



HEALTH REFORM

Health & Heavenly Healing

The Missing Piece

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Compilation of Counsels on Health and Divine Healing in the Last Days

Written by Sean Worix | Edited by Laura McKinley

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The writer of this book seeks to bring a complete understanding of the Biblical Health Message and its healing, purifying role in the lives of Christian's today. Following is a *brief* summary of more than 2,000 pages of inspired counsel on the health reform message given to the Seventh-day Adventist Church by Ellen G. White who had her first health reform vision in 1863.

Protestant Church Ministries, Inc.
4333 Alexandria Drive, Lexington, KY
www.protestantchurch.org

Idea in Brief:

While the health message is largely personal decisions which lead to wholeness, how does this become something larger? How does this fulfill the promise in 1 Corinthians 12:28 which says: “And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles, then **gifts of healings**, helps, governments, diversities of tongues?”

Let us consider the “missing piece”.

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Chapter 1

Humility of Heart and Confession of Sin

James 5:16 *“Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”*

Mark 1:15 *“And saying, The time is fulfilled, and the kingdom of God is at hand: repent ye, and believe the gospel.”*

Acts 3:19 *“Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;”*

Note: Repentance comes before the time of refreshing. The refreshing will also bring healing to those who receive it.

“If you will find voice and time to pray, God will find time and voice to answer.” –RH April 1, 1890.

Christ’s Grace Brings Physical, Mental, Spiritual Health Restoration

“The world needs today...a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished.” –CH 25. (1905)

Health of Soul Needed Before Healing Physical Body

“The paralytic found in Christ healing for both the soul and the body. He needed health of soul before he could appreciate health of body. Before the physical malady could be healed, Christ must bring relief to the mind, and cleanse the soul from sin. This lesson should not be overlooked. There are today thousands suffering from physical disease who, like the paralytic, are longing for the message, “Thy sins are forgiven.” The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can impart would restore vigor to the mind and health to the body.” –MH 77.3 (1905)

Confession of Sin before Healing

“To those who desire prayer for their restoration to health, it should be made plain that the violation of God’s law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken.” –MH 228.1 (1905)

“The Scripture bids us, “Confess your faults one to another, and pray one for another, that ye may be healed.” James 5:16. To the one asking for prayer, let thoughts like these be presented: “We cannot read the heart, or know the secrets of your life. These are known only to yourself and to God. If you repent of your sins, it is your duty to make confession

of them.” Sin of a private character is to be confessed to Christ, the only mediator between God and man. For “if any man sin, we have an advocate with the Father, Jesus Christ the righteous.” 1 John 2:1. Every sin is an offense against God and is to be confessed to Him through Christ. Every open sin should be as openly confessed. Wrong done to a fellow being should be made right with the one who has been offended. If any who are seeking health have been guilty of evil speaking, if they have sowed discord in the home, the neighborhood, or the church, and have stirred up alienation and dissension, if by any wrong practice they have led others into sin, these things should be confessed before God and before those who have been offended. “If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9.
–MH 228.2 (1905)

The Sick should be encouraged to Truth in God

“When wrongs have been righted, we may present the needs of the sick to the Lord in calm faith, as His Spirit may indicate. He knows each individual by name, and cares for each as if there were not another upon the earth for whom He gave His beloved Son. Because God’s love is so great and so unfailing, the sick should be encouraged to trust in Him and be cheerful. To be anxious about themselves tends to cause weakness and disease. If they will rise above depression and gloom, their prospect of recovery will be better; for “the eye of the Lord is upon them” “that hope in His mercy.” Psalm 33:18.” –MH 229.1 (1905)

Psalms 107:17-20 "Fools because of their transgression, and because of their iniquities, are afflicted. Their soul abhorreth all manner of meat; and they draw near unto the gates of death. Then they cry unto the Lord in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions."

Nevertheless not my will, but Thine

“God knows the end from the beginning. He is acquainted with the hearts of all men. He reads every secret of the soul. He knows whether those for whom prayer is offered would or would not be able to endure the trials that would come upon them should they live. He knows whether their lives would be a blessing or a curse to themselves and to the world. This is one reason why, while presenting our petitions with earnestness, we should say, “Nevertheless not my will, but Thine, be done.” Luke 22:42. Jesus added these words of submission to the wisdom and will of God when in the Garden of Gethsemane He pleaded, “O My Father, if it be possible, let this cup pass from Me.” Matthew 26:39. And if they were appropriate for Him, the Son of God, how much more are they becoming on the lips of finite, erring mortals!” –MH 230.1 (1905)

“The consistent course is to commit our desires to our all-wise heavenly Father, and then, in perfect confidence, trust all to Him. We know that God hears us if we ask according to His will. But to press our petitions without a submissive spirit is not right; our prayers must take the form, not of command, but of intercession.” –MH 230.2 (1905)

Trying of your Faith

James 1:2-4 *“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.”*

Reformation before Healing

“You may say, ‘Why not...heal the sick as Christ did?’ I answer, You are not ready...There must be a reformation throughout our ranks; the people must reach a higher standard before we can expect the power of God to be manifested in a marked manner for the healing of the sick.”

–MM 15. (1901)

When ye pray, pray not, as the hypocrites

“The heathen looked upon their prayers as having in themselves merit to atone for sin. Hence the longer the prayer the greater the merit. If they could become holy by their own efforts they would have something in themselves in which to rejoice, some ground for boasting. This idea of prayer is an outworking of the principle of self-expiation which lies at the foundation of all systems of false religion. The Pharisees had adopted this pagan idea of prayer, and it is by no means extinct in our day, even among those who profess to be Christians. The repetition of set, customary phrases, when the heart feels no need of God, is of the same character as the “vain repetitions” of the heathen. Prayer is not an expiation for sin; it has no virtue or merit

of itself. All the flowery words at our command are not equivalent to one holy desire. The most eloquent prayers are but idle words if they do not express the true sentiments of the heart.” –MB 86. (1896)

