

Lesson 19: The 4th Essential of Holy Living: The Gospel of Health-1

Memory Verse: 2 Corinthians 7:1 "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."

1. What does God wish for us? 3 John 1:2 "Beloved, I _____ above _____ things that thou mayest _____ and be in _____, even as thy _____ prospereth."

Note: " 'Above all things,' God desires us to 'be in health' -- health of body and of soul. And we are to be **workers together with Him** for the health of both soul and body." FLB 227.8

"There are **conditions** to be observed by all who would preserve health. All should learn what these conditions are. **The Lord is not pleased with ignorance in regard to His laws**, either natural or spiritual. We are to be workers together with God for the restoration of health to the body as well as to the soul." LHU 260.2

"God, who formed the wonderful structure of the body, will take special care to keep it in order, if **men cooperate**, instead of working at cross-purposes, with Him." OHC 267.2

"The question of how to preserve the health is one of **primary importance**. When we study this question in the fear of God we shall learn that it is **best**, for both our physical and spiritual advancement, to observe **simplicity** in diet. Let us patiently study this question." AG 294.3

2. How is physical health related to holiness? 2 Corinthians 7:1 "Having therefore these promises, dearly beloved, let us _____ ourselves from _____ filthiness of the _____ and _____, perfecting holiness in the fear of God."

Note: "He who **cherishes** the light which God has given him upon health reform has an **important aid** in the work of becoming sanctified through the truth, and **fitted for immortality**." CD 59.4 When we follow God's counsel in our physical health, it prepares us for heaven!

"The light God has given on health reform is **for our salvation** and the salvation of the world. Men and women should be informed in regard to the human habitation, fitted up by our Creator as His dwelling place, and over which He desires us to be faithful stewards. ... Our bodies are wonderfully made, and the Lord requires us to keep them in order. All are under obligation to Him to keep the human structure in a healthful, wholesome condition, that every muscle, every organ, **may be used in the service of God**." OHC 267.2

"The health of the body is to be regarded as **essential for growth in grace** and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. **Erroneous eating and drinking result in erroneous thinking and acting**. 9T 159.3

"All are now being tested and proved. We have been baptized into Christ, and if we will act our part by separating from everything that would drag us down and make us what we ought not to be, **there will be given us strength to grow up into Christ**, who is our living head, and we shall see the salvation of God." 9T 160.1

3. Why is it so important to take proper care of our bodies? Read 1 Corinthians 6:19-20:

- Whose temple are we? The temple of the _____
- Why are we not our own? We are _____ with a _____.
- What should we do with our body? _____ God

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4. Read 1 Corinthians 3:16-17:

- a. Who wants to dwell in us? The _____ of _____
- b. What will God do with those who defile His temple? _____ him
- c. As God's temple, what should we be? We should be _____

Note: "Anything that **lessens** physical strength **enfeebles the mind**, and makes it **less capable of discriminating between right and wrong**. We become **less capable of choosing the good**, and have **less strength of will to do that which we know to be right**." COL 346:3 It is hard to know what is right and what is wrong when we do not take proper care of our physical health. So we end up doing wrong and thinking it is all right.

"The misuse of our physical powers **shortens** the period of time in which our lives can be used for the glory of God. And it **unfits us** to accomplish the work God has given us to do." COL 346:4

5. The Gospel of Health includes more than what we eat and what we don't eat. It includes **all** our habits of life. God has given us guidelines to make us healthy and to keep us healthy. GOD'S PLAN is the best plan for us to follow. He is so much wiser than any one of us that it is only foolish for us to make our own plan.

Let us look at **GOD'S PLAN**.

1. G stands for GOD'S SUNSHINE

6. Psalm 74:16 The _____ is thine, the night also is thine: thou hast _____ the _____ and the _____.

Note: God has prepared the sun for us. It has healing properties. Not only that, sunshine does much to lift our spirits. We are blessed in California to have more sunshine than people who live in many other parts of the country. Usually even in the winter we get sunny days to break up the cloudy and rainy days. I have a friend who lived for a time in the northern part of Norway. It is so far north that during the winter the sun never even comes up. Can you imagine, day after day, no sunshine or light outside. People who live up there get depressed during that time. My friend told me how the first day that the sun peeped over the horizon, they would run up the hill through the snow to see the sun. That day was a happy day. The sun was only up for a little while and then it slipped down below the horizon again. But the next day it would rise again and stay up a little longer. Joy returned to the hearts of all those who had been sitting in darkness for so long.

7. Ecclesiastes 11:7 "Truly the _____ is sweet, and a _____ thing it is for the _____ to behold the _____."

Note: We need sunlight to live! Sunlight gives us many blessings. It decreases blood pressure, lowers cholesterol and triglycerides, stabilizes blood sugar, strengthens bones, kills germs, and lessens stress. And it does many more things too. Truly the light is sweet!

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2. O stands for OPEN AIR

8. When God created man, what did He do that caused him to be alive? Genesis 2:7

"And the Lord God formed man of the dust of the ground, and _____ into his nostrils the breath of _____; and man became a _____ soul."

