

# the REFORMATION *herald*

Vol. 53, No. 6



## THE HEALTH MESSAGE



A blessing to  
the church and  
the world

Week of Prayer, November 30–December 9, 2012

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**H**ow thankful we should be for the tremendous boon of physical health! This treasure is not something to be taken for granted. Throughout the world—at this very moment—many are suffering anxiety from the early stages of frightening diseases. Others have already advanced in experiencing keen pain under severely acute conditions. Still others must press on day after day under the dark cloud of dulling, chronic ailments that dampen all zest for life.

This year's Week of Prayer is based on "Rejuvenating Your Health." To "rejuvenate" means to make young again. In the bloom and freshness of youth, the physical organism is new. As a general rule, new things normally tend to operate more smoothly. This is God's plan for us—to enjoy strong, vigorous, pain-free bodies that can be temples for the vivifying indwelling of the Holy Ghost in fullness.

To facilitate this aim, our merciful Lord has graciously given the message of health reform in our behalf. He longs to comfort the human race and prevent and/or alleviate our sufferings. This Week of Prayer is designed as a privilege and opportunity to promote that wonderful blessing.

Please remember to share these readings with isolated believers too—especially the sick—encouraging them with your prayers and visitation. Let us also keep in mind:

- **SABBATH, DECEMBER 8: A DAY OF PRAYER WITH FASTING.**
- **SUNDAY, DECEMBER 9: AN OFFERING WILL BE GATHERED FOR NEW MISSIONS.**

We trust that this Week of Prayer will be a special opportunity to rejuvenate the health both of ourselves and that of others—that together we may uplift the sacrificial Lamb of God, that Great Physician through whose stripes we are healed!

# the health message

## A BLESSING TO THE CHURCH AND THE WORLD

Of Christ it is written that He "went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people" (Matthew 4:23).

According to this Scripture, the work of Jesus was divided into three essential areas:

- Teaching
- Preaching
- Healing

Luke, the beloved physician who had a special interest in health issues, registered many miracles that Christ performed related to healing people. No doubt this healing ministry opened many doors for Christ to preach the gospel of the kingdom.

"The Saviour went from house to house, healing the sick, comforting the mourners, soothing the afflicted, speaking peace to the disconsolate."<sup>1</sup>

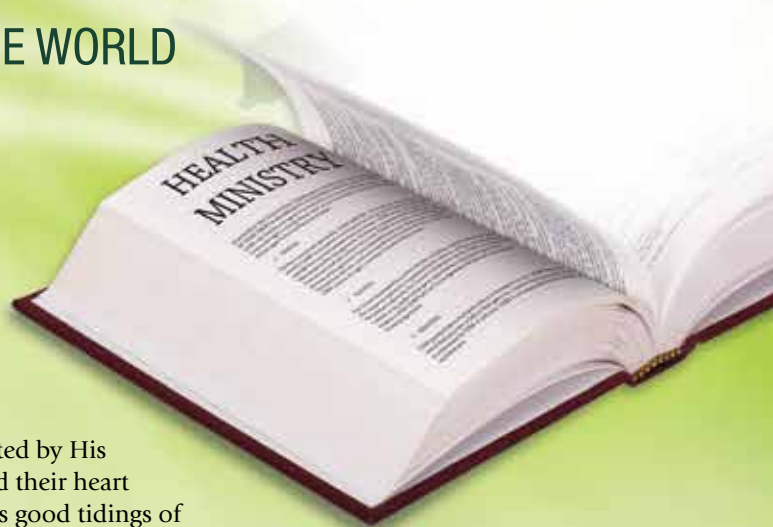
It is not by chance that the expression "healing the sick" comes first in this list. As a matter of fact, Christ used the healing ministry as a powerful entering wedge to reach souls with the message of eternal salvation. He employed much more time in healing the physical diseases of the people than in preaching. Thus many of those

who had been benefited by His healing power opened their heart to receive the precious good tidings of salvation.

"The principles of health reform are found in the word of God. The gospel of health is to be firmly linked with the ministry of the word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message."<sup>2</sup>

"As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can."<sup>3</sup>

In 1863 the light about health principles was brought to the believers of the three angels' messages. Twenty-five years before the message Christ Our Righteousness, God gave special instructions related to health reform. If



God's people had followed that light, they would have been much more prepared to understand the message brought to them in 1888.

The week of prayer readings for this year will focus in a special way on the example of our Lord and Saviour Jesus Christ, and our duty as individuals, families, and church members to follow the light brought so many years ago to God's people. No doubt that, through this message, God wants to prepare us to understand the broad reach of the everlasting gospel with which the angel of Revelation 18:1 will enlighten the whole world with the glory of the Lord.

Let us follow the precious light that has been given to us a long time ago! *R*

### References

<sup>1</sup> *The Acts of the Apostles*, p. 364.

<sup>2</sup> *Medical Ministry*, p. 259.

<sup>3</sup> *Testimonies*, vol. 9, p. 211.



# Healing AND THE Sabbath

*Compiled from the writings of E. G. White*

There are many who profess Christ but who never become mature Christians. . . . They say

that there is nothing for them to do but to believe; but Christ said, "If any man will come after me, let him deny himself, and take up his cross, and follow me" (Matthew 16:24). Jesus kept the commandments of God. The Pharisees declared that He broke the fourth commandment because He made a man every whit whole on the Sabbath day; but Jesus turned to the accusing Pharisees, and asked, "Is it lawful on the sabbath days to do good, or to do evil? to save life, or to destroy it? And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other. And they were filled with madness; and

communed one with another what they might do to Jesus" (Luke 6:9-11).

This miracle, instead of convincing the Pharisees that Jesus was the Son of God, filled them with rage, because many who witnessed the miracle glorified God. Jesus declared that His work of mercy was lawful on the Sabbath day. The Pharisees declared that it was not lawful. Which shall we believe? Christ said, "I have kept my Father's commandments, and abide in his love" (John 15:10). Then it is certainly safe for us to follow the way of Christ, and keep the commandments.<sup>1</sup>

## The call for this hour

Genuine medical missionary work is bound up inseparably with the keeping of God's commandments, of which the Sabbath is especially mentioned, since it is the great memorial of God's creative work. Its observance is bound

up with the work of restoring the moral image of God in man. This is the ministry which God's people are to carry forward at this time. This ministry, rightly performed, will bring rich blessings to the church.<sup>2</sup>

Upon those who keep the Sabbath of the Lord is laid the responsibility of doing a work of mercy and benevolence. Medical missionary work is to be bound up with the message, and sealed with the seal of God.<sup>3</sup>

## The duty to train laypeople

The church of Christ is organized for service. Its watchword is ministry. Its members are soldiers, to be trained for conflict under the Captain of their salvation. Christian ministers, physicians, teachers, have a broader work than many have recognized. **They are not only to minister to the people, but to teach them to minister.** They

should not only give instruction in right principles, but educate their hearers to impart these principles. **Truth that is not lived, that is not imparted, loses its life-giving power, its healing virtue. Its blessing can be retained only as it is shared.**

**The monotony of our service for God needs to be broken up. Every church member should be engaged in some line of service for the Master.** Some cannot do so much as others, but everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world. Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged.

**Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. Let the teachers lead the way in working among the people, and others, uniting with them, will learn from their example. One example is worth more than many precepts.**"<sup>4</sup>

### **Healing body, soul, spirit—a work for all**

The message from the spirit of prophecy today to this people is a call for a reorganization of the entire medical missionary work, the key of which is unity. It would seem that this particular phase of the message is to be so blended with every other part that the entire message is to stand out before the world after the similitude of Christ's work that every individual member of the church—layman, canvasser, Bible teacher, school teacher, institutional worker, and minister is to stand in Christ's stead before the world with His message of teaching and healing. The nurse or physician is no longer to content himself to simply

minister to men's physical necessity but is to perform a double ministry. The minister and missionary worker are to minister alike to soul and body in their need, and thus the entire work is to become one united medical missionary evangelistic work.

"We have come to a time when every member of the church should take hold of medical missionary work." "Christ is no longer in this world in person, to go through our cities and towns and villages, healing the sick. He has commissioned us to carry forward the medical missionary work that He began."<sup>5</sup>

### **Counsel to medical students**

In the medical profession there are many skeptics and atheists who exalt the works of God above the God of science. Comparatively few of those who enter worldly medical colleges come out from them pure and unspotted. They have failed to become elevated, ennobled, sanctified. Material things eclipse the heavenly and eternal. With many, religious faith and principles are mingled with worldly customs and practices, and pure and undefiled religion is rare. But it is the privilege of every student to enter college with the same fixed, determined principle that Daniel had when he entered the court of Babylon, and throughout his course, to keep his integrity untarnished. The strength and grace of God have been provided at an infinite sacrifice, that men might be victorious over Satan's suggestions and temptations and come forth unsullied. The life, the words, and the deportment are the most forcible argument, the most solemn appeal, to the careless, irreverent, and skeptical. Let the life and character be the strong argument for Christianity; then men will be compelled to take knowledge of you that you have been with Jesus and have learned of Him.

Let not medical students be deceived by the wiles of the devil or by any of his cunning pretexts which so many adopt to beguile and ensnare. Stand firm to principle. At every step inquire, "What saith the Lord?" Say firmly, "I will follow the light. I will respect and honor the Majesty of truth."

Especially should those who are studying medicine in the schools of the world guard against contamination from the evil influences with which they are constantly surrounded. When their instructors are worldly-wise men, and their fellow students infidels who have no serious thought of God, even Christians of experience are in danger of being influenced by these irreligious associations. Nevertheless, some have gone through the medical course and have remained true to principle. They would not continue their studies on the Sabbath; and they have proved that men may become qualified for the duties of a physician and not disappoint the expectations of those who have encouraged them to obtain an education.

It is because of these peculiar temptations which our youth must meet in worldly medical schools that provision should be made for preparatory and advanced medical training in our own schools, under Christian teachers.<sup>6</sup>

### **Faithful Sabbathkeeping in the health profession**

The Sabbath is ever the sign that distinguishes the obedient from the disobedient. With masterly power Satan has worked to make null and void the fourth commandment, that the sign of God may be lost sight of....

A spirit of irreverence and carelessness in the observance of the Sabbath is liable to come into our sanitariums. Upon the men of responsibility in the medical missionary work rests the duty of giving instruction to physicians, nurses, and helpers in regard to the sanctity of God's holy day. Especially should every physician endeavor to set a right example. The nature of his duties naturally leads him to feel justified in doing on the Sabbath many things that he should refrain from doing. So far as possible he should so plan his work that he can lay aside his ordinary duties.

Often physicians and nurses are called upon during the Sabbath to minister to the sick, and sometimes it is impossible for them to take time for rest and for attending devotional ser-

*"We have come to a time when every member of the church should take hold of medical missionary work. . . . No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once."*

vices. The needs of suffering humanity are never to be neglected. The Saviour, by His example, has shown us that it is right to relieve suffering on the Sabbath. But unnecessary work, such as ordinary treatments and operations that can be postponed, should be deferred. Let the patients understand that physicians and helpers should have one day for rest. Let them understand that the workers fear God and desire to keep holy the day that He has set apart for His followers to observe as a sign between Him and them.

The educators and those being educated in our medical institutions should remember that to keep the Sabbath aright means much to them and to the patrons. In keeping the Sabbath, which God declares shall be kept holy, they give the sign of their order, showing plainly that they are on the Lord's side.

Now and ever we are to stand as a distinct and peculiar people, free from all worldly policy, unembarrassed by confederating with those who have not wisdom to discern God's claims so plainly set forth in His law. All our medical institutions are established as Seventh-day Adventist institutions to represent the various features of gospel medical missionary work and thus to prepare the way for the coming of the Lord. We are to show that we are seeking to work in harmony with heaven. We are to bear witness to all nations, kindreds, and tongues that we are a people who love and fear God, a people who keep holy His memorial of creation, the sign between Him and His obedient children that He sanctifies them. And we are plainly to show our faith in the soon coming of our Lord in the clouds of heaven. . . .

Let our people beware of belittling the importance of the Sabbath in order

to link up with unbelievers. Let them beware of departing from the principles of our faith, making it appear that it is not wrong to conform to the world. Let them be afraid of heeding the counsel of any man, whatever his position may be, who works counter to that which God has wrought in order to keep His people separate from the world.<sup>7</sup>

Physicians need to cultivate a spirit of self-denial and self-sacrifice. It may be necessary to devote even the hours of the holy Sabbath to the relief of suffering humanity. But the fee for such labor should be put into the treasury of the Lord, to be used for the worthy poor, who need medical skill but cannot afford to pay for it.<sup>8</sup>

### **The sanitarium work**

Wonderful is the work which God designs to accomplish through His servants, that His name may be glorified. God made Joseph a fountain of life to the Egyptian nation. Through Joseph the life of that whole people was preserved. Through Daniel God saved the life of all the wise men of Babylon. And these deliverances were as object lessons; they illustrated to the people the spiritual blessings offered them through connection with the God whom Joseph and Daniel worshiped. So through His people today God desires to bring blessings to the world. Every worker in whose heart Christ abides, everyone who will show forth His love to the world, is a worker together with God for the blessing of humanity. As he receives from the Saviour grace to impart to others, from his whole being flows forth the tide of spiritual life. Christ came as the Great Physician to heal the wounds that sin has made in the human family; and His Spirit, working through His servants, imparts to sin-sick, suffering

human beings a mighty healing power that is efficacious for the body and the soul. "In that day," says the Scriptures, "there shall be a fountain opened to the house of David and to the inhabitants of Jerusalem for sin and for uncleanness" (Zechariah 13:1). The waters of this fountain contain medicinal properties that will heal both physical and spiritual infirmities.

From this fountain flows the mighty river seen in Ezekiel's vision. [Ezekiel 47:8-12 quoted.]

Such a river of life and healing God designs that, by His power working through them, our sanitariums shall be.

