

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

Memory Verse: "Trust ye in the Lord for ever: for in the Lord Jehovah is everlasting strength:" Isaiah 26:4

God has given us simple remedies in nature that will keep us healthy and help us to get well if we get sick. What are these remedies?

"God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm TRUST in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. Fresh air, exercise, pure water, and clean, sweet premises are within the reach of all with but little expense; but drugs are expensive, both in the outlay of means and in the effect produced upon the system." 2SM 287

In this lesson we want to continue to look at GOD'S PLAN for good health. Let us review:

G stands for God's _____

O stands for Open _____

D stands for Daily _____

4. S stands for SIMPLE TRUST IN GOD

1. What does the wise man, Solomon, tell us in Proverbs 3:5-8?

"T_____ in the Lord with _____ thine heart; and lean not unto thine _____ understanding.

In _____ thy ways acknowledge _____, and he shall _____ thy paths.

Be not _____ in thine _____ eyes: fear the Lord, and _____ from evil.

It shall be _____ to thy navel, and marrow to thy _____."

Note: Solomon began his life right. He trusted in God and followed His directions and became the wisest man that ever lived. But when he began to depend on his **own** wisdom and stopped trusting in God to teach him, he made a terrible mess of things. Finally at the end of his life, he realized his foolishness and came back to God. Then he wrote the counsel in Proverbs 3:5-8.

2. Solomon also wrote Proverbs 14:30: "A sound _____ is the _____ of the flesh: but _____ the _____ of the bones."

Note: You see, Solomon understood how trusting in God and allowing Him to direct your path would bring health to your body. This is the **foundation** of **all** the other laws of health. Without it, the other laws are not as **effective** as they could be. You can eat just right, drink your water, exercise, and sleep as you should and it will be helpful to you, but without real trust in God, your **immune system** will be powerfully weakened by feelings of fear, worry, guilt, discontent, resentment, envy, anger, and bitterness. When you **put all those things in God's hands**, your health will be greatly improved.

A firm trust in God is the remedy for these things.

You don't have to be **afraid**, or **worried**, or **discontented**, or **angry**,

because Jesus is your friend and He will take care of every situation

– **if** you ask Him to do it and

if you **let** HIM do it instead of trying to do it yourself.

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

3. Solomon's advice in Proverbs 17:22 is so true. "A _____ heart doeth good like a _____: but a _____ spirit drieth the _____."

Note: When we trust Jesus with our lives, it gives us a peace that we never experienced before. Instead of thoughts of worry, fear, and unhappiness because we don't have what we think we should have or because we can't do what we think we should be able to do, we have thoughts of joy, peace, faith, and contentment. These bring health and life to our bodies as well as to our minds.

"A **contented** mind, a **cheerful** spirit, is health to the body and strength to the soul. Nothing is so fruitful a cause of disease as **depression, gloominess, and sadness.**" 1T 702.1

"That which brings sickness of body and mind to nearly all is **dissatisfied feelings** and **discontented repinings**. They have not God, they have not the hope which reaches to that within the veil, which is as an anchor to the soul both sure and steadfast. **All who possess this hope** will purify themselves even as He is pure. Such are **free from restless longings, repinings, and discontent**; they are not continually looking for evil and brooding over borrowed trouble." 1T 566.1

"As children of the light, God would have us **cultivate a cheerful, happy spirit**, that we may **show forth the praises of Him** who hath called us out of darkness into His marvelous light." SD 168.8

"The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the **marvelous life-giving power** to be found in cheerfulness, unselfishness, gratitude, should also be shown. Ed 197.2

"There is a physiological truth – truth that we need to consider -- in the scripture, 'A merry [rejoicing] heart doeth good like a medicine.' Proverbs 17:22." Ed 197.3

4. Another principle which Solomon gives us in Proverbs 19:23 is: "The _____ of the Lord tendeth to _____: and he that _____ it shall abide _____; he shall not be visited with _____."

Note: "The relation which exists between the **mind** and the **body** is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health of the physical system. **If the mind is free and happy, from a consciousness of right-doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system**, causing a freer circulation of the blood, and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life." CTBH 13.3

5. Psalm 34:12-17 gives us some principles that will bring us good health:

"What man is he that desireth _____, and loveth _____ days,
that he may see good?

Keep thy tongue from _____, and thy lips from _____ guile;

Depart from _____, and _____ good; seek _____ and _____ it.

The _____ of the Lord are upon the righteous,
and his _____ are open unto their cry.

The _____ of the Lord is against them that do _____,
to cut off the _____ of them from the earth.

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

The righteous cry, and the Lord _____,
and _____ them out of _____ their troubles."

