

The Healthy Reformer

Sabbath Bible Lessons

Senior Division

January–March, 2007

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Teaching by example is the greatest form of instruction. Then in
order to relieve the sufferings of this world we must be sure to know
the great principles of health reform that the Lord has laid down for
His people. By knowing these principles of health and practicing
them we achieve two goals: 1) we achieve personal health and hap-
piness, and 2) we are able to be medical missionaries that relieve the
suffering of sinful humanity.

"It should ever be kept prominent that the great object to be
attained through [the Battle Creek Health Institute] is not only
health, but perfection, and the spirit of holiness, which cannot be
attained with diseased bodies and minds. This object cannot be
secured by working merely from the worldling's standpoint.

"A diseased body causes a disordered brain, and hinders the work
of sanctifying grace upon the mind and heart."—*Healthful Living*, p. 42.

"If Christians will keep the body in subjection, and bring all their
appetites and passions under the control of enlightened conscience,
feeling it a duty that they owe to God and to their neighbors to obey
the laws which govern health and life, they will have the blessing of
physical and mental vigor. They will have moral power to engage in
the warfare against Satan, and in the name of Him who conquered
appetite in their behalf they may be more than conquerors on their
own account. This warfare is open to all who will engage in it."—*Testimonies*, vol. 4, pp. 35, 36.

"The world is in need of workers who will labor as Christ did for
the suffering and the sinful. There is indeed a multitude to be
reached. The world is full of sickness, suffering, distress, and sin. It is
full of those who need to be ministered unto—the weak, the helpless,
the ignorant, the degraded."—*Counsels on Health*, p. 13.

Let us pray that as we study this topic the Lord will give us the
wisdom and strength needed to be faithful health reformers.

The General Conference Sabbath School Department

First Sabbath Offering

for Cameroon Mission

One of the newest mission in Africa, Cameroon is a fast developing field in the Lord's vineyard. Originally evangelized by missionaries based in Nigeria and South Africa, this West-Central African country now needs your help to grow further.

Slightly larger than the U.S. state of California (475,440 sq km), Cameroon has a population of over 17 million inhabitants. The average life expectancy is 51 years. AIDS has become an ever increasing problem in this country, with over 600,000 people suffering from the disease (around 7% of the population). In addition, the people are also plagued by extremely high rates of malaria, bacterial diarrhea, hepatitis A, typhoid fever, yellow fever, and meningococcal meningitis.

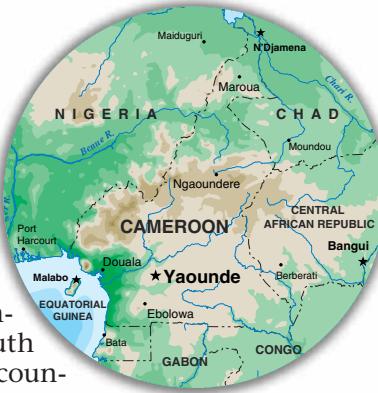
The country was formed in 1961 from two former colonies, one British and one French. For this reason both English and French are official languages. Sabbath school lessons are also studied in both languages though there is a great need to start translating into the 24 major African language groups spoken most especially in the countryside. Seventy-nine percent of the population is literate.

Only 40 percent of the population is Christian. The remainder are followers of Islam (20%) or remaining indigenous beliefs (40%).

While having a relatively stable government, the economy of this country still leaves much to be desired: gross domestic product (GDP) in 2005 was less than US\$2,400.00; 30% of the population is unemployed; and 48% of the population lives in abject poverty.

The offering collected this Sabbath will go towards helping establish a proper headquarters for the Cameroon Mission. The believers here have done all we can for this project with our limited resources. In the past few years financial assistance from the General Conference, Fields, and Unions in North America as well as personnel assistance from Nigeria have been our means of starting this great work. Now we ask for your generous support to help us finish this lighthouse for the Lord in Cameroon.

Your brethren and sisters from the Cameroon Mission



Knowing God's Plan

"My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh" (Proverbs 4:20–22).

"All who will come to the Word of God for guidance, with humble, inquiring minds, determined to know the terms of salvation, will understand what saith the Scriptures. . . . The Lord will not speak to a mind that is unconcerned." —*The Review and Herald*, December 15, 1896.

Suggested Readings: *God's Amazing Grace*, p. 202.
The Faith I Live By, p. 296.

"The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever" (Psalm 23).

"The Saviour comes very near to those who consecrate themselves to God. If there was ever a time when we needed the working of the Spirit of God upon our hearts and lives it is now. Christ is speaking to each of us individually saying, 'I am he that holdeth thy right hand. I am he that liveth and was dead, and behold I am alive forever more.' There is a decided message to be borne to our people upon the question of health reform. Let us come into line that our prayers be not hindered. God cannot be glorified in the lives of ministers, who give up these principles of reform; but He will reveal Himself to every soul who will be clothed with the righteousness of Christ. We need now to arouse, and in all our schools follow closely the light that God has given on this question." —*Backsliding in Health Reform* (1908), p. 4.

1. HOW WILL I KNOW?

- a. When seeking to know God's will regarding any issue, what should we do? James 1:5, 6; John 5:39; Psalm 119:125.
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"Young men and young women will often be brought into positions where they are uncertain what to do. Their inclination leads them in one direction, and the Holy Spirit of God draws them in another direction. Satan presses his temptation upon them and urges them to follow the inclinations of the natural heart. But those who desire to be true to Christ will listen to the voice that says, 'This is the way, walk ye in it' (Isaiah 30:21). They will decide to take the course of the righteous, although it is more difficult to pursue, more painful to follow, than the way of their own heart. . . . We need to receive divine wisdom in the daily concerns of life in order that we may display sound judgment and choose the safe path because it is the right one. He who acts upon his own judgment will follow the inclination of the natural heart, but he whose mind is opened to the Word of God will prayerfully consider every way of his feet, so that he may honor God and keep the way of the Lord. . . . He will realize that he belongs to God, soul, body, mind, and strength."—*The Youth's Instructor*, September 19, 1895.

- b. Through what other means does God speak to us besides His written word? Isaiah 30:21; Hebrews 3:7, 8; Revelation 3:20.
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"Through nature and revelation, through His providence, and by the influence of His Spirit, God speaks to us. But these are not enough; we need also to pour out our hearts to Him. . . . Our minds may be drawn out toward Him; we may meditate upon His works, His mercies, His blessings; but this is not, in the fullest sense, communing with Him. In order to commune with God, we must have something to say to Him concerning our actual life."—*Steps to Christ*, p. 93.

2. THE INSTRUCTION MANUAL

- a. What has God given specifically to instruct us in the right way? 2 Timothy 3:16.
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"The Bible teaches the whole will of God concerning us. [2 Timothy 3:16 quoted.] The teaching of this Word is exactly that needed in all circumstances in which we may be placed. It is a sufficient rule of faith and practice; for it is the voice of God speaking to the soul, giving the members of His family directions for keeping the heart with all diligence. If this Word is studied—not merely read, but studied—it furnishes us with a storehouse of knowledge which enables us to improve every God-given endowment. It teaches us our obligation to use the faculties given us. Guided by its precepts, we may render obedience to God's requirements."—*The Review and Herald*, December 15, 1896.

- b. What agencies has God established in the church to impart instructions to His people? Ephesians 4:11–14 (cf 1 Corinthians 6, 7; Revelation 19:10).
-

"We must follow the directions given through the spirit of prophecy. We must love and obey the truth for this time. This will save us from accepting strong delusions. God has spoken to us through His Word. He has spoken to us through the testimonies to the church and through the books that have helped to make plain our present duty and the position that we should now occupy."—*Testimonies*, vol. 8, p. 298.

- c. How do we know that God has special light for each period of time in history? Proverbs 29:18; 2 Peter 1:12; Acts 2:17–20.
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"Those who today claim to have light, and who contradict the teaching of God's ordained messengers who were working under the Holy Spirit's guidance, those who get up new theories which remove the pillars of our faith, are not doing the will of God, but are bringing in fallacies of their own invention, which, if received, will cut the church away from the anchorage of truth, and set them drifting, drifting, to where they will receive any sophistries that may arise."—*Manuscript Releases*, vol. 4, p. 247.

3. THE PLAN TO REDEEM

- a. What is the basis of the theme of redemption? Matthew 1:21; Psalm 130:7, 8.

"The Lord would have us value our souls according to the estimate—as far as we can comprehend it—that Christ has placed upon them. . . . Jesus died that He might redeem man from eternal ruin. Then we are to hold ourselves as property purchased. [1Corinthians 6:19, 20 quoted.] All our powers of mind and soul and body are the Lord's. Our time belongs to Him. We are to place ourselves in the very best possible condition to do His service, keeping constantly in connection with Christ, and considering daily the costly sacrifice made for us that we should be made the righteousness of God in Him."—*In Heavenly Places*, p. 60.

- b. What does redemption include? Romans 6:22, 23; Ephesians 2:5, 6.

"Candidly and seriously we are to consider the question, Have we humbled ourselves before God, that the Holy Spirit may work through us with transforming power? As children of God, it is our privilege to be worked by His Spirit. When self is crucified, the Holy Spirit takes the brokenhearted ones, and makes them vessels unto honor. They are in His hands as clay in the hands of the potter. Jesus Christ will make such men and women superior in mental, physical, and moral power. The graces of the Spirit will give solidity to the character. They will exert an influence for good because Christ is abiding in the soul."—*The Southern Review*, December 5, 1899.

- c. What transformation must take place in us if we want to be among the redeemed? 1 Thessalonians 5:23; 2 Peter 3:14.

"Ye are not your own; for ye are bought with a price.' (1 Corinthians 6:19, 20). Your physical and mental powers belong to God, and should be used in His service. There are souls to save; there is earnest work to be done for the Master; and half-hearted, indolent efforts will not be accepted."—*The Signs of the Times*, May 29, 1884.

4. THE TIMING

- a. How do we know that we are living in the last days? Matthew 24:3–14, 24–33. What is to take place in the heavenly sanctuary before the coming of Christ? Revelation 11:18, 19; 1 Peter 4:17.
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- b. What event in the history of Israel pointed to the Day of Judgment? Leviticus 16:30–34.
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- c. What instruction did God give His people for that day? Leviticus 23:28–32.
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- d. What specific instruction does God have for His people now? 2 Peter 3:11–14; Romans 13:11–14; James 4:7–10.
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"I have been perplexed to know how we may help those who are doing their best to live and keep the commandments of God. God calls upon us to bind about our wants, to have a genuine experience in daily self-denial. Although we may not be compelled to restrict our appetites, we should show that we do not live to eat, but eat to live. God demands a complete consecration of ourselves, soul, body, and spirit, to His service. Time is precious; strength is precious; no member of the family should be overtaxed because of unnecessary labor, and thus be disqualified to serve God and to keep his or her soul in the love of God. The Lord demands that we shall live simply. Our diet is not to consist of expensive food, or of unnecessary dishes which require time and strength for preparation. It is profitable for us to consider the time in which we are living. We shall be called upon to engage in enterprises that will work for the salvation of the souls of men, women, and children. We must do this work in the spirit which Christ exercised in His mission, fulfilling the word, 'Whosoever will come after me [follow in my footsteps], let him deny himself, and take up his cross, and follow me' (Mark 8:34). So shall he be my disciple."—*The Home Missionary*, December 1, 1894.

5. TODAY, IF YOU HEAR HIS VOICE

- a. God gave Israel light and instruction. What did they do with them? Hebrews 3:10; Ezekiel 20:6–8, 13.
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- b. What was the root of their rejection? Hebrews 3:19.
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"Although the Lord gave Israel the greatest evidences of His favor, and upon condition of obedience, the rich promise that they should be to Him a peculiar people, a royal nation, yet because of their unbelief and disobedience He could not fulfill the promise. . . . Some profess Christianity year after year, and in some things appear to serve God, and yet they are far from Him. They give loose rein to appetite and passion, and follow their own unsanctified inclinations, loving pleasure and the applause of men more than God or His truth. But God reads the secrets of the heart. . . . The character is revealed by the works, not by occasional good deeds and occasional misdeeds, but by the tendency of the habitual words and acts."—*The Signs of the Times*, March 27, 1884.

- c. What is the difference between faith and presumption? James 1:21–25; 2:14.
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"Faith is in no sense allied to presumption. . . . For presumption is Satan's counterfeit of faith. Faith claims God's promises, and brings forth fruit in obedience. Presumption also claims the promises, but uses them as Satan did, to excuse transgression. Faith would have led our first parents to trust the love of God, and to obey His commands. Presumption led them to transgress His law, believing that His great love would save them from the consequences of their sin."—*The Desire of Ages*, p. 126.

- d. If we have true faith in God, what will we do with His instructions? John 14:15; Deuteronomy 11:1; 26:17.
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PERSONAL REVIEW

1. How does God guide us to know His will? Do I know how to be guided?
2. When studying the Word of God, what attitude do I have? Am I seeking the truth, that I may do it?
3. Once I understand God's will, what response should I give?
4. What is included in the work of redemption for each person?
5. How does the fact that we are living in the time of the judgment affect the way we should live?

Who are the Sanctified? "There are thousands who are being deceived by trusting to some special emotion, and discarding the Word of God. They are not building upon the only safe and sure foundation—the Word of God. A religion that is addressed to intelligent creatures will produce reasonable evidences of its genuineness, for there will be marked results in heart and character. The grace of Christ will be made manifest in their daily conduct. We may safely ask those who profess to be sanctified, Do the fruits of the Spirit appear in your life? Do you manifest the meekness and lowliness of Christ, and reveal the fact that you are learning daily in the school of Christ, shaping your life after the pattern of His unselfish life? The best evidence that any of us can have of our connection with the God of heaven is that we keep His commandments. The best proof of faith in Christ is distrust of self and dependence upon God. The only reliable proof of our abiding in Christ is to reflect His image. Just so far as we do this we give evidence that we are sanctified through the truth, for the truth is exemplified in our daily life.

"There are thousands, yes, millions, who are making a mistake in their religious life. They make religion a thing independent of their life, of their thoughts and words, and daily actions. Their religion is a delusion of the senses. Their ideas and principles presented as sanctification are deceitful workings. Some speak of hearing voices and of seeing sights of a supernatural character; but there is no sign in their daily course of action that the Spirit of God has wrought a change in the natural heart, for they are carnal, at enmity with God's law, and neither love God nor obey His commandments."—*The Signs of the Times*, February 28, 1895.

Advancing Truth

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

"The light that the Lord has given on [health reform] in His word is plain, and men will be tested and tried in many ways to see if they will heed it. Every church, every family, needs to be instructed in regard to Christian temperance. All should know how to eat and drink in order to preserve health. We are amid the closing scenes of this world's history, and there should be harmonious action in the ranks of Sabbathkeepers."—*Testimonies*, vol. 6, p. 378.

Suggested Readings: *Counsels on Diet and Foods*, pp. 69–77; 145–147. *Testimonies*, vol. 6, pp. 326–328; 378, 379.

"We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts" (2 Peter 1:19).

"The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein. For he hath founded it upon the seas, and established it upon the floods. Who shall ascend into the hill of the Lord? or who shall stand in his holy place? He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. He shall receive the blessing from the Lord, and righteousness from the God of his salvation. This is the generation of them that seek him, that seek thy face, O Jacob. Selah. Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory. Selah" (Psalm 24).

1. THE ORIGINAL PLAN

- a. Where do we find God's original plan for living? Genesis 1:26–28.
-

- b. What was God's original plan for the health of His creation? Genesis 1:29; 3:15, 18. Specify the different aspects of health instruction given in these verses.
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"In the beginning [God] placed our first parents amidst the beautiful sights and sounds He desires us to rejoice in today. The more nearly we come into harmony with God's original plan, the more favorable will be our position to secure health of body, and mind, and soul."—*The Ministry of Healing*, p. 365.

"In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food. 'Behold,' He said, 'I have given you every herb yielding seed, . . . and every tree, in which is the fruit of a tree yielding seed; to you it shall be for food' (Genesis 1:29, ARV). Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also 'the herb of the field' (Genesis 3:18).

"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."—*Ibid.*, pp. 295, 296.