Job 33:4 "The spirit of God hath made me, and the _____ of the Almighty hath given me _____."

Note: It is God that gives us life and He knew life comes through the breath of life. What happens when you lose the breath of life? How long do you continue to live? Not very long at all. When God created man and gave him the breath of life, he arranged it so that he would continue to breathe and renew the air in his system moment by moment. We breathe almost without thinking about it. If you try to hold your breath for even a minute or two, your body reacts and you can't do it any more. The air we breathe is so very important to life. We can live --

☞ weeks to months without food,

☞ days to weeks without water,

☞ but only minutes without air.

9. What was one of the first things that God created when He made this world? Gen. 1:6

"And God said, Let there be a _____ in the midst of the waters, and let it divide the waters from the waters." God made this firmament to contain _____ for us to breathe.

Note: God has also arranged it so that the air in this world gets renewed. We breathe in oxygen and breathe out carbon dioxide. After a while it would seem that with all the people and animals in the world breathing in oxygen and breathing out carbon dioxide that the air would run out of oxygen and be filled with carbon dioxide. This is just what happens when you are in a room with a lot of people and there is no fresh air coming into the room. It happens in your own home too, if you don't have any fresh air coming in to replace the old stale air that you have already breathed out. God arranged it so that the trees and plants use the carbon dioxide to make food for us and for themselves. And in this process, which we call photosynthesis, they give off oxygen.

This is one of the reasons that God has given us instruction to live in the country instead of the city. What happens to the air in cities? It becomes polluted. There are many people and few plants. Besides that, there are many cars, and other things that cause the air to become polluted. Some cities have so much smog sometimes that they tell people NOT to go outside. Then where can they get good air to breathe? It is not in their houses and it is not outside. In the country there are less people, less cars, and more trees and plants. The air can become revitalized and you can open your window and get FRESH air into your house. You can go outside and walk in the forest and breathe the good clean air that the trees are making.

10. Read Acts 17:25 "He giveth to all _____, and _____, and _____ things."

Note: "The free pure air of heaven is **one of the richest blessings** we can enjoy." 2T 528

"Air is the free blessing of heaven, calculated to electrify the whole system. **Without it the system will be filled with disease** and become dormant, languid, feeble." 1T 701

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"The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep." 1T 702

"And work performed in the open air is **tenfold more beneficial** to health than in-door labor." FCE 73

3. D stands for DAILY EXERCISE

11. When God made the world, what did He give Adam and Eve to do? Genesis 2:15

"And the Lord God took the man, and put him into the _____ of Eden to _____ it and to _____ it."

Note: "One of the first laws of the being is that of action. Every organ of the body has its appointed work, upon the development of which depends its strength. The normal action of all the organs gives vigor and life; inaction brings decay and death.

"God placed our first parents in Paradise, surrounding them with all that was useful and lovely. In their Eden home nothing was wanting that could minister to their comfort and happiness. And to Adam was given the work of caring for the garden. **The Creator knew that Adam could not be happy without employment.** The beauty of the garden delighted him, but this was not enough. He must have labor to call into exercise the wonderful organs of the body. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But he who created man knew what would be for his happiness; and no sooner had he created him, than he gave him his appointed work. The promise of future glory, and the decree that man must toil for his daily bread, came from the same throne." YI, Feb. 27, 1902 par. 1,2

"**Proper exercise, daily**, strengthens the muscles, aids digestion, and induces sleep. This, with taking full inspirations of good air, combined with plain, nourishing diet, free from grease and spices, avoiding pastry and unhealthy condiments, will do much to restore health to the invalid. **Those who would enjoy the blessings of health and strength must have a proper amount of exercise daily.** We should never be ashamed of labor. God has shown us that employment is ennobling, in that he gave the sinless representatives of the race something to do. They were to labor, to dress and keep the garden." HR, August 1, 1873 par. 15

"The first and constant care of parents should be to see that their children have firm constitutions, that they may be sound men and women. It is impossible to attain this object without physical exercise. **For their own physical health and moral good, children should be taught to work**, even if there is no necessity so far as want is concerned. If they would have pure and virtuous characters they must have the discipline of well-regulated labor, which will bring into exercise all the muscles. The satisfaction that children will have in **being useful**, and in **denying themselves to help others**, will be the **most healthful pleasure** they ever enjoyed. Why should the wealthy rob themselves and their dear children of this great blessing?" 3T 151.2

12. Leviticus 17:11 tells us that "The _____ of the flesh is in the _____."

Note: If there is life in the blood, but the circulation is bad, then the cells of the body do not receive the life that is in the blood, so they cannot be healthy. The only way that each cell can receive the nutrients and oxygen it needs and get rid of its wastes is through the circulation. This is why the statement: "**Perfect health depends upon perfect circulation.**" (2T 531) is so true. We can understand why

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exercise is so important to the body because this is what improves the circulation. And: "The more **active** the circulation, the more free from obstructions and impurities will be the blood." HL 178

