

Lesson 23: The 4th Essential of Holy Living: The Gospel of Health-5

Memory Verse: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:1-2

1. What does God call each one of us to do? Proverbs 3:1

Here He is especially speaking to young people. "**My son [or daughter]**, forget not my _____; but let thine heart _____ my commandments."

Why does He want us to do this? Proverbs 3:2

"For _____ of days, and long _____, and _____, shall they add to thee."

Obedying God's commands gives us a happier, longer, and more peaceful life.

Note: "**Youth** is the time to lay up knowledge in those lines that can be put into daily practice throughout the life.

Youth is the time

- To establish good habits,
- To correct wrong habits,
- To gain and hold the power of self-control,
- To accustom oneself to ordering all the acts of life with reference to the will of God and the welfare of one's fellow creatures.

Youth is the sowing time

that determines the harvest of this life and the life beyond the grave.

The **habits** formed in childhood and youth,

The **tastes** acquired,

The **self-control** gained,

are almost certain to determine the future of the man or woman." CT 294.

"Transgression of **physical law** is transgression of the moral law; for God is as truly **the author of physical laws** as He is the author of the moral law. **His law is written with His own finger** upon every nerve, every muscle, every faculty, which has been entrusted to man. And every misuse of any part of our organism is a violation of that law." COL 347.1

"The **importance** of caring for the health should be taught as a Bible requirement. **Perfect obedience to God's commands** calls for conformity to the laws of the being. The science of education includes as full a knowledge of physiology as can be obtained. No one can properly understand his obligations to God unless he understands clearly his obligations to himself as **God's property**. He who remains in sinful ignorance of the laws of life and health, or who willfully violates these laws, **sins against God.**" CT 295.1

2. What does Psalm 101:3 teach us? "I will set _____ wicked thing before mine

_____ : I hate the work of them that turn aside; it shall _____ cleave to me."

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Consider This: We are each given **five senses**. How do we **choose** to **use** them? Our **character** is determined by the **way** we choose to **use** all five of our senses – our sight, our hearing, our touch, our smell, and our taste. The **daily decisions** which we make in how we **choose** to use every one of these senses **shapes** our character and **decides** our eternal destiny. **Habits** are formed by the exercise of our senses. The kind of habits we form depends on the kind of **experiences** we **choose** for our five senses to enjoy – the things we choose to watch and read, the things we choose to listen to, the things we choose to smell and touch, and the things we choose to taste and eat – these **determine** the kind of **habits** we form, whether good or bad. **It all depends on what we choose.** The right or wrong use of these senses **largely determines the kind of character we develop.**

3. If we want the crown of life how will we relate to the laws of health? 1 Cor. 9:24-27
"Know ye not that they which _____ in a race run _____, but _____ receiveth the _____? So _____, that ye may obtain. And _____ man that striveth for the _____ is _____ in **all** things. Now _____ do it to obtain a _____ crown; but we an _____. I therefore so _____, not as _____; so fight I, not as one that beateth the _____: But I keep _____ my _____, and bring it into _____: lest that by any means, when I have preached to _____, I myself should be a _____."

Note: "In the hope of impressing vividly upon the minds of the Corinthian believers the **importance of**

firm self-control,
strict temperance,
unflagging zeal in the service of Christ,

"Paul in his letter to them made a striking comparison between the Christian warfare and the celebrated foot races held at stated intervals near Corinth. Of all the games instituted among the Greeks and the Romans, the foot races were the most ancient and the most highly esteemed. They were witnessed by kings, nobles, and statesmen. Young men of rank and wealth took part in them and **shrank from no effort or discipline necessary to obtain the prize.** AA 309.1

"The contests were **governed by strict regulations**, from which there was no appeal. Those who desired their names entered as competitors for the prize had first to undergo a **severe preparatory training.** Harmful indulgence of appetite, or any other gratification that would lower mental or physical vigor, was strictly forbidden. For one to have any hope of success in these trials of strength and speed, the muscles must be strong and supple, and the nerves well under control. Every movement must be certain, every step swift and unswerving; the physical powers must reach the highest mark. ... AA 309.2

"In these contests great risks were run. Some never recovered from the terrible physical strain. It was not unusual for men to fall on the course, bleeding at the mouth and nose, and sometimes a contestant would drop dead when about to seize the prize. But **the possibility of lifelong injury or of death was not looked upon as too great a risk to run for the sake of the honor awarded the successful contestant.** AA 310.2

"As the winner reached the goal, the applause of the vast multitude of onlookers rent the air and awoke the echoes of the surrounding hills and mountains. In full view of the spectators, the judge presented him with the emblems of victory – a **laurel crown** and a

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palm branch to carry in his right hand. His praise was sung throughout the land; his parents received their share of honor; and even the city in which he lived was held in high esteem for having produced so great an athlete. AA 310.3

"In referring to these races as a figure of the Christian warfare, Paul emphasized the **preparation necessary** to the **success** of the contestants in the race –
the preliminary discipline,
the abstemious diet,
the necessity for temperance.