Our sanitariums are to show forth to the world the benevolence of heaven; and though Christ's visible presence is not discerned in the building, yet the workers may claim the promise: "Lo, I am with you always, even unto the end of the world" (Matthew 28:20).<sup>9</sup>

### **The Great Physician and Master Teacher is calling you!**

There is more hope for publicans and sinners than for those who know the word of God but refuse to obey it. He who sees himself a sinner with no cloak for his sin, who knows that he is corrupting soul, body, and spirit before God, becomes alarmed lest he be eternally separated from the kingdom of heaven. He realizes his diseased condition, and seeks healing from the great Physician who has said, "Him that cometh to Me, I will in no wise cast out" (John 6:37). These souls the Lord can use as workers in His vineyard.<sup>10</sup>

We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today

is: "Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee" (Isaiah 60:1).

On every hand we see those who have had much light and knowledge deliberately choosing evil in the place of good. Making no attempt to reform, they are growing worse and worse. But the people of God are not to walk in darkness. They are to walk in the light, for they are reformers.

Before the true reformer, the medical missionary work will open many doors. No one need wait until called to some distant field before beginning to help others. Wherever you are, you can begin at once. Opportunities are within the reach of everyone. Take up the work for which you are held responsible, the work that should be done in your home and in your neighborhood. Wait not for others to urge you to action. In the fear of God go forward without delay, bearing in mind your individual responsibility to Him who gave His life for you. Act as if you heard Christ calling upon you personally to do your utmost in His service. Look not to see who else is ready. If you are truly consecrated, God will, through your instrumentality, bring into the truth others whom He can use as channels to convey light to many that are groping in darkness.

All can do something. In an effort to excuse themselves, some say: "My home duties, my children, claim my time and my means." Parents, your children should be your helping hand, increasing your power and ability to work for the Master. Children are the younger members of the Lord's family. They should be led to consecrate themselves to God, whose they are by creation and by redemption. They should be taught that all their powers of body, mind, and soul are His. They should be trained to help in various lines of unselfish service. Do not allow your children to be hindrances. With you the children should share spiritual as well as physical burdens. By helping others they increase their own happiness and usefulness.

Let our people show that they have a living interest in medical missionary work. Let them prepare themselves for

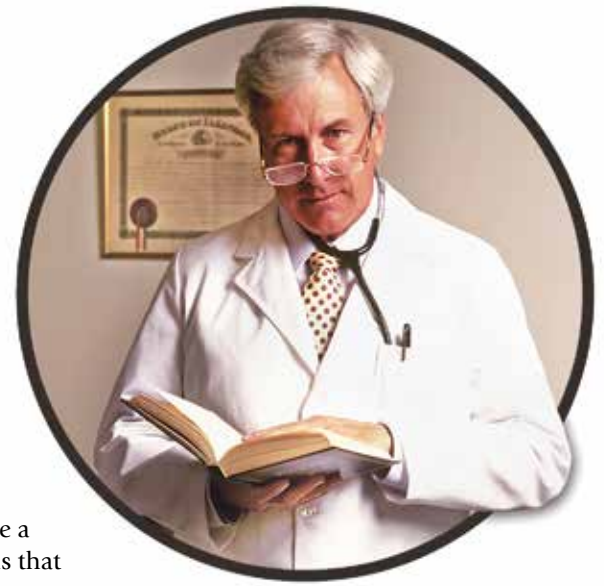
usefulness by studying the books that have been written for our instruction in these lines. These books deserve much more attention and appreciation than they have received. Much that is for the benefit of all to understand has been written for the special purpose of instruction in the principles of health. Those who study and practice these principles will be greatly blessed, both physically and spiritually. An understanding of the philosophy of health will be a safeguard against many of the evils that are continually increasing.

Many who desire to obtain knowledge in medical missionary lines have home duties that will sometimes prevent them from meeting with others for study. These may learn much in their own homes in regard to the expressed will of God concerning these lines of missionary work, thus increasing their ability to help others.<sup>11</sup>

## Conclusion

Christ was a physician of the body as well as of the soul. He was minister and missionary and physician. From his childhood he was interested in every phase of human suffering that came under His notice. He could truly say, I came not to be ministered unto, but to minister. In every case of woe He brought relief, His kind words having a healing balm. None could say He had worked a miracle, yet He imparted His virtue to those He saw in suffering and in need. Through the whole thirty years of his private life He was humble, meek, and lowly. He had a living connection with God; for the Spirit of God was upon Him, and He gave evidence to all who were acquainted with Him that He lived to please, honor, and glorify His Father in the common things of life.

Jesus came to the world to live the life which it is for the interest of every being on earth to live—that of humble obedience. To all, Christ has given a probation, in which to form characters for the mansions He has gone to prepare, and He calls upon all to follow His example. Those who are

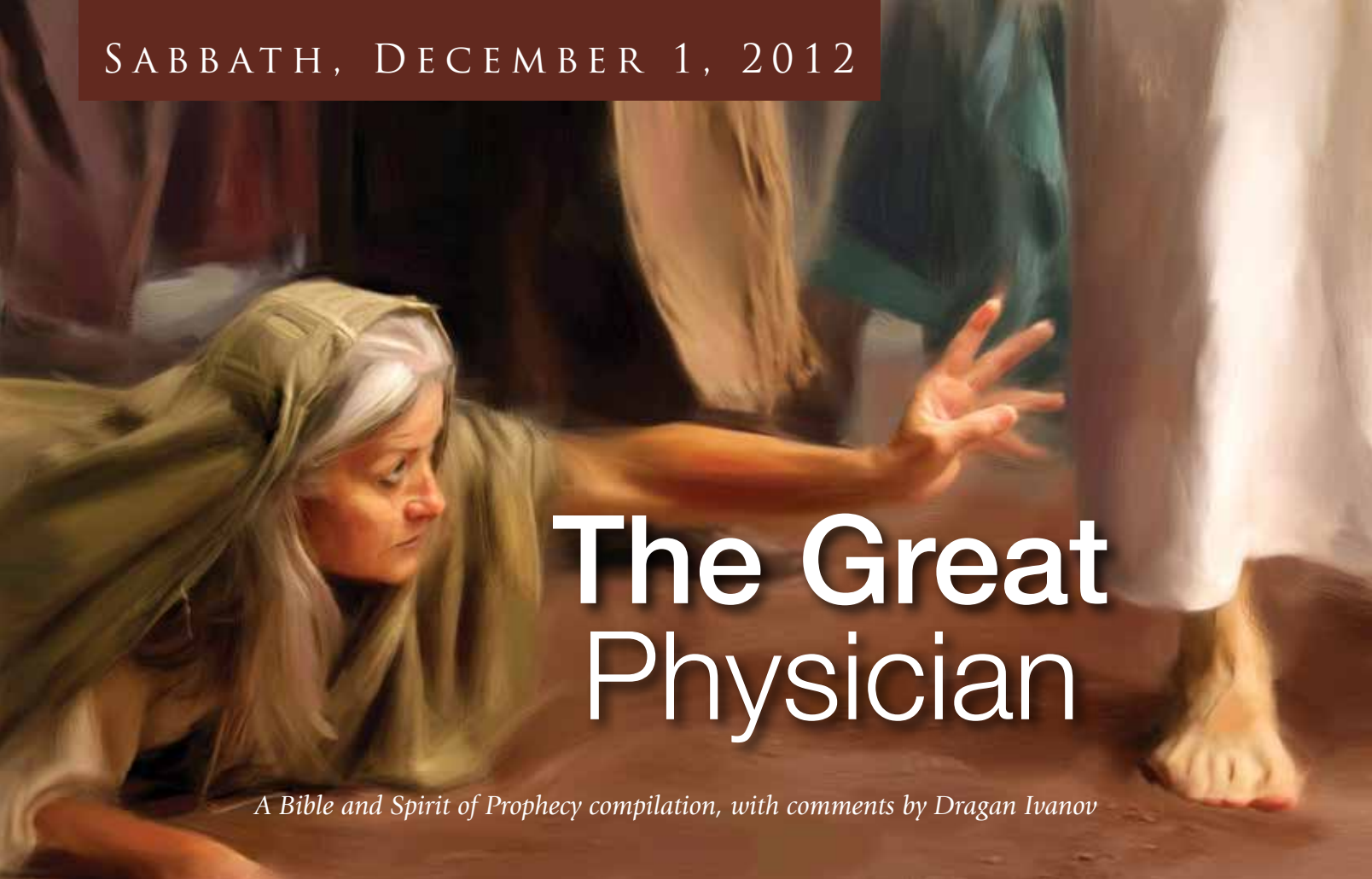


indeed learners in the school of Christ will not exalt themselves because they are possessors of houses and lands, because the Lord has in His providence lent them His goods to trade upon....

If all would follow Christ in connection with humanity, if they would be faithful in good works, in noble, elevating deeds of kindness and thoughtfulness; if all would follow His example in all the walks of life, binding their life up with the life of Christ, there would be no neglected duties. All men would be clothed with the same importance with which Christ regarded them and would receive the same attention. Loyalty to an earthly sovereign may leave men poor and debased; but allegiance to the King of heaven will enable them to form characters after the divine similitude. When kingly crowns and honors shall crumble in the dust, to the loyal will be given the crown of life that will never fade away.<sup>12</sup> *R*

## References

- <sup>1</sup> *Selected Messages*, bk. 1, pp. 313, 314. [Emphasis supplied.]
- <sup>2</sup> *Testimonies*, vol. 6, p. 266.
- <sup>3</sup> *Welfare Ministry*, p. 121.
- <sup>4</sup> *The Ministry of Healing*, pp. 148, 149. [Emphasis supplied.]
- <sup>5</sup> *Loma Linda Messages*, p. 37.
- <sup>6</sup> *Counsels to Parents, Teachers, and Students*, pp. 478, 479.
- <sup>7</sup> *Testimonies*, vol. 7, pp. 105–107.
- <sup>8</sup> *Medical Ministry*, p. 216.
- <sup>9</sup> *Testimonies*, vol. 6, pp. 227, 228.
- <sup>10</sup> *Christ's Object Lessons*, p. 280.
- <sup>11</sup> *Testimonies*, vol. 7, pp. 62–64.
- <sup>12</sup> *The Review and Herald*, October 24, 1899.



# The Great Physician

*A Bible and Spirit of Prophecy compilation, with comments by Dragan Ivanov*

There is no human being born on this earth who has not experienced some kind of pain or suffering. Besides inheriting from

our forefathers a mortal body and a debased soul, each of us, knowingly or unknowingly, increases his or her suffering by our personal transgression of natural and divine laws. More than ever, people are overwhelmed by illness and are suffering as if it were by some inevitable calamity. At every turn we find old and young longing for relief and for a remedy that will eliminate their suffering. In their pain, human beings cry out: "O wretched man that I am! who shall deliver me from the body of this death?" (Romans 7:24).

The answer is found in our Saviour Jesus Christ whose mission was announced by the words of the prophet.

Please read Isaiah 61:1–3. "The burden of disease and wretchedness and sin [our Lord Jesus Christ] came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character."<sup>1</sup>

## Christ's preparation for service

### 1. METHOD OF LEARNING.

"[Jesus] gathered stores of scientific knowledge from nature. He studied the life of plants and animals, and the life of man. . . . Every child may gain knowledge as Jesus did."<sup>2</sup>

"The physician who desires to be an acceptable coworker with Christ will strive to become efficient in every feature of his work. He . . . will constantly endeavor to reach a higher standard, seeking for increased knowledge, greater skill, and deeper discernment."<sup>3</sup>

It is the duty of every individual to become acquainted with the laws that govern the entire being and to adhere

to these laws. All should be acquainted with anatomy and physiology, as well as with the relationship between mental, physical, and spiritual health.<sup>4</sup>

### 2. DISCIPLINE IN YOUTH. CHRIST EXHIBITED MARVELOUS DISCIPLINE AND STRENGTH OF CHARACTER IN HIS YOUTH.

Likewise for us, "one of the first lessons a child needs to learn is the lesson of obedience."<sup>5</sup> Discipline is an essential rule for solving life's problems and tasks. Without discipline we cannot solve anything nor perform well any task. When we discipline ourselves and our children, we learn together how to grow and mature spiritually. Delayed gratification is the most important technique in attaining discipline. A child is much better trained by denying his or her desires—especially those dealing with appetite—than by satisfying them. Wise parents will know how to combine discipline and compassion, similarly blending justice and mercy.

"Self-discipline must be practiced by everyone who would be a worker for God. This will accomplish more than eloquence or the most brilliant talents."<sup>6</sup>

### 3. DILIGENCE AND PERFECTION.

"As Jesus worked in childhood and youth, mind and body were developed. He did not use His physical powers recklessly, but in such a way as to keep them in health, that He might do the best work in every line. He was not willing to be defective, even in the handling of tools. He was perfect as a workman, as He was perfect in character. By His own example He taught that it is our duty to be industrious, that our work should be performed with exactness and thoroughness. . . . He expected much; therefore He attempted much."<sup>7</sup>

"And those who would be workers together with God must strive for perfection of every organ of the body and quality of the mind. . . . Of every Christian the Lord requires growth in efficiency and capability in every line. . . . Remember that you will never reach a higher standard than you yourself set. Then set your mark high, and step by step, even though it be by painful effort, by self-denial and sacrifice, ascend the whole length of the ladder of progress."<sup>8</sup>

Let us beware of false humility, for "to be clothed with humility does not mean that we are to be dwarfs in intellect, deficient in aspiration, and cowardly in our lives, shunning burdens lest we fail to carry them successfully. "Real humility fulfills God's purposes by depending upon His strength." "He designs that His servants shall possess more intelligence and clearer discernment than the worldling."<sup>9</sup>

## Characteristics of the Great Physician

**1. EARNESTNESS, STRENGTH, AND HEALTH.** "Jesus was an earnest, constant worker. . . . Never another toiled with such self-consuming zeal for the good of men. Yet His was a life of health."<sup>10</sup>

**2. BENEVOLENCE AND COMPASSION.** "By methods peculiarly His own, [Christ] helped all who were in

*One of the best ways to show genuine interest in others is to be a good listener. . . . Genuine listening and the ability to focus on the other person are always marks of love.*

sorrow and affliction. With tender, courteous grace He ministered to the sin-sick soul, bringing healing and strength." "None who came to Him went away unhelped. His compassion knew no limit."<sup>11</sup> "We should anticipate the sorrows, the difficulties, the troubles of others. We should enter into the joys and cares of both high and low, rich and poor."<sup>12</sup>

Sympathy implies a sensitivity to the emotions of others and a compassionate response to them. This is actually one of the most important prerequisites for social intelligence. Of all types of labor requiring a high level of empathy and social intelligence, surely medical missionary work would be one of the foremost.

