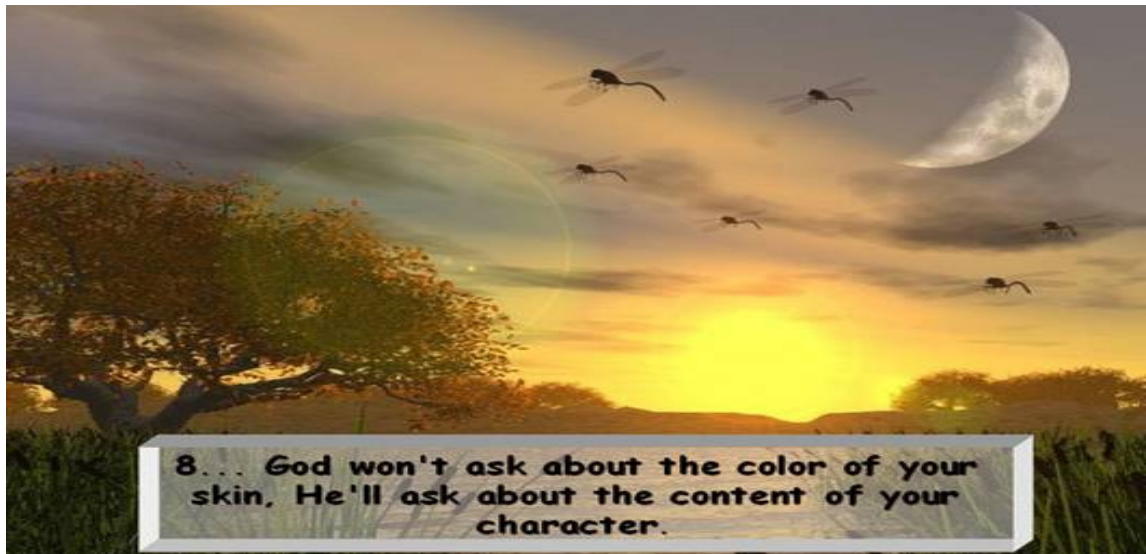


# God Wants You to Live Healthy



**Graham F. Watts, Sr.**

**VISION:** To hear the midnight cry, "The bridegroom comes, go out to meet Him" (Matthew 25:6) and become like Him when I see Him as He is (1 John 3:2).

**MISSION:** Purify myself even as Christ is pure (1 John 3:3) to be glad, to rejoice, give honor to Christ and be ready for the marriage of the Lamb (Revelation 19:7).

**VALUES:** Follow the Lamb wherever He goes (Revelation 14:4), be without fault before God (Revelation 14:5), be perfect even as my Father in heaven is perfect (Matthew 5:48), wear the Lamb's fine, clean and white linen (Revelation 19:8) do righteously (1 John 3:10) and walk humbly with God (Micah 6:8).

**OVERALL AIM:** Studies presented here unveil Bible knowledge to inquiring minds to prompt the following inquiries: "Are our feet on the rock of ages? Are we one with Christ as He is one with the Father" (John 10:30 in Evangelism, {Ev} 199.1)? Am I crucified with Christ (Galatians 2:20)?

26 **PURPOSE/REASON FOR/WHY**

27  
28 The purpose of this study is to encourage health reform among people of  
29 God.

30  
31 **OBJECTIVE/WHAT WE WANT TO ACCOMPLISH**

32  
33 To help participants offer Jehovah mind, body and soul as a healthy,  
34 living sacrifice.