"As far as possible we are to come back to God's original plan. From henceforth my table shall be free from the flesh of dead animals, and devoid of those things in desserts which take much time and strength to prepare. We may use fruit freely, and in different ways, and run no risk of incurring the diseases that are incurred by using the flesh of diseased animals. We should bring our appetite under control, so that we shall enjoy plain, wholesome food, and have an abundance of it, that none may suffer hunger."—*Counsels on Diet and Foods* (1894), p. 488.

2. THE TEST

- a. What detailed instruction did God give to Adam and Eve? Genesis 2:16, 17. What should the people of Israel bear in mind? Deuteronomy 8:2.

"When Adam and Eve were placed in the Garden of Eden, everything contributed to their enjoyment."—*The Signs of the Times*, February 24, 1898.

"Adam and Eve were placed upon trial, that it might be demonstrated as to whether they would obey the word of their Creator, or disobey His requirements. The Creator of man was his Father, and had an entire right to the service he could render. Body, soul, and spirit, man was the sole property of God. . . . He made it plain to them that by obedience to His holy law they would retain happiness, and finally be blessed with immortality. Eternal life should be theirs if they regulated their conduct according to the principles of the law of God. . . . Every provision was made whereby blessings might be secured to the human race, and but one mild restriction was placed upon the sinless pair to test their loyalty to God."—Ibid., October 8, 1894.

- b. When put to the test, how did our first parents fall? Genesis 3:1–6; Romans 5:19; James 4:17; 1 John 3:4.

"Eve had everything to make her happy. She was surrounded by fruit of every variety. Yet the fruit of the forbidden tree appeared more desirable to her than the fruit of all the other trees in the garden of which she could freely eat. She was intemperate in her desires. She ate, and through her influence, her husband ate also, and a curse rested upon them both."—*Spiritual Gifts*, vol. 4a, p. 120.

- c. What happened because of the wrong choice made by Adam and Eve? Genesis 3:16–19; Romans 3:23.

"The earth also was cursed because of their sin. And since the Fall, intemperance in almost every form has existed." —*Spiritual Gifts*, vol. 4a, p. 120.

3. CONSEQUENCES OF SIN

- a. What was the long-term result of Adam and Eve's choice? Genesis 6:11–13, 17. How is history being repeated? Matthew 24:37–39.

"The same sins that brought judgments upon the world in the days of Noah, exist in our day. Men and women now carry their eating and drinking so far that it ends in gluttony and drunkenness."—*Christian Temperance and Bible Hygiene*, p. 11.

- b. How was the people's diet changed after the Flood? Compare Genesis 1:29; 3:18 with Genesis 9:3, 4.

- c. Why was a flesh diet permitted after 1500 years without it? Psalm 90:9, 10.

"The eating of flesh meat was permitted as one of the consequences of the Fall. Before the Flood, no provision was made for the use of animal food."—*This Day With God*, p. 210.

"The diet appointed man in the beginning did not include animal food. Not till after the Flood, when every green thing on the earth had been destroyed, did man receive permission to eat flesh."—*Counsels on Diet and Foods*, p. 374.

"God provided fruit in its natural state for our first parents. He gave to Adam charge of the garden, to dress it, and to care for it, saying, 'To you it shall be for meat.' One animal was not to destroy another animal for food. After the Fall, the eating of flesh was suffered in order to shorten the period of the existence of the long-lived race. It was allowed because of the hardness of the hearts of men."—*Testimony Studies on Diet and Foods*, p. 68.

- d. What distinction, well known to Noah and his descendants, was to be observed with reference to the flesh diet? Genesis 7:2, 3, 8, 9.

"Before [the Flood] God had given man no permission to eat animal food; He intended that the race should subsist wholly upon the productions of the earth; but now that every green thing had been destroyed, He allowed them to eat the flesh of the clean beasts that had been preserved in the ark."—*Patriarchs and Prophets*, p. 107.

4. THE WILDERNESS JOURNEY

- a. What food did God provide for the people of Israel after their exodus from Egypt? Exodus 16:15, 35.

"When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which He would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed, would have resulted in good, both to themselves and to their posterity. He removed fleshfood from them in a great measure. He had granted them flesh in answer to their clamors, just before reaching Sinai, but it was furnished for only one day. God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man—the fruits of the earth, which God gave to Adam and Eve in Eden."—*Christian Temperance and Bible Hygiene*, p. 118.

- b. What attitude did many Israelites take regarding their diet, and how did God respond to it? Numbers 11:4–6, 18–20; Psalm 78:18–31; 106:14, 15.

"[The children of Israel] murmured at God's restrictions, and lusted after the fleshpots of Egypt. God let them have flesh, but it proved a curse to them."—*Christian Temperance and Bible Hygiene*, p. 119.

- c. What are we to learn from that event during the wilderness journey? Hebrews 3:12–19; 1 Corinthians 10:6–11; Psalm 78:18.

"The travels of the children of Israel are faithfully described. . . . This faithful picture is hung up before us as a warning lest we follow their example of disobedience and fall like them."—*Gospel Workers* (1892), pp. 159, 160.

5. MANNA TODAY

- a. Describe the progressive changes in the diet of Elijah. 1 Kings 17:4–6, 12–16; 19:6.
-
- b. Instead of sending manna to His people in these last days, what has God given them? Romans 15:4; 1 Corinthians 10:31.
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"Again and again I have been shown that God is trying to lead us back, step by step, to His original design—that man should subsist upon the natural products of the earth. Among those who are waiting for the coming of the Lord, meateating will eventually be done away; flesh will cease to form a part of their diet. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesheating we are in harmony with the light which God has been pleased to give us. All who are connected with our health institutions especially should be educating themselves to subsist on fruits, grains, and vegetables. If we move from principle in these things, if we as Christian reformers educate our own taste, and bring our diet to God's plan, then we may exert an influence upon others in this matter, which will be pleasing to God."—*Christian Temperance and Bible Hygiene* (1890), p. 119.

"I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body."—*Counsels on Diet and Foods* (1871), p. 69.

- c. In order to reach heavenly Canaan, in what state of mind should we, as God's people, heed His instructions? Romans 15:6; 1 Corinthians 1:10; Philippians 1:27; 2:2.
-

"Can [the Lord] be pleased when half the workers laboring in a place, teach that the principles of health reform are as closely allied to the third angel's message as the arm is to the body, while their coworkers, by their practice, teach principles that are entirely opposite?"—*Healthful Living* (1897), p. 32.

*Locusts are the common carob which grows in the Middle East.

PERSONAL REVIEW

1. What was the original plan for healthy living?
2. What was the result of indulging the appetite contrary to God's instruction?
3. In what way did God adapt His health plan?
4. Why did God feed His people with manna for so long?
5. Have I studied God's health principles before? Am I willing now to not only study, but to change if necessary?

Bitter Penalty. "God gave [the Hebrew host] flesh meats, as they desired, and He let them suffer the results of gratifying their lustful appetites. Burning fevers cut down very large numbers of the people. Those who had been most guilty in their murmurings were slain as soon as they tasted the meat for which they had lusted."—*The Spirit of Prophecy*, vol. 1, p. 285.

Teaching and Preaching. "Because of imprudence in eating, the senses of some seem to be half paralyzed, and they are sluggish and sleepy. These pale-faced ministers who are suffering in consequence of selfish indulgence of the appetite are no recommendation of health reform."—*Testimonies*, vol. 4, p. 417.

Better Food for God's People. "God might as easily have provided [the Israelites] with flesh as with manna, but a restriction was placed upon them for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many had become accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man—the fruits of the earth, which God gave to Adam and Eve in Eden. It was for this reason that the Israelites had been deprived, in a great measure, of animal food."—*Patriarchs and Prophets*, p. 378.

The Object of Hygienic Reform. "Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature—which are the laws of God—are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come."—*Christian Temperance and Bible Hygiene*, p. 120.

Heaven's Approved Healing

"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" (Exodus 15:26).

"There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties."—*Testimonies* (1885), vol. 5, p. 443.

Suggested Readings: *Counsels on Health*, pp. 49–51; 206, 207.
Counsels on Diet and Foods, pp. 32–40.

"You need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His word requires and which are necessary to give you a moral fitness for the finishing touch of immortality."—*Counsels on Diet and Foods* (1868), p. 47.

"Even if you are strict in the quality of your food, do you glorify God in your bodies and spirits which are His, by partaking of such a quantity of food? Those who place so much food upon the stomach, and thus load down nature, could not appreciate the truth should they hear it dwelt upon. They could not arouse the benumbed sensibilities of the brain to realize the value of the atonement, and the great sacrifice that has been made for fallen man. It is impossible for such to appreciate the great, the precious, and the exceedingly rich reward that is in reserve for the faithful overcomers. The animal part of our nature should never be left to govern the moral and intellectual."—*Testimonies* (1870), vol. 2, p. 364.

1. SICKNESS AND SORROW ABOUND

- a. Why is there so much sickness and sorrow around us? Galatians 6:7; Deuteronomy 28:15, 21, 22, 60, 61.

"It is a great thing to ensure health by placing ourselves in right relations to the laws of life, and many have not done this. A large share of the sickness and suffering among us is the result of the transgression of physical law, is brought upon individuals by their own wrong habits."—*Counsels on Health*, p. 49.

- b. Why is there sickness also among God's professed people? Proverbs 3:7, 8; 4:20–22.

"Satan, the author of disease and misery, will approach God's people where he can have the greatest success. He has controlled the appetite in a great measure from the time of his successful experiment with Eve, in leading her to eat the forbidden fruit. He came with his temptations first to the mixed multitude, the believing Egyptians, and stirred them up to seditious murmurings. They would not be content with the healthful food which God had provided for them. Their depraved appetites craved a greater variety, especially flesh meats."—*Spiritual Gifts*, vol. 4a, p. 15.

- b. What can we do about this problem? 1 Corinthians 6:19, 20; Romans 12:1, 2.

"In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body."—*Child Guidance*, pp. 366, 367.

2. HEALING ARTS

- a. What do most people do when they are sick? Matthew 9:12; Luke 8:43. How do many fall into Satan's trap?

"Satanic agents claim to cure disease. They attribute their power to electricity, magnetism, or the so-called 'sympathetic remedies,' while in truth they are but channels for Satan's electric currents. By this means he casts his spell over the bodies and souls of men."—*The Signs of the Times*, March 24, 1887.

- b. What warning should we take to heart regarding Satan's methods of healing? Proverbs 16:25; Ezekiel 44:23.

"It should ever be kept prominent that the great object to be attained through [the Battle Creek Health Institute] is not only health, but perfection, and the spirit of holiness, which cannot be attained with diseased bodies and minds. This object cannot be secured by working merely from the worldling's standpoint."—*Testimonies*, vol. 1, p. 554.

- c. Besides the health of the body, what else does God seek to restore through His healing methods? Psalm 103:1–3; Mark 6:13; Philippians 2:5.

"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.

- d. What is the basic difference between God's method and Satan's method?

"Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God."—*Selected Messages*, bk. 2, p. 289.

3. HEAVEN'S PLAN

- a. What are God's methods of healing? Psalm 67:2. How are these methods intended to be a blessing?

"God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and in the effect produced upon the system."—*Testimonies*, vol. 5, p. 443.

- b. What is God's commission to us in regards to helping our society? Matthew 10:8.

"Some will be attracted by one phase of the gospel, and some by another. We are instructed by our Lord to work in such a way that all classes will be reached. The message must go to the whole world. Our sanitaria are to help to make up the number of God's people. We are not to establish a few mammoth institutions; for thus it would be impossible to give the patients the messages that will bring health to the soul. Small sanitaria are to be established in many places."—*Medical Ministry*, p. 327.

- c. How can we accomplish God's work with the best results? John 12:36; Matthew 5:16.

"To locate our sanitaria amidst the scenes of nature would be to follow God's plan, and the more closely this plan is followed, the more wonderfully will He work to restore suffering humanity."—*Counsels on Health*, p. 266.

"Christ's workers are to obey His instructions implicitly. The work is God's, and if we would bless others His plans must be followed. Self cannot be made a center; self can receive no honor. If we plan according to our own ideas, the Lord will leave us to our own mistakes."—*The Desire of Ages*, p. 369.

4. WHAT WILL BE ACCOMPLISHED WITHIN

- a. As we follow God's instruction for our health, how will we be benefited individually? 3 John 2; 1 Thessalonians 5:23; Psalm 63:5.

"God has bountifully provided for the sustenance and happiness of all His creatures; if His laws were never violated, if all acted in harmony with the divine will, health, peace, and happiness, instead of misery and continual evil, would be the result."—*Counsels on Diet and Foods*, p. 20.

- b. How does temperance in diet affect not only our physical health but also our mind? Proverbs 16:32. What warning should we take to heart? Proverbs 23:1–3, 20, 21.

"It cannot be too often repeated that whatever is taken into the stomach affects not only the body, but ultimately the mind as well. Gross and stimulating food fevers the blood, excites the nervous system, and too often dulls the moral perceptions, so that reason and conscience are overborne by the sensual impulses. It is difficult, and often well-nigh impossible, for one who is intemperate in diet to exercise patience and self-control."—*Child Guidance*, p. 461.

"But if the human agent shall cooperate with divine agency, his physical and mental development will become higher and better. His mind will enlarge, and he will grow in power to do good."—*The Signs of the Times*, April 16, 1896.

- c. What is the great purpose in God's working for our physical and mental well-being? Proverbs 3:1–4; Isaiah 40:31.

"As we study questions of truth and duty, we find that hardy, courageous workmen are needed in the Master's service. God needs as laborers men and women who have good physical powers; clear, active minds; and decided moral principles, that cannot be shaken by temptation, nor put aside because of difficulties. There is need of persons who have a symmetrical training of all their mental, moral, and physical powers. Practical men and women are wanted—those who will teach the religion of Christ, and exemplify it in their daily life and work."—*The Review and Herald*, October 11, 1898.

5. WHAT WILL HAPPEN WITHOUT

- a. How will others be benefited through our example if we follow God's plan individually? 1 Timothy 4:11-16.

"In the world all kinds of provisions have been made for the relief of suffering humanity, but the truth in its simplicity is to be brought to the suffering ones through the agency of men and women who are loyal to the commandments of God."—*The Kress Collection*, p. 13.

"I am instructed to say to health reform educators: Go forward. The world needs every jot of the influence you can exert to press back the tide of moral woe. Let those who teach the third angel's message stand true to their colors. [Romans 12:1, 2 quoted.] May the Lord arm those who labor in word and doctrine, with the clearest messages of truth. If His workers will give these messages with simplicity, assurance, and all authority, the Lord will work with them. . . . Let them take the living principle of health reform into the communities that to a large degree are ignorant of these principles."—*Testimonies*, vol. 9, pp. 113, 118.

"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."—*The Ministry of Healing*, pp. 112, 113.

- b. For what future event will health reform help us get the needed preparation? Psalm 91:1-10.

"While the work of salvation is closing, trouble will be coming on the earth, and the nations will be angry, yet held in check so as not to prevent the work of the third angel. At that time the 'latter rain,' or refreshing from the presence of the Lord, will come, to give power to the loud voice of the third angel, and prepare the saints to stand in the period when the seven last plagues shall be poured out."—*Maranatha*, p. 170.

PERSONAL REVIEW

1. What can individually be done to limit sickness?
2. Are all methods of healing from God?
3. What tests can we apply to a method to know its fruit?
4. What does God want to accomplish by physically healing people?
5. How will God's health principles help during the time of the last plagues?

Cleanliness and Disease. "A neglect of cleanliness will induce disease. Sickness does not come without a cause. Violent epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health."—*The Adventist Home*, p. 22.

Customs and Disease. "Our ancestors have bequeathed to us customs and appetites which are filling the world with disease. The sins of the parents, through perverted appetite, are with fearful power visited upon the children to the third and fourth generations."—*Counsels on Health*, p. 49.

Self-Indulgence and Disease. "Many persons bring disease upon themselves by their self-indulgence. They have not lived in accordance with natural law or the principles of strict purity. Others have disregarded the laws of health in their habits of eating and drinking, dressing, or working. Often some form of vice is the cause of feebleness of mind or body. Should these persons gain the blessing of health, many of them would continue to pursue the same course of heedless transgression of God's natural and spiritual laws, reasoning that if God heals them in answer to prayer, they are at liberty to continue their unhealthful practices and to indulge perverted appetite without restraint. If God were to work a miracle in restoring these persons to health, He would be encouraging sin."—*The Ministry of Healing*, p. 227.