**3. SOCIABILITY.** "[Christ] sought access to the people by the pathway of their most familiar associations."<sup>13</sup> As Christ's followers, we must not withdraw or shy away from social relationships, for most joys in life can be derived from such interaction. It is through personal contact and friendship that the saving power of the gospel reaches people.

People were created to be social beings. "The Lord God said, It is not good that the man should be alone" (Genesis 2:18). No substitute can fill the need for interpersonal relationships. Money, achievement, work, books, and all else are powerless to supply this human need. God has clearly created a void in the human heart that only another human form can fill. No matter how little money we may have, or how successful we may be—in the end, people discover that what matters the most are other people. Human beings that build relationships—who have friends with whom they laugh, cry, study, challenge, play, and live, whom they love and with whom they grow old and die—these persons live a life that is real.

Studies have shown that people who had bad health habits—yet nonetheless had strong social ties—lived significantly longer than people with excellent health habits but had been isolated. There is no greater pain than that pain which loneliness brings.

**4. AVOIDING THE TOXICITY OF ISOLATION (LACK OF SOCIAL CONTACT).** Isolation (loneliness) doubles the risk of illness and death! It has been proven that isolation affects mortality as much as smoking, hypertension, elevated cholesterol, overweight, or lack of physical activity. Smoking increases mortality by 1.6 while isolation increases it by 2.0! It is even a greater risk factor! Effects of isolation and persistent social stress may shorten our life. Loneliness is the feeling that you do not have anyone with whom you may share the most intimate emotions or have a close connection.<sup>14</sup>

**5. INTEREST IN THE NEEDS OF OTHERS.** "[Christ] taught in a way that made [people] feel the completeness of His identification with their interests and happiness."<sup>15</sup>

One of the best ways to show genuine interest in others is to be a good listener. Often it is much more important to listen to others than to talk. We like people who know how to listen to us. Genuine listening and the ability to focus on the other person are always marks of love. The essence of true listening is the discipline of "putting oneself in parentheses" and temporary forgetting our own prejudices, thoughts, and desires. This type of listening enables us to feel and experience more intensely the world of the one who is talking to us. Because true listening implies a temporary suppression of self, it allows a temporary, absolute acceptance of the other. When this happens, the listener and the speaker will feel greater closeness. The energy that this process of



*The most miserable human beings on earth are those who do not forgive. Those who bitterly crave revenge on others suffer from a weakened immune system.*

listening requires is so great that only genuine love and the desire to help another human being can afford it. The realization that someone is attentively listening to you is in itself therapeutic.

"Hear diligently my speech, and let this be your consolations' " (Job 21:2).

**6. SELF-SACRIFICE.** "[Christ's] life was one of constant self-sacrifice. He had no home in this world except as the kindness of friends provided for Him as a wayfarer. He came to live in our behalf the life of the poorest and to walk and work among the needy and the suffering."<sup>16</sup>

"Of all people in the world, reformers should be the most unselfish, the most kind, the most courteous."<sup>17</sup>

"There can be no growth or fruitfulness in the life that is centered in self. If you have accepted Christ as a personal Saviour, you are to forget yourself, and try to help others."<sup>18</sup>

**7. PATIENCE AND CHEERFULNESS.** "[Christ] was always patient and cheerful, and the afflicted hailed Him as a messenger of life and peace. . . . As He passed through the towns and cities He was like a vital current, diffusing life and joy." "Hope springs up in [the mother's] hearts [who press through the throng with their sick and dying little ones]. Their tears of gladness fall as they catch His attention, and look into the eyes expressing such pity and love."<sup>19</sup>

"Christians who gather up gloom and sadness to their souls, and murmur and complain, are giving to others a false representation of God and the

Christian life. They give the impression that God is not pleased to have His children happy, and in this they bear false witness against our heavenly Father."<sup>20</sup>

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22). Nothing else can improve the health of body and soul like a joyful and thankful spirit.

### **Christ's method of working**

**1. JESUS SERVED THE NEEDS OF THE POOR AND THE RICH.** "While He ministered to the poor, Jesus studied also to find ways of reaching the rich. . . . Christ recognized no distinction of nationality or rank or creed."<sup>21</sup>

"We talk and write much of the neglected poor: should not some attention be given also to the neglected rich? . . . There are thousands of rich men who are starving for spiritual food."

"Those who belong to the higher ranks of society are to be sought out with tender affection and brotherly regard. Men in business life, in high positions of trust, men with large inventive faculties and scientific insight, men of genius, teachers of the gospel whose minds have not been called to the special truths for this time—these should be the first to hear the call."<sup>22</sup>

**2. HE ADAPTED HIS MESSAGES ACCORDING TO CIRCUMSTANCES AND TIME.** The messages of Christ's mercy were varied to suit the audience.

**3. NECESSITY OF TACT IN MISSIONARY WORK.** "It is of little use to try to reform others by attacking what we may regard as wrong habits. Such effort often results in more harm than good. In His talk with the Samaritan woman, instead of disparaging Jacob's well, Christ presented something better. . . . This is an illustration of the way in which we are to work."<sup>23</sup>

**4. "GOD'S PLAN IS FIRST TO REACH THE HEART."**<sup>24</sup> This means

the emotions. When obedience springs from the heart, then "his commandments are not grievous" (1 John 5:3). The whole Christian life, regardless of trials, is a life of peace and quiet joy. Therefore, in our missionary activities, especially in the beginning, let us lift up Christ, not rules, regulations, or doctrine.

"The man who attempts to keep the commandments of God from a sense of obligation merely—because he is required to do so—will never enter into the joy of obedience. . . . True obedience is the outworking of a principle within."<sup>25</sup> Medical evangelism reaches the heart.

**5. HE WAS STRENGTHENED IN SOLITUDE AND PRAYER.** "In a life wholly devoted to the good of others, the Saviour found it necessary to turn aside from ceaseless activity and contact with human needs, to seek retirement and unbroken communion with His Father."<sup>26</sup>

"An intensity such as never before was seen is taking possession of the world. In amusement, in money-making, in the contest for power, in the very struggle for existence, there is a terrible force that engrosses body and mind and soul. In the midst of this maddening rush, God is speaking. He bids us come apart and commune with Him. 'Be still, and know that I am God' (Psalm 46:10)."<sup>27</sup>

### **The therapeutic effect of Christ's method of work**

**1. FORGIVENESS.** Christ brought the message of forgiveness: "Many of those who came to Christ for help had brought disease upon themselves, yet He did not refuse to heal them." "There are today thousands suffering from physical disease who, like the paralytic, are longing for the message, 'Thy sins are forgiven.' The burden of sin, with its unrest and unsatisfied

desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can impart would restore vigor to the mind and health to the body."<sup>28</sup>

**2. HEALING IS FOUND IN GIVING AS WELL AS IN RECEIVING.** A deeply peaceful joy results whenever we forgive someone. It is heaven-born. But that is not all. How beautiful it is to realize that in this act of forgiveness, the same divine feeling is also bestowed upon the one being forgiven. The most miserable human beings on earth are those who do not forgive. Those who bitterly crave revenge on others suffer from a weakened immune system, triggered by negative emotions which adversely affect our health.

**3. JOY.** Medical research has shown that "negative emotions are just as toxic as smoking and elevated blood lipids as risk factors for heart disease. People exposed to long periods of sadness and pessimism, constant tension and discontent, fear, cynicism and doubt—are twice as vulnerable to modern diseases."<sup>29</sup>

**4. COMPASSION.** Christ's grace and compassion brought healing to the sick and afflicted. This is the essence of medical work.

**5. LOVE.** "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."<sup>30</sup>

Scientists now recognize that the brain hormone oxytocin (the "love" hormone) is produced mostly in the frontal lobe, where the greatest number of oxytocin receptors are found. This combination is associated with feelings of true love and fidelity. When we activate and strengthen these "pathways of true love" in the frontal lobe, destructive emotions such as hatred and greed

are dispelled. This is God's personal handwriting in human nature. 'And his name shall be in their foreheads' (Revelation 22:4).

**6. FAITH AND HOPE.** "[Christ] sought to inspire with hope the roughest and most unpromising, setting before them the assurance that they might become blameless and harmless, attaining such a character as would make them manifest as the children of God."<sup>31</sup>

Studies reveal that during the moments when a person is filled with faith, the number of white blood cells and immunological substances in the circulation are increased. The opposite effect follows every circumstance in which we manifest doubt and a negative attitude.

**7. PRAYER.** When we pray in faith, a higher Power responds to the cry of the individual, triggering in the body and brain a host of psychological and chemical changes needed for healing. The omnipotent God pervades the brain and body with supernatural energy and healing. In the act of prayer, the electrical neurons in the brain are being charged with a heavenly current.

**8. BENEVOLENCE AND SELF-SACRIFICE.** Research has shown that givers live longer than those who receive services and gifts. Longevity is on the side of those who are self-sacrificing and who help others.

"In contrast, self-absorption fosters depression, while helping others frees us from preoccupation with self (our own problems) because it encourages us to share in the pain of our fellow beings. Devotion to benevolent work—helping the needy, the suffering and sick, according to research, is the most powerful way to attain a pleasant disposition, the most effective remedy for overcoming depression. Sadly, also the rarest!"<sup>32</sup> This is basically the message of health that the Lord has sent us through the prophet Isaiah. (See Isaiah 58:7–11.)

## Conclusion

The healing property of the gospel: "When the gospel is received in its purity and power, it is a cure for the

maladies that originated in sin."<sup>33</sup> "But unto you that fear my name shall the Sun of righteousness arise with healing in his wings" (Malachi 4:2). All that this world can offer is not able to cure a broken heart, to restore peace to the soul, to dispel anxiety and eliminate disease. Fame, genius, or talent are powerless to cheer up a broken heart or rebuild a ruined life.

The most successful doctors and health workers are not the ones that provide costly treatments or who claim to have a solution for every situation. It is not people who have diplomas from distinguished universities or those who work in prestigious hospitals. The most successful health care workers are those who know how to best introduce their patients to their Creator. Only He who has created our human mechanism can give us lasting healing.

Christ is humanity's true Great Physician and apart from Him there is no healing! *R*

## References

- <sup>1</sup> *The Ministry of Healing*, p. 17.
- <sup>2</sup> *The Desire of Ages*, p. 70.
- <sup>3</sup> *The Ministry of Healing*, p. 116.
- <sup>4</sup> See *Education*, p. 195.
- <sup>5</sup> *Education*, p. 287.
- <sup>6</sup> *Christ's Object Lessons*, p. 335.
- <sup>7</sup> *The Desire of Ages*, pp. 72, 73.
- <sup>8</sup> *Christ's Object Lessons*, pp. 330–332.
- <sup>9</sup> *Ibid.*, pp. 363, 333.
- <sup>10</sup> *The Ministry of Healing*, p. 51.
- <sup>11</sup> *Ibid.*, pp. 23, 17.
- <sup>12</sup> *Christ's Object Lessons*, p. 386.
- <sup>13</sup> *The Ministry of Healing*, p. 23.
- <sup>14</sup> See Daniel Goleman, *Emotional Intelligence*, p. 170.
- <sup>15</sup> *The Ministry of Healing*, p. 24.
- <sup>16</sup> *Ibid.*, p. 19.
- <sup>17</sup> *Ibid.*, p. 157.
- <sup>18</sup> *Christ's Object Lessons*, pp. 67, 68.
- <sup>19</sup> *The Ministry of Healing*, pp. 19, 20, 38.
- <sup>20</sup> *Steps to Christ*, p. 116.
- <sup>21</sup> *The Ministry of Healing*, pp. 24, 25.
- <sup>22</sup> *Evangelism*, p. 555.
- <sup>23</sup> *The Ministry of Healing*, pp. 156, 157.
- <sup>24</sup> *Ibid.*, p. 157.
- <sup>25</sup> *Christ's Object Lessons*, p. 97.
- <sup>26</sup> *The Ministry of Healing*, p. 58.
- <sup>27</sup> *Education*, p. 260.
- <sup>28</sup> *The Ministry of Healing*, pp. 73, 77.
- <sup>29</sup> Goleman, *op. cit.*, p. 161.
- <sup>30</sup> *The Ministry of Healing*, p. 115.
- <sup>31</sup> *Ibid.*, p. 26.
- <sup>32</sup> Goleman, *op. cit.*, p. 72.
- <sup>33</sup> *The Ministry of Healing*, p. 115.

# Emotions and Health

By Liliane Balbach



*W*hy am I worried? Why do I get angry? Why do I feel so depressed?" asks the troubled person. "It's my wife. She makes me feel bad," or "my coworkers make me angry." Some people blame their problems on their pastor, or their church, others on their circumstances. "If I had more money, I wouldn't be so anxious about my life," says John. The fact remains that as long as we live on this earth, the people we love and associate with will not be perfect, and neither will our circumstances. Therefore, we must learn how to overcome our negative emotions with God's help.

God has created us in His image. He has made us spiritual and rational human beings, but He has also created us with emotions. In Eden, Adam had

a perfectly developed body and mind. All his faculties were harmonious. All his emotions, words, and actions were conformed to the will of His Creator. Positive emotions such as love, joy, courage, peace, and contentment filled his heart. After he sinned, along came the negative emotions—fear, guilt, hate, anger, anxiety, discontentment, and sadness. God's Word and science reveal that emotions, positive or negative, affect our physical, mental, and spiritual health.

"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the

diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death."<sup>1</sup>

On the other hand, "Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. 'A merry [rejoicing] heart doeth good like a medicine' (Proverbs 17:22)."<sup>2</sup> This why Emotional Intelligence [EI] is such a hot topic in Behavioral Medicine today.

## Emotions affect our health

What then is emotional intelligence? It is the ability of an individual to identify, use, understand, and manage his

emotions in positive ways. It is the skill of recognizing emotions in others, and managing our relationships, and motivating ourselves to achieve goals. So people who have high EI's have control of their feelings and emotions. They are honest, responsible, and adaptable to change while being open-minded, having reasonable expectations of themselves and others.

