if we observe strict rules of diet, if as Christians we educate our tastes after God’s plan, we shall exert an influence which will meet the mind of God. The question is, ‘Are we willing to be true health reformers?’ ”—Ibid., pp. 35, 36.

c. Deuteronomy 30:16 In that I command thee this day to love the LORD thy God, to walk in his ways, and to keep his commandments and his statutes and his judgments, that thou mayest live and multiply: and the LORD thy God shall bless thee in the land whither thou goest to possess it.

Deuteronomy 30:19 I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:

Isaiah 8:20 To the law and to the testimony: if they speak not according to this word, it is because there is no light in them.

### 3. TWO CLASSES OF HEALTH REFORMERS

- a. What should be the fundamental guiding principle in matters of health reform? Philippians 4:5.
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“Those who understand the laws of health, and who are governed by principle, will shun the extremes, both of indulgence and of restrictions. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for the highest service to God and man. The appetite is under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favor of right principles.”—*Counsels on Diet and Foods*, p. 198.

- a. Philippians 4:5 Let your moderation be known unto all men. The Lord is at hand.

### 3. TWO CLASSES OF HEALTH REFORMERS

- b. Describe the two classes of professed health reformers, and tell where each will end up. Zephaniah 2:15; Proverbs 14:12.
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“Two classes have been presented before me: first, those who are not living up to the light which God has given them; secondly, those who are too rigid in carrying out their one-sided ideas of reform, and enforcing them on others. When they take a position, they stand to it stubbornly, and carry nearly everything over the mark.

“The first class adopted the reform because some one else did. They did not obtain a clear understanding of its principles for themselves. Many of those who profess the truth have received it because some one else did, and for their life they could not give the reason of their faith. This is why they are so unstable. Instead of weighing their motives in the light of eternity, instead of obtaining a practical knowledge of the principles underlying all their actions, instead of digging down to the bottom and building upon a right foundation for themselves, they are walking in the light of another’s torch, and will surely fail.

“The other class take wrong views of the reform. They adopt too meager a diet. They subsist upon a poor quality of food, prepared without reference to the nourishment of the system. It is important that food be prepared with care, so that the appetite, when not perverted, can relish it.”—*Ibid.*, p. 196.

b. Zephaniah 2:15 This is the rejoicing city that dwelt carelessly, that said in her heart, I am, and there is none beside me: how is she become a desolation, a place for beasts to lie down in! every one that passeth by her shall hiss, and wag his hand.

Proverbs 14:12 There is a way which seemeth right unto a man, but the end thereof are the ways of death.

**3. TWO CLASSES OF HEALTH REFORMERS**

c. How then should we choose our food? 1 Corinthians 10:31.

c. 1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

#### 4. PROGRESSIVE ADVANCEMENT

- a. What should faithful leaders consider when instructing the people about health reform? Genesis 33:14; Proverbs 4:18.

“If you err, let it not be in getting as far from the people as possible, for then you cut the thread of your influence and can do them no good. Better err on the side of the people than altogether away from them, for there is hope in that case that you can carry the people with you, but there is no need of error on either side.

“You need not go into the water, or into the fire, but take the middle path, avoiding all extremes.”—*Counsels on Diet and Foods*, p. 211.

“If we come to persons who have not been enlightened in regard to health reform and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform. We must lead the people along patiently and gradually, remembering the hole of the pit from which we were digged.”—*Healthful Living*, p. 35.

- a. Genesis 33:14 Let my lord, I pray thee, pass over before his servant: and I will lead on softly, according as the cattle that goeth before me and the children be able to endure, until I come unto my lord  
unto Seir.

Proverbs 4:18 But the path of the just is as the shining light, that shineth more and more unto the perfect day.

## 4. PROGRESSIVE ADVANCEMENT

b. How does a true shepherd lead his flock? John 10:2–4, 11.

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b. John 10:2-4 But he that entereth in by the door is the shepherd of the sheep. (3) To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out. (4) And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice.

John 10:11 I am the good shepherd: the good shepherd giveth his life for the sheep.

#### 4. PROGRESSIVE ADVANCEMENT

- c. How do false shepherds behave? John 10:10 (first part), 12, 13; Ezekiel 34:2-4.

“The lack of stability in regard to the principles of health reform is a true index of [the] character [of those at the heart of the work] and their spiritual strength.”—*Testimonies*, vol. 2, p. 487.

“I saw that some who have formerly run deep into fanaticism would be the first now to run before God sends them, before they are purified from their past errors; having error mixed with the truth, they would feed the flock of God with it, and if they were suffered to go on, the flock would become sickly, and distraction and death would follow.”—*Early Writings*, p. 62.

“Instead of being guided by reason and sound judgment, [among our people] some allowed their feelings to take the lead.”—*Testimonies*, vol. 1, pp. 356, 357.

“[Some individuals professing to believe a part of present truth] are not responsible to anyone. They have an independent faith of their own.”—*Ibid.*, p. 326.

c. John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. (first part.)

John 10:2 But he that entereth in by the door is the shepherd of the sheep.

John 10:13 The hireling fleeth, because he is an hireling, and careth not for the sheep.

Ezekiel 34:2-4 Son of man, prophesy against the shepherds of Israel, prophesy, and say unto them, Thus saith the Lord GOD unto the shepherds; Woe be to the shepherds of Israel that do feed themselves! should not the shepherds feed the flocks? (3) Ye eat the fat, and ye clothe you with the wool, ye kill them that are fed: but ye feed not the flock. (4) The diseased have ye not strengthened, neither have ye healed that which was sick, neither have ye bound up that which was broken, neither have ye brought again that which was driven away, neither have ye sought that which was lost; but with force and with cruelty have ye ruled them.

## 5. REAPING WHAT YOU SOW

### a. What will result from extremes in health reform? Isaiah 1:5, 6.

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“Narrow ideas, and overstraining of small points, have been a great injury to the cause of hygiene. There may be such an effort at economy in the preparation of food, that, instead of a healthful diet, it becomes a poverty-stricken diet. What is the result?—Poverty of the blood. I have seen several cases of disease most difficult to cure, which were due to impoverished diet. The persons thus afflicted were not compelled by poverty to adopt a meager diet, but did so in order to follow out their own erroneous ideas of what constitutes health reform. Day after day, meal after meal, the same articles of food were prepared without variation, until dyspepsia and general debility resulted. . . .

