

Key Things to Remember When Teaching Our Health Message

(Ref #77)

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

KEY POINTS TO REMEMBER WHEN DOING THIS WORK:

1. AS A PEOPLE, WE ARE TO SPEAK THE SAME THINGS (1 Corinthians 1:10)

“Jesus designed that the faith of His people should be one. If one goes forth preaching one thing, and another differing with him preaches something else, how can those who believe through their word be one? There will be difference of sentiments...” {1T 326.2}

MANY GO CONTRARY BECAUSE THEY DO NOT READ THE BOOKS GOD HAS GIVEN US TO READ

“Many are going directly contrary to the light which God has given to His people, because they do not read the books which contain the light and knowledge in cautions, reproofs, and warnings...” {4T 391.1}

GOD HAS MARKED OUT THE WAY IN WHICH HIS PEOPLE ARE TO CARRY FORWARD THE WORK OF PHYSICAL HEALING

“...The Lord has marked out a way in which His people are to carry forward a work of physical healing...” {MM 14.3}

“It is our duty to understand and respect the principles of health reform...” {9T 158.1}

“...The enemy is on our track. We must be wide awake...we must follow the directions given through the Spirit of Prophecy. We must love and obey the truth for this time...this will save us from accepting strong delusions. God has spoken to us through his word. He has spoken to us through the testimonies to the church and through the books that have helped to make plain our present duty...if we disregard them, what excuse can we offer?” {8T 298.1}

2. WHEN TEACHING HEALTH, WE TEACH FROM 3 PERSPECTIVES:

1. Bible (Isaiah 8:20; Matthew 4:4)
2. SOP (Isaiah 8:20; Revelation 12:17; Revelation 19:10)
3. Good Scientific Information (Daniel and his 3 friends knew the Sciences of their day. They were 10 x wiser than all the others) (Daniel 1:7,20)

“The world should be no criterion for us...” {4T 35.3}

“In order to obtain an education, many think it essential to study the writings of infidel authors...why—should we wade through the mass of error contained in the work of infidels for the sake of a few intellectual truths, when all truth is at our command.” {MH 440.2}

“...Concerning subjects on which he has given light? Why take inferior sources of instruction...? Why present inferior authors to the attention of students...?” [Matthew 11:28, 29] {CE 81.1}

WE ARE TO BE IN ADVANCED OF THE WHOLE WORLD REGARDING HEALTH

“Seventh-Day Adventists are handling momentous truths. More than forty years ago (now 150 yrs. to date) The Lord gave us special light on health reform...on the subject. We should be in advance of all other people...” (and we are) {9T 158.1}

“The light that God has given in medical missionary lines will not cause his people to be regarded as inferior in scientific medical knowledge, but will fit them to stand upon the highest eminence...” {MM 65.3}

Q: HOW DO WE BECOME IN ADVANCE OF THE WORLD ON HEALTH?

A: BY OBTAINING ALL THE EDUCATION FROM THE STUDY OF OUR BOOKS.

“Let our people show that they have a living interest in MEDICAL MISSIONARY WORK. Let them prepare themselves for usefulness by studying the books that have been written for our instruction in these lines. These books deserve much more attention and appreciation than they have received...” {7T 63.2}

“...Read the best authors on these subjects, and obey religiously that which your reason tells you is truth.” {CH 566.3}

“The Lord desires us to obtain all the education possible...our minds should be so trained that if necessary we can present the truths of his word before the highest earthly authorities...” (COL 333.4)

Note: When reading our health books, time and place must be considered

“Regarding the testimonies, nothing is ignored; nothing is cast aside; but TIME AND PLACE MUST BE CONSIDERED...” {1SM 57.2} (Ex: small pox vaccines)

3. WHEN TEACHING HEALTH REFORM, WE ARE TO TEACH THE MOST INEXPENSIVE METHODS OF LIVING:

“...You cannot teach health reform unless you present the most inexpensive methods of living...”