Not a Prayer of a True Saint is Lost

“I saw that if we do not feel immediate answers to our prayers, we should hold fast our faith, not allowing distrust to come in, for that will separate us from God. If our faith wavers, we shall receive nothing from Him. Our confidence in God should be strong; and when we need it most, the blessing will fall upon us like a shower of rain. When the servants of God pray for His Spirit and blessing, it sometimes comes immediately; but it is not always then bestowed. At such times, faint not. Let your faith hold fast the promise that it will come. Let your trust be fully in God, and often that blessing will come when you need it most, and you will unexpectedly receive help from God when you are presenting the truth to unbelievers, and will be enabled to speak the word with clearness and power. It was represented to me like children asking a blessing of their earthly parents who love them. They ask something that the parent knows will hurt them; the parent gives them the things that will be good and healthful for them, in the place of that which they desired. I saw that every prayer which is sent up in faith from an honest heart will be heard of God and answered, and the one that sent up the petition will have the blessing when he needs it most, and it will often

exceed his expectations. Not a prayer of a true saint is lost if sent up in faith from an honest heart.” –1T 121. (1868)

When ye fast, be not, as the hypocrites

“The fasting which the word of God enjoins is something more than a form. It does not consist merely in refusing food, in wearing sackcloth, in sprinkling ashes upon the head. He who fasts in real sorrow for sin will never court display. The object of the fast which God calls upon us to keep is not to afflict the body for the sin of the soul, but to aid us in perceiving the grievous character of sin, in humbling the heart before God and receiving His pardoning grace. His command to Israel was, “Rend your heart, and not your garments, and turn unto the Lord your God.” Joel 2:13. It will avail nothing for us to do penance or to flatter ourselves that by our own works we shall merit or purchase an inheritance among the saints. When the question was asked Christ, “What shall we do, that we might work the works of God?” He answered, “This is the work of God, that ye believe on Him whom He hath sent.” John 6:28, 29. Repentance is turning from self to Christ; and when we receive Christ so that through faith He can live His life in us, good works will be manifest.” –MB 87. (1896)

Our Cheerful Duty - No Gloom in Fasting for Christ

“Jesus said, “When thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret.” Matthew 6:17, 18. Whatever is done to the glory of God is to be done with

cheerfulness, not with sadness and gloom. There is nothing gloomy in the religion of Jesus. If Christians give the impression by a mournful attitude that they have been disappointed in their Lord, they misrepresent His character and put arguments into the mouth of His enemies. Though in words they may claim God as their Father, yet in gloom and sorrow they present to the world the aspect of orphans. Christ desires us to make His service appear attractive, as it really is. Let the self-denials and the secret heart trials be revealed to the compassionate Saviour. Let the burdens be left at the foot of the cross, and go on your way rejoicing in His love who first loved you. Men may never know of the work going on secretly between the soul and God, but the result of the Spirit's work upon the heart will be manifest to all, for He "which seeth in secret, shall reward thee openly." –MB 88. (1896)

Psalms 103:1-4 "Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;"

Psalms 103:10-14 "He hath not dealt with us after our sins; nor rewarded us according to our iniquities. For as the heaven is high above the earth, so great is his mercy toward them that fear him. As far as the east is from the west so far hath he removed our transgressions from us. Like as a father pitieth

his children, so the Lord pitieth them that fear him. For he knoweth our frame; he remembereth that we are dust.”

Chapter 2

Trust in Divine Healing & The Prayer of Faith

God is our Refuge in Sickness as in Health

“The Scripture says that “men ought always to pray, and not to faint” (Luke18:1); and if ever there is a time when they feel their need of prayer, it is when strength fails and life itself seems slipping from their grasp. Often those who are in health forget the wonderful mercies continued to them day by day, year after year, and they render no tribute of praise to God for His benefits. But when sickness comes, God is remembered. When human strength fails, men feel their need of divine help. And never does our merciful God turn from the soul that in sincerity seeks Him for help. He is our refuge in sickness as in health.” –MH 225. (1905)

There is no Disease that Jesus cannot handle

Our God is mighty and He does not believe in incurable cases. God as the Great Physician can do whatever He desires. The Prayer of Faith can bring healing like nothing else can.

Matthew 10:1, 6-8 *“And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease...But go rather to the lost sheep of the house*

of Israel. And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.”

Mark 6:12-13 “And they went out, and preached that men should repent. And they cast out many devils, and anointed with oil many that were sick, and healed them.”

James 5:13-16 “Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

Health Reform Much More than Changing your Diet

Matthew 10:8 says: “Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.”

The health reform message is not merely that I must abstain from animal meat and eat more leafy greens, nor that I must walk three hours a day - it is much more! Remember, the whole is greater than the sum of its parts. Healing does not come just from eating healthy; true health comes when we follow the 8 Laws of Health AND seek to serve and heal others to the glory of God. (Mark 10:44-45).

The purpose of this book is to demonstrate why the component of “the prayer of faith and anointing” by the elders found in James 5:14-16 is **the missing piece** of the gospel health reform in the church today. Over 150 years ago, the elders had more healing power than did the leading doctors of the day. Why has this changed? Did God change? Did He stop healing people or did we [the church] stop praying the prayer of faith over the sick? Have we fallen out of reality of what God has called His Church to be? Christ often healed from sin and then would cure physical disease. (Matt 4:23). This happened when their greatest need was forgiveness of sin. In some cases, He healed them and then told them to go and sin no more, lest something worse come upon them. Other times, as far as we know, He just healed them. He literally went through entire villages and healed EVERY SINGLE person. (Matt 9:35). Absolutely positively amazing! Despite the order, Christ went to the heart of what the need was. So we must be co-laborers with Christ to first lead souls to the sin-pardoning Savior, and then those who seek physical healing in contact with the Divine Physician, through the prayer of faith. (1 Cor 3:9).

Christ Jesus is both our Savior and the Divine Physician, but as you look to Jesus’ Life, you will see He would commonly forgive sin first. (Matt 9:3-8). As God pours out His Spirit in the last days (Joel 2:28-30), not only should we see a resurgence of the gift of prophecy (Acts 2:17-21) but also a miraculous increase in the gift of healing by the laying on of hands and the anointing of the sick as we preach the

kingdom of God. (Luke 9:2; 10:9; Acts 4:22; 1 Cor 12:28). God gave the gift of divine healing to His church to reach souls for the kingdom of Heaven. (Acts 10: 38, 45; Eph 3:14-21; Rom 2:4).

