

## Is the Health Message Important for These Last Days?

### Is it Salvational?

**Matthew 4:4** – “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”

#### **WHAT DOES THE BIBLE SAY ABOUT THIS?**

**Revelation 14:6-7** – “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, FEAR GOD AND GIVE GLORY TO HIM; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.”

**1 Corinthians 10:31** – “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of GOD.”

**1 Corinthians 9:25** – “And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.”

**2 Peter 1:5-8** – “And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.”

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, **TEMPERANCE:** against such there is no law.” (Galatians 5:22, 23)

**Romans 8:9** – “...if any man have not the spirit of Christ, he is none of his.”

**Amos 3:7** – “Surely the Lord God will do nothing, but he revealeth his secret unto his servants the prophets.”

#### **WHAT DOES THE SPIRIT OF PROPHECY SAY?**

“The Lord himself has spoken upon this subject of the care of the body. He says in His word, “If any man destroyeth the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”

**1 Cor. 3:17**, R. V. This scripture enjoins a conscientious care of the body, and condemns all ignorant or careless neglect. And again: “Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” 1 Cor. 6: 19, 20; 10:31. {FE 427.1}

The intelligent, conscientious care of our bodies is due to our Heavenly Father, who “so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” We are individually the property of Christ, His purchased possession. It is required of each one of us to preserve our health and strength by the practice of temperance in all things. The appetites and passions must be controlled, that through them we shall not weaken or defile God's human temple.” {FE 427.2}

**ANYTHING THAT LESSENS THE PHYSICAL POWER ENFEEBLES THE MIND, AND MAKES IT LESS CLEAR TO DISCRIMINATE BETWEEN GOOD AND EVIL, BETWEEN RIGHT AND WRONG.**

"This principle is illustrated in the case of Nadab and Abihu. God gave them a most sacred work to perform, permitting them to come near to Himself in their appointed service; but they had a habit of drinking wine, and they entered upon the holy service in the sanctuary with confused minds. There was the sacred fire, which was kindled by God himself; but they used the common fire upon their censers, when they offered incense to ascend as a sweet fragrance with the prayers of God's people. Because their minds were clouded by an unholy indulgence, they disregarded the divine requirement; "and there went out fire from the Lord, and devoured them, and they died before the Lord." {FE 427.3}

"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." {CD 17.2}

"It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai." {CD 17.3}

"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..." {CD 23.1}

"Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. All the laws of nature--which are the laws of God---...will aid us in a preparation for the life to come." {CD 23.2}

"I have been shown that the principles that were given us in the early days of the message are as important and should be regarded just as conscientiously today as they were then....on the question of diet. It is now time to take the light from under the bushel, and let it shine forth in clear, bright rays." {CD 23.3}

"...Only when we are intelligent in regard to the principles of healthful living, can we be fully aroused to see the evils resulting from improper diet." (CD 23.5)

**Proverbs 8:13** – "The Fear of the Lord is to **HATE EVIL...**"

"We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way. Many, even of those who profess to believe the special truths for this time, are lamentably ignorant with regard to health and temperance. They need to be educated line upon line, precept upon precept. The subject must be kept before them. This matter must not be passed over as non-essential; for nearly every family needs to be stirred up on the question. The conscience must be aroused to the duty of practicing the principles of true reform. GOD REQUIRES that his people shall be temperate in all things. Unless they practice true temperance, they will not, they cannot, be susceptible to the sanctifying influence of the truth." {CD 451.2}

"He who is converted from errors in eating, drinking, and dressing is being prepared to hear and receive the truth into a good and willing heart. Many, by practicing the laws of nature and by receiving the renovating grace of God into the soul, obtain a new lease of physical and spiritual life.." {CH 221.4}.

"The health reform, I was shown, is a part of the third angel's message, and is just as closely connected with it as are the arm and hand with the human body. I saw that we as a people must make an advance move in this great work. Ministers and people must act in concert. God's people are not prepared for the loud cry of the third angel. They have a work to do for themselves which they should not leave for God to do for them...gluttony is the prevailing sin of this age. Lustful appetite makes slaves of men and women, and beclouds their intellects and stupefies their moral sensibilities to such a degree that the sacred, elevated truths of God's word are not appreciated..." {CD 32.2}

"In order to be fitted for translation...the people of God...should ever have the appetite in subjection to the moral and intellectual organs. The body should be servant to the mind, and not the mind to the body." {CD 33.1}

"At our large gatherings, instruction should be given upon health and temperance. Seek to arouse the intellect and the conscience. Bring into service all the talent at command, and follow up the work with publications upon the subject. "EDUCATE, EDUCATE, EDUCATE," is the message that has been impressed upon me." {CD 451.3}

"It is important that instructions should be given...in regard to living temperately. They should show the relation which eating, working, resting, and dressing, sustain to health. All who believe the truth for these last days, have something to do in this matter. It concerns them, and God requires them to arouse and interest themselves in this reform. He will not be pleased with their course if they regard this question with indifference." {CD 39.1}

"Every gospel worker should feel that the giving of instruction in the principles of healthful living, is a part of the appointed work. Of this work there is great need, and the world is open for it." {CD 458.1}

"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion... The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, then they would have had the moral power to gain the victory of over every other temptation of Satan. BUT THOSE WHO ARE SLAVES TO APPETITE WILL FAIL IN PERFECTING CHRISTIAN CHARACTER..." --T., V. III, p. 491. {HL 74.5}

"Ignorance is no excuse now for the transgression of law... All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which he is not giving them in reference to health reform. He designs that the great subject of health reform shall be agitated and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated, and made fit for the society of heavenly angels in the kingdom of glory..." {CD 70.2}

"In the judgment we shall see how seriously God regards the violation of the laws of health." {CD 40. 1}

"Many have done the body much injury by a disregard of the laws of life, and they may never recover from the effects of their neglect; but even now they may repent and be converted. Man has tried to be wiser than God. He has become a law unto himself. God calls upon us to give attention to His requirements, no longer to dishonor Him by dwarfing the physical, mental, and spiritual capabilities..." (CD 40.1)

### **THE HEALTH REFORM:**

"...is one branch of the great work which is to fit a people for the coming of the Lord." (CD 69.1)

“The light God has given on health reform is for our salvation and the salvation of the world...” (CH 479.1)

“The work of health reform is the Lord's means...for purifying his church...” (CD 77.1)

“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)

“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)

#### **SOP ABBREVIATIONS:**

**9T** = Testimonies for the Church, Volume 9

**CD** = Counsels on Diets and Foods

**CH** = Counsels on Health

**FE** = Fundamentals of Education

**HL** = Healthful Living

**MM** = Medical Ministry

**TV III** = Testimonies for the Church, Volume 3

#### **Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/is-health-message-important-for-these.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/03/is-health-message-important-for-these.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/is-health-message-important-for-these.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/12/is-health-message-important-for-these.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/is-health-message-important-for-these.html>

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