

NEWSTART +6 – Temperance (Part 2)

Coffee & Tea/Caffeine

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

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

“...Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected.” Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system.” {MH 127.1}

“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. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” {MH 127.2}

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...Become more intelligent in regard to the laws of life. . . .” {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

WHY?

“...so that they may know how to preserve health...” {MM 259.3}

“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.” {CD 17.3}

“...It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them...” (MH 128.1)

“True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind...” (7T 137.1)

“You are to apply the laws of life and health to your own case. In violating the laws of health...you misrepresent your maker...” {KC 20.4}

BIBLE:

“And every man that striveth for the mastery is TEMPERATE IN ALL THINGS...” (1 Corinthians 9:25)

*****Temperance is one of the fruits of the Spirit.** (Galatians 5:22-23)

SOP:

"God's people are to learn the meaning of temperance in all things. They are to practice temperance in eating and drinking and dressing..." {Te 138.5}

"...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)

WHAT IS TEMPERANCE?

"...True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful..." (Te 138.2)

TOUCH NOT:

"...Touch not, taste not, handle not, tea, coffee...The only perfectly safe course to pursue is to stand firmly on the side of temperance and not venture in the path of danger." {3T 488.1}

"The advocates of temperance reform should be awake to the evils resulting from the use of...tea, and coffee..." {MH 334.4}

"Tea is poisonous to the system. Christians should let it alone..." {CD 421.1}

"Those who believe present truth should refuse to drink tea or coffee..." {Te 158.4}

CHILDREN SHOULD NOT BE SERVED TEA OR COFFEE:

(3T 488.3)

REFUSE IT WHEN IT IS OFFERED:

"...If tea is offered, let him refuse it..." (CH 463.1)

WHY?

"The stimulating diet and drink of this day are not conducive to the best state of health. Tea, coffee, and tobacco are all stimulating, and contain poisons. They are not only unnecessary, but harmful, and should be discarded if we would add to knowledge temperance." {CD 420.2}

WHEN OFFERED TEA OR COFFEE, WE SHOULD REFUSE AND EXPLAIN ITS HARMFUL EFFECTS:

"...If tea is offered, let him refuse it, explaining that it is harmful, that though for a time stimulating, the stimulating effect passes off, and a corresponding depression is left. Let him explain the injurious effect of intoxicating drinks, and of tobacco, tea, and coffee, on the digestive organs and the brain." {CH 463.1}

TEA AND COFFEE BOTH HIGHLY INJURIOUS:

"Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious.... Tea acts as a stimulant, 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.” {CD 424.2}

“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. Tired nerves need rest and quiet instead of stimulation and overwork...” {CD 423.3-424.4}

TEA AND COFFEE NOT AS POWERFUL AS TOBACCO:

“Tea and coffee, as well as tobacco, have an injurious effect upon the system. Tea is intoxicating; though less in degree, its effect is the same in character as that of spirituous liquors. Coffee has a greater tendency to becloud the intellect and benumb the energies. It is not so powerful as tobacco, but is similar in its effects. The arguments brought against tobacco may also be urged against the use of tea and coffee.” {CD 426.1}

TEA AND COFFEE ARE STIMULANTS AND CONTAIN POISONS:

“...Tea, coffee, and tobacco are all stimulating, and contain poisons...” (CD 420.2)

NO NUTRITIONAL VALUE IN TEA AND COFFEE:

“...Tea and coffee...fail of supplying proper nutriment...” (Ed 204.3)

TEA AND COFFEE DRINKING IS A SIN:

“Tea and coffee drinking is a sin, an injurious indulgence, which, like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system.” {CD 425.3/Te 80.1}

“Abstain from fleshly lusts, which war against the soul,” is the language of the apostle Peter. Many regard this warning as applicable only to the licentious; but it has a broader meaning. It guards against every injurious gratification of appetite or passion. It is a most forcible warning against the use of such stimulants and narcotics as tea, coffee, tobacco, alcohol, and morphine. These indulgences may well be classed among the lusts that exert a pernicious influence upon moral character...” {CD 62.5}

WHY?

ILL EFFECTS ON THE MIND:

- Brain activity greatly lessened (CH 441)
- Brain benumbed (4T 365)
- Brain injured (CD 402)
- Degeneration of the mind (CH 49)
- Depression (CH 463.1)
- Intellect beclouded (CD 426)
- Mental power ruined (CD 421)

ILL EFFECTS ON THE MORAL AND SPIRITUAL:

- Development of spiritual powers hindered (CD 402)
- Injures the soul (CD 425.3)
- Sense of sacred things is perverted (CD 428-429)
- Souls finer sensibilities benumbed (3SG 116)
- Tongues loosened (CD 423)
- Worship of God hindered (CD 426)

ILL EFFECTS ON THE BODY:

- Body organs injured (CD 402)

