

**Teachers' syllabus
for**

**HEALTH EVANGELISM I
(Health Principles)**

BASIC LEVEL

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Revised 2014

OBJECTIVES AND EXPECTED RESULTS (Health Evangelism I)

The LE student will:

1. understand clearly the meaning, aspects, and importance of health.
2. know and understand the elements of the divine principles of health as revealed through Ellen G. White: "NEWSTART."
3. identify the spiritual implications of the divine principles of health and understand the relationship between body and mind, as well as between physical and spiritual health.
4. acquire skill on how to apply their knowledge of this course in selling health literature.

NOTE TO THE INSTRUCTOR

This course is a very important tool for introducing or selling health or medical books and magazines. Therefore, it is necessary that it be given great emphasis.

It is suggested that a project be required for this course, preferably a written canvass presentation, particularly on "Creating the Need" for selling one specific health or medical book.

HEALTH PRINCIPLES (Health Evangelism I)

COURSE OUTLINE

I. THE STEWARDSHIP OF HEALTH

- A. The Meaning of Health
- B. Scriptural Basis for Healthful Living
- C. Aspects of Health
- D. Importance, Value, and Rationale

II. HEALTH PRINCIPLES - NEWSTART PROGRAM

- A. Nutrition
- B. Exercise
- C. Water
- D. Sunshine
- E. Temperance
- F. Air
- G. Rest
- H. Trust in God

III. CONCLUSION

- A. Teaching by Example
- B. The Master Healer

HEALTH PRINCIPLES (Health Evangelism I)

PART I - THE STEWARDSHIP OF HEALTH

THE MEANING OF HEALTH

“Health is a state of complete physical, mental, spiritual and social well-being. It is not just the absence of disease or infirmity.”—Dr. Milton Crane, U.S.A.

An Asian Proverb: *“He who has health has hope; and he who has hope has everything.”*

Spanish Proverb: *“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”*

A Common Practice

Josh Billings wrote in *His Works Complete* that, “When a man loses his health, then he first begins to take good care of it.”

SCRIPTURAL BASIS FOR HEALTHFUL LIVING

1. Created in God’s Image

“So God created humankind in his image, in the image of God he created them; male and female he created them” (Gen. 1:27, NRSV).

“As Adam came forth from the hand of his Creator, he was of noble height, and beautiful symmetry. He was more than twice as tall as men now living upon the earth, and was well proportioned. His features were perfect and beautiful. His complexion was neither white, nor sallow,

but ruddy, glowing with the rich tint of health” (Spiritual Gifts, vol. 3, p. 34).

2. Fearfully and Wonderfully Made

“For it was you who formed my inward parts; you knit me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well” (Ps. 139:13, 14, NRSV).

“No computer yet devised is as complex or awe-inspiring as the compact mass of folded and wrinkled gray and white matter that is the human brain. Seat of consciousness, reason and emotion, center of learning and skill, and storehouse of memories, the brain is truly a master organ, controlling the activities of all the other organs and system of the body” (Medical Questions & Answer Book, p. 227).

3. Not Your Own

“Don’t you know that your body is the temple of the Holy Spirit, who lives in you, and was given to you by God? You do not belong to your-selves but to God; he bought you for a price. So use your bodies for God’s glory” (1 Cor. 6:19, 20, TEV).

“We belong to God . . . His by creation and His by the gift of His only begotten Son for our redemption. . . . The mind, the heart, the will, and the affection belong to God” (Counsels on Stewardship, p. 72)

“God calls for His own. You are His by creation, and doubly His by redemption” (Testimonies for the Church, vol. 5, p. 116).

4. To God's Glory

"Therefore, whether you eat or drink, or whatever you do, do all to the glory of God" (1 Cor. 10:31, NKJV).

"It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds" (Testimonies for the Church, vol. 3, p. 485).