Satan and Disease. "Christ's remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God."—*Selected Messages*, bk. 2, p. 289.

We Are What We Eat

"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" (2 Corinthians 7:1).

"Those who claim to believe in health reform, and yet work counter to its principles in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers."—*Counsels on Diet and Foods*, p. 37.

Suggested Readings: *Testimonies*, vol. 1, pp. 485–489, 618.
The Desire of Ages, pp.114–123.

"The abuses of the stomach by the gratification of appetite are the fruitful source of most church trials. Those who eat and work intemperately and irrationally, talk and act irrationally. An intemperate man cannot be a patient man. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. And this is a fruitful source of church trials. . . . All those who are indifferent and excuse themselves from this work, waiting for the Lord to do for them that which He requires them to do for themselves, will be found wanting when the meek of the earth, who have wrought His judgments, are hid in the day of the Lord's anger."—*Testimonies*, vol. 1, pp. 618, 619.

"He who cherishes the light which God has given him upon health reform has an important aid in the work of becoming sanctified through the truth, and fitted for immortality."—*Counsels on Diet and Foods*, pp. 59, 60.

"Just where the ruin began, the work of our redemption must begin. As by the indulgence of appetite Adam fell, so by the denial of appetite Christ must overcome."—*The Desire of Ages*, p. 117.

1. ALL PARTS EQUAL ONE

- a. What components make up the human being? Luke 10:27.

"If your lives are conformed to the life of Christ through the sanctification of mind, soul, and body, our example will have a powerful influence on the world."—*Sermons and Talks*, vol. 1, p. 300.

"The Lord accepts no divided heart. He wants the whole man. He made all there is of man. He offered a complete sacrifice to redeem the body and soul of man."—*Special Testimonies on Education*, p. 83.

- b. What is the relationship between what we do physically and our spiritual condition? 3 John 2; 1 Corinthians 3:17.

"Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature—which are the laws of God—are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come."—*Counsels on Diet and Foods*, p. 23.

"It is impossible for those who indulge the appetite to attain to Christian perfection."—Ibid., p. 22.

"If we weaken these powers of mind or body by wrong habits or indulgence of perverted appetite, it will be impossible for us to honor God as we should."—Ibid., p. 21.

"It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai."—Ibid., p. 17.

- c. How does Scripture depict the sacredness of our responsibility in caring for our body? Romans 12:1.

"In the time of ancient Israel every offering brought as a sacrifice to God was carefully examined. If any defect was discovered in the animal presented, it was refused; for God had commanded that the offering be 'without blemish.' So Christians are bidden to present their bodies, 'a living sacrifice, holy, acceptable unto God.' In order to do this, all their powers must be preserved in the best possible condition. Every practice that weakens physical or mental strength unfits man for the service of his Creator. And will God be pleased with anything less than the best we can offer?"—*The Great Controversy*, p. 473.

2. CHARACTER ON A PLATE

- a. In what sense should we take no thought about what we are going to eat or drink tomorrow (Matthew 6:25–33; Luke 12:29–31)? Psalm 37:25. What does the Bible say in relation to our choice of food? 1 Corinthians 10:31.
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"The habits of the age are serious obstacles to the perfecting of Christian character. Physically we are composed of what we eat, and our minds are greatly influenced by our bodies."—*The Signs of the Times*, January 6, 1876.

- b. What does our choice of food have to do with character development? Proverbs 23:1–7.
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"Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world."—*Testimonies*, vol. 6, p. 372.

"By what means shall the young man repress his evil propensities, and develop that which is noble and good in his character? Let him heed the words, 'Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God' (1 Corinthians 10:31)."—*Gospel Workers*, pp. 127, 128.

- c. How can our eating habits affect others? 1 Timothy 4:12.
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"Sickness is caused by violating the laws of health; it is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellowmen, is to obey the laws of God, which include the laws of health. If we are sick, we impose a weary tax upon our friends, and unfit ourselves for discharging our duties to our families and to our neighbors. And when premature death is the result of our violation of nature's law, we bring sorrow and suffering to others; we deprive our neighbors of the help we ought to render them in living; we rob our families of the comfort and help we might render them, and rob God of the service He claims of us to advance His glory. Then, are we not, in the worst sense, transgressors of God's law?"—*Counsels on Diet and Foods*, p. 21.

3. ANGRY ACTIVATORS

- a. Can what we eat actually cause wrong behavior? Ecclesiastes 10:17; Psalm 141:4.
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"When we have tried to present the health reform to our brethren and sisters, and have spoken to them of the importance of eating and drinking and doing all that they do to the glory of God, many by their actions have said: 'It is nobody's business whether I eat this or that. Whatever we do we are to bear the consequences ourselves.' Dear friends, you are greatly mistaken. You are not the only sufferers from a wrong course. . . . But what care we for your judgment, if your brain nerve power has been taxed to the utmost, and the vitality withdrawn from the brain to take care of the improper food placed in your stomachs, or of an enormous quantity of even healthful food? What care we for the judgment of such persons? They see through a mass of undigested food. Therefore your course of living affects us. It is impossible for you to pursue any wrong course without causing others to suffer."—*Testimonies*, vol. 2, pp. 356, 357.

- b. What fruit of the Spirit enables us to add patience to our character development? 2 Peter 1:6.
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"Temperance in eating must be practiced before you can be a patient man."—*Counsels on Diet and Foods*, p. 65.

- c. What habits improve clarity of thought and discernment? Leviticus 10:9, 10. How will this help others? Daniel 12:3; Ezekiel 44:23.
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"Those who by habits of intemperance injure mind and body, place themselves in a position where they are unable to discern spiritual things. The mind is confused, and they yield readily to temptation because they have not a clear discernment of the difference between right and wrong. Sinful indulgence defiles the body and unfits men for spiritual worship. He who cherishes the principles of true temperance has an important aid in the work of becoming sanctified through the truth, and fitted for immortality. But if he disregards the laws of his physical being, how can he perfect holiness in the fear of God?"—*The Signs of the Times*, January 27, 1909.

4. PROGRESSIVE DIET REFORM

- a. Why did God give His people specific instruction regarding what to eat? Leviticus 3:17; Acts 15:20; Exodus 15:26.

"We are living in critical times. Disease of every stripe and type is afflicting the human family, and it is largely the result of subsisting upon the diseased flesh of dead animals. Some who have had the consequences of a meat diet set before them do not change. Why? Because they have educated their taste to enjoy the flesh of dead animals, and that taste must be indulged at any cost. And instead of preparing the meat in the least objectionable way, many choose the way that is most objectionable. The meat is served reeking with fat, because it suits the perverted taste. Both the blood and the fat of animals are consumed as a luxury. But the Lord gave special directions that these should not be eaten. Why? Because their use would make a diseased current of blood in the human system. The disregard of the Lord's special directions has brought a variety of difficulties and diseases upon human beings."—*Manuscript Releases*, vol. 7, pp. 423, 424.

- b. What were the people of Israel instructed to avoid? Leviticus 11 (whole chapter, summarized in verses 46 and 47). What progressive changes have we been counseled to make?

"Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth."—*Counsels on Diet and Foods* (1902), p. 356.

"In most cases, two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day's duties."—Ibid. (1903), p. 176.

5. CLEARER DISCERNMENT

- a. What other benefit is the result of choosing the best articles for our diet? 1 Corinthians 2:14–16.
- b. More important than the physical benefits is the spiritual discernment. Why is it so necessary now? 2 Timothy 3:13.

"God's people in these last days are not to choose darkness rather than light. They are to look for light, to expect light. . . . The light will continue to shine in brighter and still brighter rays, and reveal more and more distinctly the truth as it is in Jesus, that human hearts and human characters may be improved, and moral darkness—which Satan is working to bring over the people of God—may be dispelled. . . . As we near the close of time there will be needed a deeper and clearer discernment, a more firm knowledge of the Word of God, a living experience, and the holiness of heart and life which we must have to serve Him."—*That I May Know Him*, p. 347.

- c. What was the first temptation brought to Christ in the wilderness, and why is this a lesson for us? Matthew 4:3, 4.

"Mighty issues for the world were at stake in the conflict between the Prince of light and the leader of the kingdom of darkness."—*The Desire of Ages*, p. 114.

"Many look on this conflict between Christ and Satan as having no special bearing on their own life; and for them it has little interest. But within the domain of every human heart this controversy is repeated. Never does one leave the ranks of evil for the service of God without encountering the assaults of Satan. The enticements which Christ resisted were those that we find it so difficult to withstand. They were urged upon Him in as much greater degree as His character is superior to ours. With the terrible weight of the sins of the world upon Him, Christ withstood the test upon appetite, upon the love of the world, and upon that love of display which leads to presumption. These were the temptations that overcame Adam and Eve, and that so readily overcome us."—Ibid., pp. 116, 117.

PERSONAL REVIEW

1. Are we at liberty to do whatever we want with our body without affecting the other parts of our being?
2. Why does God counsel us to avoid deceptive food? Can I think of items that should be avoided?
3. What is needed in order for us to be patient people? Am I one?
4. Why does God give such specific instruction to His people? Am I thankful for His counsel?
5. Is discernment more or less necessary as time goes by?

Walk in the Light. “There are some professed believers who accept certain portions of the Testimonies as the message of God, while they reject those portions that condemn their favorite indulgences. Such persons are working contrary to their own welfare, and the welfare of the church. It is essential that we walk in the light while we have the light. Those who claim to believe in health reform, and yet work counter to its principles in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers.”—*Counsels on Diet and Foods*, p. 37.

Teach Your Children. “You should be teaching your children. You should be instructing them how to shun the vices and corruptions of this age. Instead of this, many are studying how to get something good to eat. You place upon your tables butter, eggs, and meat, and your children partake of them. They are fed with the very things that will excite their animal passions, and then you come to meeting and ask God to bless and save your children. How high do your prayers go? You have a work to do first. When you have done all for your children which God has left for you to do then you can with confidence claim the special help that God has promised to give you.”—*Testimonies* (1870), vol. 2, p. 362.

Divine Example. “Of all the lessons to be learned from our Lord’s first great temptation none is more important than that bearing upon the control of the appetites and passions. . . . Only by the inexpressible anguish which Christ endured can we estimate the evil of unrestrained indulgence. His example declares that our only hope of eternal life is through bringing the appetites and passions into subjection to the will of God. . . . And by passing over the ground which man must travel, our Lord has prepared the way for us to overcome.”—*The Desire of Ages*, pp. 122, 123.

First Sabbath Offering

for the Welfare Department

As soon as sin entered this planet, man became selfish by nature and an unbalanced financial condition developed in the world.

On the one hand, there is a little minority who controls the fortune of the world. On the other hand, a great majority of the population lives in terrible want of resources, even to the point having lack of food and clothes. The increase of iniquity and cruelty in many parts of the globe, has attracted God’s judgment upon the earth. The result of the iniquity is described in the Bible as “the love of many shall wax cold” (Matthew 24:12).

Recent reports about the condition of the world regarding poverty, reads:

The world hunger problem is characterized by an imbalance or inadequate distribution of people and food, and has both immediate and long-run features that threaten the welfare of millions. Instances of hunger and malnutrition occur when people are unable to obtain an adequate share of the world’s supply of food. The Food and Agriculture Organization (FAO) of the United Nations (UN) estimates that as many as 500 million people suffer from hunger and the effects of malnutrition. The Overseas Development Council (ODC) estimates that in 1980, as many as 400 million people in developing nations lived in absolute poverty. The Hunger Project estimates that 13 to 18 million people die each year from hunger. For the most part, these conditions are chronic. They are a daily fact of life.

As God’s professed people, we have a sacred duty to help “all” but “especially unto them who are of the household of faith.”

According to Matthew 25:31-46, our eternal destiny will be decided on the basis of love for Christ and for our fellow neighbors. Our willingness for helping others will reveal if we really know Christ as our personal Saviour and Lord or we just have a superficial profession of faith.

May the Lord help us give liberally in this First Sabbath Offering in February 2007 to help those “of the household of faith.”



Davi P. Silva, GC Welfare Department Secretary

Diet and Health

"Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares" (Luke 21:34).

"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. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body."—*Patriarchs and Prophets*, p. 562.

Suggested Readings: *Counsels on Diet and Foods*, pp. 175–182, 368.
Counsels on Health, pp. 72–74.
Child Guidance, pp. 384–389, 399.
The Sanctified Life, p. 20.

"The prophet Malachi declares, 'Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: and he shall turn the heart of the fathers to the children, and the heart of the children to their fathers' (Malachi 4:5, 6). Here the prophet describes the character of the work. Those who are to prepare the way for the second coming of Christ are represented by faithful Elijah, as John came in the spirit of Elijah to prepare the way for Christ's first advent. The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things. The self-denial, humility, and temperance required of the righteous, whom God especially leads and blesses, is to be presented to the people in contrast to the extravagant, health-destroying habits of those who live in this degenerate age."—*Counsels on Health*, pp. 72, 73.

1. EAT THE BEST

- a. What is one fruit that is evidence that the Spirit of God dwells within? Galatians 5:22, 23; Philippians 4:5.
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- b. What is the inspired definition of "true temperance"?
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"True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful."—*Patriarchs and Prophets*, p. 562.

"Keep the work of health reform to the front, is the message I am instructed to bear. Show so plainly its value that a widespread need for it will be felt. Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite. By total abstinence he will overcome his desire for health-destroying indulgences."—*Counsels on Diet and Foods*, p. 457.

- c. How do we understand what is harmful? Romans 12:2.
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"Those who eat and work intemperately and irrationally, talk and act irrationally. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating—eating too frequently, too much, and of rich, unwholesome food—destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting."—*Child Guidance*, p. 398.

"It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning."—Ibid., p. 384.

2. WHAT YOU PERMIT, YOU PROMOTE

- a. Is obedience a matter of convenience, taste, or principle? Matthew 5:19; James 2:10; Matthew 6:24.

"God has spoken, and He means that man shall obey. He does not inquire if it is convenient for him to do so. The Lord of life and glory did not consult His convenience or pleasure when He left His station of high command to become a man of sorrows and acquainted with grief, accepting ignominy and death in order to deliver man from the consequence of his disobedience. Jesus died, not to save man *in* his sins, but *from* his sins. Man is to leave the error of his ways, to follow the example of Christ, to take up his cross and follow Him, denying self, and obeying God at any cost."—*Testimonies*, vol. 4, pp. 250, 251.

- b. What specific counsel applies to healthy digestion and discipline? Ecclesiastes 3:1.

"The stomach becomes weary by being kept constantly at work, disposing of food not the most healthful. Having no time for rest, the digestive organs become enfeebled, hence the sense of 'goneness,' and desire for frequent eating. The remedy such require, is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day. The stomach must have its regular periods for labor and rest; hence eating irregularly and between meals, is a most pernicious violation of the laws of health. With regular habits, and proper food, the stomach will gradually recover."—*Counsels on Diet and Foods*, p. 175.

- c. What is the process used in making the wine described in Proverbs 23:29–32? Should we allow this process to be reproduced in our stomach?

"Disturbance is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused. The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia. . . . Disease takes the place of health."—*Counsels on Diet and Foods*, pp. 110, 111.

3. SANCTIFIED BY THE WORD OF GOD

- a. What principle should we remember in choosing our food items? 1 Timothy 4:3–5. What foods were sanctified by the Word of God in the original plan? Genesis 1:29.

"If several varieties of food are placed before me, I endeavor to choose only those that I know will agree. Thus I am enabled to preserve clear mental faculties. I refuse to place in my stomach knowingly anything that will set up fermentation. This is the duty of all health reformers. We must reason from cause to effect. It is our duty to be temperate in all things."—*Counsels on Diet and Foods*, p. 493.

- b. After sin, God prescribed something to add to the dietary. What was it? Genesis 3:18.