“Another class, in their desire to set a right example, go to the opposite extreme. Some are unable to obtain the most desirable foods, and instead of using such things as would best supply the lack, they adopt an impoverished diet. Their food does not supply the elements needed to make good blood. Their health suffers, their usefulness is impaired, and their example tells against rather than in favor of reform in diet.”—*Counsels on Diet and Foods*, p. 197.

a. Isaiah 1:5-6 Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint. (6) From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrifying sores: they have not been closed, neither bound up, neither mollified with ointment.

## 5. REAPING WHAT YOU SOW

- b. What will happen when we follow God's methods? Isaiah 58:8. How do we know God's way is not difficult? Deuteronomy 30:11-14.
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"A careful conformity to the laws God has implanted in our being will ensure health, and there will not be a breaking down of the constitution."—Ibid., p. 20.

b. Isaiah 58:8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.  
Deuteronomy 30:11-14 For this commandment which I command thee this day, it is not hidden from thee, neither is it far off. (12) It is not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, that we may hear it, and do it? (13) Neither is it beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, that we may hear it, and do it? (14) But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

**PERSONAL REVIEW QUESTIONS**

1. How do extremists often labor, and what would be a better approach?
2. Describe the two classes of false health reformers.
3. What is to be the guiding principle in matters of health reform?
4. How are we to progress in health reform?
5. What are the consequences of extremism? What will be the results of following God's way?

## First Sabbath Offering for a chapel in Edinet, Moldova

The city of Edinet is located in the northern side of the Republic of Moldova and has about 25,000 inhabitants. Edinet is an important industrial center for this area, being at the crossroads of four different countries. The greatest part of the city is made up of Moldavians (53%), followed by Russians (23%), Ukrainians (20%), and other nationalities (4%). The predominant religion is that of the Eastern Orthodox Church (approximately 70%), the rest being Protestant denominations.



The Reform Movement entered this place in 1970, when several brethren moved to this location together with their families.

Our believers, being loyal to the principles of the gospel truth, suffered persecution from the atheistic government of the former Soviet Union. Before the abolition of the iron curtain, the believers used to meet illegally in private homes; nonetheless, missionary efforts were fruitful by the grace of God.

Due to the lack of financial means, we could not have a meeting place of our own. Presently, the local church has 15 members. Its majority is made up of young families.

In 2010, from the generous gifts of the believers and with the help of the Field, a parcel of land has been acquired for the building of a church. But our finances are insufficient for the completion of the building. Therefore we appeal to the generosity of all of our brethren, sisters, and friends around the world to sustain us in the achievement of this project. We thank you all in advance and pray that the Lord may bless all the givers.

*Your brethren and sisters from Edinet*

# Counterfeit Healing Methods

“There shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect” (Matthew 24:24).

“Our minds must be stayed upon God, and we must not fear the fear of the wicked, that is, fear what they fear, and reverence what they reverence, but be bold and valiant for the truth.”—*Early Writings*, p. 60.

**Suggested Readings:** *Patriarchs and Prophets*, pp. 683-689;  
*Early Writings*, pp. 59, 60.

## 1. THE DESIRE TO KNOW THE FUTURE

- a. When and why did some kings resort to satanic mediums for counsel? 2 Kings 1:2; 1 Samuel 28:6–8. What happens when we do the same?
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“The Lord never turned away a soul that came to Him in sincerity and humility. Why did he turn Saul away unanswered? The king had by his own act forfeited the benefits of all the methods of inquiring of God. He had rejected the counsel of Samuel the prophet; he had exiled David, the chosen of God; he had slain the priests of the Lord. Could he expect to be answered by God when he had cut off the channels of communication that Heaven had ordained. . . . There could be no return but by the way of penitence and contrition; but the proud monarch, in his anguish and despair, determined to seek help from another source.”—*Patriarchs and Prophets*, p. 676.

“If you depend upon men who do not love God and obey His commandments, you will surely be brought into very difficult places. Those that are not connected with God are connected with the enemy of God, and the enemy will work with them to lead us in false paths. We do not honor God when we go aside from the only true God to inquire of the god of Ekron.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 2, p. 1036.

a. 2 Kings 1:2 And Ahaziah fell down through a lattice in his upper chamber that was in Samaria, and was sick: and he sent messengers, and said unto them, Go, enquire of Baalzebub the god of Ekron whether I shall recover of this disease.

1 Samuel 28:6-8 And when Saul enquired of the LORD, the LORD answered him not, neither by dreams, nor by Urim, nor by prophets.

(7) Then said Saul unto his servants, Seek me a woman that hath a familiar spirit, that I may go to her, and enquire of her. And his servants said to him, Behold, there is a woman that hath a familiar spirit at Endor. (8) And Saul disguised himself, and put on other raiment, and he went, and two men with him, and they came to the woman by night: and he said, I pray thee, divine unto me by the familiar spirit, and bring me him up, whom I shall name unto thee.

## 1. THE DESIRE TO KNOW THE FUTURE

b. What warning do we have about false prophets? Deuteronomy 13:1–3.

b. Deuteronomy 13:1-3 If there arise among you a prophet, or a dreamer of dreams, and giveth thee a sign or a wonder, (2) And the sign or the wonder come to pass, whereof he spake unto thee, saying, Let us go after other gods, which thou hast not known, and let us serve them; (3) Thou shalt not hearken unto the words of that prophet, or that dreamer of dreams: for the LORD your God proveth you, to know whether ye love the LORD your God with all your heart and with all your soul.

## 2. MISLED BY CURIOSITY

## a. What led Adam and Eve to be deceived by Satan? Genesis 3:1–6.

“Age after age, the curiosity of men has led them to seek for the tree of knowledge; and often they think they are plucking fruit most essential, when, like Solomon’s research, they find it altogether vanity and nothingness in comparison with that science of true holiness which will open to them the gates of the city of God. The human ambition has been seeking for that kind of knowledge that will bring to them glory and self-exaltation and supremacy. Thus Adam and Eve were worked upon by Satan until God’s restraint was snapped asunder, and their education under the teacher of lies began in order that they might have the knowledge which God had refused them—to know the consequence of transgression.”—*Ibid.*, vol. 1, p. 1083.

a. Genesis 3:1-6 Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? (2) And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: (3) But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. (4) And the serpent said unto the woman, Ye shall not surely die: (5) For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. (6) And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

## 2. MISLED BY CURIOSITY

- b. How can we avoid these snares of Satan? Isaiah 8:19; Ephesians 6:13, 16.
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“Shall those who have a holy God, infinite in wisdom and power, go unto wizards, whose knowledge comes from intimacy with the enemy of our Lord? God Himself is the light of His people; He bids them fix their eyes by faith upon the glories that are veiled from human sight. The Sun of Righteousness sends its bright beams into their hearts; they have light from the throne of heaven, and they have no desire to turn away from the source of light to the messengers of Satan.”—*Patriarchs and Prophets*, pp. 687, 688.