It is our duty today to know what we must do in order to be fit abodes for the indwelling of the Holy Spirit. (1 Cor 3:16-17, 6:18-20). We are invited to learn when and how to pray for the sick so that they may be healed for the glory of God.

Prayer of Faith comes from the Heart

“The prayer that comes from an earnest heart, when the simple wants of the soul are expressed, as we would ask an earthly friend for a favor, expecting it to be granted—this is the prayer of faith. God does not desire our ceremonial compliments, but the unspoken cry of the heart broken and subdued with a sense of its sin and utter weakness finds its way to the Father of all mercy.” –MB 86. (1896)

“If you will find voice and time to pray, God will find time and voice to answer.” –RH April 1, 1890.

A Prescription That Heals—Come to Jesus

“Our Saviour’s words, ‘Come unto Me...and I will give you rest’ (Matt. 11:28), are a prescription for the healing of physical, mental and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may

find help. He will do great things for those who trust in Him.” –MH 115. (1905)

“...If human beings would open the windows of the soul heavenward, in appreciation of the divine gifts, a flood of healing virtue would pour in.” –MH 116. (1905)

The Healing Power of the Living Word

“The same power that Christ exercised when He walked visibly among men is in His word. It was by His word that Jesus healed disease and cast out demons; by His word He stilled the sea and raised the dead, and the people bore witness that His word was with power. He spoke the word of God, as He had spoken to all the prophets and teachers of the Old Testament. The whole Bible is a manifestation of Christ. The Scriptures are to be received as God's word to us, not written merely, but spoken. When the afflicted ones came to Christ, He beheld not only those who asked for help, but all who throughout the ages should come to Him in like need and with like faith. When He said to the paralytic, “Son, be of good cheer; thy sins be forgiven thee;” when He said to the woman of Capernaum, “Daughter, be of good comfort: thy faith hath made thee whole; go in peace;” He spoke to other afflicted, sin-burdened ones who should seek His help. Matthew 9:2; Luke 8:48. So with all the promises of God's word. In them He is speaking to us individually, speaking as directly as if we could listen to His voice. It is in these promises that Christ communicates to us His grace and power. They are leaves from that tree which is “for the healing of the

nations.” Revelation 22:2. Received, assimilated, they are to be the strength of the character, the inspiration and sustenance of the life. Nothing else can have such healing power. Nothing besides can impart the courage and faith which give vital energy to the whole being.” –MH 122. (1905)

God the Helper of His People

“Why is it that men are so unwilling to trust Him who created man and who can, by a touch, a word, a look, heal all manner of disease? Who is more worthy of our confidence than the One who has made so great a sacrifice for our redemption? Our Lord has given us definite instruction, through the apostle James, as to our duty in case of sickness. When human help fails, God will be the helper of His people. “Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up.” James 5:14, 15. If the professed followers of Christ would, with purity of heart exercise as much faith in the promises of God as they repose in satanic agencies, they would realize, in soul and body, the life-giving power of the Holy Spirit.” –CH 457. (1897)

God is Willing to Heal Today

“God is just as willing to restore the sick to health now....His disciples in this time are to pray for the sick as verily as the

disciples of old prayed. And recoveries will follow.” –MH 226. (1905)

“Natural impossibilities cannot prevent the work of the Omnipotent One.” –DA 525. (1898)

God’s Love Promotes Physical and Mental Health

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are aroused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy.” –CH 29. (1905)

“When the sunlight of God’s love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind and health and energy to the body.” –MH 247. (1905)

Purpose of God’s Miracles

“The apostles were not always able to work miracles at will. The Lord granted His servants this special power as the progress of His cause or the honor of His name required.” –6BC 1064. (1870)

Christ’s Miracles Only for Genuine Necessities

“Christ never worked a miracle except to supply a genuine necessity, and every miracle was...to lead the people to the tree of life.” –DA 366. (1897)

Not to Command Healing, But Submissive to God’s Will

“We know that God hears us if we ask according to His will. But to press our petitions without a submissive spirit is not right; our prayers must take the form, not of command, but of intercession.” –MH 230. (1905)

Careful Consideration before Prayer for Healing

“Only as we live in obedience to His word can we claim...His promises...Special prayer for the recovery of the sick...is a most solemn act, and should not be entered upon without careful consideration. In many cases of prayer for the healing of the sick, that which is called faith is nothing less than presumption...Many persons bring disease upon themselves by their self-indulgence...If God were to work a miracle in restoring these persons to health, He would be encouraging sin.” –MH 227. (1905)

Counsel before Praying for the Sick

“Sin has brought many of them [the sick] where they are—to a state of feebleness of mind and debility of body. Shall prayer be offered to the God of heaven for His healing to come upon them then and there, without specifying any condition? I say, No, decidedly no.” –CH 373. (1897)

“Present these thoughts to the person who comes asking for your prayers; We...cannot...know the secrets of your life. These are known only to yourself and God. If you...have neglected to give honor to the body,...but by wrong habits have degraded the body which is Christ’s property, make confession of these things to God. Unless you are wrought upon by the Holy Spirit in special manner to confess your sins of private nature to man, do not breathe them to any soul...Christ is your Redeemer...If you have sin of a private character, confess it to Christ...If you have sinned by withholding from God His own in tithes and offerings, confess your guilt to God and to the church, and heed the injunction that He has given you: ‘Bring ye all the tithes into the storehouse.’ (Mal. 3: 10) –CH 373, 374. (1897)

Lifting up the Hand of Faith

“The disciples no longer had any distrust of the future. They knew that Jesus was in heaven, and that His sympathies were with them still. They knew that they had a friend at the throne of God, and they were eager to present their requests to the Father in the name of Jesus. In solemn awe they bowed in prayer, repeating the assurance, “Whatsoever ye shall ask the Father in My name, He will give it to you. Hitherto have ye asked nothing in My name: ask, and ye shall receive, that your joy may be full.” John 16:23, 24. They extended the hand of faith higher and higher, with the mighty argument, “It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.” Romans 8:34.