- Causes anemia
- Depression (CH 463.1)
- Digestive organs injured (CH 463)
- Diseases of every kind produced (CD 421)
- Dizziness (Te 81)
- Dyspepsia (CH 111-112)
- Headaches (MH 326)
- Heart action increased(rapid heart rate) (MH 326)
- Heart palpitations (MH 326)
- Human system excited (nervousness)(2T 65)
- Human system injured (CD 426)
- Indigestion (MH 326)
- Irritability (Te 81)
- Life Forces worn away (CD 421-422)
- Many illnesses (MH 326)
- Nerves shattered (CD 421-422)
- Nervousness (Te 81)
- Numbness (Te 81)
- Skin sallow and lifeless in appearance (CH 111-112)
- Steal B vitamins from the body
- Stomach nerves excited (MH 326)
- Stomach ruined (CD 411)
- The appetite for intoxicating liquor fostered (3T 569)
- The appetite for stronger stimulants fostered (CD 429-430)
- The appetite for tobacco fostered (3T 569)
- The feeling for drugs are needed (CH 261)
- Trembling (MH 236)
- Unnatural appetite (2SM 420)

GIVE COFFEE SUBSTITUTE INSTEAD:

“Neither tea nor coffee should be served. Caramel cereal, made as nicely as possible, should be served in the place of these health-destroying beverages.” {CD 431.3}

MAY HAVE CEREAL COFFEE:

“...cereal coffee...” {MH 321.1}

- Cafix
- Pero
- Postum
- Roma
- Teeccino

MAY HAVE CEREAL COFFEE FOR EVENING MEAL (before 6:00 pm):

“...cereal coffee, are the foods best suited for the evening meal.”{MH 321.1}

HOW TO GIVE TEA & COFFEE UP:

Read Natural Remedies Encyclopedia (**5th Edition**) pages 609-610 and 842.

Natural Remedies Encyclopedia (**7th Edition**) pg. 882.

WHAT TO SAY AND DO WHEN GIVING THESE THINGS UP:

"I have a message from the Lord for the tempted soul who has been under the control of Satan, but who is striving to break free. **GO TO THE LORD FOR HELP. Go to those who you know love and fear God, and say, Take me under your care; for Satan tempts me fiercely. I have no power from the snare to go. Keep me with you every moment, until I have more strength to resist temptation.**" {Te 104.1} 1903

***Claim Promises found in Psalms 50:15 and 1 Corinthians 10:13.

"**Jesus is our ever-present help in time of need.** Only call upon Him in faith, and **He has promised to hear and answer your petitions.**" {5T 215.2}

WHAT HAPPENS WHEN A PERSON GIVES COFFEE AND TEA UP?

"...**Temperance reformers have a work to do in educating the people in these lines. Teach them that health, character, and even life, are endangered by the use of stimulants, which excite the exhausted energies to unnatural, spasmodic action.**" {MH 335.2}

"...**The tendency of tea, coffee, and similar drinks is in the same direction as that of alcoholic liquor and tobacco, and in some cases the habit is as difficult to break as it is for the drunkard to give up intoxicants. Those who attempt to leave off these stimulants will for a time feel a loss and will suffer without them. But by persistence they will overcome the craving and cease to feel the lack. Nature may require a little time to recover from the abuse she has suffered; but give her a chance, and she will again rally and perform her work nobly and well...**" {MH 335.3} (See Te 119.1)

A NATURAL REMEDY TO USE WHEN TRYING TO OVERCOME TEA & COFFEE:

A COLD SHEET WRAP:

This is **good for those who can't do the steam bath.** Dip a queen size sheet in a bucket of cool water, then wrap the body completely in this sheet while in the nude. Then wrap with a blanket and lay down for 30 minutes. **This will draw toxins out of the body.**

TEA & COFFEE USED AS MEDICINE:

TEA:

"I do not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side **I took it as a medicine when I was sick and vomiting. In such circumstances it may prove a present relief...** I have not bought a penny's worth of tea for years. Knowing its influence **I would not dare to use it, except in cases of severe vomiting when I take it as a medicine,** but not as a beverage....**I do not preach one thing and practice another. I do not present to my hearers rules of life for them to follow while I make an exception in my own case...**I am not guilty of drinking any tea except red-clover-top tea..." {2SM 302.2/.4-.6}

COFFEE AND TEA CAN BE USED FOR NATURAL REMEDIES:

"**I have not knowingly drunk a cup of genuine coffee** for twenty years, **only, as I stated, during my sickness--for a medicine--I drank a cup of coffee, very strong, with a raw egg broken into it.**" (To friends) {2SM 302.7}

"Tea used as a medicine, but not as a beverage.--**I do not use tea, either green or black. Not a spoonful has passed my lips for many years except when crossing the ocean, and once since on this side I took it as a medicine when I was sick and vomiting. In such circumstances it may prove a present relief.**" {2SM 302.2}