“That time will soon come [when modern magicians would be permitted to imitate the work of God], and we shall have to keep hold of the strong arm of Jehovah; for all these great signs and mighty wonders of the devil are designed to deceive God’s people and overthrow them. . . . Could our eyes be opened, we should see forms of evil angels around us, trying to invent some new way to annoy and destroy us. And we should also see angels of God guarding us from their power; for God’s watchful eye is ever over Israel for good, and He will protect and save His people, if they put their trust in Him. When the enemy shall come in like a flood, the Spirit of the Lord will lift up a standard against him.

“Said the angel, ‘Remember, thou art on the enchanted ground.’ I saw that we must watch and have on the whole armor and take the shield of faith, and then we shall be able to stand, and the fiery darts of the wicked cannot harm us.”—*Early Writings*, p. 60.

- b. Isaiah 8:19 And when they shall say unto you, Seek unto them that have familiar spirits, and unto wizards that peep, and that mutter: should not a people seek unto their God? for the living to the dead?  
Ephesians 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.  
Ephesians 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

### 3. COUNTERFEIT HEALINGS

- a. When miraculous healings are performed, how can we know if these have been performed by God's servants or by satanic agencies? Matthew 7:20–23; 1 John 2:3.
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“Satan gives his power to those who are aiding him in his deceptions; therefore those who claim to have the great power of God can only be discerned by the great detector, the law of Jehovah. The Lord tells us if it were possible they would deceive the very elect.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 5, p. 1087.

a. Matthew 7:20-23 Wherefore by their fruits ye shall know them. (21) Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. (22) Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? (23) And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

1 John 2:3 And hereby we do know that we know him, if we keep his commandments.

### 3. COUNTERFEIT HEALINGS

- b. Why shouldn't miracles form the basis of our faith? Upon what should our faith be established instead? Luke 24:27; John 5:39.
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“The coming of the Lord is to be preceded by ‘the working of Satan with all power and signs and lying wonders, and with all deceivableness of unrighteousness’ (2 Thessalonians 2:9, 10). And the apostle John, describing the miracle-working power that will be manifested in the last days, declares: ‘He doeth great wonders, so that he maketh fire come down from heaven on the earth in the sight of men, and deceiveth them that dwell on the earth by the means of those miracles which he had power to do’ (Revelation 13:13, 14). No mere impostures are here foretold. Men are deceived by the miracles which Satan’s agents have power to do, not which they pretend to do.—*The Great Controversy*, p. 553.

“It was [Jesus’] purpose to enlighten [His disciples’] understanding and to fasten their faith upon the ‘sure word of prophecy.’ He wished the truth to take firm root in their minds, not merely because it was supported by His personal testimony, but because of the unquestionable evidence presented by the symbols and shadows of the typical law, and by the prophecies of the Old Testament. It was needful for the followers of Christ to have an intelligent faith, not only in their own behalf, but that they might carry the knowledge of Christ to the world. And as the very first step in imparting this knowledge, Jesus directed the disciples to ‘Moses and all the prophets.’ Such was the testimony given by the risen Saviour to the value and importance of the Old Testament Scriptures.”—*Ibid.*, p. 349.

b. Luke 24:27 And beginning at Moses and all the prophets, he expounded unto them in all the scriptures the things concerning himself.

John 5:39 Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.

#### 4. METHODS OF SATANIC ORIGIN

- a. How does Satan attempt to imitate the work of God? Acts 19:13.
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“Before the final visitation of God’s judgments upon the earth there will be among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic times. The Spirit and power of God will be poured out upon His children. At that time many will separate themselves from those churches in which the love of this world has supplanted love for God and His word. Many, both of ministers and people, will gladly accept those great truths which God has caused to be proclaimed at this time to prepare a people for the Lord’s second coming. The enemy of souls desires to hinder this work; and before the time for such a movement shall come, he will endeavor to prevent it by introducing a counterfeit. In those churches which he can bring under his deceptive power he will make it appear that God’s special blessing is poured out; there will be manifest what is thought to be great religious interest. Multitudes will exult that God is working marvelously for them, when the work is that of another spirit. Under a religious guise, Satan will seek to extend his influence over the Christian world.

“Young men and women will be lifted up and will regard themselves as wonderfully favored, called to do some great thing. There will be conversions many, after a peculiar order, but they will not bear the divine signature. Immorality will come in, and extravagance, and many will make shipwreck of faith.”—*Maranatha*, p. 168.

- a. Acts 19:13 Then certain of the vagabond Jews, exorcists, took upon them to call over them which had evil spirits the name of the Lord Jesus, saying, We adjure you by Jesus whom Paul preacheth.

## 4. METHODS OF SATANIC ORIGIN

### b. What other methods does Satan use to entrap souls?

“The apostles of nearly all forms of spiritism claim to have the power to cure the diseased. They attribute their power to electricity, magnetism, the so-called ‘sympathetic remedies,’ or to latent forces within the mind of man. And there are not a few . . . who go to these healers, instead of trusting in the power of the living God and the skill of well-qualified Christian physicians.

“The mother, watching by the sickbed of her child, exclaims, ‘I can do no more! Is there no physician who has power to restore my child!’ She is told of the wonderful cures performed by some clairvoyant or magnetic healer, and she trusts her dear one to his charge, placing it as verily in the hand of Satan as if he were standing by her side. In many instances the future life of the child is controlled by a satanic power, which it seems impossible to break.”—*Evangelism*, p. 606.

## 5. A STRONG AND FIRM HOPE

- a. What is the only sure hope for the faithful? Does God always restore the sick to health? John 6:68, 69; Psalm 62:1, 2.

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“There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus. John on the Isle of Patmos was bidden to write: ‘Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them’ (Revelation 14:13). From this we see that if persons are not raised to health, they should not on this account be judged as wanting in faith.”—*The Ministry of Healing*, p. 230.

