

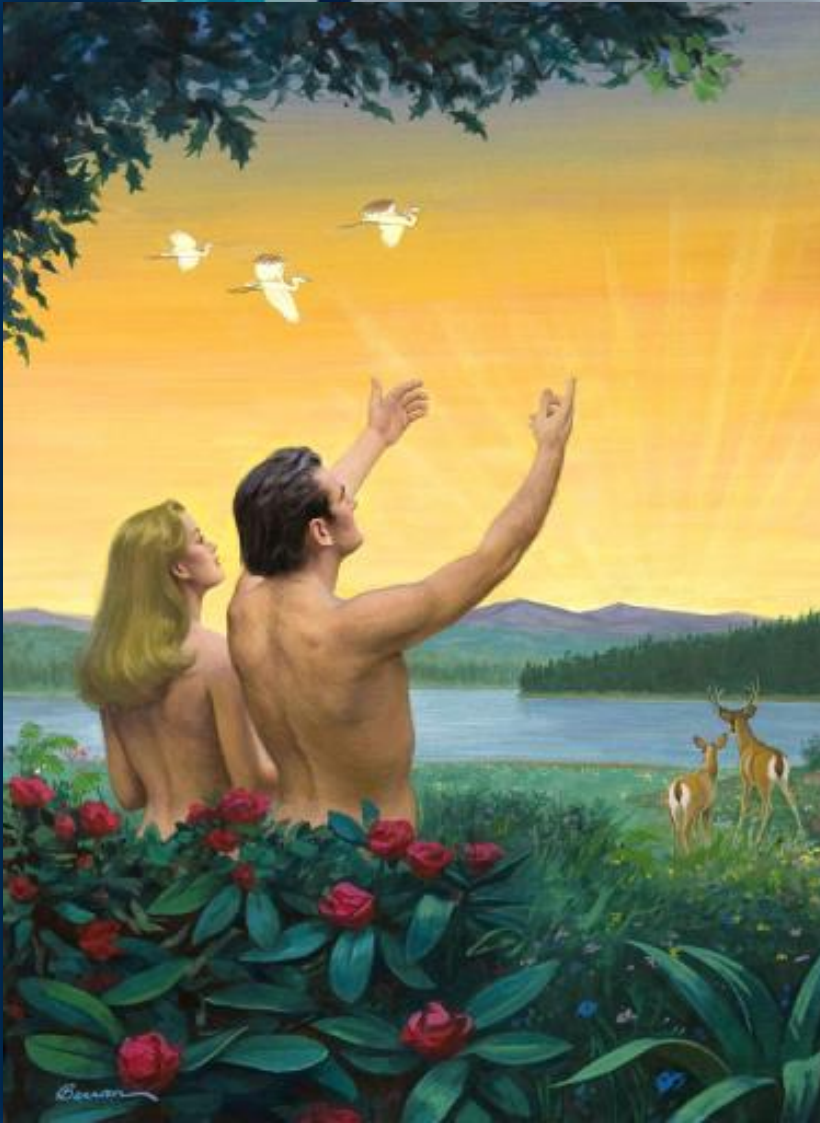
# The Grace-filled Health Message Entrusted to the Seventh-day Adventist Church: The Leader and Health

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# God demonstrated His interest in the health of His people from creation



- magnificent environment
- nutritious diet
- fresh air
- pure water

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# God demonstrated His interest in the health of His people from creation

- exercise as our parents tended the garden



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# God demonstrated His interest in the health of His people from Creation

- spiritual health - walked and talked with them in the cool of the evening



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# Luke, the physician:



“And Jesus grew in wisdom and stature and in favor with God and man.” Luke 2:52, NIV.

# Historical Background



Health care – late 18<sup>th</sup> to early 19<sup>th</sup> century

- Bloodletting
- Mercurials
- Arsenicals
- Alcohol in diverse concoctions
- Tobacco
- Opiates

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# George Washington's fatal illness

