

SABBATH BIBLE LESSONS
Senior Division



*Healthful
Living*

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

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Foreword

Is anyone around us sick? If so, then this lesson quarterly certainly is needed! The whole world seems to be getting sicker and sicker. It would be wonderful if we could be totally free of disease. How timely it is for all who trust in the Great Physician to apply His healing balm to our heart and to our bodies that we may be victorious witnesses to truly glorify His name in these last days.

“The world needs today what it needed nineteen hundred years ago—a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished.”—*The Ministry of Healing*, p.143.

Is diet important? “The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. . . . Erroneous eating and drinking result in erroneous thinking and acting”(*Counsels on Diet and Foods*, p. 405).

Would we benefit from knowing more about exercise, air, sunlight, temperance, and rest? “Those who perceive the evidences of God’s love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing” (*The Ministry of Healing*, p. 147).

What about water? “There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments” (*Ibid.*, p. 237).

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

“Should not the people of God, who are His peculiar treasure, seek even in their dress to glorify God, . . . and by their simple style rebuke the pride, vanity, and extravagance of worldly, pleasure-loving professors? God requires this of His people.”—*Our High Calling*, p. 271.

These are just a few areas to uplift the quality of our Christian experience. All is for our best good, so let’s study with an open mind and enjoy the lessons!

The General Conference Sabbath School Department

First Sabbath Offering for Mongolia

Mongolia is a large, landlocked country in east central Asia, between China and Russia. The small population of about 2,900,000 lives in an area of 604,248 sq mi (1,565,000 sq km). About 40% of the people live in Ulan Bator, the capital and largest city of Mongolia. Much of the population is

nomadic, living in circular felt tents in the open steppes (level, treeless grasslands). The raising of livestock is the basis of their economy. The climate in Mongolia is marked by extremes of heat and cold. Summers are short, and not many vegetables can be grown. Since the democratic government was established (1992), the new constitution introduced a free-market economy. Farming and industry are now being encouraged by the government. Many farmers are using modern farming equipment, such as tractors and harvesters. And many foreign companies are investing in the country and building industries in new areas. But the sparse rainfall makes it difficult to grow crops in a large part of the country, one-fourth of which is embraced in the Desert of Gobi.

Most of the people follow a form of Tibetan Buddhism, called Lamaism.

The message of Reformation was brought to Mongolia from South Korea 10–11 years ago. Brother Branko Jaksic, who was then a Regional Secretary, visited the country several times.

From Mongolia we have been receiving, repeatedly, an urgent appeal. They are inviting a missionary family to come and promote the work among the Mongolians.

We entreat our brethren, sisters, and friends around the world to take to heart the needs of the work in that part of the world. Please, make a generous donation for the building of a center—a central meeting place—from which the light of present truth is to shine out. Remember that also in Mongolia God has chosen servants, “faithful ones [who] will shine forth when darkness covers the earth” (*Prophets and Kings*, p. 188). But we must extend to them a helping hand now, for which they are thanking us in advance.

*On behalf of the brethren and sisters in Mongolia,
John Ciric, Pacific Regional Secretary*



Life and Health

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

“All life-giving power is from [God]. When one recovers from disease, it is God who restores him.”—*The Ministry of Healing*, p. 113.

Suggested Reading: *Temperance*, pp. 151–156.

Sunday

September 26

1. DIVINE PROPERTY

- a. **What are the two main reasons why we belong to God? Genesis 1:27; 1 Corinthians 6:20 (first part); 1 Peter 1:18, 19.**
-

“You are the Lord’s; for He created you. You are His by redemption; for He gave His life for you.”—*Sons and Daughters of God*, p. 171.

- b. **What is God’s compassion revealed in His desire for us? Isaiah 63:9; 3 John 2.**
-

“Our heavenly Father sees the deplorable condition of men, who, many of them ignorantly, are disregarding the principles of hygiene. And it is in love and pity to the race that He causes the light to shine upon health reform.”—*Counsels on Health*, p. 21.

- c. **What should be our desire toward God? 1 Corinthians 6:20 (second part); 10:31.**
-

“Preserve every portion of the living machinery, that you may use it for God. Preserve it for Him. Your health depends upon the right use of your physical organism. Do not misuse any portion of your God-given powers, physical, mental, or moral. All your habits are to be brought under the control of a mind that is itself under the control of God.”—*Sons and Daughters of God*, p. 171.

2. HEALTH AND SALVATION

- a. **Why can we compare health to a treasure or to a precious pearl? Matthew 13:44–46.**
-

“Health is a treasure. Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuses enfeeble us for life, and make us losers, even if we gain by such means any amount of education.”—*Christian Temperance and Bible Hygiene*, p. 150.

- b. **What happens often to those who are overcharged with the cares of this world and neglect their health? Luke 21:34; 9:25.**
-

“Some sacrifice physical and moral obligations, thinking to find happiness, and they lose both soul and body. Others will seek their happiness in indulgence of an unnatural appetite, and consider the indulgence of taste more desirable than health and life. Many suffer themselves to be enchained by sensual passions, and will sacrifice physical strength, intellect, and moral powers, to the gratification of lust. They will bring themselves to untimely graves, and in the Judgment will be charged with self-murder.”—*Sons and Daughters of God*, p. 61.

- c. **What blessing has God given us to restore our health?**
-

“Nature is God’s physician. The pure air, the glad sunshine, the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving—the elixir of life. Outdoor life is the only medicine that many invalids need. Its influence is powerful to heal sickness caused by fashionable life, a life that weakens and destroys the physical, mental, and spiritual powers.”—*Counsels on Health*, p. 170.

- d. **What is the greatest gift that God has given to human beings so that we may obtain eternal life? John 3:16; 17:3.**
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3. HEALTH REFORM

- a. What message has been given us with the purpose of guarding our health? Romans 12:1, 2.

“Our heavenly Father sent the light of health reform to guard against the evils resulting from a debased appetite, that those who love purity and holiness may know how to use with discretion the good things he has provided for them, and that by exercising temperance in daily life, they may be sanctified through the truth.”—*Counsels on Diet and Foods*, p. 23.

- b. What are the results of practicing health reform? Jeremiah 33:6. How was E. G. White benefited by the health reform message?

“The principles of healthful living mean a great deal to us individually and as a people. When the message of health reform first came to me, I was weak and feeble, subject to frequent fainting spells. I was pleading with God for help, and He opened before me the great subject of health reform. He instructed me that those who are keeping His commandments must be brought into sacred relationship to Himself, and that by temperance in eating and drinking they must keep mind and body in the most favorable condition for service. This light has been a great blessing to me. I took my stand as a health reformer, knowing that the Lord would strengthen me. I have better health today, notwithstanding my age, than I had in my younger days.”—*Counsels on Health*, pp. 132, 133. [This was written when Sr. White was about 75 years old.]

- c. What are the three main purposes of health reform? Titus 2:11–14.

“Beware how you place yourself in opposition to the work of health reform . . . for it is the Lord’s means of lessening the suffering in our world, and of purifying His people.”—*Counsels on Diet and Foods*, p. 38.

“The light God has given on health reform is for our salvation and the salvation of the world.”—*Ibid.*, p. 461.

“For years the Lord has been calling the attention of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of man.”—*Ibid.*, pp. 70, 71.

4. THE LAWS OF HEALTH

- a. **What has God established so that the human machinery functions well? Deuteronomy 6:16, 17.**
-

“The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord’s wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God’s law.”—*Counsels on Diet and Foods*, p. 17.

- b. **For what purpose were health laws included in the legislation given to Israel? Deuteronomy 6:24.**
-

“What we eat and drink has an important bearing upon our lives and characters, and Christians should bring their habits of eating and drinking into conformity to the laws of nature. We must sense our obligations to God in these matters. Obedience to the laws of health should be made a matter of earnest study, for willing ignorance on this subject is sin.”—*Child Guidance*, pp. 392, 393.

- c. **Who is the author of life, and how does He feel about sickness? Lamentations 3:33; John 1:4; 5:26; 10:10 (last part).**
-

“Our heavenly Father does not willingly afflict or grieve the children of men. He is not the author of sickness and death. He is the source of life; He would have men live, and He desires them to be obedient to the laws of life and health, that they may live.”—*Counsels on Health*, p. 563.

- d. **Of all the laws that govern health, which one stands out as being especially significant? 1 Corinthians 9:25; 6:12.**
-

“In order to preserve health, temperance in all things is necessary—temperance in labor, temperance in eating and drinking.”—*Counsels on Diet and Foods*, p. 23.

5. DANIEL'S DIET

- a. What success did Daniel achieve as a youthful captive in Babylon, and how did this involve his diet? Daniel 1:8–20.

“In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life.”—*Counsels on Diet and Foods*, p. 32.

- b. Who are those that, sadly, make themselves enemies of the cross of Christ, even after they were healed from disease? Philippians 3:18, 19; 1 Peter 2:11.

“Those who choose to be presumptuous, saying, ‘The Lord has healed me, and I need not restrict my diet; I can eat and drink as I please,’ will ere long need, in body and soul, the restoring power of God. Because the Lord has graciously healed you, you must not think you can link yourselves up with the self-indulgent practices of the world. Do as Christ commanded after His work of healing—‘go, and sin no more’ (John 8:11). Appetite must not be your god.”—*Ibid.*, p. 25.

- c. How can we overcome our complacent appetite? Daniel 1:8; Philippians 4:13; 1 Corinthians 9:26, 27.

“[Daniel’s] trust was in that strength which God has promised to all who will come to Him in humble dependence, relying wholly upon His power.”—*Ibid.*, p. 154.

REVIEW AND THOUGHT QUESTIONS

- a. How does the fact that we are God’s creatures relate to our health?
- b. What should be considered by all who feel they have no time to care for their health?
- c. Why is health reform important?
- d. What does strict observance of the laws of health plainly reveal?
- e. In health matters, how are we in danger of presuming on God’s mercy?

The Human Body

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

“We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful.”—*Counsels to Parents, Teachers, and Students*, p. 125.

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

Sunday

October 3

1. STUDY THE HUMAN BODY

a. To what subject does God desire that we give first place? Matthew 6:33; Psalm 86:11; Proverbs 9:10.

b. Why should we take interest in the study of physiology? Psalm 139:14.

“Parents should seek to awaken in their children an interest in the study of physiology. From the first dawn of reason the human mind should become intelligent in regard to the physical structure. . . . Among the studies selected for children, physiology occupy an important place. All children should study it. And then parents should see to it that practical hygiene is added.”—*Counsels to Parents, Teachers, and Students*, p. 125.

c. What must we realize about the close connection between our physical body and our spiritual health? Psalm 119:73.

“The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless or willful violation of these laws is a sin against our Creator.”—*Education*, pp. 196, 197.

2. “WONDERFULLY MADE”

- a. **What can we learn of the functions of the different parts of the body? 1 Corinthians 12:18, 14.**
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“[The students] see that they are indeed ‘fearfully and wonderfully made’ (Psalm 139:14), [and] they will be inspired with reverence. Instead of marring God’s handiwork, they will have an ambition to make all that is possible of themselves, in order to fulfill the Creator’s glorious plan. Thus they will come to regard obedience to the laws of health, not as a matter of sacrifice or self-denial, but as it really is, an inestimable privilege and blessing.”—*Education*, p. 201.

- b. **Could one part of the body suffer without affecting other parts? 1 Corinthians 12:26.**
-

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

- c. **How should we care for our body? 1 Corinthians 3:16.**
-

“Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement.”—*The Ministry of Healing*, p. 271.

- d. **Why is it important to preserve with good health even the smallest parts of our organism? 1 Corinthians 12:25.**
-

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

3. THE CURRENT OF LIFE

- a. Upon what does the life of each cell depend? Leviticus 17:14; Deuteronomy 12:23.
-

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

- b. What is needed so that the blood, with oxygen and nutrients, is carried to all parts of the body? Genesis 2:8, 15.
-

“Simple lessons in the use of the various organs of the body should be given to children to commit to memory. The idea that it is physical exercise that strengthens every organ and gives new life and nourishment to every part of the living machinery should be firmly imprinted on the mind. This is the law that God has ordained shall govern the body. Every part must be exercised. . . . The brain must plan and devise, and the muscles must carry out the will of the brain.”—*Manuscript Releases*, vol. 5, pp. 222, 223.