{MM 266.3}

Note: We will not be using expensive remedies, quick fix elixirs, expensive juicing, etc. Jesus' health message is affordable to the poor as well as to the sick.

1. We will be using those health restoring agencies that are freely provided by God, and the simple things that are easily obtained***

“Teach nurses and patients the value of those health-restoring agencies that are freely provided by God, and the usefulness of simple things that are easily obtained.” {2SM 298.4}

2. We will be using things that are within reach of the common people

“Always study and teach the use of the simplest remedies...the use of these means which are within the reach of the common people.” {2SM 298.6} 1903

3. RULE OF THUMB: If there's already a remedy given by the Prophet, for sake of time and money, it's best to stick with the simplest method and not try to reinvent the wheel.

(Example: Best Remedy for Cough = Honey & Eucalyptus oil) (see 2SM 300.2)

4. DO NOT USE APPLIANCES PATIENTS DO NOT HAVE IN THEIR HOMES

“There is danger of spending far too much money on machinery and appliances which the patients can never use in their home lessons. They should rather be taught how to REGULATE THE DIET, so that the living machinery of the whole being will work in harmony.” {CD 445.2}

- Swimming pools not necessary
- Gyms not necessary
- Hyperbaric chambers not necessary
- Saunas not necessary
- Expensive juicers are not necessary

4: DISEASE NEVER COMES WITHOUT A CAUSE. IT IS FROM A VIOLATION OF THE LAWS OF HEALTH:

(Prov. 26:2)

- “Disease never comes without a cause. The way is prepared, and disease invited by disregard of the laws of health...” {MH 234.1}
- “Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health...” {MH 127.1}
- “IT IS A SIN TO BE SICK, for ALL SICKNESS is the result of transgression...” (CH 37.2)

Note: **There are natural and spiritual laws.**

“The Lord is not pleased with ignorance in regard to HIS LAWS, EITHER NATURAL OR SPIRITUAL...” {CD 121.2} **Remember Miriam?** She was struck with Leprosy because she backbit with her tongue. And she was Moses’ sister.

5. THERE ARE MORE THAN 8 LAWS OF HEALTH:

NOTE: **Proper dress is one of the laws of health.**

- “They disregard the principles of health by their habits of eating, drinking, **DRESSING**, and working...” {MH 234.2}
- “Many persons bring disease upon themselves...They...have disregarded the laws of health in their habits of eating and drinking, **DRESSING**, or working...” {MH 227.3}

Note: **Improper dress is responsible for most women's health issues.**

- “More die as the result of following fashion than from all other causes...” {HL 64.3}

THERE IS ALSO:

- **THE LAW OF CLEANLINESS/HYGIENE** (General Hygiene) (2SAT 289.3)
- “Constant instruction needs to be given, line upon line, precept upon precept, in regard to the necessity of clean bodies, clean houses, and clean premises...” {20MR 374.1}
- **PROPER POSTURE** (upright position) (Ed 198.3)
- **VOICE CULTURE** (AH 435.4)
- **ATTITUDE OF GRATITUDE**
- **SERVING OTHERS** (Isaiah 58)
- **CHEEFULNESS, KIND WORDS & ACTS** (PC 37.8)

Note: **NINE-TENTHS OF DISEASE START IN THE MIND:**

“Sickness of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here...” {5T 443.4}

6. WHEN A PERSON BECOMES HIT WITH SICKNESS/ DISEASE, THERE ARE 4 PROPER STEPS TO TAKE WHEN A PERSON GETS STRUCK WITH SICKNESS or DISEASE

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 reestablish
- Right conditions in the system.” {MH 127.1}

Note: Herbs are not necessary at all times.

The Lord has given some simple herbs of the field that are at times beneficial... {2SM 294.1}
Herbs are not always needed. We should go through steps 1-3 first. (Example: water for headache)
Unless there is an emergency situation, we should not skip to step 4 until we have gone through steps 1-3.