35  
36 **BACKGROUND CONTEXT**

37  
38 God wants us to be healthy (3 John 1:2), yet some are diseased. [Some]  
39 "...have brought disease upon themselves by improper habits..."  
40 (Counsels on Diet and Foods, {CD} 281.1). **"Wrong habits of life** lessen  
41 our mental and physical sensibilities..." (Testimonies for the Church,  
42 Vol. One, {1T} 470.2). **"Disease never comes without a cause; the way**  
43 **is prepared... by disregard of the laws of health"** (The Ministry of  
44 Healing {MH} 234.1); **"...by [wrong] ...habits of eating, drinking,**  
45 **dressing and working"** (MH 234.2). **Every violation of principle in**  
46 **eating and drinking blunts the perceptive faculties, making it**  
47 **impossible... to appreciate or place the right value upon eternal**  
48 **things"** (CH 38.2). Eating, drinking and dressing all have a direct  
49 bearing upon our **spiritual advancement"** (Sons and Daughters of God,  
50 {SD} 172.2). "The health of the soul... comes from receiving and  
51 following pure principles..." (Mind, Character and Personality, {2MCP}  
52 710.3). Framed this way, we ought to give Jehovah a living sacrifice.  
53  
54 "...Sin is the transgression of the law" (1 John 3:4). **All sickness**  
55 **and suffering is the result of transgression;** therefore, **it is a sin to**  
56 **be sick** (Counsels on Health, {CH} 37.2, The Desire of Ages, {DA}  
57 471.1). **Admittedly, there are exceptions to illness!** Job's history  
58 "...shows that [Satan inflicts some] suffering..." (DA 471.3) and  
59 others "...Suffer in consequence of the transgression of parents

60 [because of the principle of inheritance] (MH 234.1). However, others  
61 suffer because they forget the principle, **"Whether therefore you eat or**  
62 **drink or whatsoever you do, do all to the glory of God"** (1 Corinthians  
63 10:31). We make ourselves "...sick by overwork" (MH 236.1) and  
64 intemperate eating (CD 189.3). We deplete brain forces by  
65 "...Irregular hours of eating and sleeping" (SD 172.2). We chill,  
66 under nourish cells and accumulate end-products of metabolism in the  
67 body because limbs are not protected or sufficiently clothe, causing  
68 arteries and veins to contract, thus restricting blood supply to the  
69 extremities, reducing warmth and nutrition to sensitive parts of the  
70 body (MH 382.3). **Many** are living in violation of the laws of health  
71 and are **ignorant of the relationship [between] habits of eating,**  
72 **drinking and working... [to] health ...until nature protests against**  
73 **the abuses... by aches and pains...**" (2MCP 510.3). "...Few have  
74 regarded the [instructions] on the subject of purity and health reform"  
75 (CH 373.2).

76  
77 **"The present generation has trusted their bodies with the doctors and**  
78 **their souls to the ministers.** Do they not pay the minister well for  
79 studying the Bible for them, that they need not be ...troubled? And **is**  
80 **it not his business to tell them what they must believe, and to settle**  
81 **all doubtful questions of theology without special investigation on**  
82 **their part?** [When] sick, they send for the doctor, believe whatever he  
83 may tell and swallow anything he may prescribe; for do they not pay him  
84 a liberal fee, and is it not his business to understand their physical  
85 ailments, and what to prescribe to them without their being troubled  
86 with the matter" (CH 37.3)? **Observe the sarcasm and folly associated**  
87 **with absolving self of personal responsibility, neglecting soul and**  
88 **body and entrusting them to the physician and the minister.** Hummmuh!  
89 "Sickly men and sickly women need to become health reformers. God will  
90 co-operate with His children in preserving their health if they eat  
91 with care. [They must] refuse to put unnecessary burdens on the

92 stomach" (Evangelism, {Ev} 262.2). This background provided the  
93 impetus for the study question.

94

## 95 STUDY QUESTION

96

97 What PRINCIPLES (i.e., decision-making rules) shall I follow to  
98 preserve health?

99

## 100 ANSWER SOURCES: HOLY BIBLE & HAVARD MEN'S HEALTH

### 101 WATCH

102

103 1. "When you sit to dine with a ruler ...put a knife to your throat if  
104 you are given to gluttony" (Proverbs 23:1-2, New Living  
105 Translation {NLT}). **Practice self-control!**

106

107 2. "Why do [you] spend your spend money for that which is not bread?"  
108 "...Eat that which is good..." (Isaiah 55:2). **Shop wisely; eat**  
109 **intelligently!**

110

111 3. "Every [person who] strives for the mastery is temperate in all  
112 things..." (1 Corinthians 9:25). **Practice temperance** if you are  
113 striving for spiritual, emotional, social or physical excellence!

