

## Laodicea and The Health Message

**Website:** [Healthy Christian Living - Living by the Blueprint](#)

**Revelation 3:14** – And unto the angel of the [church of the Laodiceans](#) write; These things saith the Amen, the faithful and true witness, the beginning of the creation of God;

**15** – I know thy works, that [thou art neither cold nor hot](#): I would thou wert cold or hot.

**16** – So then because thou art lukewarm, and neither cold nor hot, [I will spue thee out of my mouth](#).

**17** – Because [thou sayest](#), I am rich, and increased with goods, and [have need of nothing](#); and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: .

**18** – I counsel thee to [buy of me gold tried in the fire](#), that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.

**19** – As [many](#) as I love, [I rebuke and chasten](#): be zealous therefore, and repent.

**20** – Behold, I stand at the door, and knock: if any man hear my voice, and open the door, [I will come in to him](#), and will sup with him, and he with me.

**21** – [To him that overcometh will I grant to sit with me in my throne](#), even as I also overcame, and am set down with my Father in his throne.

**22** – He that hath an ear, let him [hear what the Spirit saith](#) unto the churches. “wretched, miserable, poor, blind, and naked...”

**QUESTION:** Would you say we are blind if we speak heaven, but are eating items that have been condemned in the TESTIMONY OF JESUS (SOP)?

**QUESTION:** Could it be said that WE ARE BLIND if we are chewing gum, mints, candies, eating between meals, eating items with vinegar in them such as Vegenaïse, salad dressings, and condiments, mixing fruit and vegetables at one meal, drinking with our meals, dressing contrary to the SOP, or anything else we have been counseled NOT TO EAT/DO regarding health and yet we are praying for the Latter Rain?

Now I know today's message is going to cross many of us, but the intention of it is not to point out anyone, or to step on toes. [The purpose is to OPEN OUR EYES ... GIVE US THE EYESALVE](#) (we'll find out what this eyesalve is at the end of this presentation).

**James 5:19-20** – “Brethren, if any of you do err from the truth, and one convert him; let him know, that [he which converteth the sinner from the error of his way shall save a soul from death](#), and shall hide a multitude of sins.”

We truly are like Israel of old. [Many of God's people preach heaven, but are partaking of the Babylonian Diet](#).

**WHY?** Because [we truly are wretched, miserable, poor, BLIND, and naked](#).

## WHY AM I BRINGING THIS SUBJECT UP TODAY?

"The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things." -Testimonies for the Church 3:61-64, 1872 {CD 71.2}

"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)

"I saw that many were neglecting the preparation so needful and were looking to the time of "refreshing" and the "latter rain" to fit them to stand in the day of the Lord and to live in His sight. Oh, how many I saw in the time of trouble without a shelter! They had neglected the needful preparation; therefore they could not receive the refreshing that all must have to fit them to live in the sight of a holy God." (EW 71.2)

"The object we have before us is the qualifying of laborers to engage in the all-round work of the third angel's message ... we are trying to fit ourselves that we may warn others to prepare for the second coming of Christ. We need a thorough fitting up for this work, not only spiritually and intellectually, but also physically. A thorough preparation for work includes the faithful development of the body as well as the soul; and the aim of this department is to prepare us to teach others how to care for the physique which God has given them." {RH October 11, 1898, par. 13}

"Not all who profess to keep the Sabbath will be sealed. There are many even among those who teach the truth to others who will not receive the seal of God in their foreheads. They had the light of truth, they knew their Master's will, they understood every point of our faith, but they had not corresponding works." {CET 189.1}

"Not one of us will ever receive the seal of God while our characters have one spot or stain upon them. It is left with us to remedy the defects in our characters, to cleanse the soul-temple of every defilement. Then the latter rain will fall upon us as the early rain fell upon the disciples on the day of Pentecost." {CET 189.2}

**\*\*\*Remember, it is the Health Message that is to help fit us for the Coming of the Lord!**

## THE SEAL AND THE TEN COMMANDMENTS

"Many will not receive the seal of God because they do not keep His commandments or bear the fruits of righteousness." (Letter 76, 1900). {7BC 970.5}

"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)

"God has established to govern your physical being. God has claims upon your powers, therefore careless inattention to the laws of health is sin." (Te 188.3)

## WHAT IS SIN?

**1 John 3:4** – Transgression of God's Law.

**James 4:17** – "Him that knoweth to do good and doeth it not, to him it is sin."

"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}

"The law of ten commandments is not to be looked upon as much from the prohibitory side, as from the mercy side. Its prohibitions are the sure guarantee of happiness in obedience. As received in Christ, it works in us the purity of character that will bring joy to us through eternal ages. To the obedient it is a wall of protection. We behold in it the goodness of God, who by revealing to men the immutable principles of righteousness, seeks to shield them from the evils that result from transgression." {15M 235.1}

**Psalms 84:11** – "... the Lord...no good thing will he withhold from them that walk uprightly."

**IF GOD ASKS US TO GIVE UP ANYTHING, IT'S BECAUSE IT'S FOR OUR OWN GOOD.**

"Men and women cannot violate natural law by indulging depraved appetite and lustful passions, and not violate the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may see our sin in violating the laws which He has established in our being. All our enjoyment or suffering may be traced to obedience or transgression of natural law. Our gracious heavenly Father sees the deplorable condition of men who, some knowingly but many ignorantly, are living in violation of the laws that He has established. And in love and pity to the race, He causes the light to shine upon health reform. He publishes His law and the penalty that will follow the transgression of it, that all may learn and be careful to live in harmony with natural law. He proclaims His law so distinctly and makes it so prominent that it is like a city set on a hill. All accountable beings can understand it if they will. Idiots will not be responsible. To make plain natural law, and urge the obedience of it, is the work that accompanies the third angel's message to prepare a people for the coming of the Lord." {3T 161.2}

"God in his wisdom has established natural laws for the proper control of our dress, our appetites, and our passions, and He requires of us obedience in every particular." (The Review and Herald, October 16, 1883) and {HL 17.3}

**Luke 16:10** – "He that is faithful in that which is least, is faithful also in much: and he that is unjust in the least is unjust in much."

