

## *Lesson 21: The 4th Essential of Holy Living: The Gospel of Health-3*

**Memory Verse:** "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

### **Consider this:**

"Too little attention is generally given to the preservation of health. **It is far better to prevent disease than to know how to treat it when contracted.** 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.** All need to become acquainted with that most wonderful of all organisms, the human body. They should **understand** the functions of the various organs and the dependence of one upon another for the healthy action of all. They should **study** the influence of the mind upon the body, and of the body upon the mind, and the **laws** by which they are governed." MH 128.1

"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

In this lesson we want to continue to look at GOD'S PLAN for good health – the **true remedies.**

Let us review:

G stands for God's \_\_\_\_\_

O stands for Open \_\_\_\_\_

D stands for Daily \_\_\_\_\_

S stands for Simple \_\_\_\_\_ in God

P stands for Proper \_\_\_\_\_

## **6. L stands for LOTS OF WATER**

Next to air, we need water more than anything else. We can go without food for a much longer time than we can go without water. What is the best drink that we can have?

1. What did Daniel and his friends ask the man in charge of them to give them to drink? Daniel 1:12 "Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and \_\_\_\_\_ to drink."

**Note:** "In health and in sickness, pure **WATER** is one of heaven's choicest blessings. Its proper use promotes health." MH 237.1

What are some of the ways that it promotes health? MH 237.1

- a. "It is the beverage which **God** provided to quench the thirst of animals and man.
- b. **Drunk freely**, it helps to supply the necessities of the system
- c. and assists nature to resist disease.
- d. The external application of **WATER** is one of the easiest and most satisfactory ways of regulating the circulation of the blood.

A cold or cool bath is an excellent tonic.

Warm baths open the pores and thus aid in the elimination of impurities.

Both warm and neutral baths soothe the nerves and equalize the circulation."

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2. When God sent an angel to give refreshment to Elijah, what did He give him to drink? 1 Kings 19:6 "And he looked, and, behold, there was a cake baked on the coals, and a cruse of \_\_\_\_\_ at his head. And he did eat and drink, and laid him down again."

**Note:** "The grace of God is always reformatory. Every human being is in a school, where he is to learn to give up hurtful practises, and obtain a knowledge of what he can do for himself. Those who ignore these things, who take no precautions in regard to getting pure air to breathe and **pure water to drink**, cannot be free from disease." *The Gospel of Health*, Nov. 1, 1897 par. 8

Drinking plenty of water every day will help you to keep well. It is a very important part of **GOD'S PLAN** for good health. Are you drinking enough water? When we learn that we should at least drink 6-8 glasses of water each day, that means **AT LEAST**. At least means that a little more would be a good idea. Another way to get the minimum for **you** is to take half of your body weight and drink that many **ounces** of water **AT LEAST**.

Our **kidneys** need plenty of water so that they can filter out the impurities from our blood. Our **intestines** need enough water to get the solid wastes out properly. Our **brains** need plenty of water to be able to **THINK!** Every **cell** of your body needs water so that it can do its job properly. If there is not enough water in the body, then some areas will not have enough. Your **blood** will be too thick and then it will not be able to circulate well and carry oxygen and food to your cells. Your body is almost 3/4 water. We need to keep our body supplied with enough water for all these jobs.

It is a good idea to start the day when you get up with 2 glasses of water before breakfast. If you are not used to drinking that much, start with one, or even a half, and teach yourself to drink more by adding a little more each day. This helps to clean out any impurities that have accumulated during the night. Then drink some more between breakfast and lunch and again between lunch and supper. Wait a couple of hours after you have eaten a meal to drink water, so that your food has a chance to digest. If you put water in your stomach when it is trying to digest food, it will not be able to digest the food as well because the water dilutes the digestive juices so they can't work efficiently. Don't wait until you are thirsty to drink water, because you won't drink enough that way. Keep track of how much water you drink each day for a week or two and see if you are drinking enough. Try to drink more. It is pretty hard to drink too much water. Most people don't drink enough. There is a book written which is called: "*Your Body's Many Cries For Water*". This book tells about many diseases and pains that people have that are actually caused by not drinking enough water.

3. Read God's promise found in Exodus 15:26. What is the third word of that verse?

\_\_\_\_\_ What are the IF's?

a. "If thou wilt \_\_\_\_\_ hearken to the \_\_\_\_\_ of the Lord thy God"  
(We must be diligent [thorough and careful] to **pay attention** to what God tells us)

b. "And wilt \_\_\_\_\_ that which is \_\_\_\_\_ in \_\_\_\_\_ sight,"  
(we must **do** what is right in HIS sight)

c. "And wilt give \_\_\_\_\_ to his \_\_\_\_\_,"  
(we must **obey** His laws, including His health laws)

d. "And keep all his \_\_\_\_\_,"  
(We must keep [or **follow and obey**] all the statutes [or **laws or regulations**])

**Whatever He has instructed us to do to take care of our health, we must do.**

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**Then** we can expect to have the promise fulfilled to us: "I will put \_\_\_\_\_ of these \_\_\_\_\_ upon thee, which I have brought upon the Egyptians: for I am the Lord that \_\_\_\_\_ thee." We have to do our part, then God's part is **sure**.