"We are not our own. We have been purchased with a dear price, even the sufferings and death of the Son of God. If we could understand this, and fully realize it, we would feel a great responsibility resting upon us to keep ourselves in the very best condition of health, that we might render to God perfect service. But when we take any course which expends our vitality, decreases our strength, or beclouds the intellect we sin against God. In pursuing this course we are not glorifying Him in our bodies and spirits which is His, and are committing a great wrong in His sight" (Testimonies for the Church, vol. 2, p. 354).

5. Incorruptible Bodies

"But I am telling you this strange and wonderful secret: we shall not all die, but we shall all be given new bodies! It will all happen in a moment, in the twinkling of an eye, when the last trumpet is blown. For there will be a trumpet blast from the sky and all the Christians who have died will suddenly become alive, with new bodies that will never, never die; and then we who are still alive shall suddenly have new bodies too" (1 Cor. 15:51, 52, LB).

"Sin has marred and well-nigh obliterated the image of God in man. It was to restore this that the plan of salvation was devised, and a life of probation was granted to man. To bring him back to the perfection

in which he was first created is the great object of life—the object that underlies every other" (Patriarchs and Prophets, p. 595).

Summary:

- ◆ *Created in God's image:* physical, mental, spiritual
- ◆ *Wonderfully made:* amazing body and mind
- ◆ *Body not our own:* God's by creation and redemption
- ◆ *Body to glorify God:* to serve Him
- ◆ *Incorruptible bodies:* on probation

6. A Stewardship principle:

Time and talent would still be insufficient. Healthy bodies are necessary to maximize use of time and talent.

ASPECTS OF HEALTH

1. Spiritual

The World Health Organization (WHO) is struggling with the reality that something may be missing from its own definition of health, which includes the physical and the mental; it recognizes the social, but eliminates mention of the spiritual. This "little" omission is like talking about health without food and nutrition.

"Personal religion is of the highest importance. Health of body depends largely upon health of soul; therefore, whether you eat or drink, or whatsoever you do, do all to the glory of God" (Ellen G. White Letter 117, 1901).

Scripture encourages, *"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you" (John 6:27).*

2. Physical

E. G. White described our body as a “*harp of a thousand strings.*” The Infinite Designer gave to our charge the keeping of it in harmonious action. (See *Mind, Character, and Personality*, vol. 2, p. 374.)

The first controlled dietary experiment recorded is in the Bible: Daniel 1:12-16. The New Berkeley Version states:

“Please, give to your servants a ten-day test, allowing us to eat vegetables and to drink water. Then compare our looks with that of the other youths, who have eaten of the king’s menu, and act according to your findings.’ He agreed with them on this score, gave them a ten-day test, and after ten days they looked healthier and were in better condition than the youths who were eating the royal dishes; so the overseer discontinued their royal rations of meat and wine and served them vegetables.”

Ellen White wrote, “*Those who are keeping His commandments must be brought into sacred relation to Himself, and that by temperance in eating and drinking they must keep mind and body in the most favorable condition for service*” (Counsels on Health, pp. 132, 133).

3. Mental

“The mind controls the whole man. All our actions, good or bad, have their source in the mind. All the physical organs are the servants of the mind” (Special Testimonies on Education, Series C, p. 33, 1897).

“A great deal of the sickness which afflicts humanity has its origin in the mind and can only be cured by restoring the mind to health” Testimonies for the Church, vol. 3, p. 184).

“The improvement of the mind is a duty which we owe to ourselves, to society, and to God. But we should never devise means for the cultivation of the intellect at the expense of the moral and the spiritual. And it is only by the harmonious development of both the mental and the moral faculties that the highest perfection of either can be attained” (Mind, Character, and Personality, p. 374).

4. Social

“Through the social relations, Christianity comes in contact with the world. Everyone who has received the divine illumination is to brighten the pathway of those who know not the Light of life. . . . Social power, sanctified by the grace of Christ, must be improved in winning souls to the Saviour. . . . Let them see that our religion does not make us unsympathetic or exacting” (The Desire of Ages, p. 152).