“Perfect health requires a perfect circulation.”—*The Ministry of Healing*, p. 293.

- c. How does fermentation in the stomach affect the whole body?

“Disturbance is created by improper combinations of food; fermentation sets in; the blood is contaminated and the brain confused.”—*Counsels on Diet and Foods*, p. 110.

- d. What should we ask of God in order to do what is best for our well-being? Psalm 51:10.
-

“A pure and noble life, a life of victory over appetite and lust, is possible to everyone who will unite his weak, wavering human will to the omnipotent, unwavering will of God.”—*The Ministry of Healing*, p. 176.

4. THE DANGER OF INTOXICATED BLOOD

- a. **What is the most common way of intoxicating the blood? Isaiah 22:13.**
-

“Luxurious dishes are placed before the children—spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants, . . . but they are permitted to eat between meals, and by the time they are twelve or fourteen years of age they are often confirmed dyspeptics.”—*Counsels on Diet and Foods*, pp. 235, 236.

“Persons who have indulged their appetite to eat freely of meat, highly seasoned gravies, and various kinds of rich cakes and preserves, cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat.”—*Ibid.*, p. 158.

- b. **To what serious consequences do spiced and stimulating foods lead?**

“Gross and stimulating food fevers the blood, excites the nervous system, and too often dulls the moral perceptions, so that reason and conscience are overborne by the sensual impulses. . . . It was in love that our heavenly Father sent the light of health reform to guard against the evils that result from unrestrained indulgence of appetite.”—*Ibid.*, p. 243.

“The tables of Christian parents should not be loaded down with food containing condiments and spices.”—*Counsels to Parents, Teachers, and Students*, p. 126.

- c. **In most of the cases, how can the use of drugs be replaced, and why? John 4:7 (last part); Ezekiel 47:12.**
-

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

5. THE CREATOR AND CARETAKER OF THE BODY

- a. **Who maintains the human body? Psalms 36:9; 66:8, 9.**
-

“The Creator watches over the human machinery, keeping it in motion. Were it not for His constant care, the pulse would not beat, the action of the heart would cease, the brain would no longer act its part.”—*Counsels on Health*, p. 586.

- b. **Why, then, do diseases exist? Hosea 4:6 (first part); Isaiah 24:4, 5.**
-

“The greatest cause of human suffering is ignorance on the subject of how to treat our own bodies.”—*Counsels on Diet and Foods*, p. 241.

- c. **What should we learn in order to enjoy health and prolong life? 1 Corinthians 10:31; 3:9.**
-

“If the habits of eating and drinking are kept intelligently under the control of the human agent, and he eats and drinks to the glory of God, his life will be lengthened. Eat to live; do not live to eat.”—*This Day With God*, p. 123.

“All the varied capabilities that men possess, soul, body, and spirit, are given them of God to be so educated and trained that they may reach the highest possible degree of excellence. The human agency must cooperate with the divine purpose, and in so doing man is pronounced a laborer together with God. Every faculty, every attribute with which God has endowed us is to be used to His name’s glory.”—*Ibid.*, p. 90.

REVIEW AND THOUGHT QUESTIONS

- a. **Why do children need to have a deep understanding of physiology rather than just merely being taught rules of health?**
- b. **How are we blessed by the study of physical health?**
- c. **Why is blood so important?**
- d. **What are the hazards of eating spicy foods?**
- e. **What must be our goal with regard to our physical body?**

THE STUDY OF PHYSIOLOGY

“Parents should seek to interest their children in the study of physiology. There are but few among the youth who have any definite knowledge of the mysteries of life. The study of the wonderful human organism, the relation and dependence of its complicated parts, is one in which many parents take little interest. Although God says to them, ‘Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth’ (3 John 2), yet they do not understand the influence of the body upon the mind or of the mind upon the body. Needless trifles occupy their attention, and then they plead a lack of time as an excuse for not obtaining the information necessary to enable them properly to instruct their children.

“If all would obtain a knowledge of this subject and would feel the importance of putting it to practical use, we should see a better condition of things. Parents, teach your children to reason from cause to effect. Show them that, if they violate the laws of health, they must pay the penalty by suffering. Show them that recklessness in regard to bodily health tends to recklessness in morals. Your children require patient, faithful care. It is not enough for you to feed and clothe them; you should seek also to develop their mental powers and to imbue their hearts with right principles. But how often are beauty of character and loveliness of temper lost sight of in the eager desire for outward appearance! O parents, be not governed by the world's opinion; labor not to reach its standard. Decide for yourselves what is the great aim of life and then bend every effort to reach that aim. You cannot with impunity neglect the proper training of your children. Their defective characters will publish your unfaithfulness. The evils that you permit to pass uncorrected, the coarse, rough manners, the disrespect and disobedience, the habits of indolence and inattention, will bring dishonor to your names and bitterness into your lives. The destiny of your children rests to a great extent in your hands. If you fail in duty, you may place them in the ranks of the enemy and make them his agents in ruining others; on the other hand, if you faithfully instruct them, if in your own lives you set before them a godly example, you may lead them to Christ, and they in turn will influence others, and thus many may be saved through your instrumentality.”—*Counsels on Health*, pp. 428, 429.

The Mind and the Body

“For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” (1 Corinthians 6:20).

“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.”—*Counsels on Health*, p. 28.

Suggested Reading: *The Desire of Ages*, pp. 114–123.

Sunday

October 10

1. AN INTIMATE RELATIONSHIP

- a. What are the components of the human being? 1 Thessalonians 5:23.

“God’s people should place themselves where they will grow in grace, being sanctified, body, soul, and spirit, by the truth. When they break away from all health-destroying indulgences, they will have a clearer perception of what constitutes true godliness.”—*Counsels on Diet and Foods*, p. 34.

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

“All the laws of nature—which are the laws of God—are designed for our good. Obedience to them will promote our happiness in this life and will aid us in a preparation for the life to come.”—*Ibid.*, p. 23.

“It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God’s laws.”—*Ibid.*, p. 17.

- c. How do the Scriptures describe the sacredness of our responsibility in taking care of our body? Romans 12:1.
-

2. WE ARE WHAT WE EAT

- a. **What does the Bible say about eating and drinking, as well as the relationship between what we eat and what we are? Proverbs 23:1–3, 6, 7.**

“Our habits of eating and drinking show whether we are of the world or among the number whom the Lord by His mighty cleaver of truth has separated from the world.”—*Testimonies*, vol. 6, p. 372.

“The habits of the age are serious obstacles to the perfecting of Christian character. Physically we are composed of what we eat, and our minds are greatly influenced by our bodies.”—*The Signs of the Times*, January 6, 1876.

- b. **On the new earth, what will be the relationship between an animal’s nature and the food it will eat? Isaiah 11:6, 7; 65:25.**

- c. **What wrong habits affect the character and the mind from infancy?**

“Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition.”—*Counsels on Diet and Foods*, p. 327.

“Our children should be taught to deny themselves of such unnecessary things as candies, gum, ice cream, and other knickknacks.”—*Ibid.*, p. 329.

“Mothers make a great mistake in permitting [children] to eat between meals. The stomach becomes deranged by this practice, and the foundation is laid for future suffering. Their fretfulness may have been caused by unwholesome food, still undigested; but the mother feels that she cannot spend time to reason upon the matter and correct her injurious management. . . . She gives the little sufferers a piece of cake or some other dainty to quiet them, but this only increases the evil.”—*Ibid.*, p. 242.

“[Your children] are fed with the very things that will excite their animal passions, and then you come to meeting and ask God to bless and save your children. How high do your prayers go? You have a work to do first. When you have done all for your children which God has left for you to do, then you can with confidence claim the special help that God has promised to give you.”—*Ibid.*, p. 245.

3. ALTERED NERVES

- a. Explain why what we eat can cause bad behavior. Ecclesiastes 10:17; Isaiah 22:12–14.
-

“Eating has much to do with religion. The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote virtuous actions. But if the stomach is abused by habits that have no foundation in nature, Satan takes advantage of the wrong that has been done and uses the stomach as an enemy of righteousness, creating a disturbance which affects the entire being. Sacred things are not appreciated. Spiritual zeal diminishes. Peace of mind is lost. There is dissension, strife, and discord. Impatient words are spoken, and unkind deeds are done; dishonest practices are followed and anger is manifested—and all because the nerves of the brain are disturbed by the abuse heaped on the stomach.”—*Counsels on Health*, pp. 577, 578.

- b. What grace of the Spirit goes hand in hand with patience? 2 Peter 1:5, 6.
-

“Temperance in eating must be practiced before you can be a patient man.”—*Counsels on Diet and Foods*, p. 65.

- c. What habits help us to have clear thoughts and discernment? Leviticus 10:9, 10; Daniel 12:3.
-

“Those who by habits of intemperance injure mind and body, place themselves in a position where they are unable to discern spiritual things. The mind is confused, and they yield readily to temptation, because they have not a clear discernment of the difference between right and wrong. Sinful indulgence defiles the body and unfits men for spiritual worship. He who cherishes the principles of true temperance has an important aid in the work of becoming sanctified through the truth and fitted for immortality. But if he disregards the laws of his physical being, how can he perfect holiness in the fear of God?”—*The Signs of the Times*, January 27, 1909.

4. MORAL SENSES AFFECTED

- a. What reveals humanity's responsibility toward the animal creation? Proverbs 12:10 (first part). On the other hand, what is the greatest cause of animals' suffering?
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"It is because of man's sin that 'the whole creation groaneth and travaileth in pain together' (Romans 8:22). Suffering and death were thus entailed, not only upon the human race, but upon the animals. . . . He who will abuse animals because he has them in his power is both a coward and a tyrant. A disposition to cause pain, whether to our fellow men or to the brute creation, is satanic. Many do not realize that their cruelty will ever be known, because the poor dumb animals cannot reveal it. But could the eyes of these men be opened . . . they would see an angel of God standing as a witness, to testify against them in the courts above."—*Patriarchs and Prophets*, p. 443.

- b. Why does the consumption of flesh food increase the risk of getting sick?
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"Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing."—*The Ministry of Healing*, p. 313.

"The process of fitting animals for market produces in them disease; and fitted in as healthful manner as they can be, they become heated and diseased by driving before they reach the market. The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. Thus humors are introduced into the system. And if the person already has impure blood, it is greatly aggravated by the eating of the flesh of these animals."—*Testimonies*, vol. 2, p. 64.

- c. What is the main cause of diseases? Deuteronomy 28:15, 21.
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"Satan is the originator of disease. . . . There is a divinely appointed connection between sin and disease. . . . Sin and disease bear to each other the relationship of cause and effect."—*Healthful Living*, p. 60.

"Sickness is caused by violating the laws of health."—*Testimonies*, vol. 3, p. 164.

5. A HEALTHY MIND IN A HEALTHY BODY

- a. What foods can be a risk for our health, and why? Romans 8:22.

“The time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men.”—*Counsels on Diet and Foods*, p. 349.

- b. If we preserve our bodies in good health, what part of our being can be better developed? Proverbs 4:23.

“The brain is the organ and instrument of the mind, and controls the whole body. In order for the other parts of the system to be healthy, the brain must be healthy. And in order for the brain to be healthy, the blood must be pure. If by correct habits of eating and drinking the blood is kept pure, the brain will be properly nourished.”—*Mind, Character, and Personality*, vol. 1, p. 60.

- c. What lesson can we learn from Christ’s first temptation in the wilderness? Matthew 4:3, 4.

“Christ overcame by the denial of appetite. And our only hope of regaining Eden is through firm self-control.”—*Counsels on Diet and Foods*, p. 167.

- d. Why is spiritual discernment so important for us today? 2 Timothy 3:13.

REVIEW AND THOUGHT QUESTIONS

- a. What does God’s moral law have to do with our physical body?
- b. What do sugary foods do especially to children?
- c. What is too often the hidden cause of quibbling and strife?
- d. What factors should be considered in connection with animals?
- e. Why is Christ’s victory over appetite in the wilderness so vital for us?