ALSO:

"Do not endeavor to adjust the difficulties by adding a burden of poisonous medicines." {MH 235.1}

"Not a poisonous drug should be used. When you have a case that does not respond to the use of simple remedies, take it to the Lord in prayer..." {PC 43.1} 1910

WHY NOT?

"After seeing so much harm done by the administering of drugs, I cannot use them, and cannot testify in their favor. I must be true to the light given me by the Lord." {2SM 293.3} 1897

7: THERE ARE STEPS IN HELPING SOMEONE WHO SMOKES, DRINKS COFFEE and TEA AND EATS MEAT:

"The changes from injurious habits of life to those conducive to health, are great, and should be made with care... is a man a tobacco user, a tea-and-coffee drinker, a meat eater, taking his three meals?"

1. Let him **begin with tobacco**, and **put that away**
2. Next is helping them **get off of the alcohol** (my own addition)
3. Then let him **leave off the use of tea and coffee**
4. **Eat less meat, and**
5. **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.
6. Soon he can dispense with flesh meats altogether...next, he leaves off the third meal..."
7. He leaves off the 3rd meal..." {CTBH 223.4-top of 224} 1890

***Note: If a person has a serious disease, you may need to get the people off of all of these at once depending on the severity of the disease.

"It is not best to tell patients that flesh-meats shall never be used; but reason and conscience are to be awakened in regard to self-preservation and purity from every perverted appetite. They can learn to relish a diet that is healthful and abstemious, consisting of fruits, grains, and vegetables." {MM 227.4}

"...There is the more need of handling wisely the question of meat eating. In regard to this matter there should be no rash movements. We should consider the situation of the people, and the power of lifelong habits and practices, and should be careful not to urge our ideas upon others, as if this question were a test, and those who eat largely of meat were the greatest sinners." {CD 462.1}

"Those who have lived upon a meat diet all their life DO NOT SEE THE EVIL of continuing the practice, and they must be treated tenderly." {CD 463.1}

8: NATURE'S PROCESS OF HEALING AND UPBUILDING IS GRADUAL:

- "Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow...But in the end it will be found that nature, untrammelled, does her work wisely and well.
- Those who persevere in obedience to her laws will reap the reward in health of body and health of mind..." (MH 127.3)

***There aren't any overnight, quick-fix elixirs. Patience is needed for the process...however

Note: Many can see healing results in as little as 1 to 2 months:

“An abstemious diet for A MONTH OR TWO would convince many sufferers that the path of self-denial is the path to health.” (MH 235.2)

9. NINE OUT OF 10 (90%) WILL BE HEALED IF THEY DO ALL THEY KNOW TO DO BY FOLLOWING THE LAWS OF HEALTH:

- “...If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, THEY WILL, IN NINE CASES OUT OF TEN, RECOVER FROM THEIR AILMENTS.” (TSDF 85.4)

10. WHY SOME ARE NOT HEALED:

1. MANY DO NOT LIVE IT OUT

- “The greatest objection to health reform is that this people do not live it out...THEY DO NOT LIVE IT out, and have NEVER FOLLOWED IT STRICTLY, therefore they cannot be benefited by it...” (CD 398.3-399.1)
- “Nature must have a chance to do her work. Obstructions must be removed, and opportunity given her to exert her healing forces, which she will do, if every abuse is removed from her, and she has a fair chance.” {PC 23.1}

2. NOT ALL THE SICK WILL BE RAISED TO HEALTH:

- “Not all the sick are healed. Many are laid away to sleep in Jesus.” {MH 230.3}

WHY NOT?