What is our part? We are told in Medical Ministry, page 106, paragraph 6:

"I should ... engage in **active physical exercise**.

I should strictly observe **regular habits of rising early**.

I should **eat sparingly**, thus relieving my system of unnecessary burden,

And should encourage **cheerfulness**,

And give myself the benefits of proper **exercise** in the open **air**.

I should **bathe** frequently,

and **drink** freely of pure, soft **WATER**."

4. Another way to use water for health is on the outside of the body through **hydrotherapy**, or water treatments, such as hot and cold showers, baths, compresses, fomentations, foot baths, and such things. Are you learning some ways that Water can be used to help when you do get sick?

**Note:** Ellen White tells us in the book, *Temperance*, on page 85:

"Make use of the remedies that God has provided. Pure air, sunshine, and the intelligent use of **WATER** are beneficial agents in the restoration of health. But the use of **WATER** is considered too laborious. It is easier to employ drugs than to use natural remedies."

It is easier to take a pill than to do fomentations or some other water treatment that would help in a certain situation. But the water treatments and other natural remedies help your body to fight the disease. These leave no harmful effects and your body ends up stronger and healthier afterwards. So should we use drugs just because they are easier to use than hydrotherapy?

"Drug medication, as it is generally practiced, is a curse. **Educate away from drugs**. Use them less and less, and **depend more upon hygienic agencies**; then nature will respond to **God's physicians** – pure air, pure water, proper exercise, a clear conscience." Te 85

"But many have never **learned by experience** the beneficial effects of the proper use of water, and they are afraid of it. Water treatments are not appreciated as they should be, and to apply them skillfully requires work that many are unwilling to perform. **But none should feel excused for ignorance or indifference on this subject**. There are many ways in which water can be applied to relieve pain and check disease. **All should become intelligent in its use in simple home treatments**. Mothers, especially, should know how to care for their families in both health and sickness." MH 237.2

### **7. A stands for ALWAYS TEMPERATE**

5. What is added to our Christian character when we become temperate? 2 Peter 1:6,7  
We will be able to add \_\_\_\_\_, \_\_\_\_\_, brotherly \_\_\_\_\_, and \_\_\_\_\_. We need temperance to get these other character qualities.

In verse 10, what does Peter tell us will happen if we do these things?

We shall \_\_\_\_\_.

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**Note:** What is Temperance? "TRUE TEMPERANCE TEACHES US TO DISPENSE ENTIRELY WITH (or not use) EVERYTHING HURTFUL AND TO USE JUDICIOUSLY (or wisely) THAT WHICH IS HEALTHFUL. There are few who realize as they should how much their habits of diet have to do with their **health**, their **character**, their **usefulness** in this world, and their **eternal destiny**. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body." PP 562

**Is Temperance really that important?** Well, is your **health**, your **character**, your **usefulness** in this life, and your **eternal life** very important? If you lose eternal life, you have lost everything! EVERYTHING. And it says that your habits of diet have much to do with your eternal life. This is because what we eat and how we live affects the choices we make. If we are not temperate, our brains will be dull so that we will not be able to tell the difference between right and wrong. Instead of choosing the right, we choose the wrong and think it will be all right.

6. When did John the Baptist's education in temperance begin? Luke 1:15

"Even from his mother's \_\_\_\_\_." As soon as he was B\_\_\_\_\_.

Because of this, the verse tells us that "he shall be \_\_\_\_\_ in the sight of the \_\_\_\_\_ ... and he shall be \_\_\_\_\_ with the \_\_\_\_\_ Ghost."

**Note:** "There is great need of educating the YOUTH in the principles of health and **TEMPERANCE**. The proper care and development of the physical powers can not be impressed too soon or too thoroughly on their minds. We are far, far behind our duty in instructing the children in this subject. We do not half realize the terrible danger that surrounds our young people. Many will forever perish, unless their feet are firmly planted on the rock of Christian **TEMPERANCE**." *Pacific Union Recorder, 11-21-01.*

"If any man \_\_\_\_\_ the temple of God, him shall God \_\_\_\_\_; for the temple of God is holy, which temple ye are." 1 Corinthians 3:17

"As in everything else, the Bible is the **standard** on this subject. The teaching of the Bible has a vital bearing upon men's prosperity in all the relations of life. Compliance with its requirements will be a blessing to both soul and body. The fruit of the Spirit is not only love, joy, and peace, but **TEMPERANCE** also, – health of body as well as health of mind." *Pacific Health Journal, Feb. 1, 1902*

7. How was Daniel able to stand so firmly in Babylon? Daniel 1:8 tells us:

"But Daniel \_\_\_\_\_ in his \_\_\_\_\_ that he would \_\_\_\_\_ defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he \_\_\_\_\_ of the prince of the eunuchs that he might not defile himself."