THE MIND AND THE BODY

“The physical as well as the religious training practiced in the schools of the Hebrews may be profitably studied. The worth of such training is not appreciated. There is an intimate relation between the mind and the body, and in order to reach a high standard of moral and intellectual attainment the laws that control our physical being must be heeded. To secure a strong, well-balanced character, both the mental and the physical powers must be exercised and developed. What study can be more important for the young than that which treats of this wonderful organism that God has committed to us, and of the laws by which it may be preserved in health?

“And now, as in the days of Israel, every youth should be instructed in the duties of practical life. Each should acquire a knowledge of some branch of manual labor by which, if need be, he may obtain a livelihood. This is essential, not only as a safeguard against the vicissitudes of life, but from its bearing upon physical, mental, and moral development. Even if it were certain that one would never need to resort to manual labor for his support, still he should be taught to work. Without physical exercise, no one can have a sound constitution and vigorous health; and the discipline of well-regulated labor is no less essential to the securing of a strong and active mind and a noble character.

“Every student should devote a portion of each day to active labor. Thus habits of industry would be formed and a spirit of self-reliance encouraged, while the youth would be shielded from many evil and degrading practices that are so often the result of idleness. And this is all in keeping with the primary object of education, for in encouraging activity, diligence, and purity we are coming into harmony with the Creator.

“Let the youth be led to understand the object of their creation, to honor God and bless their fellow men; let them see the tender love which the Father in heaven has manifested toward them, and the high destiny for which the discipline of this life is to prepare them, the dignity and honor to which they are called, even to become the sons of God, and thousands would turn with contempt and loathing from the low and selfish aims and the frivolous pleasures that have hitherto engrossed them. They would learn to hate sin and to shun it, not merely from hope of reward or fear of punishment, but from a sense of its inherent baseness, because it would be a degrading of their God-given powers, a stain upon their Godlike manhood.”—*Patriarchs and Prophets*, pp. 601, 602.

God's Medicine

“Bless the Lord, O my soul, and forget not all his benefits: who forgiveth all thine iniquities; who healeth all thy diseases” (Psalm 103:2, 3).

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

Suggested Reading: *Healthful Living*, pp. 224–235.

Sunday

October 17

1. SICKNESS AND PAIN

a. Why is there so much sickness and pain around us? Isaiah 24:4–6.

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

b. What can we do to avoid sickness? Exodus 15:26.

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

2. HEALING POWER

- a. **Who is it that heals our sickness, both physical and spiritual? Psalm 103:3.**
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“[The Lord Jesus Christ] is the only source of healing.”—*The Upward Look*, p. 141.

- b. **What should always be borne in mind about who is the Doctor of doctors? Luke 8:43–48.**
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“Christ is the true head of the medical profession. The Chief Physician, He is at the side of every God-fearing practitioner who works to relieve human suffering. While the physician uses nature’s remedies for physical disease, he should point his patients to Him who can relieve the maladies of both the soul and the body. That which physicians can only aid in doing, Christ accomplishes. They endeavor to assist nature’s work of healing; Christ Himself is the healer. The physician seeks to preserve life; Christ imparts life.”—*The Ministry of Healing*, p. 111.

- c. **What power is revealed through the agencies of nature? John 9:5–7; Isaiah 38:21.**
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“When any part of the body sustains injury, a healing process is at once begun; nature’s agencies are set at work to restore soundness. But the power working through these agencies is the power of God. All life-giving power is from Him. When one recovers from disease, it is God who restores him.”—*Ibid.*, pp. 112, 113.

- d. **On what condition does God want to restore our health—and how far-reaching is this restoration? John 5:14; 1 Thessalonians 5:23.**
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“It is labor lost to teach people to look to God as a healer of their infirmities, unless they are taught also to lay aside unhealthful practices. In order to receive His blessing in answer to prayer, they must cease to do evil and learn to do well. Their surroundings must be sanitary, their habits of life correct. They must live in harmony with the law of God, both natural and spiritual.”—*Gospel Workers*, p. 215, 216.

3. NATURE'S AGENTS

- a. What should we recognize as nature's remedial agencies approved by God to heal sickness? Ezekiel 47:12.

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

"We have the sanction of the word of God for the use of remedial agencies. Hezekiah, king of Israel, was sick, and a prophet of God brought him the message that he should die. He cried unto the Lord, and the Lord heard His servant and sent him a message that fifteen years should be added to his life. Now, one word from God would have healed Hezekiah instantly; but special directions were given, 'Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover' (Isaiah 38:21).

"On one occasion Christ anointed the eyes of a blind man with clay and bade him, 'Go, wash in the pool of Siloam. . . . He went his way therefore, and washed, and came seeing' (John 9:7). The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies."—*The Ministry of Healing*, pp. 232, 233.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them."—*Ibid.*, p. 127.

- b. What else has the Lord provided for the cure of diseases? Psalm 104:14.

"The Lord has provided antidotes for diseases in simple plants, and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident. We do not manifest a lack of faith when we ask God to bless His remedies."—*Selected Messages*, bk. 2, p. 289.

4. AVOIDING DRUGS

- a. Name a physician among the early disciples. Colossians 4:14. What advice is given to physicians?
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“In their practice, the physicians should seek more and more to lessen the use of drugs instead of increasing it.”—*Selected Messages*, bk. 2, p. 282.

- b. What advice works better than the use of drugs in many cases? Proverbs 3:7, 8; 4:20–22.
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“You should avoid the use of drugs, and carefully observe the laws of health. If you regard your life, you should eat plain food, prepared in the simplest manner, and take more physical exercise.”—*Counsels on Diet and Foods*, pp. 82, 83.

- c. What work should be done among our people so that they will depend more and more on God’s remedies? Proverbs 3:6; Deuteronomy 6:1, 2.
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“Educate away from drugs. Use them less and less. . . . Then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear conscience. . . . Many might recover without one grain of medicine if they would obey the laws of health. Drugs need seldom be used.”—*Selected Messages*, bk. 2, p. 281.

- d. In extreme cases, what should the patient do? James 5:14–16.
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“It is our privilege to use every God-appointed means in correspondence with our faith, and then trust in God, when we have urged the promise. If there is need of a surgical operation, and the physician is willing to undertake the case, it is not a denial of faith to have the operation performed. After the patient has committed his will to the will of God, let him trust, drawing nigh to the Great Physician, the Mighty Healer, and giving himself up in perfect trust. The Lord will honor his faith in the very manner He sees is for His own name’s glory.”—*Ibid.*, pp. 284, 285.

5. OPPOSING METHODS

- a. Who falsely attributes to himself the power to heal sickness? 2 Corinthians 11:3; Revelation 12:9.
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- b. Through whom does Satan deceive, and what are some of his methods? Acts 8:9–11; Deuteronomy 18:9–14; Matthew 7:21–23; 24:24.
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“The apostles of nearly all forms of spiritism claim to have power to heal. They attribute this power to electricity, magnetism, the so-called sympathetic remedies, or to latent forces within the mind of man. And there are not a few, even in this Christian age, who go to these healers instead of trusting in the power of the living God and the skill of well-qualified physicians.”—*Mind, Character, and Personality*, vol. 2, p. 701.

“We need not be deceived. . . . God’s Word declares that Satan will work miracles. He will make people sick, and then will suddenly remove from them his satanic power. They will then be regarded as healed. These works of apparent healing will bring Seventh-day Adventists to the test. Many who have had great light will fail to walk in the light, because they have not become one with Christ.”—*Selected Messages*, bk. 2, p. 53.

- c. What is the big difference between God’s method and Satan’s method?

“Christ’s remedies cleanse the system. But Satan has tempted man to introduce into the system that which weakens the human machinery, clogging and destroying the fine, beautiful arrangements of God.”—*Ibid.*, p. 289.

REVIEW AND THOUGHT QUESTIONS

- a. What pledges should we make to ourselves in order to maintain health?
- b. What do the very best doctors realize about restoring health?
- c. Name some of Heaven’s choicest remedies.
- d. What should we consider in cases of extreme illness?
- e. What test may come even to the very elect with regard to healing?

Diet, Health, and Temperance

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

“There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. . . . The body should be servant to the mind and not the mind to the body.”—*Patriarchs and Prophets*, p. 562.

Suggested Reading: *Healthful Living*, pp. 68–70.

Sunday

October 24

1. THE BEST FOODS

a. What are the best foods for humanity? Genesis 1:29.

“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. [Genesis 1:29 quoted.] Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also ‘the herb of the field’ (Genesis 3:18).

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet.”—*Counsels on Diet and Foods*, p. 81.

b. What type of foods can be eaten liberally? Song of Solomon 7:13.

“While we would recommend simplicity in diet, let it be understood that we do not recommend a meager diet. Let there be a plentiful supply of fruits and vegetables that are in a good condition.”—*The Signs of the Times*, September 30, 1897.

2. QUALITY AND QUANTITY

- a. **What types of foods should be chosen for a healthy diet? Proverbs 23:1.**

“The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health.”—*Counsels on Diet and Foods*, pp. 228, 229.

“Our bodies are constructed from what we eat; and in order to make tissues of good quality, we must have the right kind of food.”—*Child Guidance*, p. 373.

- b. **What dietary habits contribute to good health, and what counsels should be included in the educational work? Ecclesiastes 3:2; 10:17.**

“Having no time for rest, the digestive organs become enfeebled, hence the sense of ‘goneness,’ and desire for frequent eating. The remedy such require is to eat less frequently and less liberally, and be satisfied with plain, simple food, eating twice, or, at most, three times a day.”—*Counsels on Diet and Foods*, p. 175.

“After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal.”—*Child Guidance*, p. 389.

“Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed, and is unready for the day’s duties.”—*Counsels on Diet and Foods*, p. 176.

- c. **What principle should be remembered in choosing what we eat? James 4:17.**

“Those who will not, after the light has come to them, eat and drink from principle, instead of being controlled by appetite, will not be tenacious in regard to being governed by principle in other things.”—*Counsels on Health*, p. 39.

3. DANGEROUS FOODS

- a. **What warning is given in choosing fruits and vegetables for food? Ecclesiastes 3:1.**

“Overripe fruit or wilted vegetables ought not to be used. Vegetables and fruit should not be eaten at the same meal.”—*The Signs of the Times*, Sept. 30, 1897.

- b. **What does the Bible say about those who cannot control their appetite? Proverbs 23:21; Philippians 3:19.**

“Often the different kinds of food placed in the stomach do not agree, and fermentation is the result. . . . Do not place in the stomach too great a variety of food at one meal.”—*This Day With God*, p. 340.

- c. **What risks are related to meat eating?**

“Cancers, tumors, and all inflammatory diseases are largely caused by meat eating.”—*Counsels on Diet and Foods*, p. 388.

- d. **What two things are forbidden to be eaten? Leviticus 3:17. What should we realize about refined flour, sugar, pastries, sweet puddings, and so forth?**

“We do not think fried potatoes are healthful. . . . Eat only food that is free from grease.”—*Ibid.*, p. 354.

“Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken. . . . These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect.”—*Ibid.*, p. 236.

“Fine-flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions.”—*Ibid.*, p. 320.

“Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients.”—*Ibid.*, p. 113.

“Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition.”—*Ibid.*, p. 327.

4. GENERAL TEMPERANCE OR SELF-CONTROL

- a. What trait—relating to health—is one of the fruits of the Spirit? Galatians 5:22, 23. How is it defined? 1 Corinthians 9:25.
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“True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.”—*Patriarchs and Prophets*, p. 562.

“Abstinence from all hurtful food and drink is the fruit of true religion. He who is thoroughly converted will abandon every injurious habit and appetite. By total abstinence he will overcome his desire for health-destroying indulgences.”—*Counsels on Diet and Foods*, p. 457.

- b. What damages are done by being intemperate? Proverbs 25:28.
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“The sin of intemperate eating—eating too frequently, too much, and of rich, unwholesome food—destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting.”—*Child Guidance*, p. 398.

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

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

5. THE CULINARY ART

a. What science should be learned at an early age, and why?