IMPORTANCE, VALUE, AND RATIONALE

“Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced” (The Ministry of Healing, p. 144).

1. An Approach

In almost every community, there are people who are not interested in God’s Word. But they can be reached with the gospel through the health ministry. Many times relief of their physical needs or an approach to overall healthy living is the only avenue by which they can be approached.

“Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is great need, and the WORLD is OPEN for it.

“It is the Lord’s design that the restoring influence of health reform shall be a part of the last great effort to proclaim the gospel message” (Medical Ministry, p. 259).

2. Teaching Health Principles

“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 of the life to come” (The Ministry of Healing, p. 146).

3. Christ’s Concern

During Jesus’ ministry on earth, He devoted more time to healing the sick and health evangelism than He did in preaching. *“Where He had passed, the objects of His compassion were rejoicing in health” (The Desire of Ages, p. 350).*

To the 12 disciples Jesus said: *“And, as ye go, preach . . . heal the sick” (Matt. 10:7, 8).*

To the 70 apostles He said: *“And into whatsoever city ye enter, . . . heal the sick that are therein, and say unto them, The Kingdom of God is come nigh unto you” (Luke 10:8, 9).*

Concluding advice from *The Desire of Ages*: *“The followers of Christ are to labor as He did” (p. 350).*

PART II - HEALTH PRINCIPLES - NEWSTART

Promoters of the “NEWSTART Program” usually introduce this concept by saying that “Health is spelt - NEWSTART.” In reality, these eight letters represent eight health principles initially adopted by Weimar Institute in California.

Actually, these concepts did not originate with the doctors at Weimar or any guest. This listing of supernatural health laws or remedies was originally outlined in *The Ministry of Healing*: *“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power — these are the true remedies” (p. 127).*

N: NUTRITION

1. What to Eat

Eat a variety of foods. Our diet should be built primarily around fruit, grains, vegetables, legumes, and nuts, in as natural a state as possible, simply prepared, free from grease or added fats, sugar, and excessive salt and flavorings. For some, various animal products will be added, but optimum health may be experienced without these.

“You cannot have health and fitness and ignore the quality and quantity of the food you eat. Take it simply, naturally, well-selected, and properly cooked” (Way of Life, p. 21).

Three Basic Groups of Food:

a. Carbohydrates or Energy-Giving Food

Sources: Rice and rice products; corn and its products; other cereals; bread and other bakery products; starchy roots, tubers, and sugar.

b. Protein or Body-Building Food

Sources: From animals: Meat (lean), internal organs (liver, heart, kidney, etc.); chicken, eggs, fish, milk, and milk products. From plants: Beans, bean products, and nuts. Proteins from plant sources have been compared with animal protein in quality.

c. Vitamins and Minerals or Body Regulators

Nutrients and their Good Sources:

Vitamin A - Dark-green and yellow vegetables; yellow fruit.

Vitamin C - Fruit, especially cantaloupe, lemons, grapefruit, oranges, tangerines, strawberries; raw cabbage, sweet peppers, tomatoes, potatoes.

Vitamin D - Direct sunshine; fortified milk

Niacin - Whole-grain and enriched breads and cereals; legumes; potatoes; green vegetables.

Riboflavin (B2) - Green, leafy vegetables; whole grain products; prunes; milk.

Thiamin (B1) - Whole-grain products; peas; beans; wheat germ; potatoes; leafy vegetables; brewer's yeast.

Iron - Legumes; whole-grain cereal and breads; dried fruits; and green leafy vegetables.

Calcium & Phosphorous - Greens such as Mustard, kale, turnip tops, cabbage, broccoli; whole-grain products; citrus fruits; skim milk products.

2. How to Eat

- a. Chew food thoroughly.
- b. Eat slowly; try putting down your fork or spoon between each bite and notice the difference in enjoyment and controlled appetite.
- c. Relax; at mealtime take your worries and toss them over your shoulder.