Science now documents that which the Bible has written thousands of years ago—that chronic stress and negative emotions can affect the onset, treatment or recovery from several diseases such as cancer, depression, heart disease, diabetes, tuberculosis, rheumatoid arthritis, hypertension, ulcers, and AIDS.

Even ailments like headaches, allergies, common colds, PMS, skin rashes, and gout are affected by stress and our emotions.

"While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, 'are life unto those that find them, and health to all their flesh' (Proverbs 4:22)."<sup>3</sup> Below are listed some studies which show the relationship between emotions and disease.

**INCREASED PAIN—Women with and without fibromyalgia had increased pain in response to angry and sad thoughts.**<sup>4</sup>

**CANCER**—Negative emotions are a risk factor for developing cancer. A China study found that experiencing negative emotions was among the top risk factors for colon cancer along with diet, family history, and previous lower digestive tract ailments.<sup>5</sup>

**STROKE**—Anger and other negative emotions may be triggers for a stroke. People who had suffered a stroke were more likely to have been angry or had another negative emotion two hours prior to the event.<sup>6</sup>

"The giving way to violent emotions endangers life. Many die under a burst of rage and passion. Many educate themselves to have spasms. These they can prevent if they will, but it requires willpower to overcome a wrong course of action."<sup>7</sup>

**HEART DISEASE**—There's a strong association between developing heart disease and frequent high levels of anger, anxiety, and depression.<sup>8</sup>

**DEPRESSION**—People who were depressed were 10 times more likely to die of another heart attack, within 18 months of their first one, than people who were not depressed.<sup>9</sup>

**SLOW WOUND HEALING**—A study from Ohio University showed that those who had less control over their anger tended to heal more slowly from wounds.<sup>10</sup>

While negative thoughts and emotions are detrimental to our health, positive ones boost our health and immunity. Calming thoughts and emotions have a beneficial effect on the circulation, digestion, movement of the intestines, and the maintenance of proper hormonal balance. This class of thoughts includes patience, love, joy, contentment, peace, kindness, sympathy, and self-control. This kind of mental activity will increase blood production and antibodies and make the bones and muscles stronger.<sup>11</sup>

For this reason, God's Word repeatedly teaches us to be cheerful and positive. "A merry heart doeth good like a medicine: but a broken spirit drieth the bones" (Proverbs 17:22). "A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken" (Proverbs 15:13). Cheerfulness is good for the heart, the mind as well as for the bones.

"Cheerfulness and a clear conscience are better than drugs and will be an effective agent in your restoration to health."<sup>12</sup>

## Bone health

Why are bones so important to our health? White blood cells, which are critical for a healthy immune system, are made in the bone marrow. Our red blood cells, which carry vital oxygen to all parts of the body, are also formed in the bone marrow. In addition, platelets, which form blood clots are made there as well. This is why our Great Physician gives us the best prescription for a healthy immune system: a joyful heart. Kind and pleasant words are also

involved in strengthening our bones and immunity. "Pleasant words are as an honeycomb, sweet to the soul, and health to the bones" (Proverbs 16:24).

On the other hand, sin as well as grief, worry, and anxiety will have a negative affect on our health and immunity. David says, "Have mercy upon me, O Lord, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed" (Psalm 31:9, 10).

## Biochemistry and emotions

How do negative emotions affect our body? The state of our biochemistry can affect the way we feel. One way to change our biochemistry is by eating healthful, nutritional food and exercising regularly. But did you realize that our thoughts can also change our biochemistry? The sentences we speak in our self-talk can actually alter our glandular, muscular, and neural behavior. Psychologists are discovering that our thoughts influence our feelings. But this truth has been known in God's Word for thousands of years. The wise man tells us, "For as he thinketh in his heart, so is he" (Proverbs 23:7). So this is clear: "If the thoughts are wrong the feelings will be wrong, and the thoughts and feelings combined make up the moral character."<sup>13</sup>

## Misbeliefs

We don't have to be puppets of our emotions. The Word of God has the tools to help us deal with sadness, worry, fear, anger and gives us the power to have joy, peace, and love.

Underlying much of our behavior is our belief system. Our feelings and emotions are caused by what we tell ourselves about our circumstances in words or in attitudes. Think for a moment about what you tell yourself. If you tell yourself that your brother at church is against you, you will believe that whether it's true or not, and then you will treat him as an enemy. What we tell ourselves can be either truth or a lie. Misbeliefs usually appear as

truth to the person repeating them to himself. But the apostle James tells us where this destructive self-talk comes from: "This wisdom descendeth not from above, but is earthly, sensual, devilish. For where envying and strife is, there is confusion and every evil work" (James 3:15, 16). The misbeliefs we tell ourselves come directly from the father of lies. Our flesh accepts them without question, and then, like rotten food, these words of mental poison create painful emotional aches and pains. This mental diet of toxins can kill us if we don't fight it with God's power.

Another way we may poison our mind is by reading novels, misusing the internet, watching movies or videos which excite the mind, trigger negative emotions, and cause a diseased imagination. Inspiration tells us, "Thousands are today in the insane asylum whose minds became unbalanced by novel reading, which results in air-castle building and love-sick sentimentalism."<sup>14</sup>

"There is no influence in our land more powerful to **poison the imagination**, to **destroy religious impressions**, and to **blunt the relish** for the tranquil pleasures and sober realities of life than **theatrical amusements**. The love for these scenes increases with every indulgence as the desire for intoxicating drink strengthens with its use. The only safe course is to shun the theater, the circus, and every other questionable place of amusement."<sup>15</sup>

The best book, which will produce a sound mind and balanced emotions, help us to have good judgment, encourage us, and give us true joy and peace, is the Bible. Jeremiah says "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O Lord God of hosts" (15:16). "The Bible is the book of books. It will give you life and health. It is a soother of the nerves and imparts solidity of mind and firm principle."<sup>16</sup> Dear friend, how much time to you spend reading God's Word compared to other reading material?

So if we want to control our feelings and actions, we must begin by eliminating all the poisonous food from our mental diet and feeding ourselves with the Words of Life from heaven. Jesus told us how we can do this: "And ye shall know the truth, and the truth shall make you free" (John 8:32). The truth from God's Word, studied and obeyed, will expose our misbeliefs and will help to set us free from bitterness, sadness, resentment, anger, fear, hypersensitivity, and excessive suspicion.

Our thoughts precede our feelings and emotions. So when we daily feed our mind with God's Word, we will be able to control our thoughts, emotions, and actions. There are three steps to becoming, positive, joyful in the Lord:

- We must identify our misbeliefs.
- We need to remove them.
- We must replace our misbeliefs with truth.

Here are some examples of common misconceptions and how we can replace them with the truth.

**MYTH: I'm always worried and frustrated.**

**TRUTH:** I will place every worry on Jesus because He can handle it. Then I will thank Him for answering my prayer and will cooperate with Him. "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus" (Philippians 4:6, 7).

**MYTH: I pray for forgiveness of sins, but I don't feel that Jesus hears me.**

**TRUTH:** "But shall we wait till we feel that we are cleansed? No; Christ has promised that "if we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9). . . . You are not to wait for wonderful emotions before you believe that God has heard you; feeling is not to be your criterion, for emotions are as changeable as the clouds."<sup>17</sup>

**MYTH: I am afraid that my wife's cancer will not respond to treatments and that she will die."**

**TRUTH:** She is getting the best treatment and we're doing our best to use natural remedies to make her well. I will leave her case in the hands of the Great Physician. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Timothy 1:7).

**MYTH: OUR FAMILY HAS SO MANY TRIALS; I CAN'T TAKE IT ANYMORE.**

**TRUTH:** I will make it because I know that God measures every trial He allows to come my way and with His help I will be able to bear it or He will find a way out. "There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it" (1 Corinthians 10:13).

**MYTH: It's impossible to feel happy living with a person like Jack.**

**TRUTH:** I can be happy even if Jack doesn't always treat me as I wish. My joy comes from the Lord. "Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore" (Psalm 16:11).

**Yes, He can!**

We cannot control our emotions, but God can! How? "You cannot control your impulses, your emotions, as you may desire; but **you can control the will**, and you can make an entire change in your life. By yielding up your will to Christ, your life will be hid with Christ in God and allied to the power which is above all principalities and powers. You will have strength from God that will hold you fast to His strength; and a new light, even the light of living faith, will be possible to you."<sup>18</sup>

As we surrender our will to Christ, His Spirit takes control of us, and we have the power to change. Our will and His power help us to have this experi-

ence: “And be **not conformed** to this world: but be ye **transformed by the renewing of your mind**” (Romans 12:2, emphasis added). “When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven.”<sup>19</sup> That happens when by faith we surrender ourselves to God.

### Lessons of wisdom and self-control

If you just received news that someone was so angry with your husband and was on his way to kill him and all his employees, how would you react? Would you freeze with fear? Would you call the police, or would you cry to God for wisdom? This was the situation faced by Abigail. One of her husband’s employees had just given her the news that David was coming with 400 men to kill her husband Nabal and every male in his household. David and his men were in the wilderness of Paran and in great need of food and provisions. Since it was a time of sheep shearing, and a season of hospitality, David sent ten men to ask Nabal, a wealthy farmer, for some food. David expected a gracious response in return for the kindness he had shown to Nabal’s servants and flocks. But Nabal replied rudely to the young men, “Who is David? and who is the son of Jesse? . . . Shall I then take my bread, and my water, and my flesh that I have killed for my shearers, and give it unto men, whom I know not whence they be?” (1 Samuel 25:10, 11). Nabal was “churlish and evil in his doings” (verse 3). A churlish man is rude, rough in temper, selfish and avaricious.

When the young men returned empty-handed, David’s anger spiraled into a volcano. Taking his sword, and commanding his 400 men to do likewise, he was ready to punish Nabal who had denied him his request. Angry! Revengeful! Was this David, the man after God’s own heart, acting that

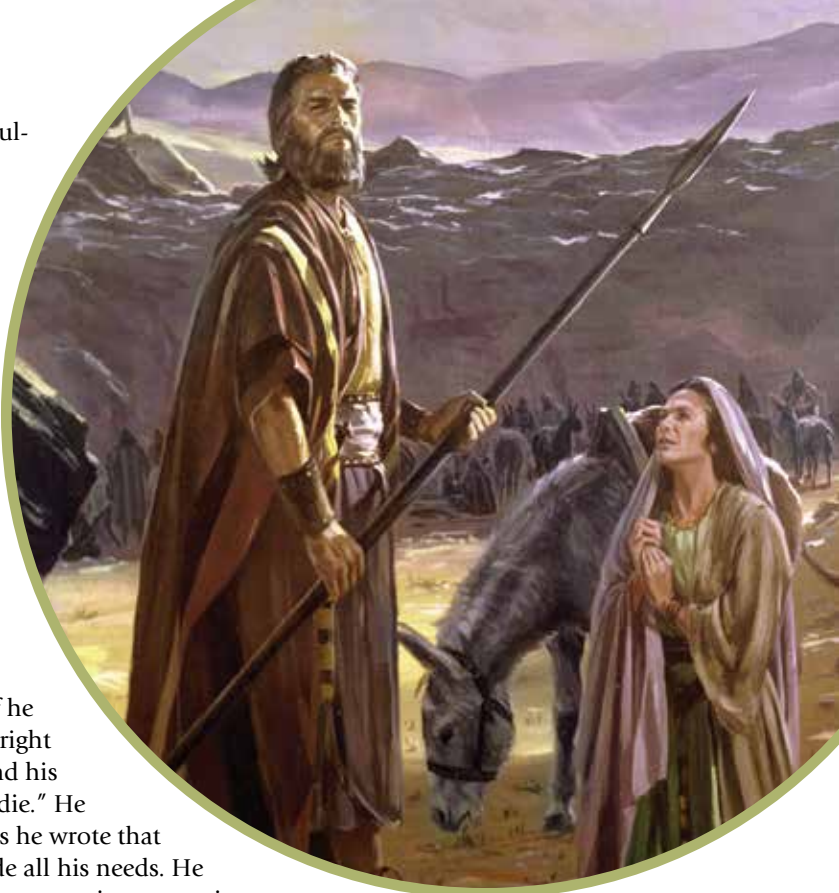
way? “This impulsive movement was more in harmony with the character of Saul than with that of David, but the son of Jesse had yet to learn lessons of patience in the school of affliction.”<sup>20</sup>

What misbeliefs was David telling himself? Perhaps that “if he didn’t get food right then, that he and his men would all die.” He forgot the truths he wrote that God will provide all his needs. He missed a great opportunity to practice faith and to see God open the windows of heaven for him and his men.

Who would stop David from committing murder? God used Abigail, “a woman of good understanding.” One of Nabal’s servants had secretly escaped and told her of David’s previous kindness to Nabal’s servants, David’s present request, and Nabal’s refusal to help. David was on his way with his army to kill Nabal and his household. Abigail acted quickly and with great wisdom. She did not panic with fear. I believe she prayed for wisdom and trusted that God would protect her family if she did her part.

Without telling her husband, Abigail sent a great supply of food to David with her servants. She must have had a well-stocked pantry to have sent 200 loaves of bread, 2 bottles of wine, 5 measures of parched corn, 5 sheep, 100 clusters of raisins, and 200 cakes of figs. Then she mounted an ass and hurried to meet David. When she saw David, she got off the ass and knelt before him with her face to the ground.