“Cooking may be regarded as less desirable than some other lines of work, but in reality it is a science in value above all other sciences. Thus God regards the preparation of healthful food. He places a high estimate on those who do faithful service in preparing wholesome, palatable food.”—*Counsels on Diet and Foods*, p. 251.

“It is highly essential that the art of cookery be considered one of the most important branches of education.”—*Ibid.*, p. 260.

“Mothers should take their daughters into the kitchen with them when very young, and teach them the art of cooking.”—*Ibid.*, p. 262.

“It is a religious duty for those who cook, to learn how to prepare healthful food in a variety of ways, so that it may be both palatable and healthful.”—*Counsels on Health*, p. 116.

b. What kinds of bread are most nutritious and healthful?

“All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutritive properties separated from it.”—*Counsels on Diet and Foods*, p. 321.

c. What did Jesus say about the two kinds of bread that humanity needs? Matthew 4:4; John 6:33–35; 5:39.

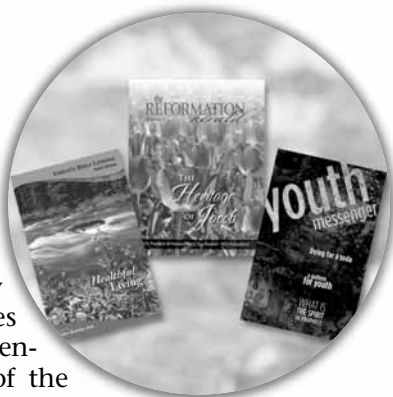
“The Word of God is the bread of life.”—*The Upward Look*, p. 125.

REVIEW AND THOUGHT QUESTIONS

- a. What blessings are derived from partaking of plant-based foods?
- b. Why is it so important that we learn to control our appetite?
- c. Name some foods of which many may not realize their dangers.
- d. Name two poor, intemperate choices that are often made after sunset.
- e. Contrast the way the world views the art of cooking with God’s way.

First Sabbath Offering Literature for Poor Countries

Once a year the First Sabbath Offering is collected to help pay for the literature needs in poor countries. While the internet and other media are modern ways to spread the Gospel, there are many people living in poor countries where they have no modern conveniences. The printed page is one of the most efficient ways to reach them with the



Gospel. The Gospel is penetrating former communist, atheist, and Muslim countries and may be shared on a one-to-one basis.

The servant of the Lord said: “Let the publications containing Bible truth be scattered like the leaves of autumn. Lift Him up, the Saviour of souls, lift Him up higher and still higher” (*In Heavenly Places*, p. 323).

“Our publications should go everywhere. Let them be issued in many languages. The third angel's message is to be given through this medium and through the living teacher. You who believe the truth for this time, wake up. It is your duty now to bring in all the means possible to help those who understand the truth to proclaim it.”—*Testimonies*, vol. 9, p. 62.

“Publish ye, praise ye, and say, O Lord, save thy people, the remnant of Israel” (Jeremiah 31:7). To “publish” means to promulgate, to cause to be printed and offered to the public. God's people are to publish the good news of salvation. While we have an ample supply of Bibles, books, and pamphlets for evangelism in the United States and other countries, many people around the world do not have the same privilege. It is our duty and privilege to support the distribution of literature to various regions of the world. Although the Bible has been translated into many languages and dialects, essential books such as *Steps to Christ*, are not available to millions of people. Consider Albania, a country of over 3.5 million people that was under communism for several decades. It is now a Muslim country with limited opportunities for the Gospel to be published. We have recently translated *Steps to Christ* into the Albanian language and urgently need the funds to publish it. Your generous offerings will help to print and distribute *Steps to Christ*, *Sabbath Bible Lessons* and other literature into the Albanian language.

The General Conference Publishing Department

The Original Diet

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

“All the laws of nature—which are the laws of God—are designed for our good. Obedience to them will promote our happiness in this life and will aid us in a preparation for the life to come.”—*Counsels on Health*, p. 386.

Suggested Reading: *The Ministry of Healing*, pp. 295–310.

Sunday

October 31

1. GOD'S ORIGINAL PLAN

a. What was God's original plan in creating humanity? Genesis 1:26–28.

b. What was the original diet given to preserve human health? Genesis 1:29. What should it make us consider? Jeremiah 6:16.

“As far as possible we are to come back to God's original plan.”—*Counsels on Diet and Foods*, p. 488.

c. After the Fall, what else did God add to the diet prescribed for humanity? Genesis 3:18.

“The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.”—*Child Guidance*, p. 384.

2. THE APPETITE IS TESTED

- a. To what test were Adam's and Eve submitted? Genesis 2:16, 17.
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"When Adam and Eve were placed in the garden of Eden, everything contributed to their enjoyment."—*The Signs of the Times*, February 24, 1898.

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

- b. After being put to the test, how did our first parents fall—and what legacy has followed? Genesis 3:1–6; 1 John 3:4.
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"Eve had everything to make her happy. She was surrounded by fruit of every variety. Yet the fruit of the forbidden tree appeared more desirable to her than the fruit of all the other trees in the garden of which she could freely eat. She was intemperate in her desires. She ate, and through her influence, her husband ate also, and a curse rested upon them both."—*Counsels on Diet and Foods*, p. 145.

- c. What happened as a result of the bad decision made by Adam and Eve? Romans 5:12.
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"The earth also was cursed because of their sin. And since the fall, intemperance in almost every form has existed. The appetite has controlled reason."—*Ibid.*

3. PROVISIONAL CHANGE

- a. **What was the long-term result of Adam’s and Eve’s decision to disobey on the point of appetite? Genesis 6:11–13, 17.**
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- b. **How is history repeated? Matthew 24:37–39.**
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“The same sins that brought judgments upon the world in the days of Noah exist in our day. Men and women now carry their eating and drinking so far that it ends in gluttony and drunkenness.”—*Counsels on Diet and Foods*, p. 146.

- c. **What were the changes in man’s diet after the Flood? Compare Genesis 1:29; 3:18 with Genesis 9:3, 4.**
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- d. **Why was a meat diet permitted after 1,500 years without it? Psalm 90:9, 10.**
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“God provided fruit in its natural state for our first parents. He gave Adam charge of the garden to dress it, and to care for it, saying, ‘To you it shall be for meat.’ One animal shall not destroy another for food. After the fall, the eating of flesh was suffered, in order to shorten the period of the existence of the long-lived race. It was allowed because of the hardness of the hearts of men.”—*Testimony Studies on Diet and Foods*, p. 68.

- e. **What diet restrictions given to Noah and his descendants were also given to the Israelites? Genesis 7:2, 3, 8, 9; Leviticus 11:46, 47.**
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“Before [the Flood] God had given man no permission to eat animal food; He intended that the race should subsist wholly upon the productions of the earth; but now that every green thing had been destroyed, He allowed them to eat the flesh of the clean beasts that had been preserved in the ark.”—*Patriarchs and Prophets*, p. 107.

4. TRYING TO REESTABLISH THE ORIGINAL PLAN

- a. **What diet did God give the children of Israel after they left Egypt? Exodus 16:14, 15, 31, 35.**
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“When God led the children of Israel out of Egypt, it was His purpose to establish them in the land of Canaan a pure, happy, healthy people. Let us look at the means by which He would accomplish this. He subjected them to a course of discipline, which, had it been cheerfully followed, would have resulted in good, both to themselves and to their posterity. He removed flesh food from them in a great measure. . . . God might have provided flesh as easily as manna, but a restriction was placed upon the people for their good. It was His purpose to supply them with food better suited to their wants than the feverish diet to which many of them had been accustomed in Egypt. The perverted appetite was to be brought into a more healthy state, that they might enjoy the food originally provided for man—the fruits of the earth, which God gave to Adam and Eve in Eden.”—*Counsels on Diet and Foods*, pp. 377, 378.

- b. **What was the attitude of many Israelites with respect to the food, and how did God respond? Numbers 11:4–6, 18–20; Psalms 78:18–32; 106:14, 15.**
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“[The children of Israel] murmured at God’s restrictions, and lusted after the fleshpots of Egypt. God let them have flesh, but it proved a curse to them.”—*Ibid.*, p. 378.

- c. **What should we learn from this event in the desert? Hebrews 3:12–19; Psalm 78:18; 1 Corinthians 10:5, 6, 9–11.**
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“The travels of the children of Israel are faithfully described. . . . This faithful picture is hung up before us as a warning lest we follow their example of disobedience and fall like them.”—*Gospel Workers* (1892), pp. 159, 160.

5. RETURNING TOWARD THE ORIGINAL PLAN

a. How did Elijah's diet progress? 1 Kings 17:4–6, 12–16; 19:6.

b. Describe John the Baptist's diet and work—and ours. Matthew 3:1–4.

“John separated himself from friends and from the luxuries of life. . . . His diet, purely vegetable, of locusts and wild honey, was a rebuke to the indulgence of appetite and the gluttony that everywhere prevailed. . . . Those who are to prepare the way for the second coming of Christ are represented by faithful Elijah, as John came in the spirit of Elijah to prepare the way for Christ's first advent.”—*Testimonies*, vol. 3, p. 62.

c. What is God's plan for His people before Christ's return? 1 Thessalonians 5:23. Explain the warning given in Isaiah 22:12–14.

“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.”—*Counsels on Health*, p. 450.

d. What will be our diet in heaven and in the new earth? Revelation 21:1, 4; 22:2; Psalm 78:24.

“I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit.”—*Early Writings*, p. 19.

REVIEW AND THOUGHT QUESTIONS

- Why did God supply only plant-based food for our first parents?
- Why were they tested on appetite?
- How do we answer those who show cases of flesh-eating in Scripture?
- What warning should we take from the Israelites in the wilderness?
- How is our experience regarding diet in these last days to be distinct?

Physical Activity

“For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee” (Psalm 128:2).

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

Suggested Reading: *Counsels on Health*, pp. 173–202.

Sunday

November 7

1. WORK BRINGS HAPPINESS

- a. What activity did God appoint to Adam for his well-being? Genesis 2:8.

“Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who formed man knew what would be for his best happiness, and He no sooner made him than He gave him his appointed work. In order to be happy, he must labor.”—*Testimonies*, vol. 3, p. 77.

- b. Why is a life of work destined to be a blessing? Psalm 128:2.

“Another precious blessing is proper exercise. Each organ and muscle has its work to do in the living organism. . . .

“Without such exercise the mind cannot be kept in working order. It becomes inactive, unable to put forth the sharp, quick action that will give scope to its powers.”—*My Life Today*, p. 130.

- c. What does the written Word say about work versus indolence? 2 Thessalonians 3:10, 12.

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

2. OVERWORKING

- a. **Even though we have been created to be active, what should we still remember? Mark 6:31 (first part).**

“Bring into the day’s work hopefulness, courage, and amiability. Do not overwork. Better far leave undone some of the things planned for the day’s work than to undo oneself and become overtaxed, losing the courage necessary for the performance of the tasks of the next day. Do not today violate the laws of nature, lest you lose your strength for the day to follow.”—*Mind, Character, and Personality*, vol. 2, p. 376.

“Overwork sometimes causes a loss of self-control. . . . God desires us to realize that we do not glorify His name when we take so many burdens that we are overtaxed, and, becoming heart-weary and brain-weary, chafe and fret and scold. We are to bear only the responsibilities that the Lord gives us, trusting in Him, and thus keeping our hearts pure and sweet and sympathetic.”—*Messages to Young People*, p. 135.

“It is not wise to be always under the strain of work and excitement, even in ministering to men’s spiritual needs; for in this way personal piety is neglected, and the powers of mind and soul and body are overtaxed. Self-denial is required of the servants of Christ, and sacrifices must be made; but God would have all study the laws of health, and use reason when working for Him, that the life which He has given may be preserved.

“Though Jesus could work miracles and had empowered His disciples to work miracles, He directed His worn servants to go apart into the country and rest.”—*Gospel Workers*, p. 243.

“Periods of rest are necessary for all, especially women.”—*Evangelism*, p. 494.