“For the disheartened there is a sure remedy—faith, prayer, work. Faith and activity will impart assurance and satisfaction that will increase day by day. Are you tempted to give way to feelings of anxious foreboding or utter despondency? In the darkest days, when appearances seem most forbidding, fear not. Have faith in God. He knows your need. He has all power. His infinite love and compassion never weary. Fear not that He will fail of fulfilling His promise. He is eternal truth. Never will He change the covenant He has made with those who love Him. And He will bestow upon His faithful servants the measure of efficiency that their need demands.”—*Prophets and Kings*, pp. 164, 165.

- a. John 6:68-69 Then Simon Peter answered him, Lord, to whom shall we go? thou hast the words of eternal life. (69) And we believe and are sure that thou art that Christ, the Son of the living God. Psalms 62:1-2 To the chief Musician, to Jeduthun, A Psalm of David. Truly my soul waiteth upon God: from him cometh my salvation. (2) He only is my rock and my salvation; he is my defence; I shall not be greatly moved.

5. A STRONG AND FIRM HOPE

- b. When tempted to resort to methods of healing inspired by Satan, how will the faithful sick ones respond? Psalms 43:5; 121:1, 2.
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b. Psalms 43:5 Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God.

Psalms 1:1-2 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. (2) But his delight is in the law of the LORD; and in his law doth he meditate day and night.

**PERSONAL REVIEW QUESTIONS**

1. When we seek God's counsel, what should be the condition of our heart?
2. How does Satan work to deceive souls, and how can we overcome him?
3. How can the miraculous healings performed by God's servants be distinguished from those performed by satanic agencies?
4. What are some modern healing methods used by satanic agencies?
5. What has been, and will always be, the position of true believers when they pass through various trials and the future seems uncertain?

# Counsel for Medical Missionaries

“Howbeit Jesus suffered him not, but saith unto him [who had been possessed], Go home to thy friends, and tell them how great things the Lord hath done for thee, and hath had compassion on thee” (Mark 5:19).

“I can see in the Lord’s providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached.”—*Counsels on Diet and Foods*, p. 76.

**Suggested Reading:** *The Ministry of Healing*, pp. 139–160.

## 1. AN ESSENTIAL COMPONENT OF MISSIONARY WORK

- a. Why was physical healing an especially important part of the work of spiritual deliverance wrought by Jesus and His disciples? Luke 4:18; Matthew 10:1.
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“The body is a most important medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here often means the surrender of the whole being to evil. The tendencies of the physical nature, unless under the dominion of a higher power, will surely work ruin and death.”—*Prophets and Kings*, pp. 488, 489.

- a. Luke 4:18 The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, Matthew 10:1 And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.

## 1. AN ESSENTIAL COMPONENT OF MISSIONARY WORK

- b. Why does Jesus give so much attention to humanity's physical needs? John 3:16. Why are the branches of missionary, medical, and educational work inseparable? Matthew 9:35.
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“It was [Christ’s] mission to bring to men complete restoration; He came to give them health and peace and perfection of character.”—*The Ministry of Healing*, p. 17.

b. John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Matthew 9:35 And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

## 2. AN ENTERING WEDGE

- a. Why must the medical work precede the missionary work? Give an example of this. John 5:6–8, 14.

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“The medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached.”—*Counsels on Diet and Foods*, p. 76.

“Christ’s method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, ‘Follow Me.’ ” . . .

“ . . . God often reaches hearts through our efforts to relieve physical suffering.”—*The Ministry of Healing*, pp. 143, 144.

- a. John 5:6-8 When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? (7) The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. (8) Jesus saith unto him, Rise, take up thy bed, and walk.  
John 5:14 Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

## 2. AN ENTERING WEDGE

- b. What effect will medical missionary work have upon honest souls? Matthew 8:28–34. What about those hardened in sin and prejudice? Mark 5:16, 17.
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“The evil spirits are forced to release their victims, and a wonderful change comes over the demoniacs. Light shines into their minds. Their eyes beam with intelligence. The countenances so long deformed into the image of Satan become suddenly mild, the bloodstained hands are quiet, and the men lift their voices in praise to God. . . .

“But those who behold this wonderful scene do not rejoice. The loss of the swine seems to them of greater moment than the deliverance of these captives of Satan. In terror they throng about Jesus, beseeching Him to depart from them, and He complies, taking ship at once for the opposite shore.”—*Ibid.*, p. 97.

b. Matthew 8:28-34 And when he was come to the other side into the country of the Gergesenes, there met him two possessed with devils, coming out of the tombs, exceeding fierce, so that no man might pass by that way. (29) And, behold, they cried out, saying, What have we to do with thee, Jesus, thou Son of God? art thou come hither to torment us before the time? (30) And there was a good way off from them an herd of many swine feeding. (31) So the devils besought him, saying, If thou cast us out, suffer us to go away into the herd of swine. (32) And he said unto them, Go. And when they were come out, they went into the herd of swine: and, behold, the whole herd of swine ran violently down a steep place into the sea, and perished in the waters. (33) And they that kept them fled, and went their ways into the city, and told every thing, and what was befallen to the possessed of the devils. (34) And, behold, the whole city came out to meet Jesus: and when they saw him, they besought him that he would depart out of their coasts.

Mark 5:16-17 And they that saw it told them how it befell to him that was possessed with the devil, and also concerning the swine. (17) And they began to pray him to depart out of their coasts.

## 2. AN ENTERING WEDGE

c. What is God's purpose in healing or in prolonging life? Psalm 71:18.

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“Our confession of [God's] faithfulness is Heaven's chosen agency for revealing Christ to the world. We are to acknowledge His grace as made known through the holy men of old; but that which will be most effectual is the testimony of our own experience. We are witnesses for God as we reveal in ourselves the working of a power that is divine.”—*Ibid.*, p. 100.

c. Psalms 71:18 Now also when I am old and grayheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come.

### 3. A GREAT DANGER FOR MEDICAL MISSIONARY WORKERS

- a. What dangerous trait of character can affect medical missionary workers? James 4:6.
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“There is nothing so offensive to God or so dangerous to the human soul as pride and self-sufficiency. Of all sins it is the most hopeless, the most incurable.”—*Christ’s Object Lessons*, p. 154.