114

115 4. "...Much study is a weariness of the flesh" (Ecclesiastes 12:12).  
116 **Guard against fatigue!**

117

118 5. "And [Jesus] said to [the apostles], 'Come ...apart into a desert  
119 place and rest a while for there were many coming and going and  
120 they had no leisure so much as to eat'" (Mark 6:31). **Prevent**  
121 **burnout!**

122

123 6. "...[Jesus] sent the multitude away [and] went up into a mountain  
124 to pray and when evening [came] He was there alone" (Matthew

125 14:23). They that wait upon the Lord shall renew their  
126 strength... (Isaiah 40:31). “[God] ...keeps [all] in perfect  
127 peace whose mind is steadfast... [on Him]” (Isaiah 26:3, NIV).  
128 “Trust in the Lord forever! ...The Lord ...is the Rock eternal”  
129 (Isaiah 26:4, NIV)! **Replenish energy supply through communion.**

130  
131 7. “...Bodily exercise profits little...” (1 Timothy 4:8). **Practice**  
132 **moderation!** “Exercise does generate more free radicals,” i.e.,  
133 unstable, highly reactive “molecules that are missing ...[an]  
134 electron,” which “can damage DNA or cell membranes, perhaps  
135 contributing to various diseases” (Harvey B. Simon, M.D., Harvard  
136 Men’s Health Watch, March 2007).

137  
138 8. “Godliness with contentment is great gain” (1 Timothy 6:6). **Avoid**  
139 **greed!**

140  
141 9. “Cease from anger, forsake wrath, fret not thyself in any wise to  
142 do evil” (Psalms 37:8). **“Be angry and sin not...”** (Ephesians  
143 4:26).

144  
145 10. “Prove thy servants, I beseech thee, ten days; and let them  
146 give us pulse to eat, and water to drink” (Daniel 1:12). **Follow a**  
147 **simple diet.** Avoid foods high in fat, sugar, salt and additives.

148  
149 11. “Whether therefore you eat, or drink, or whatsoever you do,  
150 do all to the glory of God” (1 Corinthians 10:31). **Glorify God in**  
151 **all actions.**

152  
153 12. “...Fear the Lord and depart from evil” (Proverbs 3:7); “It  
154 shall be health to [your] navel and marrow (NIV says, nourishment)  
155 to [your] bones” (Proverbs 3:8). **Practice purity!**

156

157 13. "Better [is] a little with righteousness than great revenues  
158 without right" (Proverbs 16:8). **Practice justice!**

159  
160 14. "A merry heart makes a cheerful countenance..." (Proverbs  
161 15:13); does good like a medicine..." (Proverbs 17:22). "...The  
162 joy of the Lord is your strength" (Nehemiah 8:10). **Choose joy!**

163  
164 SUMMARY OF KEY POINTS: Health is a state of equilibrium. A delicate  
165 balance of self-control, intelligent culinary choices, temperance,  
166 relaxation, prayerfulness, meditation, silence in the soul, gratitude,  
167 trust in God, contentment, anger selection and management, avoidance of  
168 greed, simplicity in diet, moderation, purity, doing justly, departure  
169 from evil and choosing joy. These principles are the foundation of  
170 health security and preservation. **Reflect on these PRINCIPLES** and  
171 determine whether you are giving glory and honor to God by consistently  
172 implementing them in your life? Also reflect on the stewardship of  
173 your body, which should remind us all that "[we] are not [our] own,  
174 [we] were bought at a price; therefore, [we are to] honor God with  
175 [our] body" (1 Corinthians 6:19-20).

176

### 177 **ANSWER SOURCE: SACRED WRITINGS**

178  
179 Sacred writings provide an exposition to the question—"What PRINCIPLES  
180 shall I follow to preserve health?"

181

182 1. "Without **the grace of God**, men ...give loose rein to their  
183 passions and appetites until all the finer feelings are lost and  
184 only the animal passions are manifested" (Testimonies for the  
185 Church, Vol. One {1T} 362.2).

186

187 2. **HEALTH, LIFE AND HAPPINESS is the result of obedience to physical**  
188 **laws governing our bodies. IF OUR WILL AND WAY ARE IN ACCORDANCE**  
189 **WITH GOD'S WILL AND WAY, IF WE DO THE PLEASURE OF OUR CREATOR, HE**

190 **WILL** keep the human organism in good condition and restore the  
191 moral, mental and physical powers in order that He may work  
192 through us to His glory. [God] constantly [manifests] His  
193 restoring power ...in our bodies [and] **IF WE COOPERATE WITH**  
194 **HIM** in this work, **HEALTH, HAPPINESS, PEACE AND USEFULNESS ARE THE**  
195 **SURE RESULTS** (S.D.A. Bible Commentary Vol. 1 {1BC} 1118.3).