- b. **Although we should not neglect our mental and physical health, what should be our first objective in life? Matthew 6:31–33.**

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

3. SEDENTARY HABITS AND PHYSICAL EXERCISE

- a. **What is indispensable for those who spend most of their time sitting?**

“Exercise in the open air, for those whose employment has been within doors and sedentary, will be beneficial to health. All who can, should feel it a duty to pursue this course. Nothing will be lost, but much gained. They can return to their occupations with new life and new courage to engage in their labor with zeal, and they are better prepared to resist disease.”—*Messages to Young People*, p. 393.

- b. **What is the best diet for sedentary workers?**

“Here is a suggestion for all whose work is sedentary or chiefly mental; let those who have sufficient moral courage and self-control try it: At each meal take only two or three kinds of simple food, and eat no more than is required to satisfy hunger. Take active exercise every day, and see if you do not receive benefit.”—*The Ministry of Healing*, p. 310.

- c. **What do we need in order to overcome habits that may have become too sedentary? 2 Corinthians 8:12.**

“Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings.”—*Child Guidance*, p. 339, 340.

- d. **What position in sitting or standing is highly recommended as being in harmony with God’s original plan? Ecclesiastes 7:29.**

“Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.”—*Ibid.*, p. 364.

4. PHYSICAL EXERCISE

- a. **What are the benefits of a physically active life? Psalm 104:23; Ecclesiastes 5:12.**
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“Not only will the organs of the body be strengthened by exercise, but the mind also will acquire strength and knowledge through the action of those organs.”—*Testimonies*, vol. 3, p. 77.

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

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

- b. **What is the most beneficial type of exercise? Genesis 2:15.**
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“The greatest benefit is not gained from exercise that is taken as play or exercise merely. There is some benefit derived from being in the fresh air and also from the exercise of the muscles; but let the same amount of energy be given to the performance of helpful duties, and the benefit will be greater, and a feeling of satisfaction will be realized; for such exercise carries with it the sense of helpfulness and the approval of conscience for duty well done.”—*The Adventist Home*, p. 506.

“Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil.”—*The Ministry of Healing*, p. 265.

- c. **Instead of striving for conquest in the competitive sports practiced by the world, what should be our aim—and why? Zephaniah 2:3.**
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“Some of the most popular amusements, such as football and boxing, have become schools of brutality. They are developing the same characteristics as did the games of ancient Rome. The love of domination, the pride in mere brute force, the reckless disregard of life, are exerting upon the youth a power to demoralize that is appalling.

“Other athletic games, though not so brutalizing, are scarcely less objectionable because of the excess to which they are carried. They stimulate the love of pleasure and excitement, thus fostering a distaste for useful labor, a disposition to shun practical duties and responsibilities.”—*Education*, p. 210.

5. SPIRITUAL EXERCISE

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

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

- b. What is to be included in our spiritual exercises? Acts 24:16. What should be our first and highest aim? Jeremiah 9:24.

“All the heavenly beings are in constant activity, and the Lord Jesus, in His lifework, has given an example for every one. He went about ‘doing good.’ God has established the law of obedient action. . . .

“Action gives power.”—*My Life Today*, p. 130.

- c. What are the earthly benefits of spiritual diligence? Romans 12:10–12; Hebrews 6:11, 12; Philippians 2:14–16.

REVIEW AND THOUGHT QUESTIONS

- a. Why has God provided work for the human race?
- b. Name some of the hazards of overwork.
- c. Name some of the hazards of an excessively sedentary lifestyle.
- d. In what ways does physical exercise benefit us?
- e. How can we put into action the concept of spiritual exercise?

RECREATION

"There is a distinction between recreation and amusement. Recreation, when true to its name, re-creation, tends to strengthen and build up. Calling us aside from our ordinary cares and occupations, it affords refreshment for mind and body, and thus enables us to return with new vigor to the earnest work of life. Amusement, on the other hand, is sought for the sake of pleasure and is often carried to excess; it absorbs the energies that are required for useful work and thus proves a hindrance to life's true success.

"The whole body is designed for action; and unless the physical powers are kept in health by active exercise, the mental powers cannot long be used to their highest capacity. The physical inaction which seems almost inevitable in the schoolroom—together with other unhealthful conditions—makes it a trying place for children, especially for those of feeble constitution. Often the ventilation is insufficient. Ill-formed seats encourage unnatural positions, thus cramping the action of the lungs and the heart. Here little children have to spend from three to five hours a day, breathing air that is laden with impurity and perhaps infected with the germs of disease. No wonder that in the schoolroom the foundation of lifelong illness is so often laid. The brain, the most delicate of all the physical organs, and that from which the nervous energy of the whole system is derived, suffers the greatest injury. By being forced into premature or excessive activity, and this under unhealthful conditions, it is enfeebled, and often the evil results are permanent.

"Children should not be long confined within doors, nor should they be required to apply themselves closely to study until a good foundation has been laid for physical development. For the first eight or ten years of a child's life the field or garden is the best schoolroom, the mother the best teacher, nature the best lesson book. Even when the child is old enough to attend school, his health should be regarded as of greater importance than a knowledge of books. He should be surrounded with the conditions most favorable to both physical and mental growth. . . .

"Many a student sits day after day in a close room bending over his books, his chest so contracted that he cannot take a full, deep breath, his blood moving sluggishly, his feet cold, his head hot. . . . Often such students become lifelong invalids. They might have come from school with increased physical as well as mental strength, had they pursued their studies under proper conditions, with regular exercise in the sunlight and the open air."—*Education*, pp. 207, 208.

Water

“I will give them water” (Numbers 21:16).

“Thousands have died for want of pure water and pure air, who might have lived.”—*Counsels on Diet and Foods*, p. 419.

Suggested Reading: *The Ministry of Healing*, pp. 237, 325–327, 330–335.

Sunday

November 14

1. THE NECESSITY OF WATER

- a. What is recorded in Scripture concerning one of humanity’s most basic needs? John 4:7; Proverbs 25:21.

- b. In the days of the patriarchs who lived in semi-desert areas, what was one of their most serious problems? Genesis 26:18–20.

- c. How would you describe the importance of water?

“In health and in sickness, pure water is one of heaven’s choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease. The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation.”—*The Ministry of Healing*, p. 237.

“Water is the best liquid possible to cleanse the tissues. . . . If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented.”—*My Life Today*, p. 139.

2. WATER, A GREAT BLESSING

- a. Name some ways in which God reveals His great mercy to the human race. Psalm 104:10, 11, 13; Matthew 5:45.
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- b. In what circumstances is it necessary to use a lot of water?
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“Many have never experienced the beneficial effects of water, and are afraid to use one of Heaven’s greatest blessings. Water has been refused persons suffering with burning fevers, through fear that it would injure them. If, in their fevered state, water had been given them to drink freely, and applications had also been made externally, long days and nights of suffering would have been saved, and many precious lives spared. But thousands have died with raging fevers consuming them, until the fuel which fed the fever was burnt up, the vitals consumed, and have died in the greatest agony, without being permitted to have water to allay their burning thirst.”—*Selected Messages*, bk. 2, p. 453.

- c. Why do people too often shun the use of water treatments—yet how can we be benefited by such treatments? Proverbs 26:16; 13:4.
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“Water treatments, wisely and skillfully given, may be the means of saving many lives. Let diligent study be united with careful treatments. Let prayers of faith be offered by the bedside of the sick. Let the sick be encouraged to claim the promises of God for themselves.

“The refreshing water, welling up in a parched and barren land, causing the desert place to blossom and flowing out to give life to the perishing, is an emblem of the divine grace which Christ alone can bestow, and which is as the living water, purifying, refreshing, and invigorating the soul.

“In the East, water was called the ‘gift of God.’”—*My Life Today*, p. 139.

3. HARMFUL DRINKS

- a. **What harmful beverages should be avoided? Proverbs 20:1; 23:20, 21, 29–32. What must we realize about the so-called “green tea” and other stimulating “high-energy” drinks of today—even when they do happen to include some nutritious properties as advertised?**

“Never take tea, coffee, beer, wine, or any spirituous liquors. . . . Tea is poisonous to the system. Christians should let it alone. The influence of coffee is in a degree the same as tea, but the effect upon the system is still worse.”—*Counsels on Diet and Foods*, pp. 420, 421.

“Tea acts as a stimulants and, to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. The first effect is exhilarating. The nerves of the stomach are excited; these convey irritation to the brain, and this in turn is aroused to impart increased action to the heart and short-lived energy to the entire system. Fatigue is forgotten; the strength seems to be increased. The intellect is aroused, the imagination becomes more vivid.

“Because of these results, many suppose that their tea or coffee is doing them great good. But this is a mistake. Tea and coffee do not nourish the system. Their effect is produced before there has been time for digestion and assimilation, and what seems to be strength is only nervous excitement. When the influence of the stimulant is gone, the unnatural force abates, and the result is a corresponding degree of languor and debility.

“The continued use of these nerve irritants is followed by headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils; for they wear away the life forces.”—*The Ministry of Healing*, p. 326.

- b. **What kind of wine was served at the marriage of Cana and was also recommended to Timothy? Isaiah 65:8; John 2:7–10; 1 Timothy 5:23.**

“The wine which Christ provided for the feast, and that which He gave to the disciples as a symbol of His own blood, was the pure juice of the grape. To this the prophet Isaiah refers when he speaks of the new wine ‘in the cluster’ and says, (Isaiah 65:8). . . .

“The unfermented wine which He provided for the wedding guests was a wholesome and refreshing drink.”—*The Desire of Ages*, p. 149.

4. THE WISE USE OF WATER

a. In drinking cold water, what mistake should be avoided?

“Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. . . . Eat slowly, and allow the saliva to mingle with the food. The more liquid there is taken into the stomach with the meals, the more difficult it is for the food to digest. . . . But if anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. . . . Water is the best liquid possible to cleanse the tissues.”—*Counsels on Diet and Foods*, p. 420.

b. What is necessary in preparing to meet with God? Isaiah 1:16, 17; Genesis 35:2.

c. How important is cleanliness—and how does it benefit us both spiritually and physically? Exodus 19:10; 40:12; Hebrews 10:22.

“God requires purity of heart and personal cleanliness now, as when He gave the special directions to the children of Israel. If God was so particular to enjoin cleanliness upon those journeying in the wilderness, who were in the open air nearly all the time, He requires no less of us who live in ceiled houses, where impurities are more observable and have a more unhealthful influence.”—*Counsels on Health*, p. 82.

“The skin needs to be carefully and thoroughly cleansed, that the pores may do their work in freeing the body from impurities. . . . Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it, the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. The bath is a soother of the nerves. It promotes general perspiration, quickens the circulation, overcomes obstructions in the system, and acts beneficially on the kidneys and urinary organs. Bathing helps the bowels, stomach, and liver, giving energy and new life to each. It also promotes digestion, and instead of the system being weakened, it is strengthened. Instead of increasing the liability to cold, a bath, properly taken, fortifies against cold, because the circulation is improved.”—*Ibid.*, p. 104.

5. COMPLETE CLEANLINESS

- a. What spiritual truths are illustrated by thirst and water? Psalm 42:1; John 4:10, 14; 7:37, 38.
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“The cry of Christ to the thirsty soul is still going forth, and it appeals to us with even greater power than to those who heard it in the temple on that last day of the feast [of tabernacles].”—*The Desire of Ages*, p. 454.

- b. What work of Christ is symbolized by water? John 13:5, 8–10.
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- c. How deeply do we need cleanliness, and how is it obtained? Psalm 51:2, 7–10; James 4:8.
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“The cleansing must begin in the heart and mind, and flow forth in the actions.”—*The Review and Herald*, August 20, 1903.

“God is purifying a people to have clean hands and pure hearts to stand before Him in the judgment.”—*Mind, Character, and Personality*, bk. 1, p. 239.

- d. How can we obtain complete cleansing? 1 John 1:9.
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“Let no man stop short of entire, unreserved surrender to God. Begin the work in the heart.”—*That I May Know Him*, p. 129.

REVIEW AND THOUGHT QUESTIONS

- Why is water so precious?
- How can we promote more appreciation for water as a remedial agency?
- What problems result when poor choices are made in quenching thirst?
- Explain some of the health benefits derived from bathing.
- Why is water used to illustrate the work of the Holy Spirit in humanity?