“Strife for the supremacy makes a spirit that, if cherished, will eventually shut out from the kingdom of God those who cherish it. The peace of Christ cannot dwell in the mind and heart of a workman who criticizes and find fault with another workman simply because the other does not practice the methods he thinks best, or because he feels that he is not appreciated. The Lord never blesses him who criticizes and accuses his brethren, for this is Satan’s work.”—*Evangelism*, p. 102.

“Pride of position is a deep-seated evil which has ruined thousands . . . because they have lost sight of principle.”—*Selected Messages*, bk. 2, pp. 184, 185.

- a. James 4:6 But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

**3. A GREAT DANGER FOR MEDICAL MISSIONARY WORKERS**

**b. How can we avoid this danger? James 4:10; 1 Corinthians 10:12.**

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“In choosing men and women for His service, God does not ask whether they possess worldly wealth, learning, or eloquence. He asks, ‘Do they walk in such humility that I can teach them My way? Can I put My words into their lips? Will they represent Me?’—*The Ministry of Healing*, p. 37.

“In such cases of affliction where Satan has control of the mind, before engaging in prayer there should be the closest self-examination to discover if there are not sins which need to be repented of, confessed, and forsaken. Deep humility of soul before God is necessary, and firm, humble reliance upon the blood of Christ alone. Fasting and prayer will accomplish nothing while the heart is estranged from God by a wrong course of action.”—*Healthful Living*, pp. 236, 237.

“The one who best knows himself works in all humility. He feels like making no proud boasts; he bears a weight of responsibility as he sees the woes of suffering humanity, and he will not take human life into his hand to deal with even the bodies of men without connecting with the experienced Physician, regarding him as a father and himself as a child to be instructed and corrected, if in error.”—*Ibid.*, pp. 258, 259.

**b. James 4:10 Humble yourselves in the sight of the Lord, and he shall lift you up.**

**1 Corinthians 10:12 Wherefore let him that thinketh he standeth take heed lest he fall.**

#### 4. EDUCATE DISCIPLES

- a. What should be one of the highest priorities of missionary workers? Matthew 28:19 (first part).
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“Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath-school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. . . .

“Let all cultivate their physical and mental powers to the utmost of their ability, that they may work for God where His providence shall call them.”—*The Ministry of Healing*, p. 149.

Matthew 28:19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:  
(first  
part).

## 4. EDUCATE DISCIPLES

- b. Why is it so important to train disciples? Give an example. Exodus 33:11; Numbers 27:18.
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“Educated workers who are consecrated to God can do service in a greater variety of ways and can accomplish more extensive work than can those who are uneducated. Their discipline of mind places them on vantage ground.”—*Ibid*, p. 150.

b. Exodus 33:11 And the LORD spake unto Moses face to face, as a man speaketh unto his friend. And he turned again into the camp: but his servant Joshua, the son of Nun, a young man, departed not out of the tabernacle.

Numbers 27:18 And the LORD said unto Moses, Take thee Joshua the son of Nun, a man in whom is the spirit, and lay thine hand upon him;

## 4. EDUCATE DISCIPLES

- c. In training the disciples, what practical example did Jesus give, reinforcing the twofold nature of His work? Luke 9:6.
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“[Christ] went about doing good, teaching the ignorant, and healing the sick. His work did not stop with an exhibition of His power over disease. He made each work of healing an occasion of implanting in the heart the divine principles of His love and benevolence. Thus His followers are to work. Christ is no longer in this world in person, but He has commissioned us to carry forward the medical missionary work that He began; and in this work we are to do our very best.”—*Counsels on Health*, p. 249.

- c. Luke 9:6 And they departed, and went through the towns, preaching the gospel, and healing every where.

## 5. THE LAST WARNING

- a. **What part will medical missionary work play in the last warning message that is given to the world during the Loud Cry? Why is this so important? Acts 24:25.**

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“The work of health reform is the Lord’s means for lessening suffering in our world and for purifying His church.”—*Counsels on Diet and Foods*, p. 77.

“The principles of health reform are found in the word of God. The gospel of health is to be firmly linked with the ministry of the word. It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message. Our physicians are to be God’s workers. They are to be men whose powers have been sanctified and transformed by the grace of Christ. Their influence is to be knit up with the truth that is to be given to the world. In perfect and complete unity with the gospel ministry the work of health reform will reveal its God-given power. Under the influence of the gospel great reforms will be made by medical missionary work.”—*Medical Ministry*, p. 259.

- a. Acts 24:25 And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.

## 5. THE LAST WARNING

- b. What will be our attitude toward health reform as we draw near the end? Proverbs 4:18.
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“As we near the close of time we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice. Precept and practice combined have a telling influence.”—*Testimonies*, vol. 6, p. 112.

- b. Proverbs 4:18 But the path of the just is as the shining light, that shineth more and more unto the perfect day.

**PERSONAL REVIEW QUESTIONS**

1. Why must so much time be dedicated to the work of healing the body?
2. How does medical missionary work help us spread the gospel?
3. What danger is there for successful medical missionary workers?
4. What is an extremely important duty for every worker? Why?
5. What part will medical missionary work play in the last warning message to the world?

# Education in Health

“My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children” (Hosea 4:6).

“True education means more than the pursual of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come.”—*Counsels for the Church*, p. 202.

**Suggested Reading:** *Education*, pp. 195–201.

## 1. THE ADVANTAGES OF EDUCATION

- a. What is the value of educating God's workers? Proverbs 1:5; 2:10, 11.
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"There is a dearth of educated ability among us. . . . It is impossible for anyone to foresee to what he may be called. He may be placed in situations where he will need quick discernment and well-balanced arguments, and therefore it is for the honor of Christ that well educated workers should be multiplied among us; they will be better able to communicate the truth in a clear, intelligent way, and the truth should be presented in a way that will be as free as possible from defects."—*Christian Education*, p. 138.

- a. Proverbs 1:5 A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels: Proverbs 2:10-11 When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; (11) Discretion shall preserve thee, understanding shall keep thee:

## 1. THE ADVANTAGES OF EDUCATION

- b. Is it worthwhile to make an effort to obtain an education in health lines? Proverbs 2:2-5; 8:11.
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“The educated physician will find entrance in our cities where other men cannot.”—*Medical Ministry*, p. 242.

Proverbs 2:2-5: (2) So that thou incline thine ear unto wisdom, and apply thine heart to understanding; (3) Yea, if thou criest after knowledge, and liftest up thy voice for understanding; (4) If thou seekest her as silver, and searchest for her as for hid treasures; (5) Then shalt thou understand the fear of the Lord, and find the knowledge of God.

