

# Why God Gave Us the Health Message

## (Part 1)

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

THE TWO CHARACTERISTICS OF GOD'S LAST DAY CHURCH ARE:

1: They **keep the Commandments of God** and

2: **Have the Testimony of Jesus** which is the Spirit of Prophecy (The prophetic gift in the church) (Rev. 12:17)

“And the dragon was wroth with the woman, and went to make war with the remnant of HER SEED, which keep the commandments of God, and have the testimony of Jesus Christ.” (Revelation 19:10)

“...The Testimony of Jesus is the Spirit of Prophecy.”

WHY A PROPHET FOR THESE LAST DAYS?

“Surely the Lord GOD will do nothing, but he revealeth his secret unto his servants the prophets.” (Amos 3:7)

“...Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.” (2 Chronicles 20:20)

**Note:** One of the ways God's wants us to prosper is **IN HEALTH...** **3 John 2** – “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

“...all who believe that the Lord has SPOKEN THROUGH SISTER WHITE, and has given her a message, will be safe from the many delusions that will come in in these last days.” {8MR 320.2}

**QUESTION:** Of all people upon the face of the earth, to whom did the lord give the health message, and why did he give it to them?

**ANSWER:** “Seventh-Day Adventists are handling momentous truths. More than forty years ago (It's been 150+ years now) the Lord gave us special light on health reform...” {9T 158.1}

“Our heavenly father has bestowed upon us the great blessing of health reform...” It is the duty of those who have received the light upon this important subject to manifest greater interest for those who are still suffering for want of knowledge. Those who are looking for the soon appearing of their Saviour should be the last to manifest a lack of interest in this great work of reform...” (CH pg. 50, paragraph 3)

“It is our duty to understand and respect the principles of health reform. On the subject of temperance we should be in advance of all other people (and we are)...” {9T 158.1}

WHY?

“SEVENTH-DAY ADVENTISTS are handling momentous truths...” (9T 158.1)

WHY THE HEALTH MESSAGE?

1. “It was **IN LOVE** that our heavenly Father sent the light of health reform...” {CTBH 134.1}

2. "God's blessing will rest upon every effort made to awaken an interest in **HEALTH REFORM**; for it is needed everywhere. There must be a revival in regard to this matter; for God purposes to accomplish much through this agency..." {PH142 1.2}
3. "There are **divinely appointed rules** which if observed will keep human beings from disease and premature death." {CD 16.4} (Also, see Ecclesiastes 7:17)
4. "If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then **they will IN NINE CASES OUT OF TEN** (that's 90%) recover from their ailments." {MM 223.4}
5. "The work of **HEALTH REFORM** is the Lord's means for lessening suffering in our world..." {CD 77.1}
6. "**...HEALTH REFORM...**All should realize that this is an important part of the Lord's great work for the salvation of souls..." {PH142 1.1}
7. "The light God has given on health reform is for our salvation and the salvation of the world..." {CH 446.1}
8. "I was again shown that the HEALTH REFORM is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body..." {3T 161.1}
9. "The work of HEALTH REFORM is the Lord's means...for purifying his church..." {CD 77.1}
10. "God desires His people to bind medical missionary work up with the work of the third angel's message. this is the work that will restore the moral image of God in man..." {MM 160.2}
11. "Eating, drinking, and dressing all have a direct bearing upon our spiritual advancement." {SD 172.2}
12. "The better you observe the laws of health, the more clearly you can discern temptations, and resist them, and the more clearly you can discern the value of eternal things."  
-- Youth's Instructor, Aug. 25, 1886, p. 135. {Te 188.3}
13. "When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart..." (6T p. 327) (1900). 3
14. "As efforts are made to remove suffering and disease, the hearts of the patients will be softened..." {1MR 241.4} (See Isaiah 58:10)
15. "Much of the prejudice that prevents the truth of the third angel's message from reaching the hearts of the people, might be removed if more attention were given to health reform. When people become interested in this subject, the way is often prepared for the entrance of other truths. If they see we are intelligent with regard to health, they will be more ready to believe that we are sound in bible doctrines..." {CD 76.5}
16. "I have been instructed that we are not to delay to do the work that needs to be done in health reform lines. Through this work we are to reach souls in the highways and the byways." {CD 76.3}