"But while we would recommend simplicity in diet, let it be understood that we do not recommend a meager diet. Let there be a plentiful supply of fruits and vegetables that are in a good condition. Overripe fruit or wilted vegetables ought not to be used. Vegetables and fruit should not be eaten at the same meal. At one meal use bread and fruit, at the next bread and vegetables. Thus we may have all the variety that we need to desire, and if we must have puddings and custards, let bread and these articles form the meal."—*The Signs of the Times*, September 30, 1897.

- c. God gave His people flesh to eat after the Flood. Later, when preparing them to enter the Promised Land, He gave them manna. How is their reaction paralleled in our days? Philippians 3:19; Isaiah 65:4, 5; 66:15–17; 22:12–14.

"Those who transgress the laws of God in their physical organism will not be less slow to violate the law of God spoken from Sinai. Those who will not, after the light has come to them, eat and drink from principle instead of being controlled by appetite, will not be tenacious in regard to being governed by principle in other things. The agitation of the subject of reform in eating and drinking will develop character and will unerringly bring to light those who make a 'god of their bellies.'"—*Counsels on Health*, p. 39.

4. SOME THINGS CAN BE DECEITFUL

- a. Knowing one's natural disposition to like sweet things, what inspired direction is given? Proverbs 24:13; 25:27. Too much of a good thing is not good. What is the reason for the advice listed in Proverbs 25:16?
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"Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system. . . . Christian men and women should never permit their influence to countenance such a course by eating of the dainties thus prepared. Let them understand that your object in visiting them is not to indulge the appetite, but that your associating together, and interchange of thoughts and feelings, might be a mutual blessing."—*Counsels on Diet and Foods*, p. 88.

- b. What are the "dainties," and why are they declared to be "deceitful"? Proverbs 23:3.
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"Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition."—*Counsel on Diet and Foods*, p. 327.

- c. What principle should we keep in mind when choosing what will enter our mouth? 1 Corinthians 10:31; Proverbs 23:1; Daniel 1:8.
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"To have firm religious principles is an inestimable treasure. It is the purest, highest, and most elevated influence mortals can possess. Such have an anchor. Every act is well considered, lest its effect be injurious to another and lead away from Christ. The constant inquiry of the mind is: Lord, how shall I best serve Thee, and glorify Thy name in the earth? How shall I conduct my life to make Thy name a praise in the earth, and lead others to love, serve, and honor Thee? Let me only desire and choose Thy will."—*Testimonies*, vol. 2, p. 129.

5. KEEPING THE APPETITE UNDER SUBJECTION

- a. What has God promised to those who seek to do all of His will? Psalm 1:1–3; Revelation 22:14.
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"If Christians will keep the body in subjection, and bring all their appetites and passions under the control of enlightened conscience, feeling it a duty that they owe to God and to their neighbors to obey the laws which govern health and life, they will have the blessing of physical and mental vigor. They will have moral power to engage in the warfare against Satan, and in the name of Him who conquered appetite in their behalf they may be more than conquerors on their own account."—*Testimonies*, vol. 4, pp. 35, 36.

"If we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory. Constantly His restoring power is manifested in our bodies."—*The SDA Bible Commentary* [Ellen G. White Comments], vol. 1, p. 1118.

- b. What is important to us in developing "appetite discipline"? 1 Corinthians 9:25–27.
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"[Deuteronomy 6:1, 2 quoted.] In this scripture we are taught that obedience to God's requirements brings the obedient under the laws that control the physical being. Those who would preserve themselves in health must bring into subjection all appetites and passions. They must not indulge lustful passion and intemperate appetite, for they are to remain under control to God, and their physical, mental, and moral powers are to be so wisely employed that the bodily mechanism will remain in good working order."—*Lift Him Up*, p. 160.

- c. Eating simply and at regular times helps us to discipline our habits. Who showed by example a similar lifestyle and prefigures the faithful of the last days? Matthew 3:1–4.
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"After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work and will then be in a condition to receive more food."—*Child Guidance*, p. 389.

PERSONAL REVIEW

1. Why doesn't God want us to partake of anything harmful? Am I willing to leave those things behind?
2. How does Jesus' example help us to overcome any desire and appetite for flesh?
3. Did God ever intend His people to eat of unclean things and to like killing?
4. Why is it wrong to celebrate with frequent feasts during the time of judgment?
5. What will help the most in developing self-control? Am I practicing it?

Expenditure of Vital Force. "Intemperance in eating and drinking, intemperance in labor, intemperance in almost everything, exists on every hand. Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them that they ought to rest, are never gainers. They are living on borrowed capital. They are expending vital force which they will need at a future time. When the energy they have so recklessly used is demanded, they fail for want of it. Physical strength is gone and mental power unavailable. They realize that they have met with loss. Their time of need has come, and their physical resources are exhausted. Those who violate the laws of health will sometime have to pay the penalty. God has provided us with constitutional force, and if we recklessly exhaust this force by continual overtaxation, our usefulness will be lessened, and our lives end prematurely."—*The Signs of the Times*, September 30, 1897.

The Stomach at Rest. "The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. After the stomach, which has been overtaxed, has performed its task, it becomes exhausted, which causes faintness. Here many are deceived, and think that it is the want of food which produces such feelings, and without giving the stomach time to rest, they take more food, which for the time removes the faintness. And the more the appetite is indulged, the more will be its clamors for gratification. This faintness is generally the result of meat eating, and eating frequently, and too much."—*Counsels on Diet and Foods*, p. 175.

Food for Life

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well" (Psalm 139:14).

"A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God."—*The Faith I Live By*, p. 154.

Suggested Readings: *Thoughts From the Mount of Blessing*, pp. 123–128.
Testimonies, vol. 6, pp. 369–379.

"As brethren of our Lord, we are called with a holy calling to a holy, happy life. Having entered the narrow path of obedience, let us refresh our minds by communion with one another and with God. As we see the day of God approaching, let us meet often to study His Word and to exhort one another to be faithful unto the end. These earthly assemblies are God's appointed means by which we have opportunity to speak with one another and to gather all the help possible to prepare, in the right way, to receive in the heavenly assemblies the fulfillment of the pledges of our inheritance.

"Remember that in every assembly you meet with Christ, the Master of assemblies. Encourage a personal interest in one another; for it is not enough simply to know men. We must know men *in Christ Jesus*. We are enjoined to 'consider one another.' This is the keynote of the gospel. The keynote of the world is self.

"I would encourage those who assemble in little companies to worship God. Brethren and sisters, be not disheartened because you are so few in number. The tree that stands alone upon the plain, strikes its roots deeper into the earth, spreads out its branches farther on every side, and grows stronger and more symmetrical while wrestling singly with the tempest of rejoicing in the sunshine. So the Christian, cut off from earthly dependence, may learn to rely wholly upon God, and may gain strength and courage from every conflict."—*Our High Calling*, p. 166.

1. STUDY THE HUMAN BODY

- a. God has given us instruction to study many things. What is first on His priority list? What is one of the first things we should learn and teach our children? Psalm 86:11.

"Parents should seek to awaken in their children an interest in the study of physiology. From the first dawn of reason the human mind should become intelligent in regard to the physical structure. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful. It is therefore of the highest importance that among the studies selected for children, physiology occupy an important place. All children should study it. And then parents should see to it that practical hygiene is added."—*Counsels to Parents, Teachers, and Students*, p. 125.

- b. Why is this study important? Psalm 119:73.

"Since the laws of nature are the laws of God, it is plainly our duty to give these laws careful study. We should study their requirements in regard to our own bodies and conform to them. Ignorance in these things is sin."—*Testimonies*, vol. 6, p. 369.

"There are matters not usually included in the study of physiology that should be considered—matters of far greater value to the student than are many of the technicalities commonly taught under this head. As the foundation principle of all education in these lines, the youth should be taught that the laws of nature are the laws of God—as truly divine as are the precepts of the Decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless and willful violation of these laws is a sin against our Creator. How necessary, then, that a thorough knowledge of these laws should be imparted!"—*Child Guidance*, p. 363.

2. "FEARFULLY AND WONDERFULLY MADE"

- a. 1 Corinthians chapter 12 is a lesson based on the physical body. What can we learn about its organization at different structural levels? 1 Corinthians 12:18, 14.

"As in the study of physiology [pupils] see that they are indeed 'fearfully and wonderfully made' (Psalm 139:14), they will be inspired with reverence. Instead of marring God's handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator's glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is, an inestimable privilege and blessing."—*Education*, p. 201.

- b. Can one part of the body be affected without it influencing another? 1 Corinthians 12:26. What are we told about the study of the physical body?

"The harmonious action of all the parts—brain, bone, and muscle—is necessary to the full and healthful development of the entire human organism."—*Fundamentals of Christian Education*, p. 426.

- c. Why is it important to preserve in good health even the smallest parts of our organism? 1 Corinthians 12:25; Luke 16:10.

"The endowments of mind and body are to be carefully guarded. Our gifts are not to be weakened by self-indulgence. Every power is to be carefully preserved, that it may always be ready for instant use. No part of the physical organism is to be weakened by misuse. Each part, however small, has an influence on the whole. The abuse of one nerve or muscle lessens the usefulness of the whole body. Those for whom Christ has given His life should bring their habits and practices into conformity to His will."—*The Upward Look*, p. 379.

3. THE BLOOD IS THE CURRENT OF LIFE

- a. From where does the life necessary for each cell come? Leviticus 17:14; Deuteronomy 12:23.

"In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished."—*The Ministry of Healing*, p. 271.

- b. What is needed to get the blood with its oxygen and nutrients to all parts of the body? Genesis 2:8.

"Simple lessons in the use of the various organs of the body should be given to children to commit to memory. The idea that it is physical exercise that strengthens every organ and gives new life and nourishment to every part of the living machinery should be firmly imprinted on the mind. This is the law that God has ordained shall govern the body. Every part must be exercised. The harmonious working of the whole is required in order for the members of a family to do service in the home, and help each other to acquire education and discipline. The brain must plan and devise, and the muscles must carry out the will of the brain."—*Manuscript Releases*, vol. 5, pp. 222, 223.

"Perfect health depends upon perfect circulation."—*Testimonies*, vol. 2, p. 531.

- c. What should we ask of God so that we will do what is best for our well-being? Psalm 86:11; 1 Corinthians 6:20.

- d. Why does fermentation in the stomach affect the whole body?

"Disturbance is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused."—*Testimonies*, vol. 7, p. 257.

4. DRUGS POISON THE BLOOD

- a. Realizing the importance of good blood, against what else should we guard ourselves? Revelation 21:27; 18:23.

"And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life." "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived"(Revelation 21:27; 18:23).

NOTE: The word "sorceries" used in Revelation 18:23 in the Greek is "pharmakeia," meaning "medication."—James Strong, *Strong's Exhaustive Concordance*, Greek Dictionary of the New Testament, p. 75, entry #5331.

"When you understand physiology in its truest sense, your drug bills will be very much smaller, and finally you will cease to deal out drugs at all. The physician who depends upon drug medication in his practice shows that he does not understand the delicate machinery of the human organism. He is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime. I tell you this because I dare not withhold it. Christ paid too much for man's redemption to have his body so ruthlessly treated as it has been by drug medication."—*Medical Ministry*, p. 229.

- b. What should we use instead? Revelation 22:2.

"The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully. We have been instructed that in our treatment of the sick we should discard the use of drugs. There are simple herbs that can be used for the recovery of the sick, whose effect upon the system is very different from that of those drugs that poison the blood and endanger life."—*Selected Messages*, bk. 2, p. 288.

5. MAKING RIGHT CHOICES

- a. Who is responsible for the choices we make? Joshua 24:15 (last part).

"The Lord does not propose to save us in companies. Individually we are to make our choice. One by one we are to appropriate the grace of God to the soul, and one cannot decide for another what course he shall take."—*The Faith I Live By*, p. 154.

- b. What should we remember in dealing with one another? Romans 14:13; 15:1; 2 Timothy 2:24, 25.

"The people partook largely of the same spirit [of the Pharisees], intruding upon the province of conscience and judging one another in matters that lay between the soul and God. It was in reference to this spirit and practice that Jesus said, 'Judge not, that ye be not judged' (Matthew 7:1). That is, do not set yourself up as a standard. Do not make your opinions, your views of duty, your interpretations of Scripture, a criterion for others and in your heart condemn them if they do not come up to your ideal. Do not criticize others, conjecturing as to their motives and passing judgment upon them."—*Thoughts From the Mount of Blessing*, pp. 123, 124.

- c. Often it is thought that we should not speak to one another of things which may offend. What does the Word of God say? Romans 15:14; Hebrews 3:13; James 3:2. But what should we do in the first place? Hebrews 12:13.

- d. What biblical examples show that there is a place for church rules? Acts 15:28, 29; 1 Corinthians 5:11; Deuteronomy 21:20, 21.

PERSONAL REVIEW

1. Why should I care for the most seemingly unimportant parts of the body?
2. Am I studying the anatomy and physiology of the body as God instructed? Am I helping others to understand this study?
3. Am I where God wants me to be for the betterment of my physical, mental, and spiritual well-being?
4. Am I adding any poison to my system or only the good things which God has given?
5. Am I willing to be an example and help to others instead of being a stumbling block by living with wrong habits or attitudes?

Messengers of Mercy. "In matters of conscience the soul must be left untrammeled. No one is to control another's mind, to judge for another, or to prescribe his duty. God gives to every soul freedom to think, and to follow his own convictions. 'Every one of us shall give account of himself to God.' No one has a right to merge his own individuality in that of another. In all matters where principle is involved, 'let every man be fully persuaded in his own mind' (Romans 14:12, 5). In Christ's kingdom there is no lordly oppression, no compulsion of manner. The angels of heaven do not come to the earth to rule, and to exact homage, but as messengers of mercy, to cooperate with men in uplifting humanity."—*The Desire of Ages*, pp. 550, 551.

Preparing Youth for a Healthy Life. "Wrong habits render the youth less susceptible to Bible instruction. The children are to be guarded against the indulgence of appetite, and especially against the use of stimulants and narcotics. The tables of Christian parents should not be loaded down with food containing condiments and spices."—*Counsels to Parents, Teachers, and Students*, p. 126.

Avoiding Health Dangers. "Thousands who are afflicted might recover their health if, instead of depending upon the drugstore for their life, they would discard all drugs and live simply, without using tea, coffee, liquor, or spices which irritate the stomach and leave it weak, unable to digest even simple food without stimulation. The Lord is willing to let His light shine forth in clear, distinct rays to all who are weak and feeble."—*Medical Ministry*, p. 229.

Heaven's Blessings

"Bless the Lord, O my soul. O Lord my God, thou art very great; thou art clothed with honour and majesty. Who coverest thyself with light as with a garment: who stretchest out the heavens like a curtain" (Psalm 104:1, 2).

"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."—*Testimonies*, vol. 2, p. 534.

Suggested Readings: *Testimonies*, vol. 2, pp. 118–124.
The Ministry of Healing, pp. 274–276.

"The Lord has made every provision so that we may have a rich, abundant, joyful experience. . . . Life is associated with light, and if we have no light from the Sun of Righteousness, we can have no life in Him. But this light has been provided for every soul, and it is only as we withdraw from the light that darkness comes upon us. Jesus said, 'He that followeth me shall not walk in darkness, but shall have the light of life' (John 8:12). In the world about us there can be no life without light. Were the sun to withdraw his shining, all vegetation, all animal life, would have an end. This illustrates the fact that we cannot have spiritual life unless we place ourselves under the beams of the Sun of Righteousness. If we put a flowering plant in a dark room, it will soon wither and die; and so we may have some spiritual life, and yet lose it by dwelling in an atmosphere of doubt and gloom."—*Sons and Daughters of God*, p. 281.

"The Christian conflict is a battle and a march, calling for endurance. Difficult work has to be done, and all who enlist as soldiers in Christ's army with these false ideas of pleasantness and ease, and then experience the trials, it often proves fatal to their Christianity. God does not present the reward to those whose whole life in this world has been one of self-indulgence and pleasure."—*Manuscript Releases*, vol. 14, p. 28.

1. ON THE FOURTH DAY

- a. What was created on the first day of creation? Genesis 1:3.
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- b. What was made on the fourth day? Genesis 1:16.
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- c. How do we know that the light of the sun is necessary for optimum health? Genesis 1:18.
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"The sun is a God-given physician."—*Manuscript Releases*, vol. 20, p. 25.