Proverbs 8:11: (11) For wisdom is better than rubies; and all the things that may be desired are not to be compared to it.

## 2. EDUCATION IN HEALTH LINES

- a. Even if we don't become professionals in the medical field, why should all of us have at least a basic knowledge of health? Romans 12:1; 1 Corinthians 6:19, 20.

"It is our duty to study the laws that govern our being and conform to them. Ignorance in these things is sin. . . .

"The study to which to give thought is that which concerns natural life, a knowledge of oneself. . . . It is the house in which we live that we need to preserve, that we may do honor to God who has redeemed us. We need to know how to preserve the living machinery, that our soul, body, and spirit may be consecrated to His service. As rational beings we are deplorably ignorant of the body and its requirements."—*Healthful Living*, pp. 13, 14.

"It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed."—*The Ministry of Healing*, p. 128.

- a. Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

1 Corinthians 6:19-20 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? (20) For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

## 2. EDUCATION IN HEALTH LINES

- b. Why should ministers and gospel workers have a knowledge of health? 3 John 2; Psalm 67:2.
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“The ministers in our land need to become acquainted with the science of physiology. Then they will be intelligent in regard to the laws that govern physical life, and their bearings upon the health of mind and soul. Then they will be able to speak correctly upon this subject. In their obedience to physical laws they are to hold forth the word of life to the people, and lead up higher and still higher in the work of reform.”—*Healthful Living*, p. 16.

“It is well, in presenting the truth to unbelievers, first to present some subjects upon which they will agree with us. The principles of health and temperance will appeal to their judgment, and we can from these subjects lead them on to understand the binding claims of the fourth commandment.”—*Counsels on Health*, p. 545.

- b. 3 John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.  
Psalms 67:2 That thy way may be known upon earth, thy saving health among all nations.

### 3. WHEN TO BEGIN

- a. **When is the proper time to begin learning about health? Proverbs 22:6; Ecclesiastes 3:1.**
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“From the first dawn of reason, the human mind should become intelligent in regard to the physical structure.”—*Healthful Living*, p. 13.

“It is of the highest importance that men and women be instructed in the science of human life, and in the best means of preserving and acquiring physical health. Especially is youth the time to lay up a stock of knowledge to be put in daily practice through life.”—*Ibid.*, p. 15.

“The early education of youth shapes their characters both in their secular and in their religious life.”—*Lift Him Up*, p. 270.

- a. Proverbs 22:6 Train up a child in the way he should go: and when he is old, he will not depart from it.

Ecclesiastes 3:1 To every thing there is a season, and a time to every purpose under the heaven:

### 3. WHEN TO BEGIN

- b. Why shouldn't we postpone the education of our children in the basic rules for preserving health? Hosea 4:6.
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"Habits once formed are hard to overcome. The reform should begin with the mother before the birth of her children; and if God's instructions were faithfully obeyed, intemperance would not exist.

"It should be the constant effort of every mother to conform her habits to God's will, that she may work in harmony with Him to preserve her children from the health and life destroying vices of the present day. Let mothers place themselves without delay in right relations to their Creator, that they may by His assisting grace build around their children a bulwark against dissipation and intemperance. If mothers would but follow such a course, they might see their children, like the youthful Daniel, reach a high standard in moral and intellectual attainments, becoming a blessing to society and an honor to their Creator."—*Counsels on Diet and Foods*, pp. 225, 226.

"The importance of training children to right dietetic habits can hardly be overestimated. The little ones need to learn that they eat to live, not live to eat. The training should begin with the infant in its mother's arms. The child should be given food only at regular intervals, and less frequently as it grows older. It should not be given sweets, or the food of older persons, which it is unable to digest. Care and regularity in the feeding of infants will not only promote health, and thus tend to make them quiet and sweet-tempered, but will lay the foundation of habits and will be a blessing to them in after years."—*Ibid.*, pp. 229, 230.

- b. Hosea 4:6 My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

#### 4. METHODS OF EDUCATION

- a. What can we learn from Jesus' method of teaching? What did the people say of Him? Mark 1:22; John 7:46. How does this method apply to us in teaching people about healthful living?
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"Jesus' manner of teaching was beautiful and attractive, and it was ever characterized by simplicity."—*Christian Education*, p. 126.

"The teachings of Christ were marked with a simplicity, dignity, and power heretofore unknown to [His hearers], and their involuntary exclamation was, 'Never man spake like this man' (John 7:46)."—*Testimonies*, vol. 5, p. 747.

"The reason that Christ spoke as no other man spoke was that He lived as no other man lived. If He had not lived as He did, He could not have spoken as He did. His words bore with them convincing power, because they came from a heart pure and holy, burdened with love and sympathy, beneficence and truth."—*In Heavenly Places*, p. 237.

- a. Mark 1:22 And they were astonished at his doctrine: for he taught them as one that had authority, and not as the scribes.  
John 7:46 The officers answered, Never man spake like this man.

4. METHODS OF EDUCATION

b. What was one way Jesus taught the people? John 4:7, 9, 10.

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“In all true teaching the personal element is essential. Christ in His teaching dealt with men individually. It was by personal contact and association that He trained the Twelve. It was in private, often to but one listener, that He gave His most precious instruction.”—*Education*, p. 231.

b. John 4:7 There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.  
John 4:9-10 Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans. (10)  
Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.

#### 4. METHODS OF EDUCATION

##### c. What is the value of little things for God's workers? Luke 16:10.

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"Neglect of little things often leads to neglect of larger responsibilities."—*Gospel Workers*, p. 145.

"Never underrate the importance of little things. Little things supply the actual discipline of life. It is by them that the soul is trained that it may grow into the likeness of Christ, or bear the likeness of evil. God help us to cultivate habits of thought, word, look, and action that will testify to all about us that we have been with Jesus and learned of Him!"—*Child Guidance*, pp. 129, 130.

"Elisha . . . is spoken of as pouring water on the hands of Elijah, his master. As the prophet's personal attendant, he continued to prove faithful in little things, while with daily strengthening purpose he devoted himself to the mission appointed him by God."—*Education*, pp. 58, 59.

c. Luke 16:10 He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.

## 5. EDUCATION THROUGHOUT ETERNITY

- a. What is the object of true education, and what does this education include? Deuteronomy 28:13.
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“To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind, and soul, that the divine purpose in his creation might be realized—this was to be the work of redemption. This is the object of education, the great object of life.”—*Education*, pp. 15, 16.