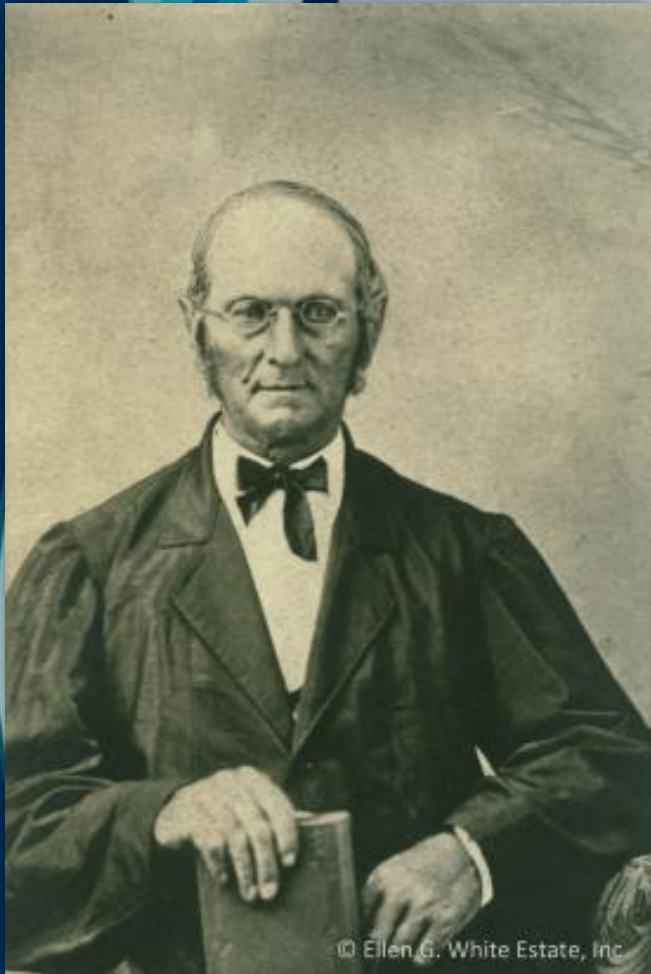


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2013 LEAD CONFERENCE / OCTOBER 11-12, 2013

# Joseph Bates: Health Reformer



- 1823 – gave up tobacco
- 1824 – gave up alcohol
- 1828 – gave up tea and coffee
- 1844 – gave up meat, butter, grease, cheese



# Sylvester Graham: Health Reformer



- fruits and vegetables
- bread should be unrefined
- cream instead of butter
- avoidance of flesh meat and fish
- avoidance of tea, coffee, wine, tobacco
- taking of a daily bath/shower
- exercise in the open air



# Ellen White's Health Reform Visions



- 1848 - harmful effects of tobacco, tea, coffee
- 1863, Sabbath, June 6 - “take special care of the health *God has given us*, for our work was not yet done.” 3SM 279
- 1865 - philosophy for operating healthcare institutions

- 1966 - *Time* Magazine - “the Adventist health advantage” – 100 years later!



## Cancer: Adventists' Advantage

Oct 20, 1966

The tens of thousands of Seventh-Day Adventists in Southern California suffer from most of the same diseases as their non-Adventist neighbors, including cancer. Yet on the average, the Adventist men live longer. Most conspicuously, they have only one-fourth as much lung disease as other Californians. Why? Only part of the answer, say two of the ...

194 words | [view cover](#)





“The world is a Lazar house filled with victims of both physical and spiritual disease. Everywhere, people are perishing for lack of a knowledge of the truths that have been committed to us. The members of the Church are in need of an awakening, that they may realize their responsibility to impart these truths.” 7T 62





“Every faculty . . . should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good . . . . . time is spent to good account which is used in the establishment and preservation of physical and mental health.” CH 107

# Purpose of Health Reform:

To fit its members and leadership  
for service to others



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# I don't have the time?



“Without health no one can as distinctly understand or as completely fulfill his obligations to himself, to his fellow beings, or to his Creator. Therefore the health should be as faithfully guarded as the character.” CG 360-361

# Jesus' healing miracles:



Linked to Salvation

# Peter and John's miracles:



Linked to Salvation

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# Do we believe it enough to Live it?



“as we near the close of time, we must rise higher and still higher upon the question of health reform and Christian temperance, presenting it in a more positive and decided manner.” CH 69

# “The Fitness-Driven Church”

*Christianity Today*, June 2013:



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“Christ is either Lord  
of all, or is not Lord at  
all! ... If He is Lord, let  
us treat him as such.”

Hudson Taylor  
Missionary to China



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Will you answer the call and honor Him in body, mind and spirit, thus “preserving the best conditions for highest service to God and man”?

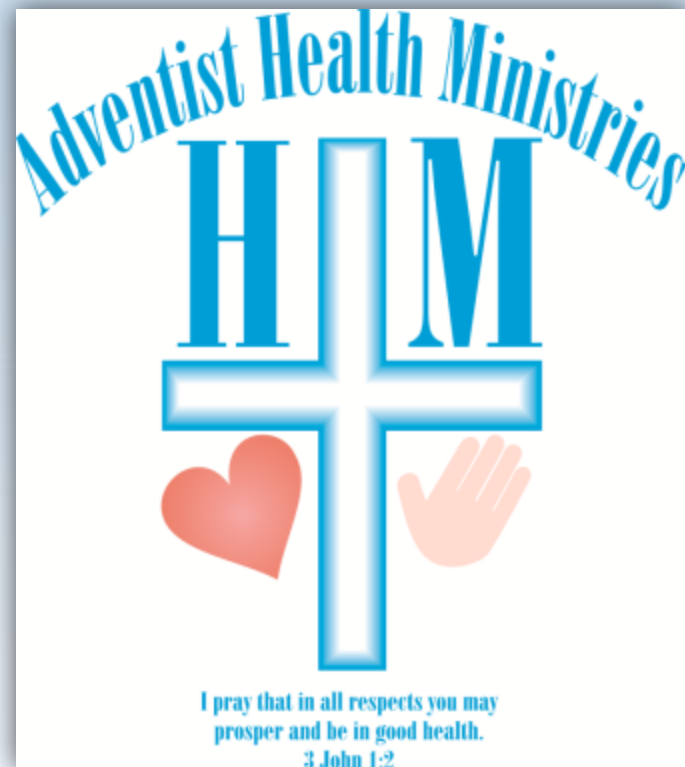
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