Note: "The **consciousness of right-doing is the best medicine** for diseased bodies and minds. The **special blessing of God** resting upon the receiver, is **health and strength**. A person whose mind is quiet and satisfied in God is in the pathway to health. To have a **consciousness** that the eyes of the Lord are upon us, and his ears open to hear our prayers, **is a satisfaction indeed**. To **know** that we have a never-failing Friend in whom we can confide all the secrets of the soul, is a **privilege which words can never express**. ... HR, March 1, 1872 par. 7

"There are those who do not feel that it is a religious duty to **discipline the mind to dwell upon cheerful subjects**, that they may reflect light rather than darkness and gloom. This class of minds will either be engaged in seeking their own pleasure, in frivolous conversation, laughing and joking, and the mind continually elated with a round of amusements; **or** they will be depressed, having great trials and mental conflicts, which they think but few have ever experienced or can understand. These persons may profess Christianity, but they deceive their own souls. They have not the genuine article. The religion of Jesus Christ is first pure, then peaceable, full of righteousness and good fruits." HR, Mar. 1, 1872 par. 8

"Life is what we make it, and **we shall find what we look for**. If we look for sadness and trouble, if we are in a frame of mind to magnify little difficulties, we shall find plenty of them to engross our thoughts and our conversation. But if we **look on the bright side of things**, we shall find enough to make us cheerful and happy. If we **give smiles**, they will be returned to us; if we **speak pleasant, cheerful words**, they will be spoken to us again." AH 430.1

"It is the duty of everyone to **cultivate cheerfulness** instead of brooding over sorrow and troubles. Many not only make themselves wretched in this way, but **they sacrifice health and happiness** to a morbid imagination. There are things in their surroundings that are not agreeable, and their **countenances wear a continual frown** that, more plainly than words, expresses discontent. **These depressing emotions are a great injury to them healthwise**; for by hindering the process of digestion, they interfere with nutrition. While grief and anxiety cannot remedy a single evil, they can do great harm; but cheerfulness and hope, while they brighten the pathway of others, 'are life unto those that find them, and health to all their flesh.' AH 430.3

6. Solomon reminds us in Proverbs 3:1-2: "My son, forget _____ my _____; but let thine _____ keep my _____: For _____ of days, and long _____, and _____, shall they add to thee." And Proverbs 4:22 adds:

"For they are _____ unto those that find them, and _____ to all their flesh."

Note: It is **good** to do God's will, isn't it? Yes, it definitely is. When we do God's will, we do not have the guilt that comes from wrongdoing. **Guilt** is another one of those things that **will break down your immune system**. To avoid guilt, you do what is right. You don't do what is wrong. But what if you already have guilt? You can't just start doing right to take care of the problem. The only way to really get rid of guilt is to confess your sins to Jesus and allow Him to take them away. We also must **turn away** from them in our hearts so that we don't keep wanting that wrong thing.

Proverbs 28:13 tells us this: "He that covereth his _____ shall _____ prosper: but whoso _____ **and** _____ them shall have mercy."

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

We need to want God's way for our lives. This comes from trusting Him because we know that whatever He wants for us **is the best** for us and it is what we would choose for ourselves if we knew everything like He does. We can **choose** to trust Him even if we don't understand the reason why He wants us to do things a certain way. This is trust.

Isaiah 26:4 tells us: "Trust ye in the Lord for _____: for in the Lord Jehovah is everlasting _____."

7. Which way is the right way that leads to eternal life?

Our way OR **God's way?**

Proverbs 16:25 tells us the result of going our OWN way: There is a way that _____ right unto a _____, but the _____ thereof are the ways of _____."

Note: So we must choose the way that leads to eternal **life** instead of the way that **seems** good or pleasant to **us**, but which leads to eternal **death**.

"He hath made everything beautiful in its time' (Ecclesiastes 3:11, R.V.); and **true beauty** will be secured, not in marring God's work, but in **coming into harmony with the laws of Him who created all things**, and who finds **pleasure** in their **beauty** and **perfection**." Ed 198.1

8. Solomon wrote the Book of Proverbs after he returned to the Lord. He wrote these proverbs to warn others not to follow their own way, like he did, because it did not bring him the happiness he thought it would. And it won't bring you happiness either when you insist on your own way of selfishness. Solomon tells us in Proverbs 16:24:

"P _____ words are as an _____ comb, _____ to the soul, and _____ to the bones."