- a. Deuteronomy 28:13 And the LORD shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of the LORD thy God, which I command thee this day, to observe and to do them:

## 5. EDUCATION THROUGHOUT ETERNITY

- b. **Although there is no disease in the New Earth, what will the education of the redeemed encompass? Revelation 22:12.**
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“Heaven is a school; its field of study, the universe; its teacher, the Infinite One. A branch of this school was established in Eden; and, the plan of redemption accomplished, education will again be taken up in the Eden school.”—Ibid., p. 301.

“In the future state . . . it is in service that our greatest joy and our highest education will be found.”—Ibid., p. 309.

b. Revelation 22:1-2 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. (2) In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

5. EDUCATION THROUGHOUT ETERNITY

- c. Describe the educational theme that will be appreciated and cherished throughout eternity. Matthew 23:10; Zechariah 13:6; Revelation 21:22.
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c. Matthew 23:10 Neither be ye called masters: for one is your Master, even Christ.

Zechariah 13:6 And one shall say unto him, What are these wounds in thine hands? Then he shall answer, Those with which I was wounded in the house of my friends.

Revelation 21:22 And I saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it.

**PERSONAL REVIEW QUESTIONS**

1. What advantage does education bring to God's workers?
2. What branches of education should have priority in our life, and why?
3. When are the foundations of education in health to be laid—and why?
4. How can a teacher be most effective in teaching his or her students?
5. Why is there a need for education in the New Earth, and what will this education include?

# Health in the New Earth

“God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” (Revelation 21:4).

“The nations of the saved will know no other law than the law of heaven. All will be a happy, united family, clothed with the garments of praise and thanksgiving.”—*The Adventist Home*, p. 544.

**Suggested Reading:** *Prophets and Kings*, pp. 722–733.

## 1. AN UNFLINCHING HOPE

- a. Although many of God's people have died as a result of various diseases, what is the hope of the faithful? Job 19:26, 27. How can we take new courage even in sickness?
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"Into the experience of all there come times of keen disappointment and utter discouragement. . . . Could we at such times discern with spiritual insight the meaning of God's providences, we should see angels seeking to save us from ourselves, striving to plant our feet upon a foundation more firm than the everlasting hills; and new faith, new life, would spring into being. . . .

"From the depths of discouragement and despondency Job rose to the heights of implicit trust in the mercy and the saving power of God."—*My Life Today*, p. 328.

- a. Job 19:26-27 And though after my skin worms destroy this body, yet in my flesh shall I see God: (27) Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me.

## 1. AN UNFLINCHING HOPE

b. On what is this hope based? Job 19:25; 1 Corinthians 15:20.

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“The resurrection of Jesus was a sample of the final resurrection of all who sleep in Him. The risen body of the Saviour, His deportment, the accents of His speech, were all familiar to His followers. In like manner will those who sleep in Jesus rise again.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1092.

b. Job 19:25 For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth:

1 Corinthians 15:20 But now is Christ risen from the dead, and become the firstfruits of them that slept.

## 2. A THOROUGH CHANGE

- a. What physical change will the faithful experience at the last trumpet? 1 Corinthians 15:51–55.
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“There stands the risen host [on the morning of the resurrection]. The last thought was of death and its pangs. The last thoughts they had were of the grave and the tomb, but now they proclaim, ‘O death, where is thy sting? O grave, where is thy victory?’ (1 Corinthians 15:55) . . . When they awake the pain is all gone. . . .

“Here they stand, and the finishing touch of immortality is put upon them, and they go up to meet their Lord in the air. The gates of the city of God swing back upon their hinges, and the nations that have kept the truth enter in.”—*Ibid.*, vol. 6, p. 1093.

a. 1 Corinthians 15:51-55 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, (52) In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. (53) For this corruptible must put on incorruption, and this mortal must put on immortality. (54) So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. (55) O death, where is thy sting? O grave, where is thy victory?

## 2. A THOROUGH CHANGE

- b. Upon what promises can we base our hope when physically sick?  
Isaiah 35:3–6; Revelation 21:4.
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“This earth is the place of preparation for heaven. The time spent here is the Christian’s winter. Here the chilly winds of affliction blow upon us, and the waves of trouble roll against us. But in the near future, when Christ comes, sorrow and sighing will be forever ended. Then will be the Christian’s summer. All trials will be over, and there will be no more sickness or death.”—*Ibid.*, vol. 7, p. 988.

b. Isaiah 35:3-6 Strengthen ye the weak hands, and confirm the feeble knees. (4) Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you. (5) Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. (6) Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.

Revelation 21:4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

## 2. A THOROUGH CHANGE

- c. When we consider the wonderful hope we have of heaven, what thoughts should fill our mind? **Philippians 4:8.**
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“By beholding we are to become changed, and as we meditate upon the perfections of our divine Model, we shall desire to become wholly transformed and renewed in the image of His purity. There will be a hungering and thirsting of soul to be made like Him whom we adore. The more our thoughts are upon Christ, the more we shall speak of Him to others, and represent Him to the world. We are called to come out and be separate from the world, that we may be the sons and daughters of the Most High; and we are under sacred obligation to glorify God, as His children upon the earth. It is essential that the mind should be stayed upon Christ.”—*Ibid.*, vol. 3 p. 1145.

c. **Philippians 4:8** Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

### 3. A NEW PHYSICAL LIFE

- a. What are some of the physical characteristics of the redeemed as they are raised from their graves? 1 Corinthians 15:35, 42, 43. How will those who died many years ago appear different from those of later generations? Psalm 90:17.

“All come forth from their graves the same in stature as when they entered the tomb. Adam, who stands among the risen throng, is of lofty height and majestic form, in stature but little below the Son of God. He presents a marked contrast to the people of later generations; in this one respect is shown the great degeneracy of the race. But all arise with the freshness and vigor of eternal youth. In the beginning, man was created in the likeness of God, not only in character, but in form and feature. Sin defaced and almost obliterated the divine image; but Christ came to restore that which had been lost. He will change our vile bodies and fashion them like unto His glorious body. The mortal, corruptible form, devoid of comeliness, once polluted with sin, becomes perfect, beautiful, and immortal. All blemishes and deformities are left in the grave. Restored to the tree of life in the long-lost Eden, the redeemed will ‘grow up’ (Malachi 4:2) to the full stature of the race in its primeval glory. The last lingering traces of the curse of sin will be removed, and Christ’s faithful ones will appear in ‘the beauty of the Lord our God’ (Psalm 90:17), in mind and soul and body reflecting the perfect image of their Lord. Oh, wonderful redemption! long talked of, long hoped for, contemplated with eager anticipation, but never fully understood.”—*The Great Controversy*, pp. 644, 645.

