**Key Things to Remember When Teaching Health Reform**

**BIBLE:**

**Revelation 14:6 – “**And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and **to every nation, and kindred, and tongue, and people.”** (See also Matthew 24:14)

The **gospel is to be preached** to every Nation, Kindred, Tongue and People.

The Gospel **includes health reform** **in all its phases.** (MM, pg. 159.5-160)

“There is a message regarding **health reform** to be borne **in every church...”** (6T 370.2)

# The subject of health reform is to be agitated. (CD 70.2)

**When we do this work, there will be a RENOVATING, REFORMING, ENERGIZING POWER.** (WM 107.2)

# “If our churches do not live according to the light on health reform, the lord will not bless us.” (6T 370-372)

**Key Things To Remember When Teaching Health Reform**

**MOST IMPORTANT POINT:**

Jesus is the physician of all physicians, and when teaching health reform, **all people are to be led to him as being the only true healer** and comforter through all disease.

**1. AS A PEOPLE, WE ARE TO SPEAK THE SAME THINGS:**

(1 Corinthians 1:10) (1T pp 326-327) (**Many go contrary** **because they do not read the books God has given.**

# (4T pg. 391.1). And all will be accountable for not knowing what is in them. (8T pg 298.1)

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

1. **Bible** (Isaiah 8:20)
2. **SOP** (Revelation 12:17; Revelation 19:10)

1. **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)

**Note: The world is to be no criterion for us.** (4T 35.3)

**We are to be in ADVANCED of the whole world regarding health.** (9T 158)

**We are to come behind in no gift, this includes healing.** (1 Corinthians 1:7, 1 Corinthians 12:4,9)

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

**A: By Obtaining ALL THE EDUCATION FROM THE STUDY OF OUR BOOKS.**  (COL 333.4) {7T 63.3}

**Read from the best authors on this subject, then obey that which you know to be truthful:** (CH 566.3)

# When reading our health books, “time and place must be considered.” (1SM 57.2)

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

{MM 266.3} **SIMPLE REMEDIES** are **NOT TO BE COMPLICATED OR COSTLY.** {RH, September 9, 1902 par. 12}

\*\*\***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.

1. **DISEASE IS FROM A VIOLATION OF THE LAWS OF HEALTH:** (MH 234.1)

# Disease never comes without a cause. (see Proverbs 26:2) (MH 127.1) All sickness is the result of transgression. (CH 37.2)

**6. THERE ARE MORE THAN 8 LAWS OF HEALTH:**

**\*The law of Dress is one of the Laws of Health** (MH 234.2/227.3)

## “Improper dress is responsible for most women's health issues” (HR, August 1, 1868, par. 16)

**\*There is also the law of serving** (Isaiah 58:6-8) (**When we do for others, the body releases endorphins that bring healing**...and according to the Bible, it will bring forth healing **SPEEDILY....**This is why the scriptures tell us that it is **MORE BLESSED TO GIVE THAN TO RECEIVE... (**Acts 20:35) and \*The Law of Cleanliness (General Hygiene) (2SAT 289.3)

**7. HEALTH IS SPIRITUAL:** (Not all sickness is due to a violation of Natural Laws. Some are due to a Violation of

Spiritual Laws) (Miriam is a Prime Example...Numbers 12:1-10) (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}

# Health does not come by chance. (MH 128.2)

1. **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 who are at liberty to continue their unhealthful practices, **God would be encouraging sin.**  (MH 227.3)

1. **WHEN A PERSON BECOMES HIT WITH SICKNESS/ DISEASE, THERE ARE 4 PROPER STEPS TO TAKE FOR THE HEALING PROCESS:**

## 1. Ascertain the cause.

## 2. Unhealthful conditions should be changed.

1. **Wrong habits corrected** **then** and not until the first 3 have been done.
2. **Nature is to be assisted** in her efforts to expel impurities and to reestablish right conditions in the system. (MH 127.1)

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

**Note: Sister White did not approve the use of drug medication:** (20MR 36.2)

**Using drugs after the light on health message has been given to us is due to a lack of faith in Jesus:** (19MR 51.2)

**10. NOT ALL THE SICK WILL BE RAISED TO HEALTH:** (MH 230.3)

## 90% will be healed if they do all they know to do by following the Laws of Health. (TSDF 85.4)

**SOP ABBREVIATIONS:**

**1SM =** Selected Messages, Book 1

**1T =** Testimonies to the Church, Volume 1

**20MR =** Manuscript Releases, Volume 20

**2SAT =** Sermons & Talks, Book 2

**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

**LP =** Sketches on the Life of Paul

**MH =** Ministry of Healing

**MM =** Medical Ministry

**TSDF =** Testimony Studies on Diets and Foods

**WM =** Welfare Ministry