- **Abigail addressed David with respect and submission. Fourteen times she called him “my lord.”**



- **She put the blame on herself, not on her husband, and she asked forgiveness.**
- **She used kind words to dissuade David from murder.**  
“With kind words [Abigail] sought to sooth his irritated feelings, and she pleaded for him in behalf of her husband. With nothing of ostentation or pride, but full of the wisdom and love of God, Abigail revealed the strength of her devotion to her household; and she made it plain to David that the unkind course of her husband was in no wise premeditated against him as a personal affront but was simply the outburst of an unhappy and selfish nature.”<sup>21</sup>
- **Abigail didn’t take the credit to herself.**  
“Now therefore, my lord, as the Lord liveth, and as thy soul liveth, seeing the Lord hath withholden thee from coming to shed blood, and from avenging thyself with thine own hand, now let thine enemies, and they that seek evil to my lord, be as

Nabal' (verse 26). Abigail did not take to herself the credit of this reasoning to turn David from his hasty purpose but gave to God the honor and praise."<sup>22</sup>

- **Abigail implied what David ought to do.**

" 'I pray thee, she said, 'forgive the trespass of thine handmaid: for the Lord will certainly make my lord a sure house; because my lord fighteth the battles of the Lord, and evil hath not been found in thee all thy days' (verse 28). Abigail presented by implication the course that David ought to pursue. He should fight the battles of the Lord. He was not to seek revenge for personal wrongs, even though persecuted as a traitor."<sup>23</sup>

Where did Abigail get such wisdom? How did she know to respond so intelligently at a moment's notice? "The piety of Abigail, like the fragrance of a flower, breathed out all unconsciously in face and word and action. The Spirit of the Son of God was abiding in her soul. Her speech, seasoned with grace, and full of kindness and peace, shed a heavenly influence. . . . 'Blessed are the peacemakers: for they shall be called the children of God' (Matthew 5:9). Would that there were many more like this woman of Israel, who would soothe the irritated feelings, prevent rash impulses, and quell great evils by words of calm and well-directed wisdom."<sup>24</sup>

What about David? As he listened to the wise reasoning and reproof of this woman of faith, he came to his senses "and he trembled as he thought what might have been the consequences of his rash purpose. . . . David's passion died away under the power of her influence and reasoning. He was convinced that he had taken an unwise course and had lost control of his own spirit."<sup>25</sup> David praised God for sending Abigail to give him wise counsel. "With a humble heart he received the rebuke, in harmony with his own words, 'Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil' (Psalm 141:5). He gave thanks and blessings because she advised him righteously.

There are many who, when they are reprov'd, think it praiseworthy if they receive the rebuke without becoming impatient; but how few take reproof with gratitude of heart and bless those who seek to save them from pursuing an evil course."<sup>26</sup>


Nabal was completely oblivious to the foolishness of his speech and actions, and how close he had come to death. When Abigail returned home, he was drunk and feasting like a king in his house. Wisely, Abigail said nothing to him about the day's events. As morning broke, Nabal awoke with a clearer head, and so Abigail informed him of all that happened the previous day. The color drained from his face as he began to comprehend the magnitude of his folly. Our text tells us that "his heart died within him, and he became as a stone" (verse 37). Perhaps he had a stroke. Ten days later, the Lord struck Nabal and he died. This amazing story teaches us how David's misbeliefs led him to almost commit murder. Abigail wisdom and courage in this life-threatening situation proved she was greater than an army general. She saved her household from death and prevented David and his men from shedding blood. Abigail was a true daughter of Christ, taking the blame on herself for something she never did, asking forgiveness for sins she never committed, and offering peace offerings. May God give us her wisdom, her spirit of kindness and self-control that we also may be peacemakers in our homes, work places, and in our churches!

### Today is a new day

Dear brethren and sisters, do we realize that our fluctuating emotions hurt the heart of Christ? "God's children are not to be subject to feelings and emotions. When they fluctuate between hope and fear, the heart of Christ is hurt; for He has given them unmistakable evidence of His love. He wants them to be established, strengthened, and settled in the most holy faith. He wants them to do the work He has given them; then their hearts will become in His hands as sacred harps, every chord

of which will send forth praise and thanksgiving to the One sent by God to take away the sins of the world."<sup>27</sup>

How have been your thoughts and emotions, dear reader? What kind of music have you been playing in your mind—the harmonious chords of gratitude and praise, joy, contentment, and trust? Or have you allowed the discordant chords of worry, sadness, anger, fear, and discontent take over your life and mar the sacred harp that God has given you?

Today can be a new day. Today we can change our brain chemistry and start restoring our mental, physical, and spiritual health. Today we can choose to feed our mind with the best organic whole food—the Word of God! We can reject the poisonous food that Satan and the media are trying to serve on our plates. As we surrender our life to Christ, each day and hour, we can be positive irrespective of our circumstances. Together with the apostle Paul, we can experience true joy. "Rejoice in the Lord alway: and again I say, Rejoice" (Philippians 4:4). 

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- <sup>13</sup> *Messages to Young People*, p. 92.
- <sup>14</sup> *Ibid.*, p. 290.
- <sup>15</sup> *The Adventist Home*, p. 516 [Emphasis supplied.]
- <sup>16</sup> *Counsels on Sabbath School Work*, p. 22.
- <sup>17</sup> *Mind, Character, and Personality*, vol 1, p. 126.
- <sup>18</sup> *Testimonies*, vol. 5, p. 514.
- <sup>19</sup> *The Desire of Ages*, p. 173.
- <sup>20</sup> *Patriarchs and Prophets*, p. 665.
- <sup>21</sup> *Ibid.*, p. 666.
- <sup>22</sup> *Ibid.*
- <sup>23</sup> *Ibid.*
- <sup>24</sup> *Ibid.*, p. 667.
- <sup>25</sup> *Ibid.*
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# VEGETARIANISM IN TODAY'S SOCIETY

By Alisdair Pow



and share four common risk factors:

1. TOBACCO USE
2. PHYSICAL INACTIVITY
3. THE HARMFUL USE OF ALCOHOL
4. POOR DIET."

You don't catch heart disease, cancer, chronic lung disease, or diabetes from someone else. All these great killers of humanity have one thing in common: They are all classified as lifestyle diseases. These diseases are recognized as being generated from poor dietary and lifestyle habits, just as the Spirit of Prophecy explains. The main risk factors have all to do with how a human being treats his or her body. If one breathes in a poisonous concoction of tobacco, if one performs no physical form of exercise, if one drinks a poisonous mixture of alcohol, and if one consumes unhealthy, poorly nourishing, and even damaging foods, then the sure result is the development of a fatal disease. All of these risk factors are derived from the choice of individuals in how they treat their body. A person chooses to smoke, a person chooses to do no exercise, a person chooses to drink alcohol, and a person chooses to eat junk food. If this be the case then, who can one blame for his or her debilitating disease?—only oneself and lack of self-respect and self-control. Notice how the Spirit of Prophecy foresaw this very condition, and how God calls His people to have an elevated standard in comparison to the world around them. "In the light

In times past many were mocked and ridiculed at the suggestion that wrong dietary practices could be related to disease.

Even in some conventional-thinking minds today, the benefits of nutrition and diet in disease prevention are still scorned into insignificance. Yet for those within the industry of nutrition and well-being, correct dietary choices are understood to be the foundation of good health in today's society. With significant improvement in hygiene during the past century, the episodes of infectious disease have dramatically declined. Today we are facing an attack of a different kind: One which the world is not prepared for, and yet one which has been prophesied beforehand to the people of God.

What is causing the modern epidemic of disease that is sweeping the world? Let us first read the prophecy: "The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet."<sup>1</sup> Ellen White's statement means that most diseases we now face are dietary and lifestyle induced, rather than infectious.

Notice this statement posted on the website of the World Health Organization (WHO), June 20, 2011, "The four main noncommunicable diseases—cardiovascular disease, cancer, chronic lung diseases and diabetes—kill three in five people worldwide, and cause great socioeconomic harm within all countries, particularly the developing nations." Sixty percent of the entire world is dying from these four main non-infectious diseases.

On the 27th of April, 2011, a WHO report stated, "Noncommunicable diseases are the leading killer today and are on the increase.... In 2008, 36.1 million people died from conditions such as heart disease, strokes, chronic lung diseases, cancers and diabetes." The director of the World Health Organization declared, "For some countries, it is no exaggeration to describe the situation as an impending disaster; a disaster for health, for society, and most of all for national economies." In the same report, the WHO declares the major risk factors for these major killing diseases: "These four groups of diseases account for around 80% of all [noncommunicable disease] deaths,

given me so long ago (1863), I was shown that intemperance would prevail in the world to an alarming extent, and that every one of the people of God must take an elevated stand in regard to reformation in habits and practices."<sup>2</sup>

### Main risk factors for disease

It would be unbalanced to assume that every instance of disease can be traced to faulty lifestyle habits. After all, even great men of God such as Job and Elisha experienced sickness not attributed to such causes. However, the pen of Inspiration is nonetheless clear that there are things we can do—factors within our power to control—that can make a tremendous impact on how likely we are to suffer from certain common illnesses.

Let us briefly consider how the Lord revealed the three great risk factors for death to Ellen White long before science discovered them.

#### 1. Tobacco use

"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 perceivable. Multitudes have fallen victims to its poisonous influence. They have surely murdered themselves by this slow poison."<sup>3</sup>

#### 2. Inactivity

"Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place."<sup>4</sup>

#### 3. Harmful use of alcohol

"Every year millions upon millions of gallons of intoxicating liquors are consumed. Millions upon millions of dollars are spent in buying wretchedness, poverty, disease, degradation, lust, crime, and death. For the sake of gain, the liquor seller deals out to his victims that which corrupts and destroys mind and body."<sup>5</sup>

Now let us examine the fourth main risk factor for nearly two-thirds of the

world's population, a poor diet. Not everybody smokes tobacco, not everybody is deficient in physical activity, and not everybody drinks alcohol, but the fourth risk factor affects all of humanity, for everyone eats food. This is why the food we eat becomes the main risk factor in determining our level of health or disease. Either the food we consume promotes good health or it promotes disease and sickness. Let us consider another interesting statement of recommendation from the World Health Organization for today's population. Within this statement are the nutritional recommendations for a healthy diet and the warnings against foods which will lead to sickness and disease. "An unhealthy diet is one of the major risk factors for a range of chronic diseases, including cardiovascular diseases, cancer, diabetes, and other conditions related to obesity. Specific recommendations for a healthy diet include: eating more fruit, vegetables, legumes, nuts and grains; cutting down salt, sugar, fats. It is also advisable to choose unsaturated fats, instead of saturated fats and towards the elimination of trans-fatty acids."

The leading world health experts have made some specific recommendations to the world's population around the globe. It doesn't matter whether we live in the northern or southern hemisphere, whether we live in a third-world country or in an affluent western one, it doesn't matter what age, race, color, or condition we are in—the basic principles remain the same. In the above statement of dietary recommendation there is not a single mention of flesh foods, such as pork, beef, lamb, poultry or fish, and no mention of dairy foods such as milk, cheese, yogurt, cream, or even eggs. The only family of foods recommended for increased consumption are fruits, vegetables, legumes, nuts, and grains. This means that the optimal foods which the World Health Organization recommends are the ones all found within a vegan, vegetarian diet. This reminds me of some statements which have been penned by the Spirit of Prophecy for the Advent people to heed, "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. . . . Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator."<sup>6</sup> Before the world even begun to think which types of food could help prevent disease, the Lord already revealed it through Ellen White. The Lord declared that a vegan, vegetarian diet contained the best foods to prevent sickness, disease, and death in these last days.

Notice the diet of choice which the Lord wants for His people, "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, meat eating will eventually be done away; flesh will cease to form a part of their diet. . . . 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."<sup>7</sup>

"Let us make intelligent advancement in simplifying our diet. In the providence of God, every country produces articles of food containing the nourishment necessary for the upbuilding of the system."<sup>8</sup> The greatest staples in our diet should be a variety of fruits, vegetables, legumes, grains, nuts, and seeds; for it is within these foods we find vitality for life.

### Something to consider

What would happen if God's people adopted such a simple vegetarian diet? The World Health Organization tells us that we would reduce our risk of dying from major diseases like heart disease, cancers, lung diseases, and diabetes. What has the Lord said? "I was shown that intemperance would prevail in the world to an alarming extent, and that every one of the people of God must

take an elevated stand in regard to reformation in habits and practices. . . I was shown that God would give to His commandment-keeping people a reform diet, and that as they received this, their disease and suffering would be greatly lessened. I was shown that this work would progress."<sup>9</sup>

God in His love and mercy has given to the Advent people the greatest advancement in medicine that could ever be discovered, a disease-preventative diet. The great reform diet is the key to alleviating millions upon millions of cases of suffering and disease. You cannot find good health in a bottle of pills, you cannot find good health in a syringe, but the Lord says we can find good health in the very food He has created for our bodies. The medical world spends billions of dollars each year in the search for cures and treatments for disease. Thousands upon thousands study to become scientists, researchers, chemists, doctors, in the quest of finding wonder cures for the diseases that so afflict humanity. And yet despite all this immense effort, more and more people are getting sicker each year from heart disease, cancers, diabetes, and lung disorders.

The world has its ear glued to the latest developments and breakthroughs in drug medicine. Unfortunately, nobody wants to listen to an uneducated woman who never studied any form of medicine or chemistry in her life. Nobody wants to listen to someone—who lived long before the terms "vitamin" and "antioxidant" were even known—say that God has put all this wonder treatment not in a pill, but in an apple, in a stalk of broccoli, an almond, a bean, a sesame seed, or a kernel of corn. Vitamins, minerals, antioxidants, enzymes, disease-preventing chemicals were actually created long ago, they have already been designed and researched, they have already been manufactured and mass produced, and they have already been bottled for everyone's consumption. It's called food, good-old-healthy-vegetarian food! Science simply discovers that which God has already created! There is one thing which God has given in food and which

a pharmaceutical pill can never provide: The vitality of life. God's food is packed with the bounties of life-giving nutrients to ward off sickness and disease. Sickness and disease do not result because God didn't provide enough nutritious food, but often because humanity doesn't want to eat it.