- a. 1 Corinthians 15:35 But some man will say, How are the dead raised up? and with what body do they come?

1 Corinthians 15:42-43 So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption: (43) It is sown in dishonour; it is raised in glory: it is sown in weakness; it is raised in power:

Psalm 90:17 And let the beauty of the LORD our God be upon us: and establish thou the work of our hands upon us; yea, the work of our hands establish thou it.

### 3. A NEW PHYSICAL LIFE

- b. What means did God use for the perpetuation of life before the Fall? Genesis 2:9. What suggests that He will use this same means again in the New Earth? Revelation 22:2, 14.
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“The tree of life is a representation of the preserving care of Christ for His children. As Adam and Eve ate of this tree, they acknowledged their dependence upon God. The tree of life possessed the power to perpetuate life, and as long as they ate of it, they could not die. The lives of the antediluvians were protracted because of the life-giving power of this tree, which was transmitted to them from Adam and Eve.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 988.

b. Revelation 22:2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

Revelation 22:14 Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city.

**4. CHOOSING OUR FRAME OF MIND**

- a. **What does God want our attitude to be, even when we are sick?**  
**1 Thessalonians 5:18. Why? Proverbs 17:22.**

“A person whose mind is quiet and satisfied in God is in the pathway to health.”—*My Life Today*, p. 150.

“There is a physiological truth—truth that we need to consider—in the scripture, ‘A merry {rejoicing} heart doeth good like a medicine’ (Proverbs 17:22).

“The true principles of Christianity open before all a source of inestimable happiness.

“We should encourage a cheerful, hopeful, peaceful frame of mind; for our health depends upon our so doing.”—*Ibid.*, p. 151.

a. 1 Thessalonians 5:18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

**4. CHOOSING OUR FRAME OF MIND**

- b. What promises can comfort the sick in their affliction? **Philippians 4:6, 7; Psalm 103:1-3.**
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b. **Philippians 4:6-7** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. (7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. **Psalms 103:1-3** A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name. (2) Bless the LORD, O my soul, and forget not all his benefits: (3) Who forgiveth all thine iniquities; who healeth all thy diseases;

4. CHOOSING OUR FRAME OF MIND

- c. How can the sick be a blessing to others, and what effect will this have upon themselves? Matthew 5:16; Isaiah 58:6–8.
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“If the mind is free and happy, from a consciousness of rightdoing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body.”—*Ibid.*, p. 150.

- c. Matthew 5:16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Isaiah 58:6–8

## 4. CHOOSING OUR FRAME OF MIND

- d. What things can the sick meditate upon even when they cannot see immediate healing? Psalm 77:11, 12.
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“The Christian should live so near to God that he may approve things that are excellent, ‘being filled with the fruits of righteousness, which are by Jesus Christ, unto the glory and praise of God’ (Philippians 1:11). His heart should be attuned to gratitude and praise. He should be ever ready to acknowledge the blessings he is receiving, remembering who it is that has said, ‘Whoso offereth praise glorifieth me’ (Psalm 50:23). . . .

“It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles.”—*Ibid.*, p. 153.

- d. Psalms 77:11-12 I will remember the works of the LORD:  
surely I will remember thy wonders of old. (12) I will meditate also of  
all thy work, and talk of thy doings.

## 5. EXPRESSING YOUR JOY

- a. Why can we be joyful even while in trying circumstances? Isaiah 65:17–19; 1 Corinthians 2:9.
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“The children of God may rejoice in all things and at all times. When troubles and difficulties come, believing in the wise providence of God, you may rejoice. You need not wait for a happy flight of feeling, but by faith you may lay hold of the promises and lift up a hymn of thanksgiving to God.”—*In Heavenly Places*, p. 123.

- a. Isaiah 65:17-19 For, behold, I create new heavens and a new earth: and the former shall not be remembered, nor come into mind. (18) But be ye glad and rejoice for ever in that which I create: for, behold, I create Jerusalem a rejoicing, and her people a joy. (19) And I will rejoice in Jerusalem, and joy in my people: and the voice of weeping shall be no more heard in her, nor the voice of crying. 1 Corinthians 2:9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

## 5. EXPRESSING YOUR JOY

- b. What will we do as we compare our trials with what Jesus has done for us? Psalms 62:5, 6; 63:3, 4.
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“Rest yourself wholly in the hands of Jesus. Contemplate His great love, and while you meditate upon His self-denial, His infinite sacrifice made in our behalf in order that we should believe in Him, your heart will be filled with holy joy, calm peace, and indescribable love. As we talk of Jesus, as we call upon Him in prayer, our confidence that He is our personal, loving Saviour will strengthen and His character will appear more and more lovely. . . . Our peace is like a river, wave after wave of glory rolls into the heart, and indeed we sup with Jesus and He with us. We have a realizing sense of the love of God, and we rest in His love. No language can describe it, it is beyond knowledge. We are one with Christ, our life is hid with Christ in God. . . . With strong confidence, we can call God our Father.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, pp. 1147, 1148.

b. Psalms 62:5-6 My soul, wait thou only upon God; for my expectation is from him. (6) He only is my rock and my salvation: he is my defence; I shall not be moved.

Psalms 63:3-4 Because thy lovingkindness is better than life, my lips shall praise thee. (4) Thus will I bless thee while I live: I will lift up my hands in thy name.

**PERSONAL REVIEW QUESTIONS**

1. What hope can we have, even when suffering from incurable diseases?
2. Describe the physical change of the faithful at Christ's second coming.
3. What difference is seen among the redeemed at the resurrection?
4. What advantage is there in finding reasons for thankfulness towards God even in the most discouraging situations?
5. Why shouldn't we hide our joy in the hope which God offers us?

# First Sabbath Offerings



**APRIL 4**

for the headquarters in Haiti  
(See p. 4.)

**MAY 2**  
for World Missions  
(See p. 25.)



**JUNE 6**

for a chapel in Edineta,  
Moldova  
(See p. 51.)