And Pentecost brought them fullness of joy in the presence of the Comforter, even as Christ had promised.” –DA 833.1 (1898)

Healed or Not, Do Not Lose Your Faith

“When we have prayed for the recovery of the sick, whatever the outcome of the case, let us not lose faith in God. If we are called upon to meet bereavement, let us accept the bitter cup, remembering that a Father’s hand holds it to our lips. But should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator. When the ten lepers were cleansed, only one returned to find Jesus and give Him glory. Let none of us be like the unthinking nine, whose hearts were untouched by the mercy of God. “Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.” James 1:17. –MH 233.2 (1905)

Sickness as a Test of Our Faith for our Benefit

“We all desire immediate and direct answers to our prayers, and are tempted to become discouraged when the answer is delayed or comes in an unlooked-for form. But God is too wise and good to answer our prayers always at just the time and in just the manner we desire. He will do more and better for us than to accomplish all our wishes. And because we can trust His wisdom and love, we should not ask Him to concede to our will, but should seek to enter

into and accomplish His purpose. Our desires and interests should be lost in His will. These experiences that test faith are for our benefit. By them it is made manifest whether our faith is true and sincere, resting on the word of God alone, or whether depending on circumstances, it is uncertain and changeable. Faith is strengthened by exercise. We must let patience have its perfect work, remembering that there are precious promises in the Scriptures for those who wait upon the Lord.” –MH 230.4 (1905)

“Not all understand these principles. Many who seek the Lord’s healing mercy think that they must have a direct and immediate answer to their prayers or their faith is defective. For this reason, those who are weakened by disease need to be counseled wisely, that they may act with discretion. They should not disregard their duty to the friends who may survive them, or neglect to employ nature’s agencies for the restoration of health.” –MH 231.1 (1905)

If Healed, Renewed Obligation to God

“But should health be restored, it should not be forgotten that the recipient of healing mercy is placed under renewed obligation to the Creator.” –GW 221. (1905)

Best That Some Are Not Healed

“Praying for the sick is a most solemn thing...But it is not always safe to ask for unconditional healing...Jesus...loves them better than we possibly can...” –CH 374. (1892)

“...He knows whether or not those for whom petitions are offered would be able to endure the trial and test that would come upon them if they lived...Many will be laid away to sleep before the fiery ordeal of the time of trouble shall come upon our world...” –CH 375. (1892)

“...All are not to be raised up.” –CH 375. (1892)

Many Laid to Sleep, Not a Sign or Lack of Faith

“There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus. John on the Isle of Patmos was bidden to write: “Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them.” Revelation 14:13. From this we see that if persons are not raised to health, they should not on this account be judged as wanting in faith.” –MH 230.3 (1905)

Anointing for Seriously Ill, Not Little Ailments

“I understand the text in James (5:14-16) is to be carried out when a person is sick upon his bed, if he calls for the elders of the church, and they carry out the directions in James, anointing the sick with oil in the name of the Lord, praying over him the prayer of faith.” –MM 16. (1890)

“It cannot be our duty to call for the elders of the church for every little ailment.” –MM 16. (1890)

Ellen White Was Anointed, But Not Immediately Healed on One Occasion

“Yesterday afternoon Elder [A. G.] Daniells and his wife, Elder [G.C.] Tenney and his wife, and Brethren Stockton and Smith came to our home at my request to pray that the Lord would heal me. We had a most earnest season of prayer, and we were all much blessed. I was relieved, but not restored. I have now done all that I can to follow the Bible directions, and I shall wait for the Lord to work, believing that in His own good time He will heal me.” –2SM 235. (1892)

“I believe that the Lord heard our prayers. I hoped that my captivity might be turned immediately, and to my finite judgment it seemed that thus God would be glorified. I was much blessed during our season of prayer, and I shall hold fast to the assurance then given me: ‘I am your Redeemer; I will heal you.’” –2SM 235. (MS 19, 1892)

Unbelievers without Faith Not to Be Present at Anointing Service

“Some, I saw, had erred in praying for the sick to be healed before unbelievers...we should follow the example of Jesus. He put unbelievers out of the room then healed the sick; so we should seek to be separated from the unbelief of those

who have not faith, when we pray for the sick among us.” – 1Bio 189. (Present Truth, Nov. 1850)

Should We Pray for Healing of Those Who Use Unhealthful Things?

“They have continued to use tea, coffee, spices, and flesh meat. Their bodies are full of disease. How can we, I ask, present such ones to the Lord for healing?” –CD 400. (1903)

No Healing Miracles if Neglect Simple Remedies

“We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our use, which aptly and opportunely applied, will bring a miraculous result.” –7BC 939. (Letter 66, 1901)

Surgical Operations Are Not a Denial of Faith

“The Saviour is present in the sick room, in the operating room; and His power for His name’s glory accomplishes great things.” –1MR 387. (1899)

“It is our privilege to use every God-appointed means in correspondence with our faith, and then trust in God when we have urged the promise. If there is need of a surgical operation,... it is not a denial of faith to have the operation performed. After the patient has committed his will to God, let him trust, drawing nigh to the Great Physician, the Mighty Healer, and giving himself up in perfect trust. The

Lord will honor his faith in the very manner He sees is for His own name's glory." –2SM 284. (1899)

We cannot Discard Praying for the Sick

“In praying for the sick, it is essential to have faith; for it is in accordance with the word of God. “The effectual fervent prayer of a righteous man availeth much.” James 5:16. So we cannot discard praying for the sick, and we should feel very sad if we could not have the privilege of approaching God, to lay before Him all our weaknesses and our infirmities, to tell the compassionate Saviour all about these things, believing that He hears our petitions. Sometimes answers to our prayers come immediately; sometimes we have to wait patiently and continue earnestly to plead for the things that we need, our cases being illustrated by the case of the importunate solicitor for bread. “Which of you shall have a friend, and shall go unto him at midnight,” etc. This lesson means more than we can imagine. We are to keep on asking, even if we do not realize the immediate response to our prayers. “I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you. For everyone that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.” Luke 11:9, 10. We need grace, we need divine enlightenment, that through the Spirit we may know how to ask for such things as we need. If our petitions are indited by the Lord they will be answered. –CH 380. (1897)

There are precious promises in the Scriptures to those who wait upon the Lord. We all desire an immediate answer to

our prayers and are tempted to become discouraged if our prayer is not immediately answered...The delay is for our special benefit. We have a chance to see whether our faith is true and sincere or changeable like the waves of the sea. We must bind ourselves upon the altar with the strong cords of faith and love, and let patience have her perfect work. Faith strengthens through continual exercise. This waiting does not mean that because we ask the Lord to heal there is nothing for us to do. On the contrary, we are to make the very best use of the means which the Lord in His goodness has provided for us in our necessities. –CH 381. (1897)

“Nothing will give greater spiritual strength and a greater increase of earnestness and depth of feeling than visiting and ministering to the sick and the desponding, helping them to see the light and to fasten their faith upon Jesus.” – 4T 75. (1881)

“If you will find voice and time to pray, God will find time and voice to answer.” –RH April 1, 1890.