3. When to Eat

Rhythms. Digestion usually takes four to five hours and is seriously disturbed by between-meal snacks. The digestive system needs rest. Late or heavy evening meals are an unnecessary stress on the vital organs upon which life and health depends.

- a. Eat a good, balanced breakfast like a king
- b. Eat a balanced lunch like a queen
- c. Eat a light supper like a pauper

Tips: Avoid drinking with meals. Drink water between meals. Eat nothing between meals.

4. Common Nutritional Sins

- a. Eating too much
- b. Eating snacks
- c. Eating too much sugar/salt/fat
- d. Eating too much processed food
- e. Neglecting breakfast

Spiritual Implication: Nutrition for the soul is the Word of God. *"The words that I speak . . . they are life"* (John 6:63. See also John 5:39; 6:53).

E: EXERCISE

Exercise benefits the skeletal system, the muscles, the vascular and cardiac systems, etc.

We are told that Niccolo Paganini, the great composer and violinist of the nineteenth century, willed his violin to the Italian town where he was born. But, there was one condition. Nobody should ever play it again.

The violin was placed on exhibition in a glass case in City Hall. Many years passed. A famous violinist came to town for a concert and wanted to try the great instrument. He was given permission, but when the violin was picked up, it fell apart. Worms had been eating it as it lay in its case, unused.

A violin is made to be used. So are the muscles of our body. Disuse can have drastic consequences (See Vandeman, How to Use Your Candle, p. 34).

1. Factors that Affect Choice of Physical Activity
 - a. Age and Vigor of individual
 - b. Weather
 - c. Time of day available for exercise
 - d. Availability of funds for exercise
 - e. Opportunity for combining exercise with recreational interests
 - f. Preferences of the individual
2. Forms of Exercise and Their Benefits

Swimming and bicycling are excellent forms of exercise. Tennis involves strenuous activity but is not usually a daily activity. Thus, the latter may be suitable for the youth, but not for older people. Sitting-up exercises, push-ups, sit-ups, and other forms of muscle development can be carried on systematically at home. Gardening is a

beneficial form of exercise. Of all possible forms of exercise, WALKING comes first.

- a. Exercise Prevents Heart Attack - *"You can prevent heart attacks and increase your life-span by exercise only if you do it vigorously. Regular exercise helps the heart work more efficiently. And, there is proof that moderate aerobic exercise will help reduce heart disease without the stress and strain on back, hips and knees that jogging produces . . . 20 or 30 minutes of brisk walking three or four times a week is an ideal exercise that can be worked into almost everyone's life"* (Dr. Marvin Moser, Reader's Digest, April, 1990, p. 33).
- b. Walking is a Natural Tranquilizer - *"During high-impact activities, like running, . . . your feet hit the ground with a force equal to two to four times your weight. The shock can damage joints and muscles, especially in the lower limbs. Walking, by contrast, exerts a force of only one and a half times your weight. . . . Walking, a weight-bearing exercise, slows bone loss and may even promote growth. . . . Brisk walking forces the heart to pump harder to deliver more oxygen to the muscles. It also proves to be a natural tranquilizer"* (Yanker and Burton, Reader's Digest, March, 1991, p. 97).
- c. Aerobic Exercise - Aerobic exercise has many forms. But remember one important thing: Take about five minutes to warm up before starting to exercise, and another five minutes to cool down after ending the aerobic exercise; e.g, side reaching, hamstring stretch, quadriceps stretch, and calf stretch. (It is advisable to acquire audio tapes for exercise with adequate, interesting illustrations).

Spiritual Implication: Spiritual exercise— Sharing God’s Word to others. Acts 1:8 and Luke 8:39 - “And he went his way, and published throughout the whole city how great things Jesus had done unto him.”

W: WATER

The human body is 70 percent liquid. Every body cell has water in it. The brain has a lot of water, which is essential to mental endurance. The blood is basically water, so white blood cells can bathe in the water and keep their strength.

If caffeine, sugar, additives, and preservatives are all dissolved into the blood system, then the white blood cells, which are soldiers of the body against infection, will weaken.