"The course we recommend will not deprive you of life or injure you. You will derive benefit from it. You need not be rash or reckless; commence moderately at first to have more air and exercise, and continue your reform until you become useful, a blessing to your families and to all around you. 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.

- d. Upon who does God bestow His blessings? Matthew 5:45.
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"The One who gave His life that we should not perish is the divine Teacher, and He appeals to every blessing of the natural world, the showers that fall upon the earth, the dew, the glorious sunlight, given alike to thankful and unthankful. The bounties of God's providence speak to every soul, confirming Christ's testimony to the supreme goodness of His Father."—*The General Conference Bulletin*, October 1, 1899.

2. HEALING RAYS

- a. How does the Bible describe the light of the sun? Ecclesiastes 11:7. What blessing do we receive from the Sun of Righteousness? Malachi 4:2.

"Blessed and beneficent are the rays of light from the Sun of Righteousness who is now pouring His enlightening, healing beams upon everyone who will open the windows of the soul heavenward."—*The Upward Look*, p. 257.

"Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him; they need to be patiently and kindly, yet earnestly, taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God's love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body."—*The Ministry of Healing*, p. 247.

"By [useful] employment [suited to his or her strength] and the free use of air and sunlight, many an emaciated invalid might recover health and strength."—Ibid., p. 246.

- b. What blessings does God want to give us by opening our eyes to the light of truth? Acts 26:18; Mark 4:26–28. What benefit do plants and human beings receive from the sun?

"The pale and sickly grain-blade that has struggled up out of the cold of early spring puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun, . . . and share with vegetation its life-giving, healing power."—*My Life Today*, p. 138.

- c. Who and what are our sources of spiritual light? Psalm 27:1; Proverbs 6:23.

3. WARMTH AND BEAUTY

- a. What happens when we do not appreciate and walk in the spiritual light? John 12:35; 1 John 1:5.
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- b. How can we use sunshine as a healing agent? How are we blessed as the "daystar" arises in our hearts (2 Peter 1:19)? John 8:12; 17:13; 16:33.
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"Invalids too often deprive themselves of sunlight. This is one of nature's most healing agents. It is a very simple, therefore not a fashionable remedy, to enjoy the rays of God's sunlight and beautify our homes with its presence. . . . Our own folly has led us to deprive ourselves of things that are precious, of blessings which God has provided and which, if properly used, are of inestimable value for the recovery of health. If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight, even if it be at the expense of the colors of your carpets. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children. If you have God's presence and possess earnest, loving hearts, a humble home made bright with air and sunlight, and cheerful with the welcome of unselfish hospitality, will be to your family, and to the weary traveler, a heaven below."—*Testimonies*, vol. 2, p. 527.

- c. If we have accepted Christ, the light of the world, how are we to reflect light upon others? Psalm 42:11; Matthew 5:16.
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"God's people have many lessons to learn. They will have perfect peace if they will keep the mind stayed on Him who is too wise to err and too good to do them harm. They are to catch the reflection of the smile of God, and reflect it to others. They are to see how much sunshine they can bring into the lives of those around them. They are to keep near to Christ, so close that they sit together with Him as His little children, in sweet, sacred unity. They are never to forget that as they receive the affection and love of God, they are under the most solemn obligation to impart it to others. Thus they may exert an influence of rejoicing, which blesses all who come within its reach, irradiating their pathway."—*Medical Ministry*, p. 45.

4. WORDS TO THE WISE

- a. What lesson should all men and women learn from the effect of the sun upon the grass and the flowers? James 1:10, 11. In what sense is a true Christian compared to a palm tree in the desert? Psalm 92:12; John 6:35; 7:37.
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"See the weary traveler toiling over the hot sand of the desert, with no shelter to protect him from the rays of the tropical sun. His water supply fails, and he has nothing with which to slake his burning thirst. His tongue becomes swollen; he staggers like a drunken man. Visions of home and friends pass before his mind as he believes himself ready to perish. Suddenly he sees in the distance, rising out of the dreary sandy waste, a palm tree, green and flourishing. Hope quickens his pulses; he presses on, knowing that that which gives vigor and freshness to the palm tree will cool his fevered blood and give him renewed life.

"As is the palm tree in the desert—a guide and consolation to the fainting traveler—so the Christian is to be in the world. He is to guide weary souls, full of unrest, and ready to perish in the desert of sin, to the living water. He is to point his fellow men to Him who gives to all the invitation, 'If any man thirst, let him come unto me, and drink' (John 7:37)."—*In Heavenly Places*, p. 240.

- b. What kind of spiritual clothing do we need in order to cross the "deserts" of this world? Revelation 3:18; 19:8; Zechariah 3:3, 4.
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"The people must not be left to stumble their way along in darkness, not knowing what is before them, and unprepared for the great issues that are coming. There is a work to be done for this time in fitting a people to stand in the day of trouble, and all must act their part in this work. They must be clothed with the righteousness of Christ, and be so fortified by the truth that the delusions of Satan shall not be accepted by them as genuine manifestations of the power of God."—*Selected Messages*, bk. 3, p. 389.

- c. For what purpose has God placed us in this world? Philippians 2:15, 16; 1 Peter 2:9.
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5. FREE TO ALL

- a. What assurance makes life in this world worth living? Psalm 27:1; Romans 8:31.
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"I hope that you will keep under the direct rays of the Sun of Righteousness, that the bright beams from the face of Jesus Christ may shine with brightness upon your heart, and that you may reflect their bright rays to others."—*The Ellen G. White 1888 Materials*, p. 710.

- b. What is the most precious heavenly gift placed within our reach, and on what condition is it offered to us? Isaiah 55:1, 7; Luke 14:33.
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"Money cannot buy it, intellect cannot grasp it, power cannot command it; but to all who will accept it, God's glorious grace is freely given. But men may feel their need, and, renouncing all self-dependence, accept salvation as a gift. Those who enter heaven will not scale its walls by their own righteousness, nor will its gates be opened to them for costly offerings of gold or silver, but they will gain an entrance to the many mansions of the Father's house through the merits of the cross of Christ."—*God's Amazing Grace*, p. 179.

- c. What kind of sunshine should we have in our home? Ephesians 4:32.
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"Home should be a place where cheerfulness, courtesy, and love abide; and where these graces dwell, there will abide happiness and peace. Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy. In such homes angels of God abide."—*The Ministry of Healing*, p. 393.

PERSONAL REVIEW

1. Why does God give all people sunshine?
2. Sunshine kills bacteria. What sin will the light from the Son of God remove from our life?
3. Am I walking in all the light that has been revealed to me from God?
4. Can I get too much from the Son of light?
5. Have I really received the gift of Christ, and am I truly thankful?

Great Light Shines. "It is not for lack of knowledge that God's people are now perishing. . . . Light, precious light, shines upon God's people; but it will not save them unless they consent to be saved by it, fully live up to it, and transmit it to others in darkness. God calls upon His people to act. It is an individual work of confessing and forsaking sins and returning unto the Lord that is needed. One cannot do this work for another. Religious knowledge has accumulated, and this has increased corresponding obligations. Great light has been shining upon the church, and by it they are condemned because they refuse to walk in it. If they were blind they would be without sin. But they have seen light and have heard much truth, yet are not wise and holy. Many have for years made no advancement in knowledge and true holiness. They are spiritual dwarfs. Instead of going forward to perfection, they are going back to the darkness and bondage of Egypt. Their minds are not exercised unto godliness and true holiness."—*Testimonies*, vol. 2, pp. 123, 124.

Heaven's Interest in Our Welfare. "How strongly and brightly shines the mercy and lovingkindness of God in His dealings toward His heritage. . . . All heaven has the deepest interest in our welfare, that Satan shall not control us and conform us to his character. 'For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the Lord of hosts, that it shall leave them neither root nor branch. 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' (Malachi 4:1, 2)."—*This Day With God*, p. 123.

"There Is a River"

"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" (Revelation 21:6).

"Thousands have died for want of pure water and pure air, who might have lived. . . . These blessings they need in order to become well. If they would become enlightened, and let medicine alone, and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy instead of dragging out a miserable existence."—*Counsels on Diet and Foods*, p. 419.

Suggested Reading: *Counsels on Diet and Foods*, pp. 419–437.

"We have now the invitations of mercy to become vessels unto honor, and then we need not worry about the latter rain; all we have to do is to keep the vessel clean and prepared and right side up, for the reception of the heavenly rain and keep praying, 'Let the latter rain come into my vessel. Let the light of the glorious angel which unites with the third angel, shine upon me; give me a part in the work; let me sound the proclamation; let me be co-laborer with Jesus Christ.' Thus seeking God, let me tell you, He is fitting you up all the time giving you His grace. You need not be worried. You need not be thinking that there is a special time coming when you are to be crucified; the time to be crucified is just now. Every day, every hour, self is to die; self is to be crucified, and then, when the time comes that the test shall come to God's people in earnest, the everlasting arms are around you. The angels of God make a wall of fire around about and deliver you. All your self-crucifixion will not do any good then. It must come before the destiny of souls is decided. It is now that self is to be crucified, when there is work to do; when there is some use to be made of every entrusted capability. It is now that we are to empty and thoroughly cleanse the vessel of its impurity. It is now that we are to be made holy unto God. This is our work, this very moment. You are not to wait for any special period for a wonderful work to be done; it is today. I give myself to God today."—*Manuscript Releases*, vol. 1, pp. 179, 180.

1. THE NEED OF WATER

- a. What is one of the most important basic needs of human beings? John 4:7; Proverbs 25:21.

"I should bathe frequently, and drink freely of pure, soft water."—*Counsels on Diet and Foods*, p. 419.

- b. How important is water to our physical well-being? Judges 15:18.

"Pure water to drink and fresh air to breathe, . . . invigorate the vital organs, purify the blood, and help nature in her task of overcoming the bad conditions of the system."—*The Review and Herald*, December 5, 1899.

- c. How is the importance of water described?

"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 external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood."

—*The Ministry of Healing*, p. 237.

- d. What spiritual truth is illustrated by water? John 4:10, 14.

"The cry of Christ to the thirsty soul is still going forth, and it appeals to us with even greater power than to those who heard it in the temple on that last day of the feast. The fountain is open for all. The weary and exhausted ones are offered the refreshing draught of eternal life. Jesus is still crying, 'If any man thirst, let him come unto Me, and drink.' 'Let him that is athirst come. And whosoever will, let him take the water of life freely.' 'Whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life' (John 7:37; Revelation 22:17; John 4:14)."—*The Desire of Ages*, p. 454.

2. THE NEED OF CLEANSING

- a. What other work of Christ is illustrated through one of water properties? John 13:5, 10; Isaiah 1:16.

"Brethren and sisters, we need the reformation that all who are redeemed must have, through the cleansing of mind and heart from every taint of sin. In the lives of those who are ransomed by the blood of Christ, self-sacrifice will constantly appear. Goodness and righteousness will be seen. The quiet, inward experience will make the life full of godliness, faith, meekness, patience. This is to be our daily experience. We are to form characters free from sin—characters made righteous in and by the grace of Christ. . . . Our hearts are to be cleansed from all impurity in the blood shed to take away sin."—*Counsels on Health*, pp. 633, 634.

"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."—*The Ministry of Healing*, p. 237.

- b. Why is this cleansing important? Psalm 51:7, 9.

"God is purifying a people to have clean hands and pure hearts to stand before Him in the judgment. The standard must be elevated, the imagination purified; the infatuation clustering around debasing practices must be given up, and the soul uplifted to pure thoughts, holy practices."—*The Review and Herald*, May 24, 1887.

- c. What needs cleansing in our being? James 4:8.

"The cleansing must begin in the heart and mind and flow forth in the actions. The characters of our medical missionary workers need to be refined and ennobled. This result can be brought about only as these workers are made partakers of the divine image, escaping the corruption that is in the world through lust."—*The Review and Herald*, August 20, 1903.

3. TOTAL CLEANSING

- a. How can we obtain complete cleansing? Psalm 51:2, 10; 1 John 1:9. How do we know that partial submission to the Lord is not acceptable? Matthew 6:24; 22:37; John 16:13.
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"Shall we hear the voice of God through His Word, giving warnings and appeals and commands, calling us to a new contest by a new and more thorough consecration of ourselves, of all our entrusted capabilities and powers? My brethren and sisters who are engaged in the solemn work of being the mouthpiece of God, be sure that the treasure house of the heart is pure and holy."—*Manuscript Releases*, vol. 19, p. 318.

- b. What should we examine before approaching the Lord in prayer? Lamentations 3:40; 2 Corinthians 13:5. What physical cleansing is also required? Hebrews 10:22; Exodus 19:10; Genesis 35:2.
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"The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities; therefore feeble persons who are diseased surely need the advantages and blessings of bathing as often as twice a week, and frequently even more than this is positively necessary. Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system's being weakened, it is strengthened. Instead of increasing the liability of cold, a bath, properly taken, fortifies against cold, because the circulation is improved and the uterine organs, which are more or less congested, are relieved; for the blood is brought to the surface, and a more easy and regular flow of the blood through all the blood vessels is obtained."—*Testimonies*, vol. 3, pp. 70, 71.

4. WATER, A GREAT BLESSING

- a. Why is God's word so specific, also, about the details of hygienic habits? 2 Corinthians 7:1.
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"God requires purity of heart and personal cleanliness now, as when He gave the special directions to the children of Israel. If God was so particular to enjoin cleanliness upon those journeying in the wilderness, who were in the open air nearly all the time, He requires no less of us who live in ceiled houses, where impurities are more observable and have a more unhealthful influence."—*Counsels on Health*, p. 82.

- b. What does God give freely? Psalm 104:10, 11, 13; Matthew 5:45.
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"God is the source of life and light and joy to the universe. Like rays of light from the sun, like the streams of water bursting from a living spring, blessings flow out from Him to all His creatures. And wherever the life of God is in the hearts of men, it will flow out to others in love and blessing."—*Steps to Christ*, p. 77.

- c. What lesson should we learn from natural thirst? Psalm 42:1.
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- d. What is one example of the best time to use lots of water?
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"If, in their fevered state, water had been given [many persons] to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burned up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst. Water, which is allowed a senseless building to put out the raging elements, is not allowed human beings to put out the fire which is consuming the vitals."—*Counsels on Diet and Foods*, pp. 419, 420.

5. COUNTERFEITS ARE HARMFUL

- a. List the substances that would be included in the category of harmful items to drink. Proverbs 23:20, 21, 29–32; 1 Corinthians 3:16, 17.
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"Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse. Its influence is exciting, and just in the degree that it elevates above par, it will exhaust and bring prostration below par."—*Counsels on Diet and Foods*, p. 421.

- b. What type of wine was served at the marriage feast in Cana and was recommended to Timothy? Isaiah 65:8; John 2:7–10; 1 Timothy 5:23.
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"The wine which Christ provided for the feast, and that which He gave to the disciples as a symbol of His own blood, was the pure juice of the grape. To this the prophet Isaiah refers when he speaks of the new wine 'in the cluster,' and says, 'Destroy it not; for a blessing is in it' (Isaiah 65:8). . . . 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. . . . 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.

- c. Wine in the cluster is fresh grape juice. What would happen if it was placed into old wine bottles? Matthew 9:17. What is the meaning of the warning given by Jesus?
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- d. According to divine instruction, what quality of fruit should we choose?

"The juices of fruit, mingled with bread, will be highly enjoyed. Good, ripe, undecayed fruit is a thing we should thank the Lord for, because it is beneficial to health."—*Counsels on Diet and Foods*, p. 437.

PERSONAL REVIEW

1. How important is water, and how often do I need it?
2. Is physical cleansing really that important? How does it relate to my need of spiritual cleansing?
3. Have I asked Christ to cleanse me from all filthiness? Have I asked Him to show me what needs cleansing?
4. Are there counterfeits in my life either in what I drink or whom I serve?
5. Why should I avoid anything that is not spiritually or physically healthy?