'Every man that striveth for the mastery,' he declared, 'is temperate in all things.' The runners **put aside every indulgence that would tend to weaken the physical powers**, and by severe and continuous discipline trained their muscles to strength and endurance, that when the day of the contest should arrive, they might put the heaviest tax upon their powers.

How much more important that the Christian, whose **eternal interests are at stake**, bring appetite and passion under subjection to reason and the will of God! **Never must he allow his attention to be diverted by amusements, luxuries, or ease.** All his habits and passions must be brought under the strictest discipline. Reason, enlightened by the teachings of God's word and guided by His Spirit, must hold the reins of control. AA 311.1

"And after this has been done, the Christian must put forth the utmost exertion in order **to gain the victory.** In the Corinthian games the last few strides of the contestants in the race were made with agonizing effort to keep up undiminished speed. So the Christian, as he nears the goal, will press onward with **even more zeal and determination** than at the first of his course. AA 311.2

"Paul presents the **contrast** between the **chaplet of fading laurel** received by the victor in the foot races, and the **crown of immortal glory** that will be **given to him who runs with triumph the Christian race.** 'They do it,' he declares, 'to obtain a corruptible crown; but we an incorruptible.' To win a perishable prize, the Grecian runners **spared themselves no toil or discipline.**

We are striving for a prize **infinitely** more valuable, even the crown of everlasting life.

How much more careful should be our striving,
How much more willing our sacrifice and self-denial!" AA 311.3

4. What does Paul tell the Hebrews about the Christian race? Hebrews 12:1, 2.

"Wherefore seeing we also are compassed about with so great a cloud of witnesses,
_____ lay aside _____ weight, and the _____ which doth so
_____ beset us, and let us _____ with patience the race that is set before us,
_____ unto _____ the _____ and _____ of our
_____ ; who for the joy that was set before him _____ the cross, despising
the shame, and is set down at the right hand of the throne of God."

Note: "In the epistle to the Hebrews is pointed out the **single-hearted purpose** that should characterize the Christian's race for eternal life. ... Envy, malice, evil thinking, evil speaking, covetousness -- these are **weights** that the Christian must lay aside if he would run **successfully** the race for immortality. Every habit or practice that leads into sin and brings dishonor upon Christ must be put away, whatever the sacrifice. **The blessing of heaven cannot attend any man in violating the eternal principles of right.** One sin cherished is sufficient to work degradation of character and to mislead others." AA 312.1

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5. Why is it so important to have right habits of eating and drinking? 1 Corinthians 10:31
"Whether therefore ye _____, or _____, or whatsoever ye _____, do
_____ to the _____ of _____."

Note: "You need clear, energetic minds, in order
To **appreciate** the exalted character of the truth,
To **value** the atonement,
To **place the right estimate upon eternal things.**

If you pursue a wrong course, and indulge in wrong habits of eating,
and thereby **weaken the intellectual powers,**

You will not place that high estimate upon salvation and eternal life
which will inspire you to conform your life to the life of Christ;

You will not make those earnest, self-sacrificing efforts
for entire conformity to the will of God,
which His word requires

which are necessary to give you a moral fitness
for the finishing touch of immortality." CD 47.1

6. In order to have right habits, can we be like everybody around us? Romans 12:1-2

"I beseech you therefore, brethren, by the mercies of God, that ye present your
_____ a _____ sacrifice, _____, _____ unto God, which is
your reasonable _____. And be not _____ to this _____:
but be ye _____ by the _____ of your _____, that ye may
prove what is that _____, and acceptable, and perfect, _____ of God."

"The Lord says this because **He knows it is for our good.** He would build a wall around us, to keep us from transgression, so that His **blessing and love** may be bestowed on us
in **rich** measure." 7MR 299.2

Note: **Conform** means to be like, to harmonize, to adapt, to adjust, to fit in. We are **not** to fit in with the world or be like the world. Their habits, customs, fashions, practices and ways are not in harmony with God's principles. That's why we need to be transformed by the renewing of our minds. We need new thoughts about these things – God's thoughts!

Transform comes from the word metamorphosis which is the word given to a caterpillar changing into a butterfly – it is a drastic change! A butterfly is totally different from a caterpillar. Do you want to remain a caterpillar or do you want to be a beautiful butterfly?

"Many articles of food eaten freely by the heathen about them were forbidden to the Israelites. It was no arbitrary distinction that was made. **The things prohibited were unwholesome.** And the fact that they were pronounced unclean **taught the lesson that the use of injurious foods is defiling.**

That which corrupts the body tends to corrupt the soul.