PHYSICIANS SHOULD NOT PRESCRIBE FOR THE SICK:

“Physicians...will not prescribe flesh, tea, or coffee for your patient...” (CD 294.2) Please see CTBH 223-224
“Is a man a tobacco user, a tea-and-coffee drinker, a meat eater, taking his three meals? Let him begin with tobacco, and put that away. Then let him leave off the use of tea and coffee, eat less meat, and make his third meal very light. He will find this a heavy tax upon his system. He may all the time feel worse; but what of that? There is a glorious victory ahead. Soon he can dispense with flesh-meats altogether. His appetite will become natural, and he can take simple, healthful food with a keen relish. Next, he leaves off the third meal...” {1890 JW, BHY 223.4}

MORE INFO ON TEA:

- Besides water, it is the **most widely consumed beverage in the world**
- Excites, but **does not nourish the system**
- Includes black tea, white tea, chai tea, green tea
- **Is very addicting**
- **It contains over 400 poisons**
- It originated in China as a medicinal drink
- Scientific name is Camellia sinensis
- Tea **contains 1% to 4% caffeine**
- Tea drinking became popular in Britain in the 17 century

MORE INFO ON COFFEE:

- Coffee cultivation first take place in Arabia
- Coffee is somewhat acidic (pH 5.0-5.1)
- The first evidence of coffee drinking appears in the middle of the 15th century
- Is **extremely high in caffeine**
- Has a **very negative effect on the nervous system**
- **Excites the system**, but does not nourish it
- **Is very addicting**

<http://www.hygienic-healing.com/HHG-Hazards/Danger%20is%20Brewing%20in%20the%20Cup.pdf>

SIGN THE PLEDGE TO ABSTAIN FROM COFFEE AND TEA FROM CHINA (all tea except for herbal tea):

“We hope to carry our brethren and sisters up to a still higher standard to sign the pledge to abstain from Java coffee and the herb that comes from China. We see that there are some who need to take this step in reform.” {Te 82.1}

***Questions on next page...

NEWSTART +6 - Temperance Part 2
Coffee & Tea/Caffeine
(Questions)

1. _____ not, taste not, handle not, _____, _____
2. Is it an evil thing to use tea and coffee? YES or NO
3. What is the first part of the 1st Angel's message? It says to _____ God and give glory to Him.
4. What is one way of fearing God? The Fear of the Lord is to _____ .(See Proverbs 8:13)
5. Tea is _____ to the system. Christians should let it _____.
6. Should those who believe present truth refuse to drink tea or coffee? YES or NO
7. Should tea or coffee be served to children? YES or NO
8. What should one do when tea or coffee are offered to them? _____
9. Tea and coffee are st_____ and contain p_____
10. Are God's people to explain the harmful effects of tea and coffee and soda? YES or NO
11. Tea acts as a _____ and produces int_____
12. The action of coffee excite the _____ of the stomach; irritation to the _____, and an increased action to the _____.
13. Do tea and coffee nourish the system? YES or NO
14. Is drinking tea and coffee a sin? YES or NO
15. Please explain your answer: _____
16. Please list 7 ill effects on the mind:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
17. Please list 6 ill Effects on the moral and spiritual:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
18. List the 29 ill Effects on the Body:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____

10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____

19. What can we have or give instead of coffee? _____

20. List the 5 types of cereal coffee there are:

1. _____
2. _____
3. _____
4. _____
5. _____

21. Can cereal coffee be given for the 3rd meal if one is necessary? YES or NO

22. When trying to give up tea or coffee, we are to ____ to the Lord for help; go to those we _____ love and fear God

23. What are 2 Bible references to read when tempted to drink tea or coffee?

1. _____
2. _____

24. Can giving up the habit of drinking tea and coffee be as hard as giving up tobacco and alcohol? YES or NO

25. Will those who give up tea and coffee possibly suffer for a moment? YES or NO

26. If a person persists in giving up the use, will they overcome with God's help? YES or NO

27. What is a great natural remedy to use when trying to overcome tea & coffee? _____

28. Can tea and coffee be used for a natural remedy for nausea and vomiting? YES or NO

29. Should their use be prolonged for natural remedies, or for a one time effect? _____

30. Should physicians prescribe tea or coffee for the sick? YES or NO

31. When putting someone on a plan, should tobacco or tea and coffee be given up first? (See CTBH 223-224)

32. What is the scientific name of tea? _____

33. Which teas does this include? _____ tea; _____ tea; _____ tea; _____ tea

34. Where did tea drinking originate?

35. How many poisons does tea contain? _____

36. Tea contains __% to __%

37. Do tea or coffee nourish the system? YES or NO

38. Are tea and coffee addicting? YES or NO

39. Is coffee acidic? YES or NO

40. What is coffee extremely high in? _____
41. What system of the body does caffeine have a very negative effect on? The _____ system
42. Did you sign the pledge?