196  
197 3. "Your **health depends upon the right use of your physical organism.**  
198 **Do not misuse... your God-given... physical, mental, or moral**  
199 **[powers]**" (Sons and Daughters of God {SD} 171.4). "...Guard  
200 against every injurious gratification of appetite or passion. It  
201 is a most forcible warning against the use of such stimulants and  
202 narcotics as tea, coffee, tobacco, alcohol and morphine. These  
203 indulgences may well be classed among the lusts that exert a  
204 pernicious influence upon moral character. The earlier these  
205 hurtful habits are formed, the more firmly will they hold their  
206 victim in slavery to lust and the more certainly will they lower  
207 the standard of spirituality" (Temperance, {Te} 73.2).

208  
209 4. "If we **carefully preserve the life force and keep the delicate**  
210 **mechanism of the body in order, the result is health;** but **if the**  
211 **vital force is too rapidly exhausted, the nervous system borrows**  
212 **power for present use from its resources of strength....** Nature  
213 bears much abuse without apparent resistance; she then arouses and  
214 makes a determined effort... to correct these conditions [and the  
215 result] is often ...sickness" (MH 234.3).

216  
217 5. "**The Lord intends to bring His people back to live upon simple**  
218 **fruits, vegetables and grains.** [read Exodus 16:35] (Medical  
219 Ministry {MM} 277.1). "**Grains, fruits, nuts and vegetables**  
220 **constitute the diet chosen for us by our Creator. These foods**  
221 **prepared in as simple and natural a manner as possible are the**

222 **most healthful and nourishing.** They impart strength, power of  
223 endurance and vigor of intellect that are not [provided] by a more  
224 complex and stimulating diet" (CD 81.2) [and] "...should be the  
225 food for the tables of all who [are] ...preparing for translation  
226 to heaven" (CD 63.3).

227

228 6. "...**Guard the door of your stomach, allowing nothing to pass your**  
229 **lips that will be an enemy to your health and life.** [Overcome]  
230 the rush of blood to the head.... The fire you kindle in your  
231 stomach is making your brain like a heated furnace. **Eat much more**  
232 **sparingly and eat simple foods, which do not require heavy**  
233 **seasoning"** (CD102.1). "...**Self-denial and a restraint upon**  
234 **...appetites are necessary to elevate and establish an improved**  
235 **condition of health, morals and [purity]...**" (Counsels on Health,  
236 {CH} 38.2). "Those who indulge in meat eating, tea drinking and  
237 gluttony are sowing seeds for a harvest of pain and death. The  
238 unhealthful food placed in the stomach strengthens the appetites  
239 that war against the soul, developing the lower propensities. A  
240 diet of flesh meat tends to develop animalism. A development of  
241 animalism lessens spirituality, rendering the mind incapable of  
242 understanding truth" (CH 575.4).

243

244 7. "...**By practicing temperance in eating, in drinking, in dressing,**  
245 **in labor and in all things, we can do for ourselves what no**  
246 **physician can do for us"** (Child Guidance {CG} 397.1).

247

248 8. "Those who would **preserve themselves in health must... not**  
249 **indulge lustful passion and intemperate appetite,** for they are to  
250 **remain under control to God and their physical, mental and moral**  
251 **powers are to be ...employed that bodily mechanism will remain in**  
252 **good working order** (S.D.A. Bible Commentary Vol. 1 {1BC} 1118.3).