It **unfits** the user for communion with God,
It **unfits** him for high and holy service." CD 57.3

"God requires of His people continual advancement. We need to learn that indulged appetite is the **greatest hindrance** to mental improvement and **soul sanctification.** With all our profession of health reform, **many of us eat improperly.** Indulgence of appetite is the **greatest cause** of physical and

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mental debility, and lies largely at the **foundation** of feebleness and premature death. Let the individual who is seeking to possess purity of spirit bear in mind that **in Christ there is power to control the appetite.**" AG 294.5

7. Why does God want us to be different from the world?

Deuteronomy 14:2-3 "For thou art an _____ people unto the Lord thy God, and the Lord hath _____ thee to be a _____ people unto himself, _____ all the nations that are upon the earth. Thou shalt not _____ any _____ thing."

8. In 1 Peter 2:9, Peter tells us why God has chosen us: "But ye are a _____ generation, a _____ priesthood, an _____ nation, a _____ people; that ye should _____ forth the _____ of him who hath _____ you _____ of _____ into his marvellous _____."

9. Read Exodus 19:5. God wants us for his peculiar, or special _____. In order for that to happen, what do we need to do? We must _____ His voice _____ [really and truly, decidedly], and keep His _____.

10. Because God has chosen us, what does Peter tell us we must do in response? Look in 1 Peter 2:11. We should A _____ from _____ lusts. Why? It is because they W _____ against the _____.

11. Why does God tell us what we should eat and what we should not eat? Is he taking away something good from us? Deuteronomy 6:24-25 "And the Lord commanded us to _____ all these statutes, to fear the Lord our God, for our _____ always, that he might _____ us alive, as it is at this day. And it shall be our _____, if we observe to _____ all these commandments before the Lord our God, as he hath _____ us." God is doing it for our GOOD! He wants us to be truly happy.

Note: "Had the Israelites **obeyed** the instruction they received, and profited by their advantages, **they would have been the world's object lesson of health and prosperity.** If as a people they had **lived according to GOD'S PLAN**, they would have been **preserved from the diseases** that afflicted other nations. Above any other people they would have possessed **physical strength** and **vigor of intellect.** They would have been the **mightiest nation on the earth.** God said: 'Thou shalt be blessed **above** all people.' Deuteronomy 7:14." MH 283.5

"In teaching health principles, keep before the mind the great **object** of reform – that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are **designed for our good**; that obedience to them **promotes happiness in this life**, and aids in the preparation for the life to come." MH 146.4

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"God requires us to yield our own will to His; but **He does not ask us to give up anything that it would be for our good to retain.** No one can be happy while he devotes his live to selfish gratification. A course of obedience to God is the **wisest** course for us to pursue; for it brings **peace, content, and happiness as a sure result.**" ML 180.4

"Then **do not think** that God wishes us to yield up everything which it is for our happiness here to retain. **He requires us to give up only that which it would not be for our good and happiness to retain.**" 2T 588.1

"God will not withhold **anything** from us that will **really** be for our good. Jesus would have us happy in this world, and enjoy with him the glory of the next world. God has given to children and youth invitations to surrender to him. 'My son, give me thine heart.' A promise is given – 'Those that seek me early shall find me.' YI, Feb. 1, 1874 par. 6

12. We are all in the race for eternal life. Will we win the crown of glory? **or** will we give up? In 1 Corinthians 9:24-27 Paul compared this race with the Olympic races that people would run in. In those races only _____ could receive the crown. And it was only a crown of leaves that soon would perish. But they were all **determined** that they would get it and they did **everything** they could to get this crown.

What are we doing to inherit the **eternal** crown? Is it **worth as much** to us? The Bible tells us in Matthew 10:22: "He that _____ to the _____ shall be _____."

The good thing about our race is that **everyone can** win, not just one person. In Ecclesiastes 9:11 Solomon tells us "I returned, and saw under the sun, that the _____ is not to the _____, nor the _____ to the _____, neither yet bread to the _____, nor yet _____ to men of _____, nor yet favour to men of _____; but _____ and _____ happeneth to them _____."

Everyone gets **time** to **decide** for eternal life. **Everyone** gets a **chance**.

13. We have many examples in the Bible of those that have run the race and have finished it. At the end of his life, Paul said in 2 Timothy 4:7,8: "I have fought a _____ fight, I have _____ my course, I have _____ the faith: Henceforth there is laid up for me a _____ of righteousness, which the Lord, the righteous judge, shall _____ me at that day: and not to me _____, but unto _____ them also that _____ his appearing."

14. Jesus, at the end of his life here on earth, said in John 17:4: "I have _____ thee on the earth: I have _____ the _____ which thou gavest me to do."

15. Let **us** live so that we can say the same at the end of our life. Hebrews 12:1,2 says: "Wherefore seeing _____ also are compassed about with so _____ a cloud of _____, let _____ lay aside every _____, and the _____ which doth so easily _____ us, and let us _____ with patience the _____ that is set before us, Looking unto _____ the author and finisher of our _____."