Note: "The true principles of Christianity open before **all** a source of **inestimable happiness**. We should encourage a **cheerful, hopeful, peaceful** frame of mind; for our health depends upon our so doing." ML 151.8,9

"**Cheerfulness** and a **clear conscience** are better than drugs, and will be an effective agent in your restoration to health." HL 233.5

9. Isaiah 58:8 is a promise of health. "**Then** shall thy _____ break forth as the morning, and thine _____ shall spring forth _____: and thy righteousness shall go before thee; the _____ of the Lord shall be thy reward."

The first part of verse 9 continues the promise. "**Then** shalt thou _____, and the Lord shall _____; thou shalt _____, and He shall say, _____ I am.

It says THEN. There is something that comes before that. What is it? See verses 6 & 7. "Is not this the fast that I have chosen? to _____ the bands of wickedness, to _____ the heavy burdens, and to let the oppressed go _____, and that ye break every _____? Is it not to deal thy _____ to the _____, and that thou bring the _____ that are cast out to thy _____? when thou seest the naked, that thou _____ him; and that thou hide not thyself from thine own flesh?"

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

There are more promises in verse 10, 2nd part and verse 11.

They also begin with THEN.

"Then shall thy _____ rise in obscurity, and thy darkness be as the _____: and the Lord shall _____ thee _____, and satisfy thy soul in _____, and make _____ thy bones: and thou shalt be like a _____ garden, and like a _____ of water, whose waters fail _____."

What are the IF's in verse 9, 2nd part, and verse 10, 1st part? "IF thou take _____ from the midst of thee the yoke, the putting forth of the finger, and _____ vanity; and IF thou draw out thy soul to the _____, and satisfy the _____ soul."

Note: "Those who give practical demonstrations of their benevolence by their sympathy and compassionate acts toward the poor, the suffering, and the unfortunate, not only relieve the sufferers, but **contribute largely to their own happiness** and are in the way of **securing health of soul and body**. Isaiah has thus plainly described the work that God will accept and bless His people in doing. 4T 59.3

5. P stands for PROPER REST

What is God's Plan? PROPER REST. What is Proper Rest? We must rest at the **right time** and the **right amount** and in the **right way** in order to get the benefits from it that God has planned for us.

10. Psalm 127:2 tells us: "It is vain for you to rise up _____, to sit up _____, to eat the bread of sorrows: for so he _____ his beloved _____."

Note: "The importance of regularity in the TIME for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that **sleep should be regular and abundant**." Ed 205.4

What does essential mean? The dictionary tells us that it means: "Necessary to the existence of a thing; important in the highest degree." Especially for youth who are growing it is necessary and most important that their sleep should be regular and abundant. That means lots of it. Adults need about 8 hours of sleep. Do you suppose that children need more? Absolutely. One reason that they need more sleep is that they are growing and it is during sleep that you grow. Not only do your muscles and bones and brain need to have time to rest and sleep, but all the organs of your body need rest or they will wear out. Your heart rests between beats. Your stomach must have rest between meals. That is why it is so important not to eat between meals. If you do, you will wear out your stomach very quickly. It also needs to rest at night while you sleep. That means it can't have food in it to digest. Therefore, we are counseled:

"In most cases two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. **Thus the stomach fails of securing proper rest. The sleep is disturbed**, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed and is unready for the day's duties." Ed 205.3

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

So when the stomach can't rest, the brain and nerves don't get rest either. When you wake up in the morning, you are groggy and sluggish and don't feel like eating much breakfast. This messes up your day.

11. Ecclesiastes 5:12 tells us how to get the best sleep: "The sleep of a _____ man is _____, whether he _____ little or much: but the _____ of the rich will not suffer him to _____."

Note: "The healthful weariness which results from well-regulated labor secures to them the benefits of refreshing sleep. The sentence that man must toil for his daily bread, and the promise of future happiness and glory, both came from the same throne, and both are blessings." CTBH p. 97.1
If you study or read all day or sit around in front of the computer or TV all day, you will not be able to sleep as well as if you have spent several hours working in the garden.

"They should give far more attention to the preservation of physical health, for vigor of mind depends largely upon vigor of body. **Proper periods of SLEEP and REST and an abundance of physical exercise are essential to health of body and mind.**" 7T 247

"**Education** comprehends far more than many suppose. **Mind and body must both receive attention;** and unless our youth are versed in the science of how to care for the body as well as the mind, they will not be successful students. ... Nothing that pertains to physical perfection should be looked upon as of little importance. In eating, drinking, and dressing, the laws of health should be diligently followed, and **in regulating the hours for sleep, there should be no haphazard work.**" Christian Education, p. 124 Here we see that it is important to have **regular hours for sleep.** Regularity is very important for our bodies to be in the best of health. In fact it is an important part of education. **Why is regular sleep so important?**

"Nature will restore their **vigor and strength** in their **sleeping hours**, if her laws are not violated." Healthful Living, p. 46

"Sleep, **nature's sweet restorer**, invigorates the weary body, and prepares it for the next day's duties." 1T 395

So this is **the time when our bodies get ready for the next day** – our strength and vigor, or energy, are renewed. If we don't give our bodies enough time for this work, we won't have enough energy. Often you don't notice this as much when you are young and many people when they are young stay up late at night and say, "it doesn't bother me." But what they are really doing is using up their reserve energy. Later in life they find they have run out of this reserve and when they need it, it is not there.