253

- 254 9. "Disease is sometimes produced, and is often greatly aggravated,  
255 by the imagination. ...Many die from disease the cause of which is  
256 wholly imaginary" (Mind, Character and Personality, Vol. 1,  
257 {1MCP} 60.2). "The sad, gloomy state of your mind, which leads  
258 you to weep and feel that life is not desirable, is the result of  
259 allowing your thoughts to run in an impure channel, upon forbidden  
260 subjects, while you indulge habits that are steadily and surely  
261 undermining your constitution and preparing you for premature  
262 decay" (Testimonies for the Church, Volume Two, {2T} 324.2).  
263 **"Sadness deadens the circulation in the blood vessels and nerves**  
264 **and retards the action of the liver. It hinders the process of**  
265 **digestion and of nutrition, and has a tendency to dry up the**  
266 **marrow [interior substance] of the whole system"** (2MCP 458.2).  
267 [...In contrast], **cheerfulness and hope... brightens the pathway**  
268 **of others and "are life unto those that find them and health to**  
269 **all their flesh"** (2MCP 759.2). Indeed, "A merry heart does good  
270 like a medicine, but a broken spirit dries the bones" (Proverbs  
271 17:22). "The continual worry is wearing out the life forces" (The  
272 Desire of Ages, {DA} 330.1).  
273
- 274 10. "In order to have a healthy body, the blood circulating through  
275 the veins must be pure; in order to be pure it must have pure air  
276 and pure food. The use of improper food and the inhalation of  
277 impure air cause disease, which appears in various forms" (Our  
278 High Calling, {OHC} 255.2). The purity and soundness of our  
279 religious life is dependent not only on the truth we accept, but  
280 on the company we keep, and the moral atmosphere we breathe.  
281 Faith, elasticity and vigor, hopefulness, joyfulness, doubts and  
282 fears, slothfulness, stupidity, envy, jealousy, distrust,  
283 selfishness, waywardness and backsliding are the result of the  
284 associations we form, the company we keep and the air we breathe  
285 {OHC} 255.3).

- 286
- 287 11. "God wants [people] to cultivate force of character. ...**He wants**
- 288 **those who labor in His cause to be [people] of keen (i.e.,**
- 289 **sensitive, finely tuned) feeling and quick perception.** ...Be
- 290 temperate in eating! **Rich and luxurious food should find no place**
- 291 **upon their tables.** **When the brain is taxed constantly and there**
- 292 **is a lack of physical exercise ...eat sparingly even of plain**
- 293 **food.** Daniel's clearness of mind, firmness of purpose [and]
- 294 strength of intellect in acquiring knowledge were due ...to the
- 295 plainness of his diet... [and] his life of prayer (CD 82.4).
- 296
- 297 12. "To those who are brain weary and nervous because of continual
- 298 labor and close confinement, **a visit to the country, where they**
- 299 **can live a simple, carefree life, coming in close contact with the**
- 300 **things of nature, will be most helpful.** **Roaming through the**
- 301 **fields and the woods, picking the flowers, listening to the songs**
- 302 **of the birds will do far more that any other agency toward their**
- 303 **recovery"** (MH 236.1).
- 304
- 305 13. "**A hearty meal should never be [eaten] late in the day"** (MM
- 306 282.1). "Regularity in eating is of vital importance. There
- 307 should be a specified time for each meal. At this time let
- 308 everyone eat what the system requires and then take nothing more
- 309 until the next meal" (MH 303.2). "A second meal should never be
- 310 eaten until the stomach has had time to recover from the labor of
- 311 digesting the preceding meal. **When we lie down at night, the**
- 312 **stomach should have its work all done, that it, as well as other**
- 313 **portions of the body, may enjoy rest"** (CH 118.3). "The practice
- 314 of eating but two meals a day is ...a benefit to health; yet under
- 315 some circumstances persons may require a third meal [and] ...if
- 316 taken at all, [should] be very light and of food most easily
- 317 digested" (MH 321.1).

- 318
- 319 14. "In many cases of sickness, the very best remedy is for the  
320 patient to **fast for a meal or two that the overworked organs of**  
321 **digestion may have an opportunity to rest. A fruit diet for a few**  
322 **days has often brought great relief to brainworkers.** Many times a  
323 short period of entire abstinence from food, followed by simple,  
324 moderate eating has led to recovery through nature's own  
325 recuperative effort" (CD 189.3)
- 326
- 327 15. "Educate away from drugs. Use them less and less, and depend more  
328 upon ...God's physicians..." (MM 259.4)—**[the simple] remedies**  
329 **...[that] will not ...debilitate the system...—"...cleanliness,**  
330 **...purity of life, [pure (fresh) air, {ventilation of}...houses**  
331 **{in} summer and winter {CH 55.3}, sunlight, abstemiousness {not**  
332 **excessive}, rest, outdoor exercise {CH 55.3}, proper diet, the use**  
333 **of (pure, soft) water { CH 55.3} and trust in divine power...]** (MH  
334 127 in Last Day Events {LDE} 81.3 and Testimonies, vol. 5, p. 443  
335 in Selected Messages Book 2 {2SM} 287.3).
- 336
- 337 16. "Too much sugar is... used in food. Cakes, sweet puddings,  
338 pastries, jellies [and] jams are active causes of indigestion.  
339 Especially harmful are the custards and puddings in which milk,  
340 eggs and sugar are the chief ingredients. The free use of milk  
341 and sugar taken together should be avoided" (CD 113.1). "...The  
342 sugar and milk combined are liable to cause fermentation in the  
343 stomach, and are thus harmful. **The free use of sugar in any form**  
344 **tends to clog the system and is ...frequently a cause of disease"**  
345 (CD 196.4). "If milk is used, it should be thoroughly  
346 sterilized.... Butter is less harmful when eaten on cold bread  
347 than when used in cooking; but, as a rule, it is better to  
348 dispense with it altogether. Cheese is still more objectionable;  
349 it is ...unfit for food" (MH 302.1). "Rich cakes and pastry