A Revival Needed. "Our churches are in need of a spiritual revival. Now is the time for the work of repentance and confession of sin to extend deeper. Now is the time for God's people to allow the Holy Spirit to make clean and thorough work, in order that all selfishness, all wrong, may be uprooted from their hearts. May the Lord help you and the whole church, is my prayer."—*Atlantic Union Gleaner*, September 9, 1903.

The Benefits of Water. "Many have never learned by experience the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. But none should feel excused for ignorance or indifference on this subject. 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. Mothers, especially, should know how to care for their families in both health and sickness."—*The Ministry of Healing*, p. 237.

Never Neglect Bathing. "Persons in health should on no account neglect bathing. They should by all means bathe as often as twice a week. Those who are not in health have impurities in the blood, and the skin is not in a healthy condition. The multitude of pores, or little mouths, through which the body breathes become clogged and filled with waste matter."—*Testimonies*, vol. 3, p. 70.

Bearing the Marks. "Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow, and assumes a lifeless appearance. The glow of health is not seen upon the countenance."—*Counsels on Diet and Foods*, p. 421.

First Sabbath Offering

for Belo Horizonte, Brazil

Belo Horizonte is the capital of the Brazilian state of Minas Gerais. It is the fourth largest city in Brazil, following Sao Paulo, Rio de Janeiro, and Salvador. The name of the city is translated as "beautiful horizon." The official metropolitan area has over 5 million inhabitants. It has an excellent building infrastructure that hosts both national and international events.

The amazing growth of the church in this state has meant that the infrastructure of the church can no longer meet the needs of the missionary work and evangelistic meetings. The headquarters for the Minas Gerais Field Conference (part of the North Brazilian Union) has become too small to administer all the various institutions in this state.

The brethren of the General Conference approved this building project in Belo Horizonte some years ago. In the meantime the opening of several new missions, especially in Africa and the Caribbean, has meant that this offering was postponed. Now the time has come that the work in South America also be assisted by the Sabbath school students around the world.

We thank you in advance for your generous contribution to this building project in the North Brazilian Union.

Your brethren and sisters from the North Brazilian Union



Physical Activity, a Blessing

"Thou shalt eat the labour of thine hands" (Psalm 128:2).

"Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood."—*My Life Today*, p. 130.

Suggested Readings: *Testimonies*, vol. 3, pp. 75–78.

Testimonies, vol. 2, pp. 186–192.

Selected Messages, bk. 2, pp. 322–324.

"How should we labor to obtain the reward offered to those who are faithful in the service of their God! Is not an eternity of bliss worth a life-long, persevering effort? Those who truly follow Christ will not be left to misdirect their efforts. They will be led to set their affections on things above, not on things on the earth. Transformed by the grace of God, their life will be hid with Christ in God. The energy of the true Christian will be employed in gaining spiritual power. He will appreciate his entrusted talents, and will feel his responsibility to use them for the glory of God. The servant of God will prize his property, but will not hoard it. He will value it only as it can be of use in advancing the kingdom of God on the earth. He will work as did Christ, to bless humanity. He will put his powers to their highest use, not to glorify self, but that every gift may be strengthened to render to God the best use. He will be 'not slothful in business,' but 'fervent in spirit, serving the Lord' (Romans 12:11)."—*The Signs of the Times*, January 12, 1891.

1. HAPPINESS DEPENDS ON LABOR

- a. What is the best activity for the well-being of God's crowning act of creation? *Genesis 2:8, 15.*

"God made Adam and Eve in Paradise, and surrounded them with everything that was useful and lovely. . . . The Creator of man knew that the workmanship of His hands could not be happy without employment. Paradise delighted their souls, but this was not enough; they must have labor to call into exercise the wonderful organs of the body. The Lord had made the organs for use. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who formed man knew what would be for his best happiness, and He no sooner made him than He gave him his appointed work. In order to be happy, he must labor."—*Testimonies*, vol. 3, p. 77.

- b. Why is a life of activity intended to be a blessing? *Psalm 128:2.*

"Another precious blessing is proper exercise. Each organ and muscle has its work to do in the living organism. Every wheel in the machinery must be a living, active, working wheel. Nature's fine and wonderful works need to be kept in active motion in order to accomplish the object for which they were designed. . . .

"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. What does the written Word say about work and indolence? *2 Thessalonians 3:10, 12.*

"Parents should provide employment for their children. Nothing will be a more sure source of evil than indolence. Physical labor that brings healthful weariness to the muscles, will give an appetite for simple, wholesome food."—*Counsels on Diet and Foods*, p. 243.

2. DO NOT OVERWORK

- a. Even though we are created to be active, what must we remember? *Mark 6:31.*

"Bring into the day's work hopefulness, courage, and amiability. 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. We are to bear only the responsibilities that the Lord gives us, trusting in Him, and thus keeping our hearts pure and sweet and sympathetic."—*Messages to Young People*, p. 135.

"There is danger that the women connected with the work will be required to labor too hard without proper periods of rest. Such severe taxation should not be brought upon the workers. Some will not injure themselves, but others, who are conscientious, will certainly overwork. Periods of rest are necessary for all, especially women."—*Evangelism*, p. 494.

- b. While we seek to preserve sound physical and mental health, what is to be our first object in life? *Luke 12:30, 31.*

"[Matthew 6:28–30 quoted.] In the sermon on the mount these words were spoken to others besides children and youth. They were spoken to the multitude, among whom were men and women full of worries and perplexities, and sore with disappointment and sorrow."—*Christ's Object Lessons*, p. 19.

"Hence that time is spent to good account which is directed to the establishment and preservation of sound physical and mental health. We cannot afford to dwarf or cripple a single function of mind or body by overwork or by abuse of any part of the living machinery. As surely as we do this, we must suffer the consequences."—*Child Guidance*, p. 395.

3. HUMANS MADE UPRIGHT

- a. What other element of physical well-being is taught in Scripture? Acts 14:10; Ecclesiastes 7:29.

"Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote. Let the teacher give instruction on this point by example and by precept. Show what a correct position is, and insist that it shall be maintained."—*Child Guidance*, p. 364.

- b. How should we walk uprightly in a spiritual sense? Psalms 7:10; 32:11.

"All the heavenly beings are in constant activity, and the Lord Jesus, in His lifework, has given an example for every one. He went about 'doing good.' God has established the law of obedient action. . . . Action gives power."—*My Life Today*, p. 130.

- c. In all of our habits of work and rest, what should we do? Colossians 3:23; Acts 10:38.

"We need to be converted from our faulty lives to the faith of the Gospel. Christ's followers have no need to try to shine. If they will behold constantly the life of Christ they will be changed in mind and heart into the same image. Then they will shine without any superficial attempt. The Lord asks for no display of goodness. In the gift of His Son He has made provision that our inward lives may be imbued with the principles of heaven. It is the appropriation of this provision that will lead to a manifestation of Christ to the world. When the people of God experience the new birth, their honesty, their uprightness, their fidelity, their steadfast principles, will unfailingly reveal it."—*Counsels to Teachers, Parents, and Students*, p. 251.

4. REAP THE BENEFITS

- a. What are the benefits of a life of activity? Genesis 2:15; Ecclesiastes 5:12.

"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 these 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.

"Digestion will be promoted by physical exercise."—*Ibid.*, p. 569.

- b. How should we develop every faculty with which we have been created? 1 Corinthians 6:20; 1 Thessalonians 5:23.

"All the varied capabilities that men possess—of mind and soul and body—are given them by God to be so employed as to reach the highest possible degree of excellence. But this cannot be a selfish and exclusive culture; for the character of God, whose likeness we are to receive, is benevolence and love. Every faculty, every attribute, with which the Creator has endowed us is to be employed for His glory and for the uplifting of our fellowmen. And in this employment is found its purest, noblest, and happiest exercise."—*Christian Education*, p. 64.

- c. What should we learn from the competitive sports practiced in the world? 1 Corinthians 9:24–27.

"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.

5. SPIRITUAL EXERCISES

- a. What is even more important in our life than physical exercise? 1 Timothy 4:8, 7.

"Unless the mind is educated to dwell upon religious themes, it will be weak and feeble in this direction. But while dwelling upon worldly enterprises, it will be strong; for in this direction it has been cultivated, and has strengthened with exercise. The reason it is so difficult for men and women to live religious lives is because they do not exercise the mind unto godliness. It is trained to run in an opposite direction. Unless the mind is constantly exercised in obtaining spiritual knowledge and in seeking to understand the mystery of godliness, it is incapable of appreciating eternal things. . . . When the heart is divided, dwelling principally upon things of the world, and but little upon the things of God, there can be no special increase of spiritual strength."—*God's Amazing Grace*, p. 297.

- b. What is included in spiritual exercise? Jeremiah 9:24; Acts 24:16.

- c. What will happen if we do not remain both physically and spiritually active? Proverbs 24:32–34; Matthew 25:26–29.

"[Luke 21:34–36 quoted.] This is a warning to those who claim to be Christians. Those who have had light upon the important, testing truths for this time, and yet are not making ready for the coming of the Son of man, are not taking heed. 'Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.' There is no period of time when spiritual slothfulness is excusable."—*Counsels to Writers and Editors*, p. 24.

- d. What are the benefits of spiritual diligence? Romans 12:11, 12; Hebrews 6:12; Philippians 2:14–16.

PERSONAL REVIEW

1. Am I thankful for the ability and opportunity to labor physically?
2. Am I temperate in my work habits? Is there something that I need to change in order to be more in line with God's way?
3. How is my posture as I walk, sit, or sleep? Uprightness is known also as being an honest, trustworthy individual. Am I one? What can I do to improve my physical and spiritual uprightness?
4. What benefits have I noticed in the life of those who are physically active?
5. Am I active or slothful in my spiritual exercises? No one wins a race without running.

Proper Recreation. "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. Recreation in the open air, the contemplation of the works of God in nature, will be of the highest benefit."—*Testimonies*, vol. 4, p. 653.

"Healthy young men and young women have no need of cricket, ballplaying, or any kind of amusement just for the gratification of self, to pass away the time. There are useful things to be done by every one of God's created intelligences. Someone needs from you something that will help him. No one in the Lord's great domain of creation was made to be a drone. Our happiness increases, and our powers develop, as we engage in useful employment."—*The Youth's Instructor*, January 31, 1901.

Healthy Upbringing. "Young children can grow into almost any shape, and can, by habits of proper exercise and positions of the body, obtain healthy forms. It is destructive to the health and life of young children for them to sit in the schoolroom, upon hard ill-formed benches, from three to five hours a day, inhaling the impure air caused by many breaths. The weak lungs become affected, the brain, from which the nervous energy of the whole system is derived, becomes enfeebled by being called into active exercise before the strength of the mental organs is sufficiently matured to endure fatigue."—*Selected Messages*, bk. 2, p. 436.

Breathing and Health

"The spirit of God hath made me, and the breath of the Almighty hath given me life" (Job 33:4).

"The health of the entire system depends upon the healthy action of the respiratory organs."—*Healthful Living*, p. 30.

Suggested Reading: *Testimonies*, vol. 2, pp. 522–535.

"Wake up, brethren and sisters, wake up. Sleep no longer. 'Why stand ye here all the day idle?' Jesus calls you, saying, 'Go work today in my vineyard.' Whoever has received the Holy Spirit, will make it manifest; for all his powers will be employed in the most active service. All who actually receive Christ by faith, work. They feel the burden of souls. God now calls upon everyone who has a knowledge of the truth, who is a depository of sacred truth, to arise and impart the light of heaven to others. Those who have been illuminated by the Holy Spirit, will show its office work upon life and character. They will be mediums through which the Holy Spirit will communicate light and knowledge to others. The wonderful truth revealed to us in these last days is to be revealed to others. 'The end of all things is at hand.' The Lord has been speaking to you in America, and may the Lord forbid that at the time of great illumination, darkness should come upon you because you fail to walk in the light that has been given. Darkness corresponding to your light will surely come upon you, if you do not now arouse from your slumbers, and shake off your useless musings and selfish indulgences, and trade diligently with your Lord's goods. Move out from your pleasant homes. Develop the talents God has given you, and tell to others what the Holy Spirit has communicated to you. God requires you to work in proportion to the light He has given."—*The Review and Herald*, December 5, 1893.

1. THE "BREATH OF LIFE" AND THE "BREATH OF THE SOUL"
 - a. What is the "breath of life" that Adam received from God? Genesis 2:7.
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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.

- b. What is the "breath of the soul"? Luke 11:1.
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"Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted, and the health of the soul be preserved. Prayer brings the heart into immediate contact with the Well-spring of life, and strengthens the sinew and muscle of the religious experience. Neglect the exercise of prayer, or engage in prayer spasmodically, now and then, as seems convenient, and you lose your hold on God. The spiritual faculties lose their vitality, the religious experience lacks health and vigor."—*Gospel Workers*, pp. 254, 255.

- c. What was the custom of the prophet Daniel regarding prayer? Daniel 6:10. What does it mean to pray unceasingly? 1 Thessalonians 5:17.
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"Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God."—*Steps to Christ*, p. 98.

"While engaged in our daily work, we should lift the soul to heaven in prayer. These silent petitions rise like incense before the throne of grace; and the enemy is baffled. The Christian whose heart is thus stayed upon God cannot be overcome. No evil arts can destroy his peace. All the promises of God's word, all the power of divine grace, all the resources of Jehovah, are pledged to secure his deliverance. It was thus that Enoch walked with God. And God was with him, a present help in every time of need."—*Gospel Workers*, p. 254.

2. BREATHE WELL

- a. What admonition given to Israel shows us our need to learn proper physical as well as spiritual habits? Deuteronomy 31:12. Among other things, what do we need to teach our children?

"Encourage [the patients] to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them."—*The Ministry of Healing*, pp. 264, 265.

"While it may be necessary to protect the little ones from sudden or too great changes of temperature, care should be taken that, sleeping or waking, day or night, they breathe a pure, invigorating atmosphere."—*The Adventist Home*, p. 263.

- b. What happens to us when we do not get enough "breath" physically or spiritually? Psalm 146:4.

"You have not had a liberal supply of air. Brother I has labored in his store, closely applying himself to his business and allowing himself but a limited amount of air and exercise. His circulation is depressed. He breathes only from the top of his lungs. It is seldom that he exercises the abdominal muscles in the act of breathing. Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure and give tone and vigor to every part of the living machinery."—*Testimonies*, vol. 2, pp. 67, 68.

"Those who have not had a free circulation of air in their rooms through the night generally awake feeling exhausted and feverish, and know not the cause. It was air, vital air, that the whole system required, but which it could not obtain. . . . Then the clothing should be removed piece by piece from the bed, and exposed to the air. The windows should be opened, the blinds fastened back, and the air allowed to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room."—*Counsels on Health*, p. 58.

3. SLEEP WELL

- a. How can we enjoy fresh air and sleep well even in cold climates? What is our duty toward those who do not have enough clothing because of poverty? Exodus 22:27; Isaiah 58:7; James 2:15, 16.

"Many have been taught from childhood that night air is positively injurious to health and therefore must be excluded from their rooms. To their own injury they close the windows and doors of their sleeping apartments to protect themselves from the night air which they say is so dangerous to health. In this they are deceived. In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air.

"On an autumn evening we were once traveling in a crowded car, where the atmosphere was rendered very impure by the mingling of so many breaths. The exhalations from lungs and bodies caused a most sickening sensation to come over me. I raised my window and was enjoying the fresh air, when a lady, in earnest, imploring tones, cried out: 'Do put down that window. You will take cold and be sick, for the night air is so unhealthy.' I replied: 'Madam, we have no other air, in this car or out of it, but night air. If you refuse to breathe night air, then you must stop breathing. God has provided for His creatures air to breathe for the day, and the same, made a little cooler, for the night. In the night it is not possible for you to breathe anything but night air.'... 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, pp. 527, 528.

- b. What promise was given to Israel on condition of obedience to the Lord? Deuteronomy 7:11–15. How are we to cooperate with the Lord if we want to become sharers of the same promise?

"Out of doors, surrounded by the beautiful things that God has made, breathing the fresh, health-giving air, the sick can best be told of the new life in Christ. Here God's words can be taught."—*Counsels on Health*, p. 251.

"The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous and destroy life. Stove heat destroys the vitality of the air, and weakens the lungs. . . . Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease."—*Spiritual Gifts*, vol. 4a, p. 152.