Drinking clean, pure water flushes poisons out of our systems.

1. Importance of Water

“We can go without food for almost two months but only a few days without water. Without water, we would be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water.

“If there isn’t enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration.

“Water also lubricates our joints. . . . We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just exhaling The minimum for a healthy person is

eight to ten eight-ounce glasses a day” (L. E. Perry, Jr., Reader’s Digest, June, 1991, pp. 87, 88).

Suggested times for drinking water:

Two glasses upon waking-up

One glass at least 30 minutes before each meal

One glass before taking a bath

One glass before going to bed

2. Dangers of Beverages Other than Water

“Drinking soda is like adding 10 to 12 teaspoons of sugar and a dose of chemicals to your glass of water. Soft drinks have become the largest single source of sugar in the diet. Diet drinks, although sugar-free, still present an irritating array of chemicals.

“Beverages other than water cause the stomach to secrete excessive acid. One experiment demonstrated that Sanka, Kava, tea, coffee, 7-Up, Coca-Cola, Tab, and Diet Coke all doubled the acid secretion of the stomach, while milk and beer tripled it. Elevated stomach acid increases the risk of gastrointestinal ulcers” (Dr. A. Ludington, Health & Home, March-April, 1990, pp. 24, 25).

3. Alcohol, Coffee, and Cola Drinks

a. Alcohol - Alcoholic beverages are the same as drinking impure water. Alcohol is a drug that causes ill-effects to the body. The Population Media Service recently announced that alcohol causes illnesses, like diseases of the liver and many more.

b. Coffee - Should a person abstain from coffee? Yes. One of its ingredients is caffeine, classified in textbooks as both a stimulant and a poison (See *Modern Medical Guide*, p. 68).

- c. Tea – Comes from tea leaves and contains two drugs: caffeine and theophylline, both alkaloids. Doctors, use both as stimulants; theophylline is used more commonly for the heart, and caffeine for the brain (See *Modern Medical Guide*, p. 69).
- d. Cola Beverages - Basically, cola drinks contain a substance extracted from the nuts of the tree, Cola Nitida. This substance contains about 2 percent caffeine, although it varies from brand to brand, but averages from 113 to half as much in ordinary coffee (See *Modern Medical Guide*, p.69).

Spiritual Implication: “Water of Life” is absolutely necessary. Read about the woman at Jacob’s well (John 4:13, 14). Salvation is living water, “*Fill my cup, Lord.*”

Our bodies are temples of the Holy Spirit. We honor God by caring for our bodies.

S: SUNSHINE

1. Importance of Sunlight

Sunlight is as essential to life as is bread. It kills germs, controlling infection, a fact that was discovered quite by accident many years ago. Until antibiotics came into use, medical professionals used sunlight to a great extent.

Sunlight gives us vitamins. One, called the sunshine vitamin, is Vitamin D. It is essential to proper skeletal structure. Most vitamins come from food, but we cannot eat enough food to get enough Vitamin D. All it takes is five minutes of exposure of half your face to sunlight, and you have 400 units of Vitamin D.

How about sunlight through a glass

window? Most glass filters out ultraviolet light, which is the biologically active ingredient of sunlight. Therefore, we have to open the windows and let the sun shine in (See *Way of Life*, pp. 45-47).

2. Moderate Sunlight

“A sunbath is best taken in the morning when the air is clear and the heat not too great. In the summer, it may be taken as early as seven o’clock. In cooler weather, it may be taken later in the afternoon. Care should be taken to prevent overheating or chilling” (Modern Medical Guide, p. 261).

However, too much sunlight is not good. Dr. David Reuben warns that too much exposure to the sun can cause “squamous - cell carcinoma,” the most dangerous of common skin cancers. Among other potential dangers: premature aging, eye damage, and a crippled immune system.

