

## Why God Gave Us The Health Message

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

**Q:**

*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?*

**A:** " SEVENTH-DAY ADVENTISTS ARE HANDLING MOMENTOUS TRUTHS. More than forty years ago(It's been 140+ 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 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..."

(Counsels on Health 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: "The work of HEALTH REFORM IS THE LORD'S MEANS FOR LESSENING SUFFERING IN OUR WORLD..."{CD 77.1}

#4: " 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}

#5: "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}

#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} (See → 1 Corinthians 3:16-17 and 1 Corinthians 10:31; Revelation 14:6-7)

#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}

\*\*\*continue on next page

#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}{See → 10MR 314.1}

#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." {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. 327.2} (1900)

#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..."{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}

\*\*\*continue on next page\*\*\*

#21: "...concerning these lines of missionary work,.. **OBTAIN ALL THE HELP YOU CAN FROM THE STUDY OF OUR BOOKS AND PUBLICATIONS...FROM THE HEALTH BOOKS...** take up this work heartily and SEE IF THE HOME CHURCH WILL NOT BE GREATLY IMPROVED." {7T 63.3}

#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**(see Psalms 91:1-10),--**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} (See → 2 Peter 1:4-6)

#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}

- See Also → 1865 JW, HHTL 150.2

#### **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}

#### **WHY?**

**"...THIS MISSIONARY MEDICAL WORK WILL DO MORE TO CONVERT THE PEOPLE THAN ALL THE SERMONS COULD DO WITHOUT THIS WORK BEING DONE."** {Lt216-1897.13}

**\*\*\*CONCLUSION:** WE HAVE TO DO THE HEALTH MESSAGE ON SUCH A GRAND SCALE so that hundreds and thousands of people will come to learn the truth we have...

#### **Q: WHERE DOES SISTER WHITE SAY HER KNOWLEDGE ON THE HEALTH MESSAGE CAME FROM?**

*Doctors and Books or from God Himself?*

**"Question on the Vision.—DID YOU RECEIVE YOUR VIEWA UPON HEALTH REFORM BEFORE VISITING THE HEALTH INSTITUTE AT DANSVILLE, NEW YORK, [THE MOST PROMINENT OF MEDICAL INSTITUTIONS IN THE UNITED STATES FEATURING REFORMS IN DIET AND IN THE TREATMENT OF THE SICK WAS AT THIS TIME OPERATED BY DR. JAMES C. JACKSON AT DANSVILLE, NEW YORK, --COMPILERS.] OR BEFORE YOU HAD READ WORKS O THE SUBJECT? {3SM 276.1}**

**ANSWER.—IT WAS AT THE HOUSE OF BRO. A. HILLIARD, AT OTSEGO, MICH., JUNE 6, 1863, THAT THE GREAT SUBJECT OF HEALTH REFORM WAS OPENED BEFORE ME IN VISION."** {3SM 276.2} (Read 3SM 276.3-277.3)

#### **CLOSING QUOTES:**

**"WE HAVE COME TO A TIME WHEN EVERY MEMBER OF THE CHURCH SHOULD TAKE HOLD OF MEDICAL MISSIONARY WORK..."** {7T 62.1}

**"As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, THEY SHOULD, WHILE THEY HAVE OPPORTUNITY, BECOME INTELLIGENT IN REGARD TO DISEASE, ITS CAUSES, PREVENTION, AND CURE..."** {CH 506.1}

**"IT IS THE DUTY OF EVERY PERSON TO BECOME INTELLIGENT IN REGARD TO DISEASE AND ITS CAUSES..."** {HL 19.5}

**NOTE: "...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 33.4}

**"WE SHALL SEE THE MEDICAL MISSIONARY WORK BROADENING AND DEEPENING AT EVERY POINT OF ITS PROGRESS, BECAUSE OF THE INFLOWING OF HUNDREDS AND THOUSANDS OF STREAMS, UNTIL THE WHOLE EARTH IS COVERED AS THE WATERS COVER THE SEA."** MS-32-1901. {PH137 6.2}

**\*\*\*continue on next page\*\*\***

**BOOK 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

MH = Ministry of Healing

CE = a Call to Medical Evangelism

YI = Youth Instructor

2SM = Selected Messages, volume 2

HP = In Heavenly Places