"The Lord demands uprightness in the smallest as well as in the largest matters. Those who are accepted at last as members of the heavenly court, will be men and women who here on earth sought to carry out the Lord's will IN EVERY PARTICULAR, who sought to put the impress of heaven upon their earthly labors." {CT 58.2}

"If those who have been in the church for weeks and months have not learned the straightness of the way, and what it is to be Christians, and cannot hear all the straight truths of the Word of God, it were better that they were cut off from Israel. IT IS TOO LATE IN THE DAY TO FEED WITH MILK. If souls a month or two old in the truth, who are about to enter the time of trouble such as never was, cannot hear all the straight truth, or endure the strong meat of the straightness of the way, how will they stand in the day of battle? Truths that we have been years learning must be learned in a few months by those who now embrace the Third Angel's Message." (1MR 33.3)

"There are but few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, AND THEIR ETERNAL DESTINY.

I saw that it is the duty of those who have received the light from Heaven, and have realized the benefit of walking in it, to manifest a greater interest for those who are still suffering for want of knowledge.

Sabbathkeepers who are looking for the soon appearing of their savior should be the last to manifest a lack of interest in this great work of reform. Men and women must be instructed, and ministers and people should feel that the burden of the work rests upon them to agitate the subject, and urge it home upon others." 1T 488,489. {CME 32.2}

**"It is OUR DUTY to understand and respect the principles of health reform."** (9T 158.1)

## **NOW, WHAT ABOUT THE STORY OF THE TEN VIRGINS?**

### **WHAT ARE WE TOLD IN THE TESTIMONY OF JESUS THAT THE OIL REPRESENTS? (Matthew 25)**

"The golden oil represents the grace with which God keeps the lamps of believers supplied. Were it not that this holy oil is poured from heaven **IN THE MESSAGES** of God's Spirit, the agencies of evil would have entire control over men." {RH February 3, 1903, par. 5}

**"God is dishonored when we do not receive the communications that he sends us. Thus WE REFUSE THE GOLDEN OIL** which he would pour into our souls to be communicated to those in darkness. When the call shall come, "Behold, the bridegroom cometh; go ye out to meet him," those who have not received the holy oil, who have not-cherished the grace of Christ in their hearts, will find, like the foolish virgins, that they are not ready to meet their Lord. They have not in themselves the power to obtain the oil, and their lives are wrecked. But if God's Spirit is asked for, if we plead, as did Moses, "Show me thy glory," the love of God will be shed abroad in our hearts. The golden oil will be given to us." {RH February 3, 1903, par. 6}

Now, speaking of the eyesalve, what is the eyesalve we need so that we won't be miserable, poor, blind and naked?

### **THE EYESALVE:**

"The eyesalve is that wisdom and grace which enables us to discern between the evil and the good, and to detect sin under any guise. God has given His church eyes which He requires them to anoint with wisdom, that they may see clearly; but many would put out the eyes of the church if they could; for they would not have their deeds come to the light, lest they should be reprov'd. The divine eyesalve will impart clearness to the understanding. Christ is the depository of all graces. He says: "Buy of Me." {4T 88.2}

### **HOW DO WE GET THE EYESALVE?**

"The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things." – The Youth's Instructor, August 25, 1886, 135. {Te 188.3}

### **SOME THINGS TO KEEP IN MIND:**

"Our food should be plain and free from all objectionable elements, but let us be careful that it is always palatable and good." (LLM 545.3)

**"... We are God's property,** and the path of obedience to nature's laws is the direct path to heaven. 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." (CH 221.4)

“Abstinence from all hurtful food and drink is the fruit of true religion.” (9T 113; CD 457.1)

“The idea should never be given that it is of but little consequence what we eat.” (CD 198.4)  
(CH 151.1)

**QUESTION: WHAT DO I DO IF I HAVE NOT BEEN OBEYING THE HEALTH MESSAGE IN THE LEAST PARTICULAR?**

**ANSWER: REPENT AND REFORM**

“Repent ye therefore, and be converted that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.” (Acts 3:19)

“ ... when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided-pure air, pure water, and the healing, precious sunlight.” {25M 297.2}

**FINAL QUOTE:**

“The subject of health reform has been presented in the churches; but the light has not been heartily received. The selfish, health-destroying indulgences of men and women have counteracted the influence of the message that is to prepare a people for the great day of God. If the churches expect strength, they must live the truth which God has given them. If the members of our churches disregard the light on this subject, they will reap the sure result in both spiritual and physical degeneracy. And the influence of these older church members will leaven those newly come to the faith. The Lord does not now work to bring many souls into the truth, because of the church members who have never been converted and those who were once converted but who have backslidden. What influence would these unconsecrated members have on new converts? Would they not make of no effect the God-given message which His people are to bear?” {6T 370.3}

Let all examine their own practices to see if they are not indulging in that which is a positive injury to them. Let them dispense with every unhealthful gratification in eating and drinking. Because this is from Jesus, When you leave from here to partake of the potluck meal, or when you prepare the potluck meat or when you go to get dressed, etc.

**ASK YOURSELF THE FOLLOWING 2 QUESTIONS:**

1. Am I being a stumbling block to the new converts?
2. Am I building up or tearing down the Health Message?

I pray that these words spoken today have burned within your heart and that each one of us will go home, pray and contemplate this very subject...Lord Bless!!!