Breathing Pure Air

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

“The health of the entire system depends upon the healthy action of the respiratory organs.”—*Selected Messages*, bk. 2, p. 473.

Suggested Reading: *Gospel Workers*, pp. 254–258.

Sunday

November 21

1. THE “BREATH OF LIFE” AND THE “BREATH OF THE SOUL”

- a. What is the “breath of life” that Adam received from God? Genesis 2:7.

“In God we live, and move, and have our being. Each heartbeat, each breath, is the inspiration of Him who breathed into the nostrils of Adam the breath of life—the inspiration of the ever-present God, the great I AM.”—*Medical Ministry*, p. 9.

- b. What is the “breath of the soul”? Luke 11:1.

“Prayer is the breath of the soul. It is the secret of spiritual power. No other means of grace can be substituted, and the health of the soul be preserved.”—*Gospel Workers*, pp. 254, 255.

- c. What was the prophet Daniel’s custom regarding prayer? Daniel 6:10.

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- d. What does it mean to pray without ceasing? 1 Thessalonians 5:17.

“Unceasing prayer is the unbroken union of the soul with God, so that life from God flows into our life; and from our life, purity and holiness flow back to God.”—*Steps to Christ*, p. 98.

“While engaged in our daily work, we should lift the soul to heaven in prayer.”—*Gospel Workers*, p. 254.

2. BREATHING CORRECTLY

a. What can we do to strengthen our lungs? Isaiah 42:5.

“Walk with a cheerful mind. And as you walk, look at the beauties of nature.”—*Sons and Daughters of God*, p. 172.

“When the weather will permit, all who can possibly do so ought to walk in the open air every day, summer and winter. But the clothing should be suitable for the exercise, and the feet should be well protected. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe. For those who can walk, walking is preferable to riding. The muscles and veins are enabled better to perform their work. There will be increased vitality, which is so necessary to health. The lungs will have needful action; for it is impossible to go out in the bracing air of a winter’s morning without inflating the lungs.”—*Counsels on Health*, p. 52.

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

b. What can happen when our respiration is not sufficient, either physically or spiritually? Psalm 146:4.

“Stomach, liver, lungs, and brain are suffering for the want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure and give tone and vigor to every part of the living machinery.”—*Testimonies*, vol. 2, pp. 67, 68.

c. How does God want us to cooperate with Him in allowing our skin also to breathe? Exodus 19:14.

“If the garments worn are not frequently cleansed, . . . the pores of the skin absorb again the waste matter thrown off. The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs.

“Many are ignorantly injuring their health and endangering their lives by using cosmetics. . . . When they become heated, . . . the poison is absorbed by the pores of the skin and is thrown into the blood. Many lives have been sacrificed by this means alone.”—*Healthful Living*, p. 189.

3. PURE AIR VERSUS CONTAMINATED AIR

- a. What type of environment is the best in which to recuperate your health? Luke 2:8.**

“To many of those living in the cities who have not a spot of green grass to set their feet upon, who year after year have looked out upon filthy courts and narrow alleys, brick walls and pavements, and skies clouded with dust and smoke—if these could be taken to some farming district, surrounded with the green fields, the woods and hills and brooks, the clear skies and the fresh, pure air of the country, it would seem almost like heaven. . . .

“Through nature they would hear [God’s] voice speaking to their hearts of His peace and love, and mind and soul and body would respond to the healing, life-giving power.”—*The Ministry of Healing*, pp. 191, 192.

- b. What type of environment is among the worst for health? Nahum 2:4.**

“The noise and excitement and confusion of the cities . . . are most wearisome and exhausting to the sick. The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life.”—*Ibid.*, p. 262.

- c. What is one of the main causes of death today?**

“Women and children suffer from having to breathe the atmosphere that has been polluted by the pipe, the cigar, or the foul breath of the tobacco user. Those who live in this atmosphere will always be ailing.

“The infant lungs suffer and become diseased by inhaling the atmosphere of a room poisoned by the tobacco user’s tainted breath. . . .

“The bereaved parents mourn the loss of their loved ones, and wonder at the mysterious providence of God which has so cruelly afflicted them, when Providence designed not the death of these infants. They died martyrs to filthy lust for tobacco. Every exhalation of the lungs of the tobacco slave, poisons the air about him.”—*Temperance*, pp. 58, 59.

4. NIGHT AIR

- a. **How can we enjoy fresh air and sleep well even in a cold climate? Proverbs 3:24.**
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“Many have been taught from childhood that night air is positively injurious to health and therefore must be excluded from their rooms. To their own injury they close the windows and doors of their sleeping apartments to protect themselves from the night air which they say is so dangerous to health. In this they are deceived. In the cool of the evening it may be necessary to guard from chilliness by extra clothing, but they should give their lungs air. . . .

“God has provided for His creatures air to breathe for the day, and the same, made a little cooler, for the night. In the night it is not possible for you to breathe anything but night air. . . . Many are suffering from disease because they refuse to receive into their rooms at night the pure night air. The free, pure air of heaven is one of the richest blessings we can enjoy.”—*Testimonies*, vol. 2, pp. 527, 528.

- b. **What caution should we take when using any type of heating unit?**
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“The heated air coming from a stove is injurious, and were it not for the air coming in at the crevices of the windows, would be poisonous and destroy life. Stove heat destroys the vitality of the air, and weakens the lungs. . . . Sick persons are debilitated by disease, and need all the invigorating air that they can bear to strengthen the vital organs to resist disease.”—*Selected Messages*, bk. 2, p. 305.

- c. **What should be done during the day in order to prepare the bedroom for a good night's rest?**
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“The clothing should be removed piece by piece from the bed, and exposed to the air. The windows should be opened, the blinds fastened back, and the air allowed to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room.”—*Counsels on Health*, p. 58.

5. A PURE ENVIRONMENT

a. What are the main benefits of pure, fresh air?

“Bring to your aid the power of the will, which will resist cold and will give energy to the nervous system. In a short time you will so realize the benefit of exercise and pure air that you would not live without these blessings.”—*Child Guidance*, pp. 339, 340.

“The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body and tends to render it strong and healthy.”—*Counsels on Diet and Foods*, p. 104.

b. How long can you live without breathing? What would happen if we did not have daily communion with God? Acts 17:24, 25; John 15:5.

“The breathing of pure air is essential for the cure of disease. And it is no less essential that the atmosphere we breathe in the spiritual life shall be pure. This is essential for a healthy growth in grace. Breathe the pure atmosphere which produces pure thoughts and noble words. Choose Christian society. The Christian will not have spiritual health unless he is guarded in regard to his associations.”—*The Upward Look*, p. 174.

c. What environment should be chosen to ensure physical and spiritual health? Psalm 119:37.

“For the health and vitality of the soul, the divine Physician has prescribed communion with Himself.”—*Ibid.*

REVIEW AND THOUGHT QUESTIONS

- a. Why is prayer compared to breathing?
- b. Why is it good to exercise in the open air?
- c. What health problems are directly related to city living?
- d. What steps can be taken to promote more refreshing sleep?
- e. How long can we live without air? What spiritual lesson does this teach?

First Sabbath Offering for Northwest Publishing Association

Reaching out with the printed word is an essential element of the final mission plan for this world. Northwest Publishing Association, located in rural northern California, has been providing the written word since 1954. Efforts are now being made to modernize operations and provide more materials in more languages to more locations and for more people worldwide. Now your help is needed. Your contribution will be used to update publishing resources that will ultimately be returned to you through missionary materials.



The signs of the times around us show the fulfillment of prophecy. The soon coming of the Lord needs to be proclaimed far and wide. Where we cannot go, the written word spreads the gospel. And when we leave these simple pages with souls in a perishing world, the message of salvation remains even after we have gone.

“This is a work that should be done. The end is near. Already much time has been lost, when these books should have been in circulation. Sell them far and near. Scatter them like the leaves of autumn. This work is to continue without the forbiddings of anyone. Souls are perishing out of Christ. Let them be warned of His soon appearing in the clouds of heaven.”—*The Review and Herald*, August 13, 1908.

Please take the opportunity this Sabbath to give a special offering to this publishing work. The highest quality of materials must continue to flow from the press. In every way we need to reach out to this world of perishing souls. We thank you in advance and also ask that you keep this vital publishing ministry in your prayers. For more information please visit NPA's site at <http://www.nwpublishing.org>.

The Western North American Union

Sunlight

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

“The sun is a God-given physician.”—*Manuscript Releases*, vol. 20, p. 25.

Suggested Reading: *Our High Calling*, pp. 245, 296.

Sunday

November 28

1. THE FOURTH DAY OF CREATION

a. What was created on the first day of creation? Genesis 1:3. And on the fourth day? Genesis 1:16.

b. How do we know that sunlight is good for health? Ecclesiastes 11:7.

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

c. To whom does the Lord give His blessings? Matthew 5:45.

“[The divine Teacher] appeals to every blessing of the natural world, the showers that fall upon the earth, the dew, the glorious sunlight, given alike to thankful and unthankful. The bounties of God’s providence speak to every soul, confirming Christ’s testimony to the supreme goodness of His Father.”—*The General Conference Bulletin*, October 1, 1899.

2. HEALING RAYS

- a. **With what comparison does the Bible emphasize the value of sunlight? Psalm 84:11.**
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- b. **How can we use the sunlight as a healing agent?**

“[Sunlight] is one of nature’s most healing agents. It is a very simple, therefore not a fashionable remedy, to enjoy the rays of God’s sunlight and beautify our homes with its presence. . . . Our own folly has led us to deprive ourselves of things that are precious, of blessings which God has provided and which, if properly used, are of inestimable value for the recovery of health. If you would have your homes sweet and inviting, make them bright with air and sunshine. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich sunlight. . . . If you have God’s presence and possess earnest, loving hearts, a humble home made bright with air and sunlight, and cheerful with the welcome of unselfish hospitality, will be to your family, and to the weary traveler, a heaven below.”—*Testimonies*, vol. 2, p. 527.

- c. **What blessing do we receive from the Sun of Righteousness? Malachi 4:2.**
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“Blessed and beneficent are the rays of light from the Sun of Righteousness who is now pouring His enlightening, healing beams upon everyone who will open the windows of the soul heavenward.”—*The Upward Look*, p. 257.

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

“By [the] employment and the free use of air and sunlight, many an emaciated invalid might recover health and strength.”—*Ibid.*, p. 246.

3. HEAVENLY LIGHT

a. What benefit do plants and human beings receive from sunlight?

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

b. Who and what is our fountain of spiritual light? Psalm 119:105.

c. What blessings does God want to give us as we open our eyes to the light of the truth? Acts 26:18.

d. How are we blessed when the “the morning star” shines in our heart (2 Peter 1:19)? John 8:12; 16:33. What is our duty? Matthew 5:16; Philippians 2:15, 16.

“God’s people have many lessons to learn. They will have perfect peace if they will keep the mind stayed on Him who is too wise to err and too good to do them harm. They are to catch the reflection of the smile of God, and reflect it to others. They are to see how much sunshine they can bring into the lives of those around them. They are to keep near to Christ, so close that they sit together with Him as His little children, in sweet, sacred unity. They are never to forget that as they receive the affection and love of God, they are under the most solemn obligation to impart it to others. Thus they may exert an influence of rejoicing, which blesses all who come within its reach, irradiating their pathway.”—*Mind, Character, and Personality*, vol. 2, pp. 378, 379.

4. UNDER THE SCORCHING HEAT

- a. What lesson should be learned about the effect of the sun on the grass and the flowers? James 1:10, 11.
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“The hot summer sun, that strengthens and ripens the hardy grain, withers and destroys that which, though fresh and green, has no depth of root, because the tender fibers cannot pierce the hard and stony ground.”—*The Spirit of Prophecy*, vol. 2, p. 239.