4. PURE AIR VS. AIR POLLUTION

- a. What kind of environment is the best place for recovery from disease?
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"If [many of those living in the cities] could be taken to some farming district, surrounded with the green fields, the woods and hills and brooks, the clear skies and the fresh, pure air of the country, it would seem almost like heaven. . . . Through nature they would hear His voice speaking to their hearts of His peace and love, and mind and soul and body would respond to the healing, life-giving power."—*The Ministry of Healing*, p. 192.

- b. What kind of environment is among the worst places for recovery?
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"The noise and excitement and confusion of the cities, . . . are most wearisome and exhausting to the sick. The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life."—*The Ministry of Healing*, p. 262.

"If a house is built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result."—*Counsels on Health*, pp. 58, 59.

- c. As we compare Isaiah 24:5 with Revelation 16:17, what kind of pollution should we expect in these last days?
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- d. What instruction given to Lot is applicable also today in view of the air pollution in the cities? Genesis 19:17.
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"Serious times are before us, and there is great need for the families to get out of the cities into the country. . . . Let those who are suffering with poor health go out into country places."—*Home and Church School Manual* (1900), p. 42.

5. SPIRITUAL SLEEPINESS

- a. What unusual event in Acts 20:9 is repeated by many during church services? Why is it very dangerous to be spiritually asleep? Matthew 25:5; 1 Thessalonians 5:6–8; 1 Peter 4:7.
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"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.

"I felt compelled twice, as I was speaking, to change the exercise, and have all arise and engage in singing; for a sleepy lethargy seemed to be upon the people, who were compelled to work hard during the week. The windows were thrown open as often as practicable"—*The Review and Herald*, September 27, 1887.

- b. What can we do to avoid "spiritual sleepiness"? Romans 13:11.
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"Again and again the Lord has pointed out the work which the church in Battle Creek and those all through America are to do. They are to reach a much higher standard in spiritual advancement than they have yet reached. They are to awake out of sleep and go without the camp, working for souls that are ready to perish."—*Testimonies*, vol. 8, pp. 70, 71.

"Let every church awake out of sleep; let the members unite themselves together in the love of Jesus and in sympathy for perishing souls, all go forth to their neighbors, pointing them to the way of salvation. Our Leader has all power in heaven and in earth."—*Lake Union Herald*, December 30, 1908.

"Let every church arouse and put away their pride and vanity and worldliness. Let them humble their hearts before God by repentance that they have lifted so few burdens for Christ."—*The Review and Herald*, December 7, 1886.

"There is a work to be done in the churches. A different testimony must go forth. I am terribly alarmed. Throughout the churches there are selfishness and sin, dishonesty, unbelief, criticism and faultfinding. It is high time to awake out of sleep. You who have long lost the spirit of prayer, pray, pray earnestly. Pity thy suffering cause; pity the church, pity the individual believers, thou Father of mercies. Take from us everything that defiles, deny us what thou wilt; but take not from us thy Holy Spirit."—*East Michigan Banner*, March 15, 1905.

PERSONAL REVIEW

1. Have I thanked my Creator for giving me breath to live this day?
2. Have I learned how to pray without ceasing, like I breathe?
3. Do I understand and practice how to breathe deeply by using my diaphragm?
4. Am I sleeping with fresh air in my room?
5. Am I breathing anything which is poisonous and, if so, what can I do to change the circumstances?
6. Am I alert during worship or am I a sleepy saint? How can I wake up?

The Soul Needs Prayer. "We should pray in the family circle, and above all we must not neglect secret prayer, for this is the life of the soul. It is impossible for the soul to flourish while prayer is neglected."—*Steps to Christ*, p. 98.

Tobacco on the Brain. "Tobacco using is a habit which frequently affects the nervous system in a more powerful manner than does the use of alcohol. . . . Tobacco . . . affects the brain and benumbs the sensibilities, so that the mind cannot clearly discern spiritual things, especially those truths which would have a tendency to correct this filthy indulgence."—*Child Guidance*, pp. 403, 404.

The Poison of Tobacco. "Tobacco is a poison of the most deceitful and malignant kind, having an exciting, then a paralyzing influence upon the nerves of the body. It is all the more dangerous because its effects upon the system are so slow, and at first scarcely perceptible. Multitudes have fallen victims to its poisonous influence."—*Spiritual Gifts*, vol. 4a, p. 128.

Air in the Church Building. "Our churches need to reform in the matter of ventilation. It is dangerous for those whose hearts are weak to speak in churches in which the air is poisoned by the exhalations from human bodies. Our churches should be well ventilated, that the air breathed by those who sit in them for two hours at a time may be as pure as possible."—*The Gospel Herald*, January 1, 1901.

Benefits of Outdoor Work. "Let men and women work in fields and orchard and garden. This will bring health and strength to nerve and muscle. Living indoors and cherishing invalidism is a very poor business. If those who are sick will give nerves and muscles and sinews proper exercise in the open air, their health will be renewed."—*Manuscript Releases*, vol. 19, p. 230.

Rest for the Weary

"Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28).

"Sleep, nature's sweet restorer, invigorates the weary body and prepares it for the next day's duties."—*The Adventist Home*, p. 289.

Suggested Readings: *The Desire of Ages*, pp. 359–363.
My Life Today, pp. 143, 144.
Steps to Christ, pp. 46, 47.

"[Christ] saw, too, that [the disciples] had become weary in their labors, and that they needed to rest. . . . 'And He said unto them, Come ye yourselves apart into a desert place, and rest awhile.' Christ is full of tenderness and compassion for all in His service. He would show His disciples that God does not require sacrifice, but mercy. They had been putting their whole souls into labor for the people, and this was exhausting their physical and mental strength. It was their duty to rest. . . . The rest which Christ and His disciples took was not self-indulgent rest. . . . Though Jesus could work miracles, and had empowered His disciples to work miracles, He directed His worn servants to go apart into the country and rest. When He said that the harvest was great, and the laborers were few, He did not urge upon His disciples the necessity of ceaseless toil, but said, [Matthew 9:38 quoted]. . . . It is not wise to be always under the strain of work and excitement, even in ministering to men's spiritual needs; for in this way personal piety is neglected, and the powers of mind and soul and body are overtaxed. Self-denial is required of the disciples of Christ, and sacrifices must be made; but care must also be exercised lest through their overzeal Satan take advantage of the weakness of humanity, and the work of God be marred."—*The Desire of Ages*, pp. 359–362.

1. GOD GIVETH HIS BELOVED REST

- a. What part of life takes up approximately one third of the time you live? Psalm 4:8.
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- b. What example shows why God gives us sleep? Matthew 26:45.
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"Nature will restore [the children's] vigor and strength in their sleeping hours, if her laws are not violated."—*Healthful Living*, p. 69.

- c. What example do we have even in the life of Jesus regarding the physical need of rest? Luke 8:23; Mark 4:38.
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"The Saviour was at last relieved from the pressure of the multitude, and, overcome with weariness and hunger, He lay down in the stern of the boat, and soon fell asleep."—*The Desire of Ages*, p. 334.

"On the way to Galilee Jesus passed through Samaria. It was noon when He reached the beautiful Vale of Shechem. At the opening of this valley was Jacob's well. Wearied with His journey, He sat down here to rest while His disciples went to buy food."—Ibid., p. 183.

"Evening is drawing on as Jesus calls to His side three of His disciples, Peter, James, and John, and leads them across the fields, and far up a rugged path, to a lonely mountainside. The Saviour and His disciples have spent the day in traveling and teaching, and the mountain climb adds to their weariness. Christ has lifted burdens from mind and body of many sufferers; He has sent the thrill of life through their enfeebled frames; but He also is compassed with humanity, and with His disciples He is wearied with the ascent."—Ibid., p. 419.

EARLY TO BED, EARLY TO RISE

- a. What inspired counsel do we have regarding sleep? Psalm 127:2.
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- b. How do we define "early to bed" in a world that is able to stay up all night? Psalm 104:20–23.
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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.

"[Physicians] should teach that by studying after nine o'clock, there is nothing gained but much lost."—*Manuscript Releases*, vol. 8, p. 330.

"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."—Ibid., vol. 7, p. 224.

"In our schools the lights should be put out at half past nine."—*Counsels to Parents, Teachers, and Students*, p. 297.

- c. What does God think about mixing up or changing His plan? Job 17:12.
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"Some youth are much opposed to order and discipline. They do not respect the rules of the home by rising at a regular hour. They lie in bed some hours after daylight, when everyone should be astir. They burn the midnight oil, depending upon artificial light to supply the place of the light that nature has provided at seasonable hours. . . . Our God is a God of order, and He desires that His children shall *will* to bring themselves into order and under His discipline. Would it not be better, therefore, to break up this habit of turning night into day, and the fresh hours of the morning into night? If the youth would form habits of regularity and order, they would improve in health, in spirits, in memory, and in disposition."—*Child Guidance*, pp. 111, 112.

- d. What are the exceptions? Luke 6:12; John 3:1, 2; 19:39.
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3. WEARINESS WEARS

- a. What do we need when we become tired? Genesis 18:4; John 4:6.

"The disciples of Jesus needed to be educated as to how they should labor and how they should rest. 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.

- b. What is the best preventive against weariness? Mark 6:31.

"It is a great mistake to keep a minister constantly at work in business lines, going from place to place, and sitting up late at night in attendance at board meetings and committee meetings. This brings upon him weariness and discouragement."—*Gospel Workers*, p. 271.

- c. What disturbs the sleep?

"If a third meal be eaten at all, it should be light, and several hours before going to bed. But with many the poor tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep is generally disturbed with unpleasant dreams, and in the morning they awake unrefreshed. There is a sense of languor and loss of appetite. A lack of energy is felt through the entire system. In a short time the digestive organs are worn out, for they have had no time to rest. Such persons become miserable dyspeptics, and wonder what has made them so. The cause has brought the sure result."—*Healthful Living*, p. 165.

- d. How can our personal weariness affect others? Deuteronomy 25:18; Exodus 17:11, 12.

4. REST IS NOT JUST SLEEPING

- a. What do we need besides cessation from work? Exodus 33:14; Matthew 11:28–30; Luke 10:5, 6.

"God has pledged Himself to keep the living machinery [of our body] in healthful action if the human agent will obey His laws and cooperate with God."—*Healthful Living*, p. 31.

- b. On what condition can we enjoy Christ's rest? John 14:27; 2 Corinthians 12:9, 10. What is Christ's yoke that gives us rest? Isaiah 48:17, 18; Jeremiah 6:16.

"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 the darkness. Entering into communion with the Saviour, we enter the region of peace."—*The Ministry of Healing*, p. 250.

- c. What keeps us from entering His rest? Romans 6:20; Psalm 95:9–11; Hebrews 3:17, 18.

"Many attend religious services, and are refreshed and comforted by the word of God; but through neglect of meditation, watchfulness, and prayer, they lose the blessing, and find themselves more destitute than before they received it. Often they feel that God has dealt hardly with them. They do not see that the fault is their own. By separating themselves from Jesus, they have shut away the light of His presence."—*The Desire of Ages*, p. 83.

- d. How can I enter His rest? Hebrews 4:11, 16.

"Accept the Holy Spirit for your spiritual illumination, and under His guidance follow on to know the Lord. Go forth where the Lord directs, doing what He commands. Wait on the Lord, and He will renew your strength."—*Selected Messages*, bk. 2, p. 230.

5. THE SEVENTH DAY CYCLE

- a. What weekly blessing has God given us that we may have physical and mental rest? Exodus 20:10, 11.

- b. How is the Sabbath rest related to our redemption? Exodus 31:13; 1 Thessalonians 5:23; Mark 2:27, 28.

"To all who receive the Sabbath as a sign of Christ's creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour. And every object in nature repeats His invitation, 'Come unto Me, all ye that labor and are heavy-laden, and I will give you rest' (Matthew 11:28)."—*The Desire of Ages*, p. 289.

"The Sabbath is a golden clasp that unites God and His people."—*Maranatha*, p. 244.

- c. Are we to catch up on our lost sleep on the Sabbath day? What does it mean to rest on the Sabbath? Isaiah 58:13; Matthew 12:12; Acts 16:13.

"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. They should devote their time and energies to spiritual exercises, that the divine influence resting upon the Sabbath may attend them through the week. Of all the days in the week, none are so favorable for devotional thoughts and feelings as the Sabbath."—*Testimonies*, vol. 2, p. 704.

PERSONAL REVIEW

1. How would you establish a proper balance between activity and rest?
2. Am I getting enough sleep? If not, what will I change in order to do so?
3. How does lack of sleep affect me and those around me?
4. Am I taking times of relaxation so that I can be refreshed physically, mentally, and spiritually?
5. Am I gaining the blessings that God wants me to have on a weekly basis?

A Bustling Danger. "In the estimation of the rabbis it was the sum of religion to be always in a bustle of activity. They depended upon some outward performance to show their superior piety. Thus they separated their souls from God, and built themselves up in self-sufficiency. The same dangers still exist."—*The Desire of Ages*, p. 362.

Time for Spiritual Reflection. "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. . . . 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. . . . In the name of Jesus, economize your powers, that after being refreshed with rest, you may do more and better work."—*My Life Today*, p. 133.

Rest and Stomach Problems. "If this practice [of eating late, just before going to sleep] is indulged in a great length of time, the health will become seriously impaired. The blood becomes impure, the complexion sallow, and eruptions will frequently appear. You will often hear complaints of frequent pains and soreness in the region of the stomach; and while performing labor, the stomach becomes so tired that they are obliged to desist from work, and rest. They seem to be at a loss to account for this state of things; for, setting this aside, they are apparently healthy. . . . After the stomach, which has been overtaxed, has performed its task, it is exhausted, which causes faintness. Here many are deceived, and think that it is the want of food that produces such feelings, and without giving the stomach time to rest, they take more food, which for the time removes the faintness."—*Healthful Living*, p. 165.

The Ribbon of Blue

"I will greatly rejoice in the Lord, my soul shall be joyful in my God; for he hath clothed me with the garments of salvation, he hath covered me with the robe of righteousness" (Isaiah 61:10).

"The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated. Many have become lifelong invalids through their compliance with the demands of fashion. Displacements and deformities, cancers and other terrible diseases, are among the evils resulting from fashionable dress."—*Testimonies*, vol. 4, pp. 634, 635.

Suggested Readings: *Counsels on Health*, pp. 91–93.
Selected Messages, bk. 2, pp. 465–472.
Testimonies, vol. 4, pp. 628–648.

"It was the adversary of all good who instigated the invention of the ever-changing fashions. He desires nothing so much as to bring grief and dishonor to God by working the misery and ruin of human beings. One of the means by which he most effectually accomplishes this is the devices of fashion that weaken the body, as well as enfeeble the mind and belittle the soul."—*Counsels on Health*, p. 91.

"We are,' said the inspired apostle, 'made a spectacle unto the world, and to angels, and to men' (1 Corinthians 4:9). All heaven is marking the daily influence which the professed followers of Christ exert upon the world. My sisters, your dress is telling either in favor of Christ and the sacred truth or in favor of the world. Which is it? Remember we must all answer to God for the influence we exert."—*Testimonies*, vol. 4, p. 641.

"The dress and its arrangement upon the person is generally found to be the index of the man or the woman. 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."—*Child Guidance*, p. 413.

1. AN INDEX TO THE MIND

- a. In ancient Israel, what did God prescribe so that they would be identified as His chosen people? Numbers 15:38–41.
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"The children of Israel, after they were brought out of Egypt, were commanded to have a simple ribbon of blue in the border of their garments, to distinguish them from the nations around them, and to signify that they were God's peculiar people. The people of God are not now required to have a special mark placed upon their garments. But in the New Testament we are often referred to ancient Israel for examples. If God gave such definite directions to His ancient people in regard to their dress, will not the dress of His people in this age come under His notice? Should there not be in their dress a distinction from that of the world? Should not the people of God, who are His peculiar treasure, seek even in their dress to glorify God? And should they not be examples in point of dress, and by their simple style rebuke the pride, vanity, and extravagance of worldly, pleasure-loving professors? God requires this of His people. Pride is rebuked in His Word."—*The SDA Bible Commentary* [Ellen G. White Comments], vol. 1, p. 1114.