Spiritual Implication: The Sun of Righteousness also heals, cleanses, and purifies. Malachi 4:2; 1 John 1:9; 1 Corinthians 6:19, 20 - “*Your body is the temple of the Holy Spirit. . . . Glorify God in your body.*”

T: TEMPERANCE

“Temperance” is derived from the Greek word *EGKRATEIA*, meaning self-control. Temperance is defined as the total absence of those things that are injurious, and the moderate use of those things that are good.

Ellen White wrote: “*The advocates of temperance fail to do their whole duty unless they exert their influence by precept and example—by voice and pen and vote in favor of prohibition and total abstinence*” (Advent Review and Sabbath Herald, Oct. 15, 1914, p. 4).

Self-control is important. Some are losing their balance; e.g., balance in nutrition, balance in their emotions, and in many different aspects of their life. Thus they sometimes end up drinking alcoholic beverages.

Temperance is a gift from God. With its definition above, it is much broader than alcoholic control. We must study what should be totally abstained, but also what should be moderately used. We will take up smoking in a subsequent principle.

Spiritual Implication: *“But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control”* (Gal. 5:22, 23, NKJV).

“But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control” (2 Peter 1:5, 6, NKJV).

A: AIR

Clean air is absolutely essential for health. Unfortunately, our air is polluted, often with cigarette smoke, creating a danger to our lungs.

1. Dangers of Smoking

- a. Cause of Preventable Death - Cigarette smoking is the largest cause of preventable death. Former United States senator, Robert Kennedy, said, *“Encouraging people to kill themselves is a very immoral thing to do; therefore, advertising and the encouraging of people to do this should be banned.”*
- b. What Happens When You Smoke - *“Let’s talk about what happens when that hot, searing smoke goes into*

normal, healthy, living, grey-pink lungs. Picture normal lung tissue, and as that hot smoke comes down, the first thing that happens is a paralysis of the little escalator hairs that are sweeping constantly with a mucus sheet on top catching any dust particles and other things in the air.

“When that air escalator ceases to work, then the mucus glands get really worried and make a lot of mucus to try to trap the soot that’s coming down. But some of those tobacco particles, the carbon particles, are small and get all the way down into the tiny little grapes at the end of the line. We call those alveoli. And the little garbage men, the macrophage or clean-up cells of the lungs, sweep those into a corner; stick them off in a lymph node somewhere.

“And, meanwhile, all the ‘grape skins’ are being broken down; and instead of having many ‘grapes’ for gas exchange between air and blood, we end up with big air sacs, one big room, and it’s hard to breathe.

“And then, when the surgeon says it’s time to go in and take out that lung cancer, when he cuts that tissue open, it’s not living, pearly, grey-pink anymore; it’s soot-black” (Way of Life, pp. 58, 59).

- c. Death Rates In Smoking - *The Journal of American Medical Association (JAMA)* featured in March 8, 1958, the Hammond and Horn Study that smokers have higher death rates with mortality ratios as follows:

Never Smoked	1.0
0 - 2 Pack per Day	1.34
2 - 1 Pack per Day	1.70
1 - 2 Packs per Day	1.96
2+ Packs per Day	2.23

The experience of non-smokers is used as the standard of 1. Below is a combination of the Hammond and Horn Study (deaths from coronary heart disease) with Dr. Cuyler Hammond's Study (American Cancer

Society), in which 1 million people were questioned about their smoking habits, then checked periodically in the next six years as to their general health status in relation to lung cancer.

<u>Smoking Habits</u> (Cigarette per Day - CPD)	<u>Lung Cancer</u> (Comparison)	<u>Coronary Heart Disease</u> (Comparison)
Non-smokers	1	1
Less than 10 cpd	4.6	1.29
10 - 19 cpd	8.62	1.69
20 - 39 cpd	14.69	2.15
40 or more cpd	18.77	2.41

2. Benefits of Not Smoking

- a. Non-smokers have Greater Freedom from Illness - *“Even non-smokers become sick and eventually die of some kind of disease. But the non-smoker has a greater freedom from illness and a longer life expectancy than does the smoker”* (Modern Medical Guide, pp. 71-75).
- b. Good News to Quitter - *“But even if you have smoked two or three packs a day for 20 years, you can reduce your risk of sudden death from a heart attack within a year or two after stopping—almost to the level of someone who has never smoked. “A person who has smoked 10-20 cigarettes a day for 15 years can achieve that goal in under a year. Long-term smokers have done irreversible damage to their hearts”* (Dr. Moser, Reader's Digest, April 1990, p. 33).

