

## The Health Message In The Most Holy Place

John 10:27 – “My sheep hear my voice...they follow me.”

“And I looked, and, lo, a Lamb stood on the mount Sion, and with him an hundred forty and four thousand...These are they which follow the Lamb whithersoever he goeth.” (Revelation 14:1, 4)

### WHERE IS CHRIST TODAY?

“...Jesus was finished in the holy place of the sanctuary in 1844. Then Jesus rose up and shut the door of the holy place, and opened the door into the most holy, and passed within the second veil, where He now stands by the ark, and where the faith of Israel now reaches.” {EW 42.1}

Psalms 77:13 – “Thy way, O God, is in the sanctuary...”

**Q: WHEN THE EARTHLY SANCTUARY WAS IN EXISTENCE, WHAT PIECE OF FURNITURE WAS IN THE MOST HOLY PLACE?**

**A: The Ark of the Covenant**

**Q: WHAT WAS INSIDE THE ARK OF THE COVENANT?**

- A:** 1. The Ten Commandments (Hebrews 9:3-4)  
2. Golden Pot of Manna (Hebrews 9:3-4) (The manna was of coriander seed.)  
3. Aaron's Rod (Hebrews 9:3-4)

**Q: WHAT DID AARON'S ROD DO?**

**A: It budded** (Hebrews 9:4)

**Q: WHAT DID IT BUD?**

**A: Almonds & Blossoms** (Numbers 17:8)

**Q: WHAT ARE BLOSSOMS?**

**A: Fruit** (Genesis 40:10)

\*\*\*So in the earthly Sanctuary, in the Ark of the Covenant, we see the Manna (grain), coriander (seed), almonds (nuts), and blossoms (fruit grain, seed, nuts and fruit).

Knowing that the earthly sanctuary was a pattern of the heavenly, let's now focus on the Heavenly Sanctuary.

**Q: BESIDES THE 10 COMMANDMENTS, WHAT ELSE IS IN THE HEAVENLY ARK OF THE COVENANT?**

**A: “...In the ark**, beneath where the angels’ wings were spread, was **A GOLDEN POT OF MANNA OF A YELLOWISH CAST**, and I saw **a rod, which Jesus said was Aaron’s**. **I saw it bud, blossom and bear fruit...** --and I saw **two long golden rods** on which hung silver wires, and **on the wires most glorious Grapes**. One cluster was more than a man here can carry. And I saw Jesus step up and take of the **manna, almonds, grapes and pomegranates**, and bear them down to the city, and place them on the supper table.” (Day Star, January 24, 1846, paragraph 1)

\*\*\*So in the Heavenly Ark of the Covenant, besides the 10 commandments, we see Manna (grain...remember this is as of coriander (seed), Aaron's Rod (almonds + fruit) ...Grains, seeds, almonds and fruit.

**Q: HOW MANY TIMES A YEAR DID THE HIGH PRIEST GO INTO THE MOST HOLY PLACE WHERE THE ARK OF THE COVENANT WAS LOCATED?**

**A:** Once a year.

**Q: WHAT WAS THIS DAY CALLED WHEN THE HIGH PRIEST WENT INTO THE MOST HOLY PLACE ONCE A YEAR?**

**A:** The Day of Atonement (Leviticus 23:27)

**Q: WHAT WERE THE PEOPLE TO DO ON THIS DAY?**

**A:** "Also on the tenth [day] of this seventh month [there shall be] **A DAY OF ATONEMENT**: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the LORD." (Leviticus 23:27)

**A:** "Once a year, on the great Day of Atonement, the priest entered the most holy place for the cleansing of the sanctuary...every man was required to afflict his soul while this work of atonement was going forward. All business was to be laid aside and the whole congregation of Israel were to spend the day in solemn humiliation before God, with prayer, **FASTING**, and deep searching of heart." {GC 419.1, 3}

**Q: IF WE ARE NOW IN THE ANTI-TYPICAL DAY OF ATONEMENT, WHAT IS THE FAST THAT WE ARE REQUIRED TO HAVE TODAY?**

**A:** "The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, SIMPLE FOOD, which God has provided in abundance." {CD 90.1}

So, the antitypical fast that WE SHOULD BE doing during this antitypical Day of Atonement is to TRULY FOLLOW OUR HEALTH MESSAGE.

"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made. And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in origin, in character, and in importance as the word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism by disregarding his specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful." {MM 221.2}

"The eating of food that does not make good blood is working against the laws of our physical organism, and is a violation of the law of God. The cause produces the effect. Suffering, disease, and death are the sure penalty of indulgence." -- Letter 123, 1899. {Ev 265.4}

"The physical life is to be carefully preserved and developed that through humanity the divine nature may be revealed in its fullness..." {COL 348.1}

**Link to my blog:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/05/the-health-message-in-most-holy-place.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/the-health-message-in-most-holy-place.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/08/the-health-message-in-most-holy-place.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-health-message-in-most-holy-place.html>