

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)

3. **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)

4. 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.

5. 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)

8. 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)

9. 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.**

3. **Wrong habits corrected** then and not until the first 3 have been done.

4. **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