350 [makes the] ...the nervous system unduly excited, and the morals  
351 are in danger of being affected. It is impossible for anyone to  
352 live intemperately in regard to diet and yet retain a large degree  
353 of patience" (Testimonies for the Church Volume Four {4T} 140.3).

354  
355 17. "**Fruit and vegetables taken at one meal produce acidity of the**  
356 **stomach; then impurity of the blood results and the mind is not**  
357 **clear** because the digestion is imperfect" (CD 112.6).

358  
359  
360 SUMMARY OF KEY POINTS: We have seen that obedience to God's  
361 physical laws "...**prevents sickness...**" (CH 206.3). **When we trust**  
362 **and obey God, He restores the moral, mental and physical powers so**  
363 **that we experience health, happiness, peace and usefulness.** By  
364 temperance—avoiding excesses in good things and abstaining from evil  
365 things—we stop depleting future vital life forces for present use.  
366 In all areas of life, including sex, nutrition, work and rest, God  
367 has unsurpassed credentials and the "...wisdom of this world is  
368 foolishness with God..." (1 Corinthians 3:19). Shall we "...ignore  
369 [God's] advice... [without peril]" (Proverbs 1:25, NIV)? **He asks us**  
370 **to visit the countryside for rest and recovery and to preserve an**  
371 **attitude of cheerfulness and hope amidst varied experiences.** He does  
372 not want us medicated by the drug use culture and recommends His  
373 simple remedies (**N**utrition, **E**xercise, **W**ater, **S**leep, **T**emperance, **A**ir,  
374 **R**est & **T**rust in God). He has prepared an assortment of grains,  
375 fruits, nuts and vegetables for consumption and commanded us to avoid  
376 processed foods, including simple sugars, salt and saturated fats.  
377 God's practical advice includes not eating a heavy meal late in the  
378 day, guarding the door of our stomach and practicing self-denial and  
379 restraint in **ALL** things.

380

381 **DISCUSSION: WHAT DO THESE THINGS MEAN?**

382  
383 **"The same sins that brought judgments upon the world in the days of**  
384 **Noah exist in our day.** Men and women now carry their **eating and**  
385 **drinking** so far that it **ends in gluttony and drunkenness.** This  
386 prevailing sin, the **indulgence of perverted appetite,** **inflamed the**  
387 **passions of men in the days of Noah, and led to widespread corruption.**

388 **Violence and sin reached heaven [and God eradicated] this moral**  
389 **pollution... by means of the Flood"** (Temperance, {Te} 227.1).

390 Similarly, "...[many in Caleb and Joshua's generation] did not go  
391 through to the Promised Land (read Joshua 5:4) because of repeated  
392 indulgence of appetite. **Nine tenths of the wickedness among the**  
393 **children of today [comes from] intemperance in eating and drinking"** (Te  
394 150.3). As Adam fell through appetite (Genesis 3:6) and lost blissful  
395 Eden (Genesis 3:23), the children of Adam may, through Christ, overcome  
396 appetite and through temperance in all things regain Eden (CD 70.1).