Christ, the Great Physician

“Christ has all power in heaven and in earth. He is the Great Physician, upon whom we are to call when suffering from physical or spiritual disease. Over the winds and the waves and over men possessed with demons, He showed that He possessed absolute control. To Him have been given the keys of death and of hell. Principalities and powers were made subject to Him, even while in His humiliation.

Why do we not exercise greater faith in the Divine Physician? As He worked for the man with the palsy, so He will work today for those who come to Him for healing. We have great need of more faith. I am alarmed as I see the lack of faith among our people. We need to come right into the presence of Christ, believing that He will heal our physical and spiritual infirmities. We are too faithless. Oh, how I wish that I could lead our people to have faith in God! They need not feel that in order to exercise faith they must be wrought up into a high state of excitement. All they have to do is to believe God's Word, just as they believe one another's word. He hath said it, and He will perform His Word. Calmly rely on His promise, because He means all that He says. Say, He has spoken to me in His Word, and He will fulfill every promise that He has made. Do not become restless. Be trustful. God's Word is true. Act as if your heavenly Father could be trusted." -ISM 83. (1958)

Chapter 3

Do Not Be Deceived - A Warning Against False Healings

You may be asking, what about when Jesus warns of false Christ's and false prophets performing miracles, and signs and wonders to deceive many? (Matt 24:5, 11; Rev 13:13-14). The apostles had their preaching authenticated by miracles. Yet, miracles are insufficient as being a sign that something is from God since Satan is also able to perform them, especially at the end of time. Satan uses miracles as a tool of deception! It's no wonder God tells us to "*take heed that no man deceives you*" and "*that if it were possible*" even the "*very elect*" would be deceived. (Matt 24:4, 24).

Satan's Agents will have Power to Deceive, will come in Christ's Name

"In the last days, Satan will work with great power, doing wonders and performing miracles in the sight of men. Why? because he knows his time is short. His agents will have power to deceive. The Word of God declares that if it were possible, they would deceive the very elect. Therefore, we must have a sanctified spirit and discernment. Our only safety is in doing just as Christ has told us. The Saviour has said, "Many shall come in My

name, saying, I am Christ; and shall deceive many.”
Matthew 24:5. Those who are heeding the words of Christ
will not be deceived. They have an infallible guide. Their
house is built on the eternal rock, and the storms of trial
and temptation cannot overthrow it.” –Ms27-1886.17

Some will Perform Real Miracles by Satanic Aid Before Second Advent

"It was by satanic aid that Pharaoh's magicians were
enabled to counterfeit the work of God. Paul testifies that
before the second advent of Christ there will be similar
manifestations of satanic power. The coming of the Lord is
to be preceded by *"the working of Satan with all power and
signs and lying wonders, and with all deceivableness of
unrighteousness."* 2 Thessalonians 2:9, 10. And the apostle
John, describing the miracle-working power that will be
manifested in the last days, declares: *"He doeth great
wonders, so that he maketh fire come down from heaven on
the earth in the sight of men, and deceiveth them that dwell on
the earth by the means of those miracles which he had power
to do."* Revelation 13:13, 14. No mere impostures are here
foretold. Men are deceived by the miracles which Satan's
agents have power to do, not which they pretend to do." –
DD 19.4 (1884)

The Great Counterfeit-Detector: The Law of God

“Satan has come down in these last days to work with all deceivableness of unrighteousness in them that perish. His satanic majesty works miracles in the sight of false prophets, in the sight of men, claiming that he is indeed Christ Himself. Satan gives his power to those who are aiding him in his deceptions; therefore those who claim to have the great power of God can only be discerned by the great detector, the law of Jehovah. The Lord tells us if it were possible they would deceive the very elect. The sheep’s clothing seems so real, so genuine, that the wolf can be discerned only as we go to God’s great moral standard and there find that they are transgressors of the law of Jehovah.” –FW 45.1 (1885)

Notice Matt 7; Matt 24; Mark 13; Luke 21; 2 Thes 2; Rev 13, 16. These seven chapters all speak of counterfeit miracles at the end of time. The Bible confirms that in our day, miracles will be an agent of deception for the masses. People will follow the miracle-workers as though they really have God - even though these faith healers are far from the True God. This will be a part of the last end-time deception involving the realm of spiritualism and speaking to the dead. (Rev 16:13-14; Ecc 9:5, 10). The Bible strictly forbade

any such “consulting with familiar spirits,” specifying a death penalty for such an offense. (Lev 17:7; 19:31; 20:27; Deut 18:10-13).

Revelation 16:13-14 “*And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet. **For they are the spirits of devils, working miracles**, which go forth unto the kings of the earth and of the whole world, to gather them to the battle of that great day of God Almighty.”*

Deuteronomy 18:10-12 “*There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, Or a charmer, or a consulter with familiar spirits, or a wizard, or a **necromancer** [someone who claims to talk to the dead]. **For all that do these things are an abomination unto the LORD:** and because of these abominations the LORD thy God doth drive them out from before thee.”*

Ecclesiastes 9:5, 10 “*For the living know that they shall die: but **the dead know not any thing**, neither have they any more a reward; for the memory of them is forgotten...for **there***

is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.”

Faith in God’s Word, Prayerfully Studied and Applied will be our Shield from Satan’s Power and Counterfeit Miracles.