**Note:** "While parents are responsible for the stamp of character, as well as for the education and training, of their sons and daughters, it is still true that our position and usefulness in the world depend, to a great degree, upon our own course of action. (our own choices)

"DANIEL and his companions enjoyed the benefits of correct training and education in early life, but these advantages alone would not have made them what they were. The time came when they must act for themselves, – when their future depended upon their own course. Then they **decided** to be true to the lessons given them in childhood. The fear of God, which is the beginning of wisdom, was the **foundation of their greatness**. The history of DANIEL and his youthful companions has been recorded on the pages of the inspired word for the benefit of the YOUTH of all succeeding ages. Through the record of their fidelity to the principles of **TEMPERANCE**, God is speaking today to young

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men and young women, bidding them gather up the precious rays of light He has given on the subject of Christian **TEMPERANCE**, and place themselves in right relation to the laws of health. There is now need of men who, like DANIEL, will do and dare. A pure heart and a strong, fearless hand are wanted in the world today. God **designed** that man should be **constantly improving**, daily reaching a higher point in the scale of excellence. **He will help us if we seek to help ourselves**. Our hope of happiness in two worlds depends upon our improvement in one. At every point we should be guarded against the first approach to **INTEMPERANCE**.

"**Dear YOUTH**, God calls upon you to do a work which through His grace you **can** do. 'Present your bodies a living sacrifice, holy, acceptable unto God,' ... Stand forth in your God-given manhood and womanhood. Show a purity of tastes, appetite, and habits that bears comparison with DANIEL'S. **God will reward you** with calm nerves, a clear brain, an unimpaired judgment, keen perceptions. The YOUTH of today whose principles are firm and unwavering will be blessed with HEALTH of BODY, MIND, and SOUL." MYP 242-244

"Remember that you are daily weaving for yourself a web of **habits**. If these habits are according to the Bible rule, you are going every day in steps heavenward, growing in grace and the knowledge of the truth; and like DANIEL, God will give you wisdom as He gave to him. You will not choose the paths of selfish gratification. Practice habits of strictest **TEMPERANCE**, and be careful to keep sacred the laws which God has established to govern your physical being. God has claims upon your powers, therefore **careless inattention to the laws of health is sin**. The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things." Te 188

"Here is a **lesson for all**, but **especially for the YOUNG**. A strict compliance with the requirements of God is beneficial to the health of body and mind. In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict **TEMPERANCE** in all the habits of life. In the experience of DANIEL and his companions we have an instance of the triumph of principle over temptation to indulge the appetite. It shows us that through religious principle young men may triumph over the lusts of the flesh, and remain true to God's requirements, even though it cost them a great sacrifice." CD 32

**Dare to be a Daniel**. Will you be a Daniel today? If you are willing to obey God and to listen to Him like Daniel did, **"God will reward you** [like He rewarded Daniel] with

\_\_\_\_\_ nerves,  
a \_\_\_\_\_ brain,  
an \_\_\_\_\_ judgment,  
\_\_\_\_\_ perceptions.

The YOUTH of today whose principles are **firm** and **unwavering** will be blessed with HEALTH of BODY, MIND, and SOUL." MYP 244

8. Temperance includes more than not drinking, smoking, or using drugs. 1 Cor. 10:31 tells us: "Whether therefore ye \_\_\_\_\_, or \_\_\_\_\_, or whatsoever ye \_\_\_\_\_, do ALL to the \_\_\_\_\_ of God." Why is this important? 1 Cor. 6:20 tells us the reason: "For ye are \_\_\_\_\_ with a price, therefore \_\_\_\_\_ God in your \_\_\_\_\_ and in your \_\_\_\_\_ which are God's."

**Note:** "**TEMPERANCE** in all things of this life is to be taught and practiced. **TEMPERANCE** in EATING, DRINKING, SLEEPING, and DRESSING is one of the grand principles of the religious life.