Another warning the World Health Organization gave in their dietary recommendations was to reduce the consumption of sugar, salts, and fats; especially saturated and trans fats. If we are counselled to cut down our consumption of sugar and salt, then obviously science recognizes them as foods which promote disease rather than health. If we are counselled to reduce saturated fats, which are found heavily within animal foods, and trans-fats found heavily in fried foods such as potato chips and other fast foods, then obviously these also are deemed as foods that only promote sickness and disease. To the world today all this nutritional news is a completely new paradigm, but for God's people it is only the fulfillment of prophecy. Once again I draw our attention to the warning given by God through the pen of inspiration:

**1. TOO MUCH SUGAR.** "The free use of sugar in any form tends to clog the system and is not unfrequently a cause of disease."<sup>10</sup>

**2. TOO MUCH SALT.** "We have our food prepared with but little salt and have dispensed with spices of all kinds."<sup>11</sup>

**3. TOO MUCH SATURATED ANIMAL FATS.** "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 for the Lord's special directions has brought a variety of difficulties and diseases upon human beings. . . . If they introduce into their systems that which cannot make good flesh and blood, they must endure the results of their disregard of God's word."<sup>12</sup>

#### 4. TOO MUCH FRIED TRANS-FATS.

"We do not think fried potatoes are healthful, for there is more or less grease or butter used in preparing them."<sup>13</sup>

"Be very careful in regard to your eating and drinking, Brother \_\_, so that you will not continue to have a diseased body. Eat regularly, and eat only food that is free from grease."<sup>14</sup>

"A plain diet, free from spices and flesh meats and grease of all kinds, would prove a blessing to you."<sup>15</sup>

"Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven."<sup>16</sup>

You will not find a credible scientific recommendation advising someone to increase their consumption of sugar, salt, or animal saturated fats and trans-fats. You will not find an unbiased, credible nutritional recommendations to increase your consumption of beef, pork, chicken, lamb, cheese, milk, and so forth in order to reduce your risk of developing heart disease, cancer, lung disease, and diabetes. Why not? Simply because it is well known that these are the very foods which increase the risk of developing these diseases in the first place.

Some say we must eat fish, because fish is high in unsaturated fats which will help reduce one's risk factors. It is true that fish is high in unsaturated fats such as omega-3 oils, but it is also true that fish is high in cholesterol, equivalent to that of chicken. It is also true that many fish are high in mercury and other contaminants which they have absorbed from the polluted waters of this world. "In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters, and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger."<sup>17</sup> It is misleading to recommend that food such as fish be eaten just because it contains one good nutrient while at the same time it contains other bad ingredi-

ents. It would be like saying we should eat a “Snickers” candy bar because it contains high quantities of nuts, even though it is mixed with chocolate, dairy, and sugar. That would be absurd. The best form of fats and oils that contain nothing but good healthful ingredients alongside them are those derived from plant-based vegetarian foods. For example flaxseed (linseed) and walnut also contain high levels of omega-3 unsaturated fats and yet neither of them contain the many detrimental elements which you may find in fish. On the contrary, they contain an array of other powerful nutrients which only nourish the body without providing any detriment to it. A balanced, nourishing, vegan, vegetarian diet provides an arsenal of attack against the number four killers of our modern day, and all we have to do is eat it!

### The danger of being left behind

As God’s professed remnant people, the challenge we face today in being vegetarians is not that we may be moving too fast for the world, but that we will be left behind. The world is blowing the trumpet in proclaiming the benefits of eating the foods which belong to a vegan diet, and what are we proclaiming? Are we the head or the tail? Are we proclaiming to the world the right arm of the three angels’ messages—the arm of health and happiness? Or are we instead guilty of murmuring against the Lord’s directions as did the children of Israel? “Now our soul is dried away: there is nothing at all, beside this manna, before our eyes” (Numbers 11:6).

Some seem to cry: “I love my meat, my cheese, my butter, my milk, and my cream. I love my eggs, my chocolate, my sugar, and my cakes. I love my spices and salt and my fried foods. If you take all these away from me, my soul will dry away, and there will be nothing left but this manna of fruits, vegetables, legumes, grains, nuts, and seeds! You know it is true. If we take away all this, we will be left with nothing. Nothing, that is, that will clog our arteries and give us heart disease. Nothing, that is, that will destroy our

cells and give us cancer. Nothing, that is, that will destroy our tissues and give us lung disease. Nothing, that is, that will destroy our organs and give us diabetes. If we follow the counsel of the Lord and eat only those things He has prescribed, then there will be nothing left to make us sick and contract these last-day fatal diseases.

The Bible tells us very simply: “Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting” (Galatians 6:7, 8). What the Lord has spoken will not be changed. The question we have to ask ourselves is, Am I willing to make the change? Am I willing to live and eat healthily? Am I willing to help ease the sufferings of disease which is so afflicting humanity right now? Am I willing to sow in the Spirit by walking in the directions of the Lord in relation to what I should eat? Or am I, like Israel before me, willing to sow in the flesh and eat whatever I want according to my fleshly desires and tastes? The choice is ours and the destiny of following the flesh and following the Spirit has been plainly set before us. The Lord cries to His people today as He did to Israel of old “I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live” (Deuteronomy 30:19).

Who will stand up for the Lord and be true reformers? Who among us will find the courage and determination to lead the way in healthy living? Who among us are willing to lift up the trumpet and proclaim to the world the blessings of the health message before the world proclaims it all to us? “Only when we are intelligent in regard to the principles of healthful living, can we be fully aroused to see the evils resulting from improper diet. Those who, after seeing their mistakes, have courage to change their habits, will find that the reformatory process requires a struggle and much perseverance; but when correct tastes are once formed, they will realize that the use of the

food which they formerly regarded as harmless, was slowly but surely laying the foundation for dyspepsia and other diseases.”<sup>18</sup> Ask yourself honestly, are you healthy? Is your diet as the Lord wants it to be? Or are you being left behind because of the desires and tastes of your flesh?

“God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. With all our profession of health reform, many of us eat improperly. Indulgence of appetite is the greatest cause of physical and mental debility and lies largely at the foundation of feebleness and premature death. Let the individual who is seeking to possess purity of spirit bear in mind that in Christ there is power to control the appetite.”<sup>19</sup>

The Lord wants us to lift up the trumpet to proclaim and personally experience the benefits of healthful eating and living. Let each member feel their calling to this work, let each church raise themselves up as light bearers amidst the darkness of sickness and disease. Let us all rise to the call of the Lord. “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God” (1 Corinthians 10:31). Amen. *R*

### References

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- <sup>3</sup> *Temperance*, p. 57.
- <sup>4</sup> *The Ministry of Healing*, p. 238.
- <sup>5</sup> *Ibid.*, p. 338.
- <sup>6</sup> *Child Guidance*, p. 380.
- <sup>7</sup> *Christian Temperance and Bible Hygiene*, p. 119.
- <sup>8</sup> *Counsels on Diet and Foods*, p. 94.
- <sup>9</sup> *Counsels on Health*, p. 531.
- <sup>10</sup> *Christian Temperance and Bible Hygiene*, p. 57.
- <sup>11</sup> *Counsels on Diet and Foods*, p. 483.
- <sup>12</sup> *Ibid.*, pp. 393, 394.
- <sup>13</sup> *Ibid.*, p. 354.
- <sup>14</sup> *Ibid.*
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- <sup>16</sup> *Ibid.*, p. 355.
- <sup>17</sup> *Ibid.*, p. 394.
- <sup>18</sup> *Ibid.*, p. 127.
- <sup>19</sup> *Testimonies*, vol. 9, p. 156.

[Emphasis supplied throughout.]

• All statements referring to the WHO are taken from the World Health Organization Website: [www.who.int/](http://www.who.int/)

# PERFECT TRUST

*A Bible and Spirit of Prophecy compilation, with  
comments by Leslie Bauer*

Trust is a very interesting word—and if correctly understood, it could result in a fascinating experience for eternity.

Perfect trust is more interesting, for it suggests a fullness and completeness that common trust does not have.

Sometimes we understand words in the spiritual aspect of life better when we ask what they mean in other aspects of life. For example, what does “trust” mean in the business or in the legal world? When used as a noun, a trust is a business agreement through which a trustor vests the ownership rights or title of one or more assets, such as a car or house, to one or more trustees for conservation and protection on behalf of one or more beneficiaries of the trust.

In other words, someone has given the ownership or right of some particular thing to someone else to preserve or conserve and protect on his or her behalf. A parent may set up a trust to preserve the value of their rental property until their child is old enough

to inherit it. The trustee has temporary ownership of the property until he or she turns it over to the intended owner. That trustee is responsible for the property as though it were his or her own. Can we apply this definition to us and our health? Has God entrusted us with something to guard, conserve, and protect for Him? Are we His trustees?

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

Ah yes! Our bodies are given to us to guard and protect. Why? They are not our own. They belong to God. He bought them and then gave them back to us to conserve or preserve. But we cannot preserve our bodies by ourselves. We can only ask that He restore His image in us and thus hand back our bodies to Him to prepare for eternity or life eternal.

“Life is a gift of God. Our bodies have been given us to use in God’s ser-

vice, and He desires that we shall care for and appreciate them. We are possessed of physical as well as mental faculties. Our impulses and passions have their seat in the body, and therefore we must do nothing that would defile this entrusted possession. Our bodies must be kept in the best possible condition physically, and under the most spiritual influences, in order that we may make the best use of our talents.”<sup>1</sup>

## Fullness, completeness

The word “perfect,” as a legal action, can be defined as correctly or completely following a required procedure to record a claim or a right to a piece of property.

This definition is quite interesting when combined with a simplified definition of a trust. A perfect trust is a legally binding trust (to preserve our bodies for His service) that has defined and correct procedures to follow. Is it really something that God will require of us as legally binding?

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are" (1 Corinthians 3:16, 17).

"The moment a man loses sight of the fact that his capabilities and possessions are the Lord's, that moment he is embezzling his Lord's goods. He is acting the part of an unjust steward, provoking the Lord to transfer His goods to more faithful hands. God calls upon those to whom He has entrusted His goods to handle them faithfully, to show to the world that they are laboring for the salvation of sinners. He calls upon those who profess to be under His supervision not to misrepresent Him in character. . . . He daily loadeth us with benefits. . . . Let us glorify Him by imparting to others the abundance He has bestowed upon us."<sup>2</sup>

### What does this imply?

The solemnity of life in the form of a trust given to us by God is brought out by the following Scripture: "We must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad" (2 Corinthians 5:10).

This also applies to the area of health. God has given clear directives to this generation about how we

should care for our body temple in order to preserve our physical health and promote our spirituality. He has given important information in the Bible and the Spirit of Prophecy that help us maintain and restore good health. If we follow the procedures He has established and requires of us, we will in turn reap the wonderful blessings He has in store for us. Let us consider His instructions on nutrition and temperance, for example. Appetite is something upon which we are daily tested. Heaven is watching how we follow God's directives.

"Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven."<sup>3</sup>

"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."<sup>4</sup>

As we see God has given the correct food for the preservation of body and soul. Choosing to eat only this food is a progressive work; one that requires constant upgrading, for there may be customs and habits of the past that will need changing.

"The light given me is that it will not be very long before we shall have to give up any animal food. Even milk will have to be discarded. Disease is accumulating rapidly. The curse of God is upon the earth, because man has cursed it."<sup>5</sup>

"Many a mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach,

exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion. The effect of cheese is deleterious."<sup>6</sup>

The seriousness of the effort of God to preserve our health may be understood from the following quotes.

"Will men and women be warned? Will they cherish the light, or will they become slaves to appetite and base passions? Christ presents to us something higher to toil for than merely what we shall eat, and what we shall drink, and wherewithal we shall be clothed. Eating, drinking, and dressing are carried to such excess that they become crimes and are among the marked sins of the last days and constitute a sign of Christ's soon coming. Time, money, and strength, which are the Lord's, but which He has entrusted to us, are wasted in needless superfluities of dress, and luxuries for the perverted appetite, which lessen vitality and bring suffering and decay. It is impossible to present our bodies a living sacrifice to God, when they are filled with corruption and disease by our own sinful indulgence."<sup>7</sup>

"The uncontrolled indulgence and consequent disease and degradation that existed at Christ's first advent will again exist, with intensity of evil, before His second coming. Christ declares that the condition of the world will be as in the days before the Flood, and as in Sodom and Gomorrah. Every imagination of the thoughts of the heart will be evil continually. Upon the very verge of that fearful time we are now living, and to us should come home the lesson of the Saviour's fast. 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."<sup>8</sup>

*"There are many ways of practicing the healing art, but there is only one way that Heaven approves."*



## A balanced understanding

There will be times in this life when disease will come upon us. Sometimes this is from our neglect. Or it could be an opportunity to flee to God, as was the case of Elisha.

“With the counsel and encouragement given Joash, the work of Elisha closed. He upon whom had fallen in full measure the spirit resting upon Elijah, had proved faithful to the end. Never had he wavered. Never had he lost his trust in the power of Omnipotence. Always, when the way before him seemed utterly closed, he had still advanced by faith, and God had honored his confidence and opened the way before him.

“It was not given Elisha to follow his master in a fiery chariot. Upon him the Lord permitted to come a lingering illness. During the long hours of human weakness and suffering his faith laid fast hold on the promises of God, and he beheld ever about him heavenly messengers of comfort and peace.”<sup>9</sup>

Regardless of the reasons for the illness, the opportunity is the same—to come to God in full assurance of help and comfort. In fact, this is “trust.”

## Cooperating with our Creator's perfect plan

“Because I live,’ [Christ] says, ‘ye shall live also’ (John 14:19). This is the life we are to present to the sick telling them that if they have faith in Christ as the restorer, if they cooperate with Him, obeying the laws of health, He will impart to them His life. This is the true science of healing for body and soul.”<sup>10</sup>

This true science of healing for body and soul has some correct procedures mentioned also, so we are compelled to examine this. Our level of obedience to God's directions reveals the level of our trust in His wisdom and power. Remember, we need to cultivate perfect trust in Him, not partial trust.

Specifically then, what procedures are acceptable to God in reference to healing?

**“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.** 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.”<sup>11</sup> Here in this quote we are given the parameters in which God will work for the healing of this entrusted body. He will use the simple things of nature (the 8 laws of health) to facilitate healing, and he warned us of that which He disapproves—drugs.

Why are drugs so harmful? To answer that question we must first understand what disease is.

**“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.”<sup>12</sup>**

“Those who make a practice of taking drugs sin against their intelligence and endanger their whole afterlife.”<sup>13</sup>

Disease is our body trying to cure itself from what we have done to it. Disease being the cure, what folly it often is to use drugs to stop the cure. God's method is to aid nature in her work by the common blessings of pure air, sunlight, water, and so forth.<sup>14</sup>

“People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period.

“By the use of poisonous drugs, many bring upon themselves lifelong

illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society.

“The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.”<sup>15</sup>

We must become wise in the procedures that God has provided, and in return we will develop a trust that can endure any test that may come our way. It will become a practice or habit to flee to God for refuge and strength of body, soul, and mind.