“We are warned that in the last days satan will work with signs and lying wonders. And he will continue these wonders until the close of probation, that he may point to them as evidence that he is an angel of light and not of darkness. He is to work miracles; and this wonderful, miracle-working power is to sweep in the whole world. Some will be tempted to receive these wonders as from God. The sick will be healed before us. Miracles will be performed in our sight. Are we prepared for the trial which awaits us when the lying wonders of Satan shall be more fully exhibited? Will not many souls be ensnared and taken? By departing from the plain precepts and commandments of God, and giving heed to fables, the minds of many are preparing to receive these lying wonders. We must all now seek to arm ourselves for the contest in which we must soon engage. Faith in God’s word, prayerfully studied and practically applied, will be our

shield from Satan's power and will bring us off conquerors through the blood of Christ." –Mar. 208 (1868)

Church Leaders not Convinced by Christ's Miracles, Committed Unpardonable Sin

“The scribes and Pharisees had asked Christ to show them a sign. Christ had refused, saying that no sign should be given them. He wrought miracles that sent conviction to the hearts of the unprejudiced. As the people beheld these miracles, they expressed their wonder and amazement at the great power of God. The scribes and Pharisees saw that the people were convicted, and with lowering countenances they came to Christ and said: “Show us a sign; work a miracle for us.” They did not make this request because they wished for evidence. They had rejected the greatest evidence that God could give, saying of Christ, “He casteth out devils through the prince of the devils.” This was the sin against the Holy Ghost, which hath forgiveness neither in this world nor in the world which is to come.” – YI September 20, 1900

Jesus criticized the Jews for asking for signs, and in the parable of the Rich Man and Lazarus, Jesus downplayed the power of miracles to help the people focus on the truth as it

was IN Him. He pointed to the Scriptures as a more positive sign than someone being raised from the dead! (Matt 12:38-40; 1 Cor 1:22; Luke 16:19-31). Incidentally, the miracle of Lazarus rising from the dead didn't convince the Jews. (John 11).

Jesus is Source of Healing Power for His True Disciples

“When Jesus had called unto Him His twelve disciples, He gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.” “These Twelve Jesus sent forth, and commanded them, saying, ... go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.” Matthew 10:1, 5-8. –CH 530.3 (1901)

Spiritual Gifts Given for God's People to Work in Harmony with One Another

“Every member was exhorted to act well his part. Each was to make a wise use of the talents entrusted to him. Some were endowed by the Holy Spirit with special gifts—“first apostles, secondarily prophets, thirdly teachers, after that miracles, then gifts of healings, helps, governments,

diversities of tongues.” 1 Corinthians 12:28. But all these classes of workers were to labor in harmony.” –AA 91.2 (1911)

While the early apostles were privileged to perform miracles, miracle working was not a test of discipleship. (Matt 10:1-4). During the early rain, miracle working was only one of the spiritual gifts. The spiritual gifts also included healing, speaking in a different language, helping others, visions, leadership, and many other things. (1 Cor 12:27-31). Oftentimes people focus on speaking in tongues or miracle working as a test of discipleship when they were just two of the many gifts. The Bible tells us the greatest of these gifts was the gift of Prophecy. (1 Cor 14:1-5). While any one spiritual gift may be given to any one person, that spiritual gift must not become a test of discipleship. Lastly, during the latter rain (Zech 10:1-2) when the Spirit of God will be out poured on this Earth, there will be miracles and many other spiritual gifts that will be performed. (Deut 11:14; Joel 2:23; James 5:7).

Spiritual Gifts Bestowed as Tokens of Divine Favor Under the Latter Rain

“It is true that in the time of the end, when God’s work in the earth is closing, the earnest efforts put forth by consecrated believers under the guidance of the Holy Spirit are to be accompanied by special tokens of divine favor. Under the figure of the early and the latter rain, that falls in Eastern lands at seedtime and harvest, the Hebrew prophets foretold the bestowal of spiritual grace in extraordinary measure upon God’s church. The outpouring of the Spirit in the days of the apostles was the beginning of the early, or former, rain, and glorious was the result. To the end of time the presence of the Spirit is to abide with the true church.” –AA 54.2 (1911)

Obtaining spiritual gifts should not be the focus of the Christian walk. Our focus should be having an intimate relationship with Jesus. Spiritual gifts come as a result of a relationship with Him as He deems best. This is why we read of the anointing and prayer of faith performed by the ELDERS in James 5:14 that heals the sick. The elders were to be those who were closest to Jesus in the church and who were appointed as overseers of the flock to govern and nourish the needs of the members. (Acts 20:28). The elders were also to be appointed as heads over the church through

prayer and fasting as they became responsible for the spiritual health of the congregation. (Acts 14:22-23).

James 5:14, 15 *“Is any sick among you? **let him call for the elders of the church**; and let them pray over him, anointing him with oil in the name of the Lord: and the prayer of faith shall save the sick, and the Lord shall raise him up; and if he has committed sins, they shall be forgiven him.”*

Acts 20:28 *“Take heed therefore unto yourselves, and to all **the flock**, over the which the Holy Ghost hath made you **overseers**, to feed the church of God, which he hath purchased with his own blood.”*

Acts 14:22-23 *“Confirming the souls of the disciples, and exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God. 23 And when they had **ordained them elders in every church, and had prayed with fasting**, they commended them to the Lord, on whom they believed.”*

The Frequency of Miracles through the Lens of Prophecy

In Daniel 9 we find the 490 year prophecy for the Jewish Nation. We are told that during the last week of that prophecy (7 years) the Messiah will “*confirm the covenant with many.*” (Daniel 9:27). That final week is AD 27-34. Fast forward. Jesus is 30 years old before He works His first miracle at the wedding feast in Canaan where He turned water to grape juice. (John 2:1-11). He was intensely close to God up to age 29 but the Bible records no miracles. When He was 30, the seventieth week began. In the last verses of Mark 16 we find that Jesus was confirming the Jewish Nation into the gospel by miracles. In Mark 16:20 we are told: “*And they went forth, and preached everywhere, the Lord working with them, and confirming the word with signs following. Amen.*” And in Hebrews 2:3-4, we are told that Jesus confirmed the gospel by signs and miracles during His ministry, and by those disciples that heard Him (apostles). Hebrews 2:3-4 “*How shall we escape, if we neglect so great salvation; which at the first began to be spoken by the Lord, and was confirmed unto us by them that heard him; God also bearing them witness, both with signs and wonders, and with divers miracles, and gifts of the Holy Ghost, according to his own will?*”