- b. In what sense is a true Christian compared to a palm tree in the desert? Psalm 92:12.
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“See the weary traveler toiling over the hot sand of the desert, with no shelter to protect him from the rays of the tropical sun. His water supply fails, and he has nothing with which to slake his burning thirst. His tongue becomes swollen; he staggers like a drunken man. . . . Suddenly he sees in the distance, rising out of the dreary sandy waste, a palm tree, green and flourishing. Hope quickens his pulses; he presses on, knowing that that which gives vigor and freshness to the palm tree will cool his fevered blood and give him renewed life.

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

“The sky may be as brass, the burning sand may beat about the palm tree’s roots and pile itself about its trunk; yet the tree lives on, fresh and vigorous. Remove the sand, and you discover the secret of its life; its roots strike down deep into waters hidden in the earth.

“Thus it is with the Christian. His life is hid with Christ in God. Jesus is to him a well of water, springing up unto everlasting life. His faith, like the rootlets of the palm tree, penetrates beneath the things that are seen, drawing life from the Fountain of life. And amid all the corruption of the world he is true and loyal to God. The sweet influence of Christ’s righteousness surrounds him.”—*In Heavenly Places*, p. 240.

5. THE DIVINE GIFT

- a. What God-given assurance makes it worthwhile to live in this world? Psalm 27:1; Romans 8:31.

“I hope that you will keep under the direct rays of the Sun of Righteousness, that the bright beams from the face of Jesus Christ may shine with brightness upon your heart, and that you may reflect their bright rays to others.”—*The Ellen G. White 1888 Materials*, p. 710.

- b. What type of sun should we always have in our homes? Ephesians 4:32.

“Home should be a place where cheerfulness, courtesy, and love abide; and where these graces dwell, there will abide happiness and peace. Troubles may invade, but these are the lot of humanity. Let patience, gratitude, and love keep sunshine in the heart, though the day may be ever so cloudy. In such homes angels of God abide.”—*The Ministry of Healing*, p. 393.

- c. What spiritual lesson is drawn from cultivating a proper appreciation for light? John 12:35, 36.

“Light, precious light, shines upon God’s people; but it will not save them unless they consent to be saved by it, fully live up to it, and transmit it to others in darkness. God calls upon His people to act. It is an individual work of confessing and forsaking sins and returning unto the Lord that is needed.”—*Testimonies*, vol. 2, p. 123.

REVIEW AND THOUGHT QUESTIONS

- What great blessings are derived from sunlight?
- Why is Christ referred to as the Sun of Righteousness?
- Just as the moon reflects the sun, what are we to reflect to the world?
- Why is the Christian compared to the desert palm?
- How can we make our life radiant with spiritual sunshine?

Rest

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

“Sleep, nature’s sweet restorer, invigorates the weary body and prepares it for the next day’s duties.”—*Testimonies*, vol. 1, p. 395.

Suggested Reading: *The Desire of Ages*, pp. 359–363.

Sunday

December 5

1. GOD GIVES REST TO HIS BELOVED

- a. Sleep takes up around one third of each 24-hour period. What should we understand about how and why we benefit from it, especially in youth? Psalm 4:8.

“Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant.”—*My Life Today*, p. 143.

“Nature will restore their vigor and strength in their sleeping hours, if her laws are not violated.”—*Healthful Living*, p. 69.

- b. What examples do we have, in the life of Christ and the disciples, with respect to the need of rest? Mark 6:31; Luke 8:23.

“The disciples of Jesus needed to be educated as to how they should labor and how they should rest. Today there is need that God’s chosen workmen should listen to the command of Christ to go apart and rest awhile.”—*My Life Today*, p. 133.

“The Saviour was at last relieved from the pressure of the multitude, and, overcome with weariness and hunger, He lay down in the stern of the boat and soon fell asleep.”—*The Desire of Ages*, p. 334.

2. "EARLY TO BED AND EARLY TO RISE"

- a. **What is the best advice about going to sleep early in a world that stays up all night long? Psalms 104:23; 127:2; 1 Thessalonians 5:5, 7.**

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

"Make it habit not to sit up after nine o'clock. Every light should be extinguished. This turning night into day is a wretched, health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness and wakefulness, and the precious sleep, which should rest the body, does not come when desired. . . . Especially should brain workers begin to be soothed and not in any way excited as they draw nigh their hours for sleep."—*Ibid.*, vol. 9, p. 46.

"Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock."—*Ibid.*, vol. 7, p. 224.

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

- b. **What does Job say about those who try to change God's plan? Job 17:12.**

"Some youth are much opposed to order and discipline. They do not respect the rules of the home by rising at a regular hour. They lie in bed some hours after daylight, when everyone should be astir. They burn the midnight oil, depending upon artificial light to supply the place of the light that nature has provided at seasonable hours. . . .

"Our God is a God of order, and He desires that His children shall *will* to bring themselves into order and under His discipline. Would it not be better, therefore, to break up this habit of turning night into day, and the fresh hours of the morning into night? If the youth would form habits of regularity and order, they would improve in health, in spirits, in memory, and in disposition."—*Child Guidance*, pp. 111, 112. [Italicized emphasis is in the original text.]

- c. **Exceptions do not abolish the rule. Quote examples. Luke 6:12; Matthew 14:25.**
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3. WORN OUT

- a. **What concern should we have for the health of our ministers, workers, and church officers? 2 Corinthians 1:6; 2 Timothy 2:10.**
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“It is a great mistake to keep a minister constantly at work in business lines, going from place to place and sitting up late at night in attendance at board meetings and committee meetings. This brings upon him weariness and discouragement.”—*Gospel Workers*, p. 271.

- b. **What usually disturbs sleep, and how can it be avoided? Ecclesiastes 10:17.**
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“If a third meal be eaten at all, it should be light, and several hours before going to bed.

“But with many, the poor, tired stomach may complain of weariness in vain. More food is forced upon it, which sets the digestive organs in motion, again to perform the same round of labor through the sleeping hours. The sleep of such is generally disturbed with unpleasant dreams, and in the morning they awake unrefreshed. There is a sense of languor and loss of appetite. A lack of energy is felt through the entire system. In a short time the digestive organs are worn out, for they have had no time to rest. These become miserable dyspeptics, and wonder what has made them so. The cause has brought the sure result.”—*Counsels on Diet and Foods*, p. 174.

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

- c. **Mention two examples showing how the servants of God acted to relieve weariness in others. Genesis 18:2–4; Exodus 17:11, 12.**
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4. TO REST IS NOT ONLY TO SLEEP

- a. Under what condition can we enjoy the rest given by Christ? Matthew 11:28–30; John 14:27.
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- b. What is the yoke of Christ which gives us rest? Isaiah 48:17, 18; Jeremiah 6:16.
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“The yoke that binds to service is the law of God. The great law of love revealed in Eden, proclaimed upon Sinai, and in the new covenant written in the heart, is that which binds the human worker to the will of God. If we were left to follow our own inclinations, to go just where our will would lead us, we should fall into Satan’s ranks and become possessors of his attributes. Therefore God confines us to His will, which is high, and noble, and elevating. He desires that we shall patiently and wisely take up the duties of service. The yoke of service Christ Himself has borne in humanity. He said, ‘I delight to do Thy will, O My God: yea, Thy law is within My heart’ (Psalm 40:8). ‘I came down from heaven, not to do Mine own will, but the will of Him that sent Me’ (John 6:38). Love for God, zeal for His glory, and love for fallen humanity, brought Jesus to earth to suffer and to die. This was the controlling power of His life. This principle He bids us adopt.”—*The Desire of Ages*, pp. 329, 330.

- c. Why did the Jews as a people fail to enter into God’s rest? How can we avoid repeating the default of ancient Israel? Hebrews 3:18, 19; 4:1–3, 10, 11.
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“Accept the Holy Spirit for your spiritual illumination and under its guidance follow on to know the Lord. Go forth where the Lord directs, doing what He commands. Wait on the Lord, and He will renew your strength.”—*Selected Messages*, bk. 2, p. 230.

“Though time is short, and there is a great work to be done, the Lord is not pleased to have us so prolong our seasons of activity that there will not be time for periods of rest, for the study of the Bible, and for communion with God.”—*My Life Today*, p. 133.

5. THE SEVEN-DAY CYCLE

a. What weekly blessing is for physical, spiritual, and mental rest? Exodus 20:9–11.

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

“To all who receive the Sabbath as a sign of Christ’s creative and redeeming power, it will be a delight. Seeing Christ in it, they delight themselves in Him. The Sabbath points them to the works of creation as an evidence of His mighty power in redemption. While it calls to mind the lost peace of Eden, it tells of peace restored through the Saviour.”—*The Desire of Ages*, p. 289.

c. What does it mean to rest on the Sabbath? Isaiah 58:13; Matthew 12:12; Acts 16:13.

“It is displeasing to God for Sabbathkeepers to sleep during much of the Sabbath. They dishonor their Creator in so doing, and, by their example, say that the six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away holy time. . . . Such make a wrong use of the sanctified day.”—*Testimonies*, vol. 2, p. 704.

d. What example do we have from the early disciples and from Ananias concerning faithful Sabbathkeeping, without which they would not have had a good report from the Jews? Luke 23:56; Acts 22:12; 2:47 (first part).

REVIEW AND THOUGHT QUESTIONS

- a. In what sense is the concept of rest related to temperance?
- b. Why is it better to go to sleep early?
- c. What happens when we go to bed with food still in our stomach?
- d. To what kind of rest is Christ referring in Matthew 11:28?
- e. How do many fail to understand the true meaning of Sabbath rest?

The Christian's Clothing

“Having food and raiment let us be therewith content” (1 Timothy 6:8).

“The amount of physical suffering created by unnatural and unhealthful dress cannot be estimated.”—*Counsels on Health*, p. 599.

Suggested Reading: *Selected Messages*, bk. 2, pp. 465–479.

Sunday

December 12

1. A CHANGE OF GARMENT

- a. **What did Adam and Eve discover when they disobeyed God, and with what did they substitute their heavenly clothing? Genesis 3:7–11.**

“Adam and Eve both ate of the fruit and obtained a knowledge which, had they obeyed God, they would never have had—an experience in disobedience and disloyalty to God—the knowledge that they were naked. The garment of innocence, a covering from God, which surrounded them, departed; and they supplied the place of this heavenly garment by sewing together fig-leaves for aprons.”—*The Review and Herald*, November 15, 1898.

- b. **What is represented by the fig-leaf covering? Isaiah 64:6.**

“The fig-leaves represent the arguments used to cover disobedience.”—*Ibid.*, November 15, 1898.

- c. **What does it mean to be clothed with the robe of Christ's righteousness? Isaiah 61:10.**

“When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life.”—*Christ's Object Lessons*, p. 312.

2. NAKEDNESS

- a. **What shows how God views nakedness? Genesis 9:20–25; Exodus 20:26.**
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- b. **With what purpose does Satan use nakedness, and what is his main instrument to sow the seed of immorality? 2 Samuel 11:2–4; Matthew 5:27, 28.**
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“[The seventh] commandment forbids not only acts of impurity, but sensual thoughts and desires, or any practice that tends to excite them.”—*Patriarchs and Prophets*, p. 308.

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

- c. **What sins are committed through exhibiting or beholding partial or total nakedness? Galatians 5:19–21; 2 Peter 2:14.**
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“It is Satan’s design that the faculties of the mind shall become belittled and sensualized; but it is not God’s will that any should yield the mind to the control of the evil one. In intellectual and in spiritual pursuits, He would have His children make progress.”—*Counsels to Parents, Teachers, and Students*, p. 237.

- d. **What transformation occurs in the dress of a person who used to love the world and now loves God? Luke 8:27, 35; 1 Corinthians 4:9 (second half).**
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- e. **To what is the Christian’s dress compared? Matthew 6:28, 29.**
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“All heaven is marking the daily influence which the professed followers of Christ exert upon the world. . . . Your dress is telling either in favor of Christ and the sacred truth or in favor of the world. Which is it? Remember we must all answer to God for the influence we exert.”—*Testimonies*, vol. 4, p. 641.

3. MODESTY IN DRESS

a. What are some characteristics of good clothing?

“Our clothing, while modest and simple, should be of good quality, of becoming colors, and suited for service. It should be chosen for durability rather than display. It should provide warmth and proper protection. . . .