“IN PRAYER FOR THE SICK...We do not know whether the blessing we desire will be best or not.... God knows the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world. This is one reason why, while presenting our petitions with earnestness, we should say, “Nevertheless not my will, but Thine, be done.” {MH 229.2-230.1}

WE ARE TO BE CAUTIOUS WHO WE PRAY FOR THAT ARE SICK--MANY ARE VIOLATING THE LAWS OF HEALTH

“...There are many who make themselves sick by intemperate eating or by indulging in other wrong habits. When they get sick, shall we pray for them to be raised up, that they may carry on the very same work again...?” {1888 1745.7}

“I saw that the reason why God did not hear the prayers of his servants for the sick among us more fully was, that he could not be glorified in so doing while they were violating the laws of health....” {CD 25.5}

“It is labor lost to teach people to go to God as a healer of their infirmities unless they are educated to lay aside every wrong practice and cease to indulge perverted appetite...” {MM 262.2}

11. HEALTH DOES NOT COME BY CHANCE:

“We cannot be too often reminded that HEALTH DOES NOT DEPEND ON CHANCE. It is a result of OBEDIENCE to law...” {MH 128.2}

12. GOD ONLY HELPS THOSE WHO HELP THEMSELVES: (LP 267.1) (2 SM 469) (*See also MM 262.2)

If God were to work a miracle in restoring persons to health that are at liberty to continue their unhealthful practices, God would be encouraging sin.” (MH 227.3)

13. YOU WILL HAVE SOME CASES WHERE THE PEOPLE LIVE TO BE 100 WHILE THEY ARE EATING HORRIBLY OR DO THINGS LIKE SMOKING & DRINKING. WHY IS THIS? (George Burns is a great example)

“Those who USE TEA, COFFEE, OPIUM, AND ALCOHOL, may sometimes live to an old age, but this fact is no argument in favor of the use of these stimulants. What these persons might have accomplished, but failed to do because of their intemperate habits, the great day of God alone will reveal.” {CD 421.6}

Note: Just keep in mind that **9 out of 10 people DIE PREMATURELY** (before the age of 70)

See: Ecclesiastes 7:17 and Psalms 90:10

A PROMISE FOR US:

When we do this work, there will be a renovating, reforming, energizing power:

“Let there be in every church well-organized companies of workers to labor in the vicinity of that church...

Let this work be without delay...when such forces are set to work in all our churches, there will be a renovating, reforming, energizing power in the churches ...” {WM 107.2}

THE PROMISE IS CONDITIONAL:

If our churches do not live according to the light on health reform, the Lord will not bless us:

“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 work now 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)

SOP ABBREVIATIONS:

1SM = Selected Messages, Book 1

1T = Testimonies to the Church, Volume 1

20MR = Manuscript Releases, Volume 20

2SAT = Sermons & Talks, Book

4T = Testimonies to the Church, Volume 2

6T = Testimonies to the Church, Volume 6

7T = Testimonies to the Church, Volume 7

8T = Testimonies to the Church, Volume 8

9T = Testimonies to the Church, Volume 9

CD = Counsels on Diets & Foods

CH = Counsels on Health

COL = Christ Object Lessons

HR = Health Reformer

MH = Ministry of Healing

MM = Medical Ministry

PC = Paulson Collection

TSDF = Testimony Studies on Diets and Foods

WM = Welfare Ministry

***** Questions on next page*****

Key Things To Remember When Teaching Our Health Message

(Questions)

- 1: Should God's people be speaking different things about Healing, and other aspects of our health message?
YES or NO
- 2: Why Not? _____
- 3: Why do so many of our people go contrary to what our health message truly teaches? _____