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Truth brought into the **sanctuary** of the soul will guide in the treatment of the body. Nothing that concerns the health of the human agent is to be regarded with indifference. Our eternal welfare depends upon the use we make during this life of our **TIME, STRENGTH, and INFLUENCE.**" CG 394

"We are to practice **TEMPERANCE** in all things. If we honor the Lord by acting our part, He will on His part preserve our health. We should have a sensible control of all our organs. By practicing **TEMPERANCE** in EATING, in DRINKING, in DRESSING, in LABOR, and in ALL things, we can do for ourselves what no physician can do for us." Te 139

When you think of temperance in all things, it includes more than what we eat. What else is listed? Temperance in EATING, in DRINKING, in SLEEPING, in DRESSING, in LABOR, and in ALL things.

A good way to remember temperance is to think of the 5 T's:

TIME, TALENTS, TREASURES, THOUGHTS, and body TEMPLE.

Let's look again at what Temperance is. Do you remember? It has 2 parts:

1) You DON'T use, or do anything that is H\_\_\_\_\_ to you

2) You use WISELY those things that are G\_\_\_\_\_ for you

So in everything that you do, remember these principles and do everything in your life to God's glory. Ask yourself,

? Will this bring glory to God, or to myself?

? Will my influence help someone else to honor God in their life,  
or will it cause them to be careless?

🕒 How do you spend your **TIME**?

Do you use it WISELY to bring glory to God, or do you use it to please yourself?

👋 What about your **TALENTS**?

Are they being used WISELY and to bring glory to God?

Or are you using them for your own glory or are you letting them rust?

💰 What about your **TREASURES**?

You may think that you don't have many treasures.

Well, most of us have a lot more than we think.

I read a story about Ellen White when she was a child. She wanted to do something for God's work, so what do you think she did? She tells us:

"When I was only twelve years old, I knew what it was to economize. With my sister I learned a trade, and although we would earn only twenty-five cents a day, from this sum we were able to save a little to give to missions. We saved little by little until we had thirty dollars. Then when the message of the Lord's soon coming came to us, with a call for men and means, we felt it a privilege to hand over the thirty dollars to father, asking him to invest it in tracts and pamphlets to send the message to those who were in darkness. ... With the money that we had earned at our trade, my sister and I provided ourselves with clothes. We would hand our money to mother, saying, 'Buy so that, after we have paid for our clothing, there will be something left to give for missionary work.' And she would do this, thus encouraging in us a missionary spirit." AH 384

So we have treasures that we can choose to use to help others,

or to spend on things that we don't really need.

We can use it WISELY, to the glory of God,

or we can use it for our own selfish purposes.

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### ☛ What about your **THOUGHTS**?

What do you love to think about? Steps to Christ tells us:

"By what means, then, shall we determine whose side we are on? Who has the **heart**? With whom are our **thoughts**? Of whom do we love to **converse**? Who has our warmest **affections** and our best **energies**? **If we are Christ's, our thoughts are with Him, and our sweetest thoughts are of Him.** All we have and are is consecrated to Him. We long to bear His image, breathe His spirit, do His will, and please Him in all things." SC 58

Where are your thoughts?

Satan knows that if he can rule in your thoughts, he has **you**.

Everything we do and say begins in our thoughts.

We must **choose** what we think about.

Satan suggests thoughts to us and so does the Holy Spirit, but we decide which we will reject and which we will keep and think about.

"It is the special work of Satan in these last days to take possession of the minds of the youth, to corrupt their thoughts, ... All are free moral agents, and as such they must bring their thoughts to run in the right channel." 1MCP 22

"The only security for any soul is right thinking. Our minds take the level of the things on which our thoughts dwell, and if we think upon earthly things, we shall fail to take the impress of that which is heavenly. We would be greatly benefited by contemplating the mercy, goodness, and love of God; but we sustain great loss by dwelling upon those things which are earthly and temporal." FLB 222

"We should endeavor to have our minds in that condition where we can receive the impressions of the Holy Spirit. But they cannot receive increased light who allow their thoughts to run constantly upon frivolous things. The mind should be stored with heavenly treasure, with food that will enable us to grow spiritually, and thus prepare us for a holy heaven." 2MCP 660

### † † How do you care for your Body **TEMPLE**?

Do you care for it according to your own desires or for the glory of God?

Do you eat and drink to God's glory?

"**INTEMPERANCE** in eating, even of food of the right quality, will have a prostrating influence upon the system, and will blunt the keener and holier emotions." Te 167

"It was through **INTEMPERATE** appetite that Adam and Eve lost Eden, and it will be through habits of strict **TEMPERANCE** and denial of hurtful indulgences that we shall have calm nerves and mental acuteness to discern good from evil. ... In food, in raiment, in work, in regular hours, in healthful exercise, we must be regulated by the knowledge which it is our duty to obtain, that we may through earnest endeavor place ourselves in right relation to life and health." 19MR 343

☺ So you see there is much more to temperance than just not drinking, smoking, or taking drugs.

☺ Temperance really is **living the way God wants you to live** in every area of your life.