Does it matter when we sleep as long as we sleep enough? Our bodies were built to sleep at certain times. What did we learn at the beginning? Proper rest means to rest at the **right time.**

"God has given us night as one of his greatest blessings, bringing quiet and repose to overworked bodies and minds." The night is given for sleep, not the day.

"Some youth are much opposed to **order and discipline.** They do not respect the rules of the home by **rising at a regular hour.** They lie in bed some hours after daylight, when every one should be astir. They burn the midnight oil, ... Thus **they are sleeping soundly when they should be awake with nature and the early rising birds. The precious habits of order are broken; and the moments thus idled away in the early morning set things out of course for the whole day.**" YI January 28, 1897

"Wake up in the mornings. **Set your hour to rise early**, and bring yourself to it, **then retire at an early hour.**" 9MR 47.1

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

"One should **get up at a regular hour**. If during the day the work is neglected, and the following night is spent in making up for lost time, **the morrow and following day will show, as a result, a wearied brain and a general fatigue** which constitute positive violations of the law of life and health. **There should be regular hours for rising, for family worship, for meals and for work. ... Godliness, health, success, everything suffers from this lack of true religious system."**

11MR 204.1

"I know from the testimonies given me from time to time ... that **sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock.**" 7MR. 224.3

So, **does it matter when you sleep?** Yes. You should sleep at night. You should go to bed EARLY and get up early. Why? It is important to sleep **several hours before midnight** because your body is set to do its **growing** and **repairing** during those hours. If you choose to sleep at other times, you will not be as refreshed as if you sleep at the **times** in which God has designed you to sleep.

12. Let us consider one more thing that helps you to rest during your sleep time.

Ephesians 4:32 tells us: "And be ye _____ one to another, tenderhearted, _____ one another, even as _____ for Christ's sake hath _____ you." Instead of holding anger and resentment in your heart against a person, forgive them.

Note: "Let each one be kind and considerate of the other. Never let the sun 'go down upon your wrath' (Eph. 4:26). **Never close your eyes in sleep without making right the little, pettish difficulties which hurt and bruise the soul.**" 21MR 136.1

If you have made things right before going to bed, your mind will be able to rest much better.

13. Proverbs 3:24 says: "When thou _____ down, thou shalt not be _____: yea, thou shalt lie down, and thy _____ shall be _____." Why will the sleep be sweet? Psalm 4:8 says: "I will both lay me down in _____, and _____: for thou, _____, only makest me dwell in _____."

Note: When you trust in God, you can sleep in peace, knowing that God is big enough to take care of any concern or problem you have.

14. When you have gone to bed on time, then you will be ready in the morning to follow Jesus' example found in Mark 1:35: "And in the morning, _____ up a great while _____ day, he went _____, and departed into a _____ place, and there _____."

Note: "The word of GOD should be studied and obeyed, then the heart will find REST and PEACE and joy." 5T 547

"In all who are under the training of GOD is to be revealed a life that is not in harmony with the world, its customs, or its practices; and everyone needs to have a personal experience in obtaining a knowledge of the will of GOD. We must individually hear Him speaking to the heart.

When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of GOD. He bids us, 'Be still, and know that I am GOD.' Ps. 46:10.

Lesson 20: The 4th Essential of Holy Living: The Gospel of Health-2

Here alone can true REST be found. And this is the effectual preparation for all who labor for GOD. Amid the hurrying throng, and the strain of life's intense activities, the soul that is thus refreshed will be surrounded with an atmosphere of light and PEACE. The life will breathe out fragrance, and will reveal a divine power that will reach men's hearts." DA 363

"The heart that is in harmony with GOD is a partaker of the PEACE of heaven, and will diffuse its blessed influence all around. The spirit of PEACE will rest like dew upon hearts weary and troubled with worldly strife." RC 278

Do you want this peace?

Choose to live in harmony with the will of God in all things and at all times.

Spend that quiet time with Him each and every morning
and allow nothing to rob you of your time with God.

He says, "Be still, and know that I am GOD."

We must be still in our thoughts and allow His word and His spirit to speak to us.