“It should have the grace, the beauty, the appropriateness, of natural simplicity.

“Christ has warned us against the pride of life, but not against its grace and natural beauty.”—*Counsels to Parents, Teachers, and Students*, pp. 302, 303.

b. What type of clothing should be avoided? 1 Timothy 2:9; Isaiah 3:16–24.

“[1 Timothy 2:9 quoted.] This forbids display in dress, gaudy colors, profuse ornamentation. Any device designed to attract attention to the wearer or to excite admiration is excluded from the modest apparel which God’s word enjoins.”—*Ibid.*, p. 302.

c. What distinction must be observed between men’s and women’s clothing? Deuteronomy 22:5.

“There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it abomination. . . .

“God designed that there should be a plain distinction between the dress of men and women.”—*Child Guidance*, p. 427.

d. What caused the hoops in Sr. White’s day to be immodest—and how are many today guilty of even worse immodesty? Proverbs 7:10; Isaiah 3:16, 17; Jeremiah 8:12.

“Ladies with long dresses, especially if distended with hoops, as they go up and down stairs, as they pass up the narrow doorway of the coach and the omnibus, or as they raise their skirts, to clear the mud of the streets, sometimes expose the form to that degree as to put modesty to the blush.”—*The Health Reformer*, August 1, 1868.

4. UNHEALTHFUL CLOTHING

- a. What parts of the body should be protected, and why? Luke 15:22.

“Our limbs and feet are suitably protected from cold and damp to secure the circulation of the blood to them. . . . Morning exercise . . . is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases.”—*The Health Reformer*, September 1, 1868.

- b. Describe the unhealthful conditions caused by fashions in our society—and explain how to correct this problem.

“The health of the entire system depends on the healthy action of the respiratory organs. . . . The female dress should be suspended from the shoulders.”—*Ibid.*, February 1, 1872.

“The clothing of most women is worn too tight for the proper action of the vital organs. Every article of dress upon the person should be worn so loose that in raising the arms the clothing will be correspondingly lifted.”—*Christian Temperance and Bible Hygiene*, p. 88.

“Every article of dress should fit easily, obstructing neither the circulation of the blood, nor a free, full, natural respiration.”—*The Ministry of Healing*, p. 293.

- c. What special care should be taken in the attire of those living in colder areas?

“[One] great cause of mortality among infants and youth is the custom of leaving their arms and shoulders naked. This fashion cannot be too severely censured. . . . The air, bathing the arms and limbs and circulating about the armpits, chills these sensitive portions of the body so near the vitals, and hinders the healthy circulation of the blood, and induces disease, especially of the lungs and brain.”—*Selected Messages*, bk. 2, p. 467.

“Special attention should be given to the extremities, that they may be as thoroughly clothed as the chest and region over the heart.”—*My Life Today*, p. 145.

“Why not clothe your daughter as comfortably and as properly as you do your son? In the cold and storms of winter, his limbs and feet are clad with lined pants, drawers, woolen socks, and thick boots. This is as it should be; but your daughter is dressed in reference to fashion, not health nor comfort.”—*The Health Reformer*, September 1, 1868.

5. HEALTHFUL CLOTHING

- a. What care should we have in choosing our clothing? Matthew 10:32, 33; Colossians 3:23–25.

“Our words, our actions, and our dress are daily, living preachers, gathering with Christ, or scattering abroad. This is no trivial matter, to be passed off with a jest. The subject of dress demands serious reflection and much prayer.”—*Counsels on Health*, p. 600.

“Puritan plainness and simplicity should mark the dwellings and apparel of all who believe the solemn truths for this time.”—*Messages to Young People*, p. 315.

- b. What lesson can we learn from the instruction given to the people of Israel about the ribbon of blue? Numbers 15:38–41.

“If God gave such definite directions to His ancient people in regard to their dress, will not the dress of His people in this age come under His notice? Should there not be in their dress a distinction from that of the world?”—*Our High Calling*, p. 271.

- c. What comforting assurance comes by replacing our taste for worldly beauty with Christ’s higher ideal of genuine beauty? 1 Peter 3:3, 4.

“The most beautiful dress [Christ] bids us wear upon the soul. No outward adorning can compare in value or loveliness with that ‘meek and quiet spirit’ which in His sight is ‘of great price’ (1 Peter 3:4).”—*The Ministry of Healing*, p. 289.

REVIEW AND THOUGHT QUESTIONS

- a. How are we often guilty of manufacturing “fig-leaf garments” in our life?
- b. As the health of a tree is shown by its leaves, what does our dress reveal?
- c. Describe some spiritual problems caused by the use of tight clothing.
- d. Name some improper style of clothing.
- e. How can we improve our Christian witness?

SIMPLICITY IN DRESS

“In His Sermon on the Mount Christ exhorts His followers not to allow their minds to be absorbed in earthly things. He plainly says: ‘Ye cannot serve God and mammon. Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?’ ‘And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these’ (Matthew 6:24, 25, 28, 29). . . .

“He declares that the glory of Solomon could not bear comparison with one of the flowers in natural loveliness. Here is a lesson for all who desire to know and to do the will of God. Jesus has noticed the care and devotion given to dress, and has cautioned, yea, commanded, us not to bestow too much thought upon it. It is important that we give careful heed to His words. Solomon was so engrossed with thoughts of outward display that he failed to elevate his mind by a constant connection with the God of wisdom. Perfection and beauty of character were overlooked in his attempt to obtain outward beauty. . . .

“As we see our sisters departing from simplicity in dress and cultivating a love for the fashions of the world, we feel troubled. By taking steps in this direction they are separating themselves from God and neglecting the inward adorning. They should not feel at liberty to spend their God-given time in the unnecessary ornamentation of their clothing. How much better might it be employed in searching the Scriptures, thus obtaining a thorough knowledge of the prophecies and of the practical lessons of Christ. . . .

“Do you, my sisters, in the needless work you put upon your garments, feel a clear conscience? Can you, while perplexing the mind over ruffles and bows and ribbons, be uplifting the soul to God in prayer that He will bless your efforts? The time spent in this way might be devoted to doing good to others and to cultivating your own minds.

“Many of our sisters are persons of good ability, and if their talents were used to the glory of God they would be successful in winning many souls to Christ. Will they not be responsible for the souls they might have saved had not extravagance in dress and the cares of this world so crippled and dwarfed their God-given powers that they felt no burden of the work? Satan invented the fashions in order to keep the minds of women so engrossed with the subject of dress that they could think of but little else.”—*Testimonies*, vol. 4, pp. 628, 629.

Gratitude and Happiness

“Be glad then, ye children of Zion, and rejoice in the Lord your God” (Joel 2:23).

“When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.”—*The Ministry of Healing*, p. 257.

Suggested Reading: *The Ministry of Healing*, pp. 241–259.

Sunday

December 19

1. A MERRY HEART

a. How do our thoughts affect us physically? Proverbs 17:22.

“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.

“Disease is sometimes produced, and is often greatly aggravated, by the imagination.”—*The Ministry of Healing*, p. 241.

“When we go mourning, we leave the impression upon minds that God is not pleased to have us happy, and in this we bear false witness against our heavenly Father.”—*The Review and Herald*, January 14, 1890.

b. What attitude is needed to enjoy good health? Psalm 5:11; 1 Thessalonians 5:18.

“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.”—*The Ministry of Healing*, p. 241.

“The power of the will and the importance of self-control, both in the preservation and in the recovery of health, [and] . . . the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown.”—*Education*, p. 197.

2. MENTAL HEALTH

- a. **If we neglect physical health, what part of our being will become affected? 1 Corinthians 3:17; 6:19, 20.**
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“Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. To keep the body in a healthy condition to develop its strength, that every part of the living machinery may act harmoniously, should be the first study of our life. To neglect the body is to neglect the mind. It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds.”—*Counsels on Health*, p. 122.

- b. **What method is Satan using to destroy our mind? Psalm 101:3.**
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- c. **With what should we fill our mind? Philippians 4:8. What rules should guide our actions? Isaiah 33:15, 16.**
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- d. **How can we receive comfort in the midst of trials and difficulties? Philippians 4:4–7; Lamentations 3:26; Isaiah 57:15.**
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“Do not lose your hold. Cling to Jesus. . . . Difficulties will arise. You will meet with obstacles. Look constantly to Jesus. When an emergency arises, ask, Lord, what shall I do now?”—*The Adventist Home*, pp. 207, 208.

“Faith, patience, forbearance, heavenly-mindedness, trust in your wise, heavenly Father, are the perfect blossoms which mature amidst clouds and disappointments and bereavements.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 934.

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

3. ACTIVELY HAPPY

- a. **What activities bring happiness—even to one who is very sick?** Acts 20:35; Galatians 6:9, 10.
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“Good deeds are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of rightdoing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.

“Let the invalid, instead of constantly requiring sympathy, seek to impart it. Let the burden of your own weakness and sorrow and pain be cast upon the compassionate Saviour. Open your heart to His love, and let it flow out to others. Remember that all have trials hard to bear, temptations hard to resist, and you may do something to lighten these burdens. Express gratitude for the blessings you have; show appreciation of the attentions you receive. Keep the heart full of the precious promises of God, that you may bring forth from this treasure, words that will be a comfort and strength to others. This will surround you with an atmosphere that will be helpful and uplifting. Let it be your aim to bless those around you, and you will find ways of being helpful, both to the members of your own family and to others.

“If those who are suffering from ill-health would forget self in their interest for others; if they would fulfill the Lord’s command to minister to those more needy than themselves, they would realize the truthfulness of the prophetic promise, ‘Then shall thy light break forth as the morning, and thine health shall spring forth speedily’ (Isaiah 58:8).”—*The Ministry of Healing*, pp. 257, 258.

- b. **What activities are an excellent medicine for the mind and the body?** Isaiah 58:6–8; Matthew 25:32–40.
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“Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, given or done with an eye to God’s glory, will result in blessings to the giver. Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health.”—*Mind, Character, and Personality*, vol. 2, p. 642.

4. FREEDOM FROM SADNESS

- a. **What do bitterness, heaviness of heart, and guilt produce in the body? Proverbs 12:25.**
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“Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind.”—*Counsels on Health*, p. 324.

- b. **What are some of the causes of a downhearted spirit? Psalm 55:4, 5; Matthew 6:34.**
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“[God] does not desire us to go in anguish of spirit. We are not to look at the thorns and the thistles in our experience. We are to go into the garden of God’s Word and pluck the lilies and roses and the fragrant pinks of His promises. Those who look upon the difficulties in their experience will talk doubt and discouragement, for they do not behold Jesus, the Lamb of God, who taketh away the sins of the world.”—*That I May Know Him*, p. 278.

- c. **What remedy is recommended for a downhearted spirit, and what warning should be heeded in case of anxiety? Psalms 100:1–5; 101:1; 1 Thessalonians 5:16, 17.**
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“Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids.”—*Counsels on Diet and Foods*, p. 107.

- d. **What is the best medical prescription for the discouraged? Psalms 27:14; 31:24.**
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“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy.”—*The Ministry of Healing*, p. 115.

5. SUPREME BLESSING

- a. How does God abide in our heart to give us victory over adversities and disappointments? John 16:13; Ephesians 5:18–20; Hebrews 10:22–25.

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

- b. In this world of suffering and disease, what should be our constant prayer—and what gracious response comes from the throne of God? Psalm 67:1, 2; Jeremiah 30:17.

“Those who wait for the Bridegroom’s coming are to say to the people, ‘Behold your God.’ The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them.”—*Christ’s Object Lessons*, pp. 415, 416.

REVIEW AND THOUGHT QUESTIONS

- Why does sadness on our part misrepresent our merciful, loving God?
- How do our thoughts affect our physical body?
- Name one significant remedy that can virtually relieve any disease.
- What should we realize about the power of Christ’s love for us?
- Describe the scene to be continually kept before our mind’s eye.

First Sabbath Offerings



OCTOBER 2

for Mongolia
(See p. 4.)

NOVEMBER 6

Literature for
Poor Countries
(See p. 32.)



DECEMBER 4

for Northwest Publishing
Association
(See p. 54.)