- 4: Are God's people to RESPECT and UNDERSTAND the principles of health reform? YES or NO_
- 5: Are God's people to follow out the directions given to them in the Testimonies (SOP)? YES or NO
- 6: Will God's people be without excuse if they do not know what is contained in the SOP books? YES or NO
- 7: What are the 3 perspectives (sources) that God's medical missionaries should teach from?
#1: _____
#2: _____
#3: _____
- 8: Should the world be a criterion for us? YES or NO
- 9: Should we wade through the mass of error contained in the health books of infidel authors? YES or NO
- 10: Are we to speak with authority on the subject of health? YES or NO
- 11: Is all the truth needed in regards to health and healing at our command? YES or NO
- 12: Who has God given the Light of Health Reform to? _____
- 13: Will the health message given to us cause us to be INFERIOR in scientific medical knowledge? YES or NO
- 14: How do we become in advance of the world on health? By _____.
- 15: Does the Lord desire us to obtain all the education we can regarding the subject of health? YES or NO
- 16: We are to read the best _____ on these subjects.
- 17: Will the best authors (SDA men or women) on these subjects always be 100% accurate about everything?
YES or NO
- 18: When reading our SOP books, including the subjects of health, Time and _____ are to be
_____.
- 19: When teaching health reform, we are to teach the most _____ methods of healing.
- 20: Should we be introducing expensive remedies, quick fix elixirs, or expensive juicing to the sick? YES or NO
- 21: Is Jesus' Health Message affordable to the Poor as well as to the Rich? YES or NO
- 22: What should God's people be using instead? Health Restoring _____ that are _____ provided
by God, And the usefulness of _____ things that are _____ obtained
- 23: We should use things that are within the _____ of the common people.
- 24: What type of remedies should God's people ALWAYS STUDY AND TEACH? _____ remedies
- 25: If there's a remedy that the prophet says is the best, should God's people try to re-invent the wheel?
YES or NO
- 26: Should we use appliances that patient's do not have in their homes?
- 27: Are swimming pools, gyms, hyperbaric chambers, saunas, and expensive juicers necessary? YES or NO
- 28: What is the only cause of disease according to the SOP? A violation of the _____.
- 29: Are there more than 8 laws of health? YES or NO
- 30: Please list the 7 other laws of health:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____

- 31: How much percent of disease starts in the mind? _____%
- 32: Please list the 4 steps to take in case of sickness:
- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
- 33: Are herbs necessary at all times? YES or NO
- 34: What first steps should we go through before resorting to herbs? The first _____ steps.
- 35: Is it okay to skip to step 4 in emergency situations? YES or NO
- 36: Should we resort to endeavor the health problems by adding a burden of poisonous medicines? YES or NO
- 37: TRIVIA QUESTION (this was not shared in the class, but you will find the answer in a quote):
- What items are also referred to, by the prophet, as drug poisons? (See 2SM 278.3 and 2SM 279.1)
- _____
- 38: Should a poisonous drug be used at all when you have a case that does not respond to simple remedies?
YES or NO
- 39: What should we do when simple remedies don't work? _____
- 40: Should we get people off of meat right away if they are not faced with a life-threatening condition?
YES or NO
- 41: Please list the order of steps to take when changes from an injurious life to those conducive to health are taken:
- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | |
- 42: Is it best to tell patients right away that they should get off of all flesh? YES or NO
- 43: Why not? _____
- 44: Do those who have lived on a meat diet their whole life understand the evil of continuing this practice?
YES or NO
- 45: How should heavy meat eaters be treated? _____
- 46: Many people can see results of healing in as little as _____ to _____ months (this is for your average person).
- 47: Is it possible for some to see healing in less time? YES or NO
- 48: Is it possible for some to take longer? YES or NO
- 49: _____ out of _____ people may be healed if they do all they know in regard to living out the principles of health reform?
- 50: What percentage is that in question #49? _____%
- 51: Name 2 reasons why all the sick are not healed:
- | |
|----------|
| 1. _____ |
| 2. _____ |
- 52: Should we pray right away for every person who comes to us for healing? YES or NO
If no, why not? _____
- 53: Why does not God hear the prayers of his servants for the sick? _____
- 54: What are we to ask whenever we pray for healing for someone? Thy _____ be done.
- 55: Should we pray that out loud in front of the sick? YES or NO
- 56: Does health come by chance? YES or NO... If no, how does it come? _____
- 57: God only helps those who help _____.
- 58: Please explain in short why some people live to be 100 even though they smoke, drink, eat pork, etc.?

- 59: How many percent of people die prematurely before the age of 70? _____%
- 60: Why is God not sending people to our churches in these last days? _____