Spiritual Implication: *“Prayer is the key in the hand of faith to unlock heaven's storehouse where are treasured the boundless resources of omnipotence”* (Steps to Christ, p. 94).

“Pray without ceasing” (1 Thess. 5:17).

R: REST

Our bodies are like machines. Many years ago, a scientist learned that this body-machine of ours needs one day of rest every week. For Christians, a Seventh-day Sabbath rest is essential.

1. Three Types of Fatigue - *Way of Life, pp. 64-67*
 - a. Toxic Fatigue - from alcohol, tobacco, and other poisonous substances.
 - b. Hypertonic Fatigue – when the brain and emotions are stressed too much. The answer is, paradoxically, EXERCISE, not bed. Go exercise.
 - c. Hypotonic Fatigue - from too much muscle activity. You need rest.
2. Mind and Sleep

So, you have discovered different types of rest. In sleep, quantity and quality must be considered. Even a smile and encouragement can bring relaxation,

happiness, and rest to one's self and to others. Spiritual rest is in order as well.

The mind has to be at rest before the body can rest. When the mind is filled with anger and hatred, the body cannot rest because the brain produces negative chemicals. In this case, forgiveness is needed to set the mind chemically right.

Spiritual Implication: Sabbath is the true rest - a God-planned rest for humankind. "Come to Me, all you who labor and are heavy laden, and I will give you rest" (Matt. 11:28, NKJV).

T: TRUST IN GOD

An American coin has a very short but powerful message taken from the principles of Abraham Lincoln, "In God We Trust." For each one, it is appropriate to say, "In God I trust."

John 10:10 "Life . . . to the full."

John 16:24 "Your joy will be complete."

These amazing promises come directly from the Man who knows about what life is all about, and how to put together what we have been tearing apart. He knows, because He made us; and through a remarkable and almost unbelievable gift, will remake us—all of us; physically, mentally, spiritually, and socially. That's called Christianity by some; salvation by others; or perhaps, simply what Jesus called a "rebirth or new birth" to a life of total health.

Spiritual Implication: "Acquaint now thyself with him, and be at peace" (Job 22:21). Anxieties, worries, and fears can be delivered by the Source of Peace. Trust in Him.

Part III – CONCLUSION

TEACHING BY EXAMPLE

Literature Evangelists can participate in health evangelism by encouraging right habits of living, and in spreading the knowledge of right principles. Educating people in matters of health principles was never more needed than now. We must not presume that knowledge is known to all on this aspect. Many have disobeyed the laws of health by reason of ignorance, thus instruction is imperative. Health books must be supplied to the public. Also, remember:

"The missionary cannot only relieve physical maladies, but he can lead the sinner to the Great Physician, who can cleanse the soul from the leprosy of sin" (The Desire of Ages, p. 351).

"We are to be workers together with God for the restoration of health to the body as well as to the soul. And we should teach others how to preserve and to recover health" (The Desire of Ages, p. 824).

THE MASTER HEALER

When in our day-by-day canvassing we meet someone who is sick, how shall the LE behave? What shall we do with the sick?

"For the sick we should use the remedies which God has provided in nature, and we should point them to Him who alone can restore. It is our work to present the sick and suffering to Christ in the arms of our faith. We should teach them to believe in the Great Healer. We should lay hold on His promise, and pray for the manifestation of His power. The very essence of the gospel is restoration, and the Saviour would have us

bid the sick, the hopeless, and the afflicted take hold upon His strength” (The Desire of Ages, pp. 824, 825).

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