“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 4:2). *R*

## References

<sup>1</sup> *Counsels on Health*, p. 41.

<sup>2</sup> *In Heavenly Places*, p. 302.

<sup>3</sup> *Counsels on Diet and Foods*, p. 314.

<sup>4</sup> *Ibid.*, p. 81.

<sup>5</sup> *Ibid.*, p. 357.

<sup>6</sup> *Ibid.*, p. 368.

<sup>7</sup> *Ibid.*, p. 61.

<sup>8</sup> *The Desire of Ages*, p. 122.

<sup>9</sup> *Prophets and Kings*, pp. 263, 264.

<sup>10</sup> *The Ministry of Healing*, p. 244.

<sup>11</sup> *Testimonies*, vol. 5, p. 443. [Emphasis supplied.]

<sup>12</sup> *The Ministry of Healing*, p. 127. [Emphasis supplied.]

<sup>13</sup> *Selected Messages*, bk 2, pp. 290, 291.

<sup>14</sup> See *The Ministry of Healing*, p. 12.

<sup>15</sup> *The Ministry of Healing*, pp. 126, 127.

# The Witnessing Advantage

by Susan L. Lausevic

Does our church boast of numerous radio programs, TV shows, large publishing houses, prominent motivational speakers, and expensive advertising campaigns in order to reach the masses with our unique message? No, she certainly doesn't.

When we see other organizations all around us going to great lengths to gather a following, what advantage can we have? Do you like to have an advantage when tackling a big issue? I certainly do. Have you been searching for better ways to witness to folks around you? Are they looking for Christianity in a more practical way? What method did Jesus use? Have we been acting like a crippled church with a weak right arm?

What is this advantage that we can use in order to reach more souls? I have never met someone who is not interested in his or her own health and well-being. People are searching the world over for cures for their diseases. In helping people restore their health, we are opening up credibility to teach them other truths.

## The reason for medical evangelism

What is God's plan for human beings as far as their health and well-being are concerned? "That they might have life, and that they might have it more abundantly" (John 10:10). "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."<sup>1</sup>

Cancer, heart attack, and autoimmune diseases are among the top killers

worldwide. Everywhere people are facing new diseases that science is unable to address without extensive new research and technological advancement. To this we may add unexpected health problems and chronic illness. Billions of dollars are spent on drugs and medicines in a desperate attempt to control the spread of disease. People are dying every day, and many are living without any hope for a better life. God may be calling you to help these people find relief from becoming one of these staggering statistics. He wants to turn everyone to the Source of all blessings.

**"When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart.** When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. **Then the right arm will serve and protect the body."**<sup>2</sup>

## How did Jesus work?

When we look at the successful ministry of Christ, we find that healing was a very important part of His work. "When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick" (Matthew 8:16). In reality, "during His ministry, Jesus devoted more time to healing the sick than to preaching."<sup>3</sup> What emphasis do we place on the medical missionary work?

## The disciples followed Jesus' example

In Acts 3 is a story of the kind of results one can expect when doing medical missionary work. In this experience, first, the initial healing of a man takes place. Peter and John are the agents whom the Lord uses. (See Acts 3:1–7.)

The next verses reveal how the healing affected the man's soul, which leads him to recognize the true Healer. "And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God" (verse 8). See how the man is very excited about his healing—he jumps for joy in praise to God.

As the story continues, it shows how quickly and effective word-of-mouth advertising spreads. "And all the people saw him walking and praising God: and they knew that it was he which sat for alms at the Beautiful gate of the temple: and they were filled with wonder and amazement at that which had happened unto him. And as the lame man which was healed held Peter and John, all the people ran together unto them in the porch that is called Solomon's, greatly wondering" (verses 9–11).

The chapter continues (verses 12–26), creating a unique opportunity to share the word which never existed before, as the medical missionary workers address the important issues of life. Here Peter preached to them repentance and the need to accept Jesus as the risen Saviour.

This healing incident created a new and unique opportunity to witness. That's what we find in Acts 3 as the lame man who was healed held onto Peter and John.

The healing incident attracted attention and created an interest.

Then the apostle Peter pointed the people to the true source of healing power—Jesus Christ.

He did not go into a discourse of all the natural healing methods but used this as an opportunity to witness. This is when the present truth is to be presented.

Then when a person accepts this, he is made whole—body, soul, and spirit.

## Training in the use of simple remedies

Many times opportunities will come for medical evangelism, and the question is: What are you able to share? What training should be included in the curricula of missionary schools? "The Lord, in His great goodness and matchless love, has been urging upon His human instrumentalities **that missionaries are not really complete in their education unless they have a knowledge of how to treat the sick and suffering.** If this had been felt as an important branch of education in the missionary line of labor, many who have lost their lives might have lived. Had they understood how to treat the ailments of the body, and how to study from cause to effect, they could, through their intelligent knowledge of the human body and how to treat its maladies, have reached many darkened minds that otherwise they could not approach."<sup>4</sup>

Having a good practical knowledge of health can be one of the most effective tools a worker can have to reach souls. This is clearly an advantage to have when witnessing, especially in well-developed countries. In the Geneva-Project-2010-evangelistic-outreach program, the first thing on the agenda was a conference on health. Although we did not have practical healing with treatments, useful health lectures were given by health professionals. About

50% of the people that came later to the prophecy seminar were from this first health convention. This shows how the entering wedge was used successfully and gave a clear advantage to the gospel ministry.

## Reaching souls by addressing physical challenges

People will seek help for their physical maladies more frequently than for their spiritual health. It is rare for most to realize the needs of their sin-sick soul. When we help them with those immediate health issues, the person often opens up the way to continue the healing process in the soul and spirit. Trust has been earned. Emotions are closely connected to our well-being. A surprisingly large number suffer from depression and stress. This is where tender spiritual guidance is essential to their recovery.

The Lord's messenger writes: "Not only should those who believe the truth practice health reform, but they should also teach it diligently to others; for it will be an agency through which the truth can be presented to the attention of unbelievers. They will reason that **if we have such sound ideas in regard to health and temperance, there must be something in our religious belief that is worth investigation.** If we backslide in health reform we shall lose much of our influence with the outside world."<sup>5</sup>

Let's ask ourselves: "Does the outside world even know who we are?" Why? Are we really preaching the three angels' messages in fullness? Is the health message being practiced and preached?

## Establishing a trusting relationship

In your daily activities you may just come across someone with a sniffle, a tummy ache, or a small injury, and there you will find an entering wedge to the gospel. Everyone has a health challenge of some sort.

Let me tell you a couple of experiences. A young lady came to me with acute skin problems (acne, eczema), and after she did a detox and made some dietary changes her problem



*The medical missionary must not only study the modalities of health and healing but must also study and know God's truth and message for this day and age.*

**Word of mouth—the best advertisement**

When you use God's simple natural remedies, people are healed and other people hear about it. What is the reason for this entering wedge? "When

properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart."<sup>6</sup> "Medical missionary work is the pioneer work of the gospel."<sup>7</sup> It is the door for the truth for this time.

There are a lot of people out there in the world doing natural healing work. They are using it also as an entering wedge but for false teachings. It's so prevalent in the natural health work to find people soaking up the health message and then being deceived into all the mystical ideologies from the New Age philosophies, eastern religions, and straight-out spiritualism.

Many Muslims, Buddhists, Hindus, New Agers, and Spiritual Healers (of which all stem from non-Christian religions and philosophies) are pure vegan. They are teaching people to live according to certain physical laws and it's working to arouse interest, but these teachings are an entering wedge for a spirit that is totally opposed to the gospel of Christ. We are here losing a huge audience just in this area alone. The medical missionary must not only study the modalities of health and healing but must also study and know God's truth and message for this day and age. It

cleaned up completely. A few months later she came to visit me at my clinic, not to discuss health, but rather to ask my advice on other personal matters in her life. Her trust in me had first been earned through the health message.

Another time a mature lady came to me, faced with the last option of having to remove her colon and having to use a colostomy bag for the rest of her life. I had her visit me every week for a few months to learn about dietary changes, colon cleansing, and exercise. She gradually became a new woman, and we became close friends. She turned vegetarian and invited me to her home many times, letting her family and friends know of her new way of life. She eventually had my husband (a minister) and myself over for dinner to meet with her and her husband (who is a wealthy and respected business man in that area). No, she never had that surgical operation and is healthier today than she ever was. She was like the lame man in Acts as she excitedly told her whole family and friends about her recovery and her new way of life.

is not our purpose to merely make healthy sinners. Even in some of the popular churches in western countries, health messages are becoming more acceptable as the popular messages of "health, wealth, and prosperity" are pushed by charismatic preachers bringing vast sums of money flowing into the churches.

**Words of their testimony**

When working at the "Raw and Living Foods Institute" as a Colon Therapist in Atlanta, Georgia, U.S.A., I was very impressed at the way the 10-day program was conducted. The leader (who cured herself from cancer) explained that she had read in the Bible how Daniel and his companions were tested on dietary health for 10 days. So she had everyone give their testimony after 10 days of detoxing with raw, living foods, and juices. It was amazing to hear people from all walks of life give positive and enthusiastic testimonies of their healing. They were encouraged to invite their friends to come and hear and taste some of their dishes. The place was always packed and many signed up for the next program. Their testimonies were their biggest advertising.

Brethren and sisters, this is how we can work, too. There are thousands out there eager for this work to be done. Word of mouth is still the best form of advertising. When will we take up the advantages we have in giving the health and gospel message combined to an eager, thirsty people? "Doors that have been closed to him who merely preaches the gospel will be opened to

the intelligent medical missionary. God reaches hearts through the relief of physical suffering."<sup>8</sup>

"I can see in the Lord's providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached."<sup>9</sup>

"Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. . . . A demonstration of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless all who thus seek to impart the truth for this time."<sup>10</sup>

"Do medical missionary work. Thus you will gain access to the hearts of the people. The way will be prepared for more decided proclamation of the truth. You will find that relieving their physical suffering gives an opportunity to minister to their spiritual needs. . . . The union of Christlike work for the body and Christlike work for the soul is the true interpretation of the gospel."<sup>11</sup>

"When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body."<sup>12</sup>

### Is the health truth progressive?

Is it important to progress in our spiritual life? The answer is obvious. **Is our health as important as our soul?** "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2).

In the area of health, many more truths have been opened to our understanding than there were 100 years ago. There are many organizations in western societies now helping to combat illnesses through diet and lifestyle changes. Simple raw-food-detoxification programs are becoming quite popular as testimonies of their success in healing are spreading. Many in the world are far ahead in implementing

this health message than we who have known about it for over 100 years. Did you know that in 2009 there were approximately 407,200,000 vegans in the world? Many of my clients spend large sums to attend health retreats for the purpose of cleansing, detoxifying, and overcoming ailments. These programs use very simple methods similar to those found in the Spirit of Prophecy.

**"The diet reform should be progressive.** As disease in animals increases, the use of milk and eggs will become more and more unsafe. An effort should be made to supply their place with other things that are healthful and inexpensive. The people everywhere should be taught how to cook without milk and eggs, so far as possible, and yet have their food wholesome and palatable."<sup>13</sup> This was written 106 years ago. Are you progressing in your health knowledge and practice?

"In all parts of the world provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles. He desires all to feel that they have a gracious heavenly Father who will instruct them in all things. The Lord will give dietetic art and skill to His people in all parts of the world, teaching them how to use for the sustenance of life the products of the earth."<sup>14</sup>

"The Lord would bring His people into a position where they will not touch or taste the flesh of dead animals. Then let not these things be prescribed by any physicians who have a knowledge of the truth for this time. There is no safety in the eating of the flesh of dead animals, and **in a short time the milk of the cows will also be excluded from the diet** of God's commandment-keeping people. In a short time it will not be safe to use anything that comes from the animal creation. Those who take God at His word, and obey His commandments with the whole heart, will be blessed."<sup>15</sup> This was written in 1898. That is about 114 years ago. Don't you think God was long ago trying to warn us through the prophet about those same foods which research scientists are today revealing as detrimental to health?

### Today's research reveals . . .

What do some researchers say about cow's milk?

"Cow's milk is an unhealthy fluid from diseased animals that contains a wide range of dangerous and disease-causing substances that have a cumulative negative effect on all who consume it.

"All cow's milk (regular and 'organic') has 59 active hormones, scores of allergens, fat and cholesterol.

"Most cow's milk has measurable quantities of herbicides, pesticides, dioxins (up to 200 times the safe levels), up to 52 powerful antibiotics, blood, pus, feces, bacteria and viruses. (Cow's milk can have traces of anything the cow ate . . . including such things as radioactive fallout from nuclear testing.)"<sup>16</sup>

Here is another one. "Let's look at the scientific literature first. From 1988 to 1993 there were over 2,700 articles dealing with milk recorded in the 'Medicine' archives. Fifteen hundred of these had milk as the main focus of the article. There is no lack of scientific information on this subject. I reviewed over 500 of the 1,500 articles, discarding articles that dealt exclusively with animals, esoteric research and inconclusive studies.

"How would I summarize the articles? They were only slightly less than horrifying. First of all, none of the authors spoke of cow's milk as an excellent food, free of side effects and the 'perfect food' as we have been led to believe by the industry. The main focus of the published reports seems to be on intestinal colic, intestinal irritation, intestinal bleeding, anemia, allergic reactions in infants and children as well as infections such as salmonella. More ominous is the fear of viral infection with bovine leukemia virus or an AIDS-like virus as well as concern for childhood diabetes. Contamination of milk by blood and white (pus) cells as well as a variety of chemicals and insecticides was also discussed. Among children the problems were allergy, ear and tonsillar infections, bedwetting, asthma, intestinal bleeding, colic and childhood diabetes. In adults

*"As we near the close of time we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner."*

the problems seemed centered more around heart disease and arthritis, allergy, sinusitis, and the more serious questions of leukemia, lymphoma and cancer."<sup>17</sup>

What about eggs? Here is just one sample regarding eggs from ABC News, dated August 18, 2010. The subtitle reads: "Some of the 380 Million Recalled Eggs Were Sent to Stores Just Two Days Ago." The article stated that one of the largest egg producers in the U.S.A. announced a voluntary recall of 228 million eggs after they were linked to cases of salmonella poisoning around the country.<sup>18</sup> With all this kind of information coming to the forefront of the news, we realize that each one of us may have a health challenge of some sort. The question is, are we progressing in our health journey? Do we have an advantage if we don't progress?