17. "The gospel of Jesus Christ includes THE WORK OF **HELPING THE SICK...**only by this work can the prejudice which exists in the world against our faith be broken down." {CH 532.2}

"...had you done medical missionary work, trying to heal soul and body, you would have seen **hundreds and thousands coming into the truth...do among them practical missionary work. Thus many souls will be brought to a knowledge of the truth.**" {1888 1750.6}{1888 1750.6}

18. "First meet the temporal necessities of the needy and **relieve their physical wants and sufferings,** and **you will then find an open avenue to the heart,** where you may plant the good seeds of virtue and religion." {4T 226.3}

19. "I have been informed by my guide that **not only should those who believe the truth practice HEALTH REFORM** but they should also **teach it diligently to others;** for **it will be an agency through which the truth can be presented to the attention of unbelievers. They will reason that if we have such sound ideas in regard to health and temperance, there must be something in our religious belief that is worth investigation.** If we backslide in health reform we shall lose much of our influence with the outside world." {Ev 514.3}

20. "The Lord desires us to **obtain all the education possible,** with the object in view of imparting our knowledge to others. None can know where or how they may be called to labor or to speak for God. Our heavenly Father alone sees what He can make of men. There are before us possibilities which our feeble faith does not discern. Our minds should be so trained that if necessary **we can present the truths of his word before the highest earthly authorities in such a way as to glorify his name.** We should not let slip even one opportunity of qualifying ourselves intellectually to work for God." {COL 333.4}

21. "...concerning these lines of missionary work,...Fathers and mothers, **obtain all the help you can from the study of our books and publications...**Take time to **read to your children** from the health books, as well as from the books treating more particularly on religious subjects. **Teach them the importance of caring for the body, the house they live in.** Form a home reading circle, in which every member of the family shall lay aside the busy cares of the day and unite in study. Fathers, mothers, brothers, sisters, take up this work heartily and see if the home church will not be greatly improved." {7T 63.3} 4

22. "...but when the plagues of God shall be all around you, you will then see the principles of health reform and strict temperance in all things,--that **temperance alone is the foundation of all the graces that come from God, the foundation of all victories to be gained...**" {Te 201.4}

23: "**God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many of the dangers to which we shall be exposed...**" {CTBH 75.1/3T 561.1}

#### HEALTH MESSAGE TO BE KEPT IN THE FRONT:

"**Keep the work of health reform to the front** is the message I am instructed to bear. **Show so plainly its value that a widespread need for it will be felt.**" {9T 113.1}

The way to **reach the higher** (rich and educated) **classes** is **through our sanitariums** (Lifestyle Centers):

"Twenty-five years ago (approx. **1875**) the Lord revealed to me that **the best way in which to reach the higher classes is through our sanitariums...**" {1MR 241.2}

## WHAT WILL THIS DO?

“By their stay at the sanitarium, the patients are to become acquainted with seventh-day adventists and the reason of their faith...” {1MR 241.4}

## CONCLUSION:

We have to do the Health Message on such a **GRAND SCALE** that hundreds and thousands of people will come to learn the truth we have.

## SOP ABBREVIATIONS:

**CTBH** = Christian Temperance and Bible Hygiene

**9T** = Testimonies For The Church, Volume 9

**CD** = Counsels on Diets and Foods

**CH** = Counsels on Health

**MM** = Medical Ministry

**3T** = Testimonies For The Church, Volume 3

**TE** = Temperance

**6T** = Testimonies For The Church, Volume 6

**1MR** = 1st Manuscript Release

**PH** = Pamphlet

**EV** = Evangelism

**COL** = Christ's Object Lessons

**4T** = Testimonies For The Church, Volume 4

**Link to our blog:** <https://livingbytheblueprint.com/>