397  
398 "Providence has been leading the people of God out from the extravagant  
399 habits of the world, away from the indulgence of appetite and passion,  
400 to take their stand upon the platform of self-denial, and temperance in  
401 all things. The people whom God is leading will be peculiar. They will  
402 not be like the world. If they follow the leadings of God, they will  
403 accomplish His purposes, and will yield their will to His will. Christ  
404 will dwell in the heart. The temple of God will be holy. Your body,  
405 says the apostle, is the temple of the Holy Ghost. God does not require  
406 His children to deny themselves to the injury of physical strength. He  
407 requires them to obey natural law, in order to preserve physical  
408 health. Nature's path is the road He marks out, and it is broad enough  
409 for any Christian. With a lavish hand, God has provided us with rich  
410 and varied bounties for our sustenance and enjoyment. [However,] in  
411 order for us to enjoy the natural appetite, which will preserve health  
412 and prolong life, He restricts the appetite. He says, Beware! **Restrain**  
413 **[and] deny unnatural appetite. If we create a perverted appetite, we**

414 violate the laws of our being and assume the responsibility of abusing  
415 our bodies and of bringing disease upon ourselves" (Counsels on Diet  
416 and Foods, {CD} 160.2).

417

## 418 CONCLUSIONS:WHERE DO WE GO FROM HERE?

419

420 "Intellectual power, physical stamina and length of life depend upon  
421 immutable laws." "...God will not interfere to [protect] men from the  
422 consequences of violating nature's requirements" (2MCP 568.2). "To  
423 reach a high standard of moral and intellectual attainment, [we must  
424 obey] the laws that control our physical being...." (The Faith I Live  
425 By {FLB} 228.3). "[All] ...who would be successful in reaching a high  
426 standard of godliness must be temperate in all things" (1 Corinthians  
427 9:25 in SD 172.2). Daniel's clearness of mind and firmness of purpose,  
428 his power in acquiring knowledge and in resisting temptation, were due  
429 in a great degree to the plainness of his diet in connection with his  
430 life of prayer" (2MCP 568.2). "...His divine power... gives ...us all  
431 things that [pertain] to life and godliness..." (2 Peter 1:3) and "God  
432 forbid that [we] should glory [in perverted appetite and lustful  
433 passions but rather] in the cross of our Lord Jesus Christ...  
434 (Galatians 6:14).

435

436 God has provided us with rich and varied bounties for our sustenance  
437 and enjoyment. ...To ...preserve health and prolong life, He restricts  
438 the appetite. He says ...restrain and deny unnatural appetite [and  
439 lustful passions]. [By obedience, we prevent bringing] disease upon  
440 ourselves (CD 160.2) [and escape] mental and physical [incapacitation  
441 and] ...spiritual [imbecility] (CD 160.1). "We are under obligation to  
442 God to make an unreserved consecration of ourselves to Him, body and  
443 soul, with all the faculties appreciated as His entrusted gifts, to be  
444 employed in His service" (CD 156.3). "A practical knowledge of  
445 [physiology] is necessary in order to glorify God in our bodies" (CH  
446 38.1). "...All are under the most solemn obligation to study ...[the

447 laws that govern our physical being] and to live in harmony with  
448 natural law" (Mind, Character and Personality, Vol. 2 {2MCP} 568.1).  
449 "Every person should have knowledge of nature's remedial agencies—  
450 NEWSTART—and how to apply them (CH 90.2).

451  
452

453 **CALL TO ACTION:WHAT SHALL WE DO?**

454  
455 "My [child] attend to my words, incline [your] ear unto my sayings"  
456 (Proverbs 4:20). "Let them not depart from [your] eyes; keep them in  
457 the midst of [your] heart" (Proverbs 4:21); "...they [are] life unto  
458 those that find them and health to all their flesh" (Proverbs 4:22).  
459 "CEASE TO TRANSGRESS THE LAWS OF YOUR BEING; CEASE TO GRATIFY A  
460 DEPRAVED APPETITE; EAT SIMPLE FOODS; DRESS ...[AND WORK HEALTHFULLY]  
461 AND YOU WILL NOT BE SICK" (Counsels on Health, {CH} 37.1). "If [we  
462 heed God's] judgments and ...do them ...the Lord shall keep... covenant  
463 [with us...]; ...love..., bless... and multiply [us]... above all  
464 people... and ...take away ...all sickness and will put none of the  
465 evil diseases of Egypt... upon [us] but will lay them upon all [those]  
466 that hate [us]" (Deuteronomy 7:12-15). "Our heavenly Father sent the  
467 light of health reform to guard against the evils resulting from a  
468 debased appetite, that those who love purity and holiness may use with  
469 discretion the good things He has provided for them, and by exercising  
470 temperance in their daily lives, may be sanctified through the truth"  
471 (Testimonies for the Church, Volume Four {4T} 140.3).

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