What kind of people does God want us to be? "Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world's object lesson of health and prosperity. If as a people they had lived according to God's plan, they would have been preserved from the diseases that afflicted other nations. Above any other people they would have possessed physical strength and vigor of intellect. They would have been the mightiest nation on the earth."<sup>19</sup>

### In summary

I want to be saved, and I know you want to be saved. It is the basic need in every heart. Our purpose in witnessing for Jesus to a dying world is to save people. We are fulfilling God's wish for this world by doing medical missionary work. "That thy way may be made

known upon earth, thy saving health among all nations" (Psalm 67:2).

**"Medical missionary work is the right hand of the gospel.** It is necessary to the advancement of the cause of God. As through it men and women are led to see the importance of right habits of living, the saving power of the truth will be made known."<sup>20</sup> If we take this work seriously, what will we have in every city and in every country where the work of God is established? "In every city where we have a church, there is need of a place where treatment can be given."<sup>21</sup>

There are so many areas in the natural therapies and health work in which to train. A few in your church could easily learn, obtain any necessary licensing, and open a small clinic. I did it and has been such a good avenue for contacting people. I have clients from all walks of life, some rich and famous, some traveling from other countries, and many poor and sick. I have given to them from my heart and knowledge, and I have received many blessings from them by doing so. Healing others is never one way. You will gain more knowledge and be healed in many ways too.

As we approach the end of this world's history, what should we be doing? "As we near the close of time we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner. We must strive continually to educate the people, not only by our words, but by our practice. Precept and practice combined have a telling influence."<sup>22</sup>

During this Week of Prayer, we are asking you to make urgent requests to our heavenly Father to impress upon His people the need of health work.

Those of you who have a burden to train in some health field, such as medicine, naturopathy, nursing, therapeutic massage, colon hydrotherapy, and herbology or to open health retreats, natural therapy clinics, vegetarian restaurants, cooking classes, would do well to work in harmony with their burden. We also need to pray that more of our health practitioners will learn to present the message of health in a way that cooperates with the third angel's message so that we can prepare people, not only to have a healthier life in this world but in the great hereafter as well. We also ask you to pray for the ministry that they may feel the need to cooperate with the health workers and include the health message in every evangelistic campaign. Let us use this witnessing advantage so that the right arm may be used to open the way for the greater truths of the third angel's message. *R*

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- <sup>4</sup> *Counsels on Health*, p. 536.
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- <sup>20</sup> *Testimonies*, vol. 7, p. 59.
- <sup>21</sup> *Ibid.*, vol. 6, p. 113.
- <sup>22</sup> *Ibid.*, p. 112.

# Healing for Eternity

By Elias de Souza

**L** Twenty-five years have quickly passed, but it is carved into my memory as if it had happened today. On that sunny summer morning I went to work in our clinic for another day of activities. Spread out on the office table were about twenty records of the patients admitted for health care at the beginning of the week.

I requested God's blessings for another day of work. It appeared to be another ordinary day, like so many others. However, I was about to witness an experience that would mark my life forever. Among those who were hospitalized that morning, there was


a patient with a unique life story. She was nearly thirty-five years old, single and had been raised by her mother alone—a hard, cold, dominant woman with whom she had severed her relationship because of constant disagreements. She worked in a government office and had been, for some time, feeling back pain. A medical examination resulted in a doctor's reference to a plastic surgeon for breast reduction. After the surgery, the doctor commented to her that he had found a small lump in the remaining part of her left breast; he removed a piece of the lump for further tests, promising to tell her the diagnosis as soon as possible. From there a series of misfortunes occurred. When the test results ar-

rived the doctor was on vacation, and when he returned a month later, he analyzed the results only to find that the lump was an infiltrating ductal carcinoma, an aggressive breast cancer.

After several unsuccessful attempts to contact the patient, the doctor found out that she had moved away. She left her new address with no one, making it impossible to contact her to clarify the severity of the disease. Two years later she realized that something was wrong with her health, but then it was too late. Lungs and liver were already affected by the malignant lesion. As I listened to her story, I was convinced that the person sitting in front of me, weakened by disease, eyes full of tears, expressing in her facial expression a mixture of sadness, anger, and disappointment, questioning "Why me?" needed more than physical healing. She needed a cure for eternity.

*"The relation which exists between the mind and the body is very intimate. When one is affected, the other sympathizes."*





Two months of work in hopes of taking that afflicted soul to the feet of Jesus, her heart—once hard—began to soften. After much reluctance in both parties, mother and daughter were reconciled. One morning I entered the patient's room for a visit; she was sitting up in bed, with a calm countenance that radiated inner peace. Looking up at me she said, "I want to be baptized." After studying the Principles of Faith I had the privilege to baptize her. Three days later she slept in the Lord with the blessed hope of eternal life. She had been healed for eternity.

### Healing: physical, mental, and spiritual

For a complete study of the healing process, it must be studied in three parts: Physical healing, mental healing, and spiritual healing. The health of one depends on the health of others. To understand the spiritual healing we need to consider the link between two important dimensions: the body and the mind. Inspiration says, "The relation which exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health of the physical system."<sup>1</sup>

The brain is the organ that houses the mind, the emotions, and the feelings. As soon as it receives the stimuli of faith, it mobilizes the various structures of the central nervous system, triggering a response in the body. The cerebral cortex interprets the stimuli of faith as being positive and reports it to the hypothalamus which in turn commands the glands to regulate hormone production, while at the same time producing and sending neurocommunicators to the autonomic nervous system. The autonomic nervous system then takes the positive stimuli of faith throughout the body, influencing tissues and organs. When we believe, when we pray, we do so not only with the mind, but with the body, soul, and spirit. "For as he thinketh in his heart, so is he" (Proverbs 23:7). This text leaves no doubt that what we think has the power to transform us. The apostle Paul longed to be like Christ, contemplating Him constantly until each cell of the apostle's being reflected God's image, and he was be

able to say "I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20). The cure (transformation) is given from the mind stimulated by faith. "And be not conformed to this world: but be ye transformed by the renewing of your mind" (Romans 12:2). Therefore, "Keep thy heart with all diligence; for out of it are the issues of life" (Proverbs 4:23).

### Healing from sin

The greatest part of Jesus' mission was devoted to healing the sick. All that requested healing from their ailments were met without exception. His interest in the suffering was so great that even those who didn't ask to be healed were cured. Jesus asked, "Wilt thou be made whole?" (John 5:6).

"While Jesus ministered to all who came unto Him, He yearned to bless those who came not."<sup>2</sup>

Although the cure was effected in the physical realm, Christ's supreme desire was to heal the soul from sin, not just the body. "Every act of Christ's ministry was far-reaching in its purpose. It comprehended more than appeared in the act itself. So was in the case of the leper."<sup>3</sup>

"The work of Christ in cleansing the leper from his terrible disease is an illustration of His work in cleansing the soul from sin. The man who came to Jesus was 'full of leprosy.' Its deadly poison permeated his whole body. The disciples sought to prevent their Master from touching him; for he who touched a leper became himself unclean. But in laying His hand upon the leper, Jesus received no defilement. His touch imparted life-giving power. The leprosy was cleansed. Thus it is with the leprosy of sin—deep-rooted, deadly, and impossible to be cleansed by human power. 'The whole head is sick, and the whole heart faint. From the sole of the foot even unto the head there is no soundness in it; but wounds, and bruises, and putrefying sores' (Isaiah 1:5, 6). But Jesus, coming to dwell in humanity, receives no pollution. His presence has healing virtue for the sinner. Whoever will fall at His feet, saying in faith, 'Lord, if Thou wilt, Thou canst make me clean,' shall

hear the answer, 'I will; be thou made clean' (Matthew 8:2, 3, RV).

"In some instances of healing, Jesus did not at once grant the blessing sought. But in the case of leprosy, no sooner was the appeal made than it was granted. When we pray for earthly blessings, the answer to our prayer may be delayed, or God may give us something other than we ask, but not so when we ask for deliverance from sin. It is His will to cleanse us from sin, to make us His children, and to enable us to live a holy life."<sup>4</sup>

### Eternal restoration

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (1 John 1:9).

"In the healing of the paralytic at Capernaum, Christ again taught the same truth. It was to manifest His power to forgive sins that the miracle was performed. . . . His disease was the result of a life of sin, and his sufferings were embittered by remorse. He had long before appealed to the Pharisees and doctors, hoping for relief from mental suffering and physical pain. But they coldly pronounced him incurable, and abandoned him to the wrath of God....

"The palsied man was entirely helpless, and, seeing no prospect of aid from any quarter, he had sunk into despair. Then he heard of the wonderful works of Jesus. He was told that others as sinful and helpless as he had been healed; even lepers had been cleansed. And the friends who reported these things encouraged him to believe that he too might be cured if he could be carried to Jesus. But his hope fell when he remembered how the disease had been brought upon him....

"Yet it was not physical restoration he desired so much as relief from the burden of sin. If he could see Jesus and receive the assurance of forgiveness and peace with Heaven, he would be content to live or die, according to God's will. The cry of the dying man was, Oh that I might come into His presence! There was no time to lose; already his wasted flesh was showing signs of decay.

He besought his friends to carry him on his bed to Jesus, and this they gladly undertook to do. But so dense was the crowd that had assembled in and about the house where the Saviour was, that it was impossible for the sick man and his friends to reach Him, or even to come within hearing of His voice."<sup>5</sup>

"At his suggestion his friends bore him to the top of the house and, breaking up the roof, let him down at the feet of Jesus. The discourse was interrupted. The Saviour looked upon the mournful countenance and saw the pleading eyes fixed upon Him. He understood the case; He had drawn to Himself that perplexed and doubting spirit. While the paralytic was yet at home, the Saviour had brought conviction to his conscience. When he repented of his sins, and believed in the power of Jesus to make him whole, the life-giving mercies of the Saviour had first blessed his longing heart. Jesus had watched the first glimmer of faith grow into a belief that He was the sinner's only helper, and had seen it grow stronger with every effort to come into His presence.

"Now, in words that fell like music on the sufferer's ear, the Saviour said, 'Son, be of good cheer; thy sins be forgiven thee.'

"The burden of despair rolls from the sick man's soul; the peace of forgiveness rests upon his spirit, and shines out upon his countenance. His physical pain is gone, and his whole being is transformed. The helpless paralytic is healed! the guilty sinner is pardoned!"<sup>6</sup>

"Oh, wondrous love of Christ, stooping to heal the guilty and the afflicted! Divinity sorrowing over and soothing the ills of suffering humanity! Oh, marvelous power thus displayed to the children of men! Who can doubt the message of salvation? Who can slight the mercies of a compassionate Redeemer?"<sup>7</sup>

### Our responsibility

The Lord Jesus, during His earthly ministry, in action and speech, taught and trained His disciples in the art of healing for eternity. He set standards and took

the initiative to create teams and sent them two by two, with the following command: "Go ye into all the world, and preach the gospel to every creature" (Mark 16:15).

He taught them how their mission should be performed:

"And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you" (Luke 10:9).

"Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'"<sup>8</sup>

"The gospel and the medical missionary work are to advance together. The gospel is to be bound up with the principles of true health reform."<sup>9</sup>

"We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazaret house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths."<sup>10</sup>

May the Lord help us fulfill this mission! *R*

### References

<sup>1</sup> *Counsels on Health*, p. 28.

<sup>2</sup> *The Desire of Ages*, p. 265.

<sup>3</sup> *Ibid.*

<sup>4</sup> *Ibid.*, p. 266.

<sup>5</sup> *Ibid.*, p. 267.

<sup>6</sup> *Ibid.*, p. 268.

<sup>7</sup> *Ibid.*, p. 269.

<sup>8</sup> *Counsels on Diet and Foods*, p. 458.

<sup>9</sup> *Ibid.*, p. 442.

<sup>10</sup> *Ibid.*, p. 455.



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## *Restored to Refresh*

*The darkest chapters in one's life  
Are found when feeling sick,  
While untrue friends may speculate:  
"Which sin?" the clouds are thick,...*

*The pain attacks with no release;  
So sinister a foe!  
At times the cause cannot be found—  
"If only I could know!"*

*The brain is fogged; the thoughts unclear;  
The heavy spirit droops.  
It feels as if there's none to care;  
The weakened posture stoops.*

*Oh, where's the balm that's promised us?  
Oh, where's the quick relief?  
My carefree glee went up in smoke;  
'Twas stolen by a thief!*

*The hours stretch on, 'til boredom reigns  
While limited to bed.  
The birds at dawn bring little cheer;  
The next day is a dread.*

*It's such a trial; so unique!  
It's difficult to cope.  
But wait—I hear of something new—  
Perhaps there is yet hope...*

*As sweetest music in the air,  
Refreshing to my soul:  
A loving voice falls on my ear:  
"Oh, wilt thou be made whole?"*

*The greatest joy that can be felt  
That human can conceive!  
The answers come through Christ the Lord  
To all who will believe.*

*He binds up wounds, He fixes woes.  
Rememb'ring we are dust—  
He peels away the stony heart  
And chips away the crust.*

*Like brand new skin beneath the wound,  
He re-creates our life.  
Restoring body, soul, and mind  
Beyond all sin and strife.*

*Forgiving love—there's nothing more  
In pow'r this world can give.  
The Saviour bends to pick us up—  
And says, "My child, LIVE!"*

*The boon of health I've missed so much!  
How great to be restored!  
What can I do—but on my knees  
Just praise and thank my Lord!*

*"My child, you're healed," He says to each.  
"Two duties are for you:  
The first is just to sin no more—  
But keep in mind, there're two.*

*"The second is to go forth now  
To others you will find,  
For they will have a woe like yours—  
The very same old kind.*

*"Do not forget the comfort wrought  
And don't forget My cure  
Which for their souls will be a bait—  
Just like the fisher's lure.*

*"To find more peace than just your health,  
Discover others', too.  
Just think what joy to clasp their hand  
There in the earth made new!"*

—B. Montrose