The Bible covers 4000 years of history, but interestingly only during momentous times when prophecies were being fulfilled were signs and miracles readily seen. The Exodus and the seven year time period from when Jesus was confirming His ministry to when the Gospel went to the Gentiles (AD 37-34 AD) are two examples. Then remember what message Jesus sent to John the Baptist in prison when he was struggling with doubt. He told the messengers to report to John what they had “*seen and heard.*” And what was that? “*The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them.*” Matthew 11:5. Put all of this together and you get that there were seven years when miracles were “the sign” that this was the last opportunity for the unbelieving Jewish Nation to repent and accept the Messiah before the door of mercy was to close on them as a people. During these seven years the miracles established Christ’s authority and Sonship. They showed who the Messiah was and who His apostles were.

Case and point, carefully examine the components of arguably, the most popular miracle of Jesus’ ministry - the resurrection of Lazarus from the dead. This was to confirm to the Jewish Nation that He was truly the Son of God - yet

notice what was going through Jesus' mind as He resurrected Lazarus and the reaction of those present during the miracle:

Setting: Jesus has just arrived in Jerusalem to bring comfort to the grieving sisters of Lazareth, Mary and Martha. The following selection is from "The Desire of Ages" pages 533-536:

"When Jesus therefore saw Mary weeping, and the Jews also weeping which came with her, He groaned in the spirit, and was troubled." He read the hearts of all assembled. He saw that with many, what passed as a demonstration of grief was only pretense. **He knew that some in the company, now manifesting hypocritical sorrow, would ere long be planning the death, not only of the mighty miracle worker, but of the one to be raised from the dead.** Christ could have stripped from them their robe of pretended sorrow. But He restrained His righteous indignation. The words He could in all truth have spoken, He did not speak, because of the loved one kneeling at His feet in sorrow, who truly believed in Him."

"Where have ye laid him?" He asked, "They said unto Him, Lord, come and see." Together they proceeded to the grave. It was a mournful scene. Lazarus had been much

beloved, and his sisters wept for him with breaking hearts, while those who had been his friends mingled their tears with those of the bereaved sisters. **In view of this human distress, and of the fact that the afflicted friends could mourn over the dead while the Saviour of the world stood by,—“Jesus wept.” Though He was the Son of God, yet He had taken human nature upon Him, and He was moved by human sorrow.** His tender, pitying heart is ever awakened to sympathy by suffering. He weeps with those that weep, and rejoices with those that rejoice.”

“But it was not only because of His human sympathy with Mary and Martha that Jesus wept. In His tears there was a sorrow as high above human sorrow as the heavens are higher than the earth. Christ did not weep for Lazarus; for He was about to call him from the grave. **He wept because many of those now mourning for Lazarus would soon plan the death of Him who was the resurrection and the life. But how unable were the unbelieving Jews rightly to interpret His tears!** Some, who could see nothing more than the outward circumstances of the scene before Him as a cause for His grief, said softly, “Behold how He loved him!” Others, seeking to drop the seed of unbelief into the hearts of those present, said derisively, “Could not

this Man, which opened the eyes of the blind, have caused that even this man should not have died?” If it were in Christ’s power to save Lazarus, why then did He suffer him to die?”

“With prophetic eye Christ saw the enmity of the Pharisees and the Sadducees. He knew that they were premeditating His death. **He knew that some of those now apparently so sympathetic would soon close against themselves the door of hope and the gates of the city of God.** A scene was about to take place, in His humiliation and crucifixion, that would result in the destruction of Jerusalem, and at that time none would make lamentation for the dead. The retribution that was coming upon Jerusalem was plainly portrayed before Him. He saw Jerusalem compassed by the Roman legions. He knew that many now weeping for Lazarus would die in the siege of the city, and in their death there would be no hope.”

“It was not only because of the scene before Him that Christ wept. The weight of the grief of ages was upon Him. He saw the terrible effects of the transgression of God’s law. He saw that in the history of the world, beginning with the death of Abel, the conflict between good and evil had been unceasing. Looking down the years to come, He saw the

suffering and sorrow, tears and death, that were to be the lot of men. His heart was pierced with the pain of the human family of all ages and in all lands. **The woes of the sinful race were heavy upon His soul, and the fountain of His tears was broken up as He longed to relieve all their distress.**”

“Jesus therefore again groaning in Himself cometh to the grave.” Lazarus had been laid in a cave in a rock, and a massive stone had been placed before the entrance. “Take ye away the stone,” Christ said. Thinking that He only wished to look upon the dead, Martha objected, saying that the body had been buried four days, and corruption had already begun its work. **This statement, made before the raising of Lazarus, left no room for Christ’s enemies to say that a deception had been practiced.** In the past the Pharisees had circulated false statements regarding the most wonderful manifestations of the power of God. When Christ raised to life the daughter of Jairus, He had said, “The damsel is not dead, but sleepeth.” Mark 5:39. As she had been sick only a short time, and was raised immediately after death, the Pharisees declared that the child had not been dead; that Christ Himself had said she was only asleep. **They had tried to make it appear that**

Christ could not cure disease, that there was foul play about His miracles. But in this case, none could deny that Lazarus was dead.”

“When the Lord is about to do a work, Satan moves upon someone to object. “Take ye away the stone,” Christ said. As far as possible, prepare the way for My work. But Martha’s positive and ambitious nature asserted itself. She was unwilling that the decomposing body should be brought to view. The human heart is slow to understand Christ’s words, and Martha’s faith had not grasped the true meaning of His promise.”

“Christ reproved Martha, but His words were spoken with the utmost gentleness. “Said I not unto thee, that, if thou wouldest believe, thou shouldest see the glory of God?” Why should you doubt in regard to My power? Why reason in opposition to My requirements? **You have My word. If you will believe, you shall see the glory of God.** Natural impossibilities cannot prevent the work of the Omnipotent One. Skepticism and unbelief are not humility. Implicit belief in Christ’s word is true humility, true self-surrender.”