We have learned about the benefits of Sunshine and Fresh Air. **Exercise IN the Sunshine and Fresh Air** is a necessary ingredient to keep healthy or to return to health when sick. When the muscle cells of the body exercise, they require more energy. In order to make energy they need food and oxygen. The oxygen is supplied through the red blood cells. When the muscles begin to exercise, they need more oxygen which means they need more blood coming to them more quickly. This causes the heart to pump more vigorously and the lungs to breathe more deeply. And so the circulation is quicker, giving all the cells of the body more nutrients, oxygen, and more chance to get rid of their wastes. So exercise benefits all the cells of the body. **One of the greatest benefits from exercise is the increase in the circulation.**

This benefits the body in the following ways:

1. The **liver** and **kidneys** are strengthened to do their work.
2. It brings more oxygen to the **brain** making your mind strong.
3. It helps the **digestion**, relieves a diseased **stomach**, and strengthens the **bowels** to do their work properly.
4. It helps get the **impurities and wastes removed** from the system.
5. The **skin** gets rid of more impurities which would otherwise have to be eliminated by the other organs of elimination.
6. The **skin** is given a healthy glow.

13. What is one of the very best ways to get exercise? Ecclesiastes 5:9 "Moreover the profit of the _____ is for _____: the king himself is served by the _____."

Note: "Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle." MM 296.4

"Many do not see the importance of having land to cultivate, and of raising fruit and vegetables that their tables may be supplied with these things." MM 296.6

"Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises **there is nothing better than the cultivation of the soil.**" MH 265.1

14. What does the Bible tell us about a person who works? Ecclesiastes 5:12

"The _____ of a _____ man is _____, whether he eat little or much: but the _____ of the rich will not suffer him to sleep."

Note: "Exercise should be taken, not in play and amusement merely to please self, but exercise in the science of doing good. There is a science in the use of the hand. In the **cultivation of the soil**, in **building houses**, in studying and planning **various methods of labor**, the brain must be exercised; and students can apply themselves to study to much better purpose when a portion of their time is adopted to physical taxation, wearying the muscles. Nature will **then** give repose and **sweet rest**." SpM 97.4

"**No line of manual training is of more value than agriculture.** A greater effort should be made to create and to encourage an interest in agricultural pursuits. Let the teacher call attention to what the Bible says about agriculture: that it was **God's plan for man** to till the earth; that the first man, the ruler of the whole world, was given **a garden to cultivate**; and that many of the world's greatest men, its real nobility, have been tillers of the soil. Show the opportunities in such a life." Ed 219.1

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15. When we work out in our gardens, who will teach us? Isaiah 28:24-26

"Doth the plowman plow all day to sow? doth he _____ and _____ the clods of his ground? When he hath made plain the face thereof, doth he not cast abroad the _____, and scatter the _____, and cast in the principal _____ and the appointed _____ and the _____ in their place? For his _____ doth _____ him to discretion, and doth _____ him." Verse 29 tells us that the Lord is "_____ in counsel, and _____ in working."

Note: "The people should learn as far as possible to depend upon the products that they can obtain from the soil. **In every phase of this kind of labor they can be educating the mind** to work for the saving of souls for whom Christ has died. 'Ye are God's husbandry; ye are God's building.' Let the teachers in our schools take their students with them into the gardens and fields, and teach them how to work the soil in the very best manner. It would be well if ministers who labor in word or doctrine could enter the fields and spend some portion of the day in physical exercise with the students. They could do as Christ did in giving **lessons from nature to illustrate Bible truth**. Both teachers and students would have much more healthful experience in spiritual things, and much stronger minds and purer hearts to interpret eternal mysteries, than they can have while studying books so constantly, and working the brain without taxing the muscles. God has given men and women reasoning powers, and He would have men employ their reason in regard to the use of their physical machinery. The question may be asked, How can he get wisdom that holdeth the plow, and driveth oxen? – by seeking her as silver, and searching for her as for hid treasures. 'For his God doth instruct him to discretion, and doth teach him.' 'This also cometh forth from the Lord of hosts, which is wonderful in counsel, and excellent in working.' " FE 325.1

"He who taught Adam and Eve in Eden how to tend the garden, **would instruct men today**. There is **wisdom** for him who holds the plow, and plants and sows the seed. The earth has its concealed treasures, and the Lord would have thousands and tens of thousands working upon the soil who are crowded into the cities to watch for a chance to earn a trifle; in many cases that trifle is not turned into bread, but is put into the till of the publican, to obtain that which destroys the reason of man formed in the image of God. Those who will take their families into the country, place them where they have **fewer temptations**. The children who are with parents that love and fear God, are in every way much better situated to learn of the Great Teacher, who is the source and fountain of wisdom. **They have a much more favorable opportunity to gain a fitness for the kingdom of heaven**. Send the children to schools located in the city, where every phase of temptation is waiting to attract and demoralize them, and **the work of character building is tenfold harder** for both parents and children." FE 326.1