- b. How do the following scriptures show that appearance demonstrates our allegiance to someone? 1 Timothy 2:9, 10; Revelation 17:4; Zephaniah 1:8; Matthew 22:11.
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"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."—*Messages to Young People*, pp. 346, 347.

"A plain, direct testimony is now needed, as given in the Word of God, in regard to the plainness of dress. This should be our burden."—*Selected Messages*, bk. 3, p. 253.

- c. What kind of raiment does Christ offer us and why? Revelation 3:18. What do many professed Christians say through their attitude? Isaiah 4:1.
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2. DRESSING FOR HEALTH**a. Does our dress have anything to do with our health?**

"Another serious evil is the wearing of skirts so that their weight must be sustained by the hips. This heavy weight, pressing upon the internal organs, drags them downward and causes weakness of the stomach and a feeling of lassitude, inclining the wearer to stoop, which further cramps the lungs, making correct breathing more difficult. . . .

"It is essential to health that the chest have room to expand to its fullest extent in order that the lungs may be enabled to take full inspiration. When the lungs are restricted, the quantity of oxygen received into them is lessened. The blood is not properly vitalized and the waste, poisonous matter which should be thrown off through the lungs, is retained."—*Counsels on Health*, pp. 91, 92.

b. What is rarely practiced by women and men? 1 Timothy 2:9, 10.

"Perfect health depends upon perfect circulation. Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and region over the heart."—*My Life Today*, p. 145.

"Satan invented the fashions which leave the limbs exposed, chilling back the life current from its original course."—*Testimonies*, vol. 2, p. 532.

c. What other counsels are necessary to guard the well-being of children and adults?

"Another great cause of mortality among infants and youth is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. It has cost the lives of thousands. The air, bathing the arms and limbs and circulating about the armpits, chills these sensitive portions of the body so near the vitals, hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain."—*Healthful Living*, p. 148.

3. PLAIN DISTINCTIONS**a. Besides our physical well-being, what else does our clothing directly affect? Matthew 5:27, 28.**

"[The seventh] commandment forbids not only acts of impurity, but sensual thoughts and desires, or any practice that tends to excite them."—*Patriarchs and Prophets*, p. 308.

"When once the barriers of female modesty are removed, the basest licentiousness does not appear exceeding sinful. Alas, what terrible results of woman's influence for evil may be witnessed in the world today!"—*The Adventist Home*, pp. 58, 59.

b. If we dress in a way contrary to what God has said, how does He look at our offense? Deuteronomy 22:5.

"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.

c. What prophecy warns us of the spiritual consequences of fostering glamour and bodily display? Isaiah 3:16–24.

"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. Read verse 25: 'Thy men shall fall by the sword, and thy mighty in the war.' I was shown that this scripture will be strictly fulfilled."—*Testimonies*, vol. 1, p. 270.

d. What is the remedy for this condition? Ezekiel 36:26, 27.

"Cleanse the fountain, and the streams will be pure. If the heart is right, your words, your dress, your acts will all be right."—*Testimonies*, vol. 1, p. 158.

4. WARNING AND APPEALS

- a. What aspect of apparel which has a significant effect upon our physical well-being is often overlooked? Luke 15:22. What kind of weather demands special care? Psalm 147:16, 17.
-

"The feet should be protected from cold and dampness by warm stockings, and by easy-fitting, thick-soled shoes."—*Pacific Health Journal*, May 1, 1905.

"Our limbs and feet are suitably protected from cold and damp, to secure the circulation of the blood to them, with all its blessings. . . It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases."—*The Health Reformer*, May 1, 1872.

- b. What are some of the heathen ways that are very hateful to the Lord? Exodus 32:25; 2 Kings 9:30; 1 John 2:15. What lesson should we learn from the angels standing before God? Isaiah 6:2, 3.
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"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.

- c. Historically designed for the business of harlotry, high-heeled shoes create an exaggerated curvature of the spine, in turn bringing attention to certain parts of the body. Whose eyes do they attract, tempt, and provoke? 2 Peter 2:12–14.
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5. LIVING PREACHERS

- a. What should we do while testing an item of clothing to see whether it is according to God's Word? Psalm 139:23, 24.
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"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. Many unbelievers have felt that they were not doing right in permitting themselves to be slaves of fashion; but when they see some who make a high profession of godliness dressing as worldlings dress, enjoying frivolous society, they decide that there can be no wrong in such a course."—*Testimonies*, vol. 4, p. 641.

- b. What should we do if we are not sure about specific articles? James 1:5; Philippians 3:15, 16.
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- c. What should we remember about the character of our God? Exodus 20:5; Malachi 3:6.
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- d. If we would really clothe ourselves in Christ's righteousness, what would be noticed by others? Acts 4:13.
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"Our clothing should be plain and simple, so that when we visit the poor, they will not be embarrassed by the contrast between our appearance and their own."—*Gospel Workers*, p. 189.

"I saw that the words, the dress, and actions should tell for God. Then a holy influence will be shed upon all, and all will take knowledge of them that they have been with Jesus. Unbelievers will see that the truth we profess has a holy influence, and that faith in Christ's coming affects the character of the man or woman. If any wish to have their influence tell in favor of the truth, let them live it out, and thus imitate the humble Pattern."—*Messages to Young People*, p. 128.

PERSONAL REVIEW

1. Of whom are my garments speaking? Is my appearance modest, pointing to Jesus or exalting self?
2. Am I dressing healthfully? Am I warm, covered, comfortable?
3. Am I wearing anything which could cause someone to stumble?
4. What about my footwear, hair styles, face? Am I in line with God's ways?
5. Am I willing to ask Christ to go into my closet and show me anything that is not reflecting His righteous character?

Be in Health. "In all respects the dress should be healthful. 'Above all things,' God desires us to 'be in health'—health of body and of soul. And we are to be workers together with Him for the health of both soul and body. Both are promoted by healthful dress."—*Child Guidance*, p. 398.

No Tight Clothing. "Every article of dress should fit easily, obstructing neither the circulation of the blood, nor a free, full, natural respiration. Everything worn should be so loose that when the arms are raised, the clothing will be correspondingly lifted."—*Counsels on Health*, p. 93.

Perfect Circulation. "It is impossible to have health when the extremities are habitually cold; for if there is too little blood in them there will be too much in other portions of the body. Perfect health requires a perfect circulation; but this cannot be had while three or four times as much clothing is worn upon the body, where the vital organs are situated, as upon the feet and limbs."—*Ibid*.

An Attitude of Gratitude

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

"Good deeds are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of rightdoing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being."—*The Ministry of Healing*, p. 257.

Suggested Readings: *Testimonies*, vol. 5, pp. 443–445.
The Ministry of Healing, pp. 241–259.

"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. 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.

"Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God's glory, will result in blessings to the giver. Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health."—*Testimonies*, vol. 4, p. 56.

1. A MERRY HEART

- a. There is something else necessary to our physical, spiritual, and mental well-being which will also directly affect our witness to the world. What is it? Psalm 5:11.

"The influence of the mind on the body, as well as of the body on the mind, should be emphasized. The electric power of the brain, promoted by mental activity, vitalizes the whole system, and is thus an invaluable aid in resisting disease. This should be made plain. The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown. There is a physiological truth—truth that we need to consider—in the scripture [Proverbs 17:22 quoted]."—*Education*, p. 197.

"When we go mourning, we leave the impression upon minds that God is not pleased to have us happy, and in this we bear false witness against our heavenly Father. . . . But when we engage in the service of God, the heart should be aglow with thanksgiving; for the Christian is not left to walk in uncertain paths, he is not left to vain regrets and disappointments. If we do not have the pleasures of this life, we may still be joyful in looking to the life beyond."—*The Review and Herald*, January 14, 1890.

- b. Does this mean that we should amuse ourselves and others with frivolity, joking, and jesting? Ephesians 5:4.

- c. How can we have a deep inner joy? Galatians 5:22–25; Psalm 43:5; Hebrews 13:6.

"The word of God should be studied and obeyed, then the heart will find rest and peace and joy, and the aspirations will tend heavenward; but when truth is kept apart from the life, in the outer court, the heart is not warmed with the glowing fire of God's goodness."—*Testimonies*, vol. 5, p. 547.

2. MENTAL HEALTH

- a. How do our thoughts affect us physically? Proverbs 17:22; 2 Timothy 1:7.

"Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. To keep the body in a healthy condition to develop its strength, that every part of the living machinery may act harmoniously, should be the first study of our life. To neglect the body is to neglect the mind. It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds."—*Testimonies*, vol. 3, pp. 485, 486.

"There is an intimate relation between the mind and the body, and in order to reach a high standard of moral and intellectual attainment, the laws that control our physical being must be heeded."—*Patriarchs and Prophets*, p. 601.

"Every influence that affects the health of the body has its bearing upon mind and character."—*Child Guidance*, p. 408.

- b. With what should we fill our minds? Philippians 4:8.

- c. How can I have peace when there are circumstances and trials which overwhelm me? Philippians 4:6, 7; Psalm 130:5, 6; Lamentations 3:26.

"Parents, gather the rays of divine light which are shining upon your pathway. Walk in the light as Christ is in the light. As you take up the work of saving your children and maintaining your position on the highway of holiness, the most provoking trials will come. But do not lose your hold. Cling to Jesus. He says, 'Let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me' (Isaiah 27:5). Difficulties will arise. You will meet with obstacles. Look constantly to Jesus. When an emergency arises, ask, Lord, what shall I do now?"—*The Adventist Home*, pp. 207, 208.

3. SORROW SUFFERERS

- a. What does sorrow, regret, unrest, and guilt do to the body? Proverbs 12:25.

"Satan is the originator of disease; and the physician is warring against his work and power. Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind."—*Testimonies*, vol. 5, pp. 443, 444.

- b. What are some causes of a downcast spirit? Psalm 55:4, 5; Matthew 6:34.

"[God] does not desire us to go in anguish of spirit. We are not to look at the thorns and the thistles in our experience. We are to go into the garden of God's Word, and pluck the lilies, and roses, and the fragrant pinks of His promises. Those who look upon the difficulties in their experience will talk doubt and discouragement, for they do not behold Jesus, the Lamb of God, who taketh away the sins of the world."—*Manuscript Releases*, vol. 4, p. 160.

- c. What is the remedy for the downcast spirit? Psalms 51:6–12; 55:16–18; 61:2–4; 77:11, 12.

- d. When should we especially remember to be cheerful and why? Psalm 128:2.

"Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids."—*Counsels on Diet and Foods*, p. 107.

4. A LIVING PRINCIPLE

- a. For what is God looking and longing? Leviticus 26:12; 2 Corinthians 6:16; Isaiah 57:15; 66:2.

"Those who teach the principles of health reform should be intelligent in regard to disease and its causes, understanding that every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place and over which He desires us to be faithful stewards. 'For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people' (2 Corinthians 6:16)."—*Counsels on Health*, p. 479.

- b. Through whom and for what purpose does God want to dwell in us? John 16:13.

- c. How will this affect those around us? Malachi 3:16; Ephesians 5:19, 20; Hebrews 10:24, 25.

"We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way to the heavenly home. But there are many who make life's burdens doubly heavy by continually anticipating trouble. If they meet with adversity or disappointment they think that everything is going to ruin, that theirs is the hardest lot of all, that they are surely coming to want. Thus they bring wretchedness upon themselves and cast a shadow upon all around them. Life itself becomes a burden to them. But it need not be thus. It will cost a determined effort to change the current of their thought. But the change can be made. Their happiness, both for this life and for the life to come, depends upon their fixing their minds upon cheerful things. Let them look away from the dark picture, which is imaginary, to the benefits which God has strewn in their pathway, and beyond these to the unseen and eternal. For every trial, God has provided help."—*The Ministry of Healing*, pp. 247, 248.

5. GOD'S PURPOSE

a. Why did God create humanity? Revelation 4:11.

"Infinite love—how great it is! God made the world to enlarge heaven. He desires a larger family of created intelligences."—*The SDA Bible Commentary* [Ellen G. White Comments], vol. 1, p. 1081.

b. What cooperation on our part is needed that He may dwell within? 2 Corinthians 6:17, 18; 7:1; John 14:21, 23; Acts 5:32.

"The condition of being received into the Lord's family is coming out from the world, separating from all its contaminating influences. The people of God are to have no connection with idolatry in any of its forms. They are to reach a higher standard. We are to be distinguished from the world, and then God says, "I will receive you as members of My royal family, children of the heavenly King." As believers in the truth we are to be distinct in practice from sin and sinners. Our citizenship is in heaven."—*Fundamentals of Christian Education*, p. 481.

c. How is it possible to implement all of His instruction? Romans 8:7–14.

"Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature."—*Counsels on Diet and Foods*, p. 165.

d. If we do what God has said, what reward awaits us? Isaiah 64:4; 1 Corinthians 2:9.

"It should ever be kept prominent that the great object to be attained through [the Battle Creek Health Institute] is not only health, but perfection, and the spirit of holiness, which cannot be attained with diseased bodies and minds. This object cannot be secured by working merely from the worldling's standpoint."—*Testimonies*, vol. 1, p. 554.

PERSONAL REVIEW

1. Do I have a merry heart or a sad one?
2. What thought patterns do I need to change in order to think upon good things?
3. How can we give our fears to God in order to be set free from them?
4. For what things can I praise God today?
5. Do I really desire to have the Lord dwell within me, and what must I change in order to have that become a reality in my experience?

Closing Heaven. "Should we dress in plain, modest apparel, without reference to the fashions; should our tables at all times be set with simple, healthful food, avoiding all luxuries, all extravagance; should our houses be built with becoming plainness and furnished in the same manner, it would show the sanctifying power of the truth and would have a telling influence upon unbelievers. But while we conform to the world in these matters, in some cases apparently seeking to excel worldlings in fanciful arrangement, the preaching of the truth will have but little or no effect. Who will believe the solemn truth for this time when those who already profess to believe it contradict their faith by their works? It is not God who has closed the windows of heaven to us, but it is our own conformity to the customs and practices of the world."—*Testimonies*, vol. 5, p. 206.

The Religion of Christ. "There are erroneous doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves."—*Ibid.*, p. 444.

This Lesson Is Not Only Theory. "This is true sanctification. It is not merely a theory, an emotion, or a form of words, but a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental, and moral health, that we may present to the Lord our bodies—not an offering corrupted by wrong habits, but 'a living sacrifice, holy, acceptable unto God' (Romans 12:1)."—*Counsels on Diet and Foods*, pp. 57, 58.



20th General Conference Session 2007

Jeju, South Korea

SPIRITUAL MEETING

Dates: Thursday, October 4 through Sunday, October 7, 2007
Place: Jeju, South Korea
Theme: Go Ye Into All the World

We are pleased to announce the date and venue of our 20th General Conference Session.

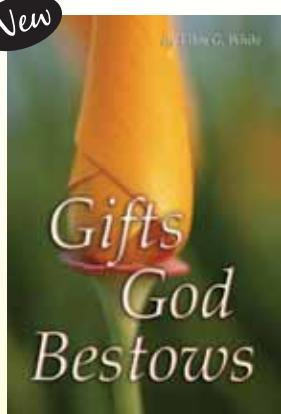
Reservations have been made on the beautiful island of Jeju in South Korea, making this the first time the General Conference will be held in the Pacific Region. We hope to see you there to share the joy of uniting with brethren from all continents of the world representing 132 countries where the Reform Movement message has already entered.

The **general meetings** or the "Spiritual Meetings" opened to everyone will be held from October 4–7. The **Delegation Session** for delegates only will be held from September 19–October 3.

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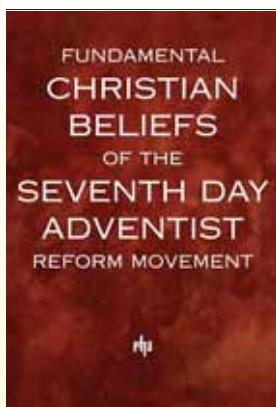
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FIRST SABBATH OFFERINGS



January 6
for Cameroon
Mission
(See p. 4.)

February 3
for the Welfare
Department

(See p. 33.)



March 3
for Belo Horizonte,
Brazil
(See p. 62.)