“Take ye away the stone.” Christ could have commanded the stone to remove, and it would have obeyed His voice.

He could have bidden the angels who were close by His side to do this. At His bidding, invisible hands would have removed the stone. **But it was to be taken away by human hands. Thus Christ would show that humanity is to co-operate with divinity. What human power can do divine power is not summoned to do.** God does not dispense with man's aid. He strengthens him, co-operating with him as he uses the powers and capabilities given him."

"The command is obeyed. The stone is rolled away. Everything is done openly and deliberately. All are given a chance to see that no deception is practiced. **There lies the body of Lazarus in its rocky grave, cold and silent in death.** The cries of the mourners are hushed. Surprised and expectant, the company stand around the sepulcher, waiting to see what is to follow."

"Calmly Christ stands before the tomb. A sacred solemnity rests upon all present. Christ steps closer to the sepulcher. Lifting His eyes to heaven, He says, "Father, I thank Thee that Thou hast heard Me." Not long before this, **Christ's enemies had accused Him of blasphemy, and had taken up stones to cast at Him because He claimed to be the Son of God. They accused Him of performing miracles by the power of Satan.** But here Christ claims

God as His Father, and with perfect confidence declares that He is the Son of God.”

“In all that He did, Christ was co-operating with His Father. Ever He had been careful to make it evident that He did not work independently; **it was by faith and prayer that He wrought His miracles.** Christ desired all to know His relationship with His Father. “Father,” He said, “I thank Thee that Thou hast heard Me. And I knew that Thou hearest Me always: but because of the people which stand by I said it, that they may believe that Thou hast sent Me.” Here the disciples and the people were to be given the most convincing evidence in regard to the relationship existing between Christ and God. **They were to be shown that Christ’s claim was not a deception.**”

“And when He thus had spoken, He cried with a loud voice, Lazarus, come forth.” His voice, clear and penetrating, pierces the ear of the dead. As He speaks, divinity flashes through humanity. In His face, which is lighted up by the glory of God, the people see the assurance of His power. Every eye is fastened on the entrance to the cave. Every ear is bent to catch the slightest sound. **With intense and painful interest all wait for the test of Christ’s divinity,**

the evidence that is to substantiate His claim to be the Son of God, or to extinguish the hope forever.”

“There is a stir in the silent tomb, and he who was dead stands at the door of the sepulcher. His movements are impeded by the graveclothes in which he was laid away, and Christ says to the astonished spectators, **“Loose him, and let him go.”** Again they are shown that the human worker is to co-operate with God. Humanity is to work for humanity. Lazarus is set free, and stands before the company, not as one emaciated from disease, and with feeble, tottering limbs, but as a man in the prime of life, and in the vigor of a noble manhood. His eyes beam with intelligence and with love for his Saviour. He casts himself in adoration at the feet of Jesus.” –DA 533-536 (1898)

Satan will always object to the miracles of God, but by faith and prayer we will do all these things and more to show to the world that Christ is the Son of God and that His Law is still binding! As we heal the sick, Satan will bring the world against us, but the servant is not greater than his master. (John 13:16). If they treated Jesus this way, we should expect the same. As we are perfectly joined together for the cause of Christ (1 Cor 1:10), we must stand in defense of truth and righteousness when the majority forsake us. We must fight

the battles of the Lord when champions are few. As they sought to persecute Jesus for His good works, so will they wish to do the same to us. The time is coming and now is, when we must gather warmth from the coldness of others, courage from their cowardice, and loyalty from their treason. (5T 136). Just as prophecies were fulfilling in the time of a Christ's first coming, so the last remaining prophecies are beginning to fulfill now as we draw closer to Christ's second coming. Therefore, we shall expect both an increase in true healing miracles as well as the spirits of demons performing miracles in the sight of men working to cause the whole world to wonder after the first beast of Revelation 13.

Chapter 4

The Mind–Body Connection

3 John 2 “*Beloved, I wish above all things that thou mayest prosper, and be in health, even as thy soul prospereth.*”

Love Essential to Health

“Love for God is essential for life and health. Faith in God is essential for health. In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord.” –CH 587. (RH Apr. 9, 1901)

Proper Attitudes Promote Health

“Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. ‘A merry (rejoicing) heart doeth good like a medicine.’” (*Proverbs 17:22*). –CH 344. (1897)

Spirit of Gratitude Promotes Health

“Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise.” –MH 251. (1905)

Right-doing Is Best Medicine for Diseased Bodies and Minds

“The consciousness of right-doing is the best medicine for diseased bodies and minds...The special blessing of God

resting upon the receivers is health and strength. One whose mind is quiet and satisfied in God is on the highway to health.” –1MCP 34. (1884)

True Religion Doesn't Cause Insanity, but Soothes Nerves

“The religion of Christ, so far from being the cause of insanity, is one of its most effective remedies, for it is a potent soother of the nerves.” –5T 443. (1885)

Busy, Cheerful People Are Healthiest

“Those who are always busy, and go cheerfully about the performance of their daily tasks, are the most happy and healthy. The rest and composure of night brings to their wearied frames unbroken slumber.” –CH 53. (1890)

Forgetting Self and Working for Others Is a Key to Health

“If those who are suffering from ill-health would forget self in their interest for others; if they would fulfill the Lord's command to minister to those more needy than themselves, they would realize the truthfulness of the prophetic promise, “Then shall thy light break forth as the morning, and thine health shall spring forth speedily.” – MH 258. (1905)

Mind Is Only Medium God Uses to Communicate With Man

“The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man, and affect his inmost life.” –2T 347. (1871)

Nervous System Operates by Electricity

“Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.” –2T 347. (1871)

Disease Resisted by Electrical Power of Brain

“The system is vitalized by the electrical force of the brain to resist disease.” –3T 157. (1875)

“The influence of the mind on the body, as well as of the body on the mind should be emphasized. The electric power of the brain, promoted by mental activity vitalizes the whole system, and is thus an invaluable aid in resisting disease.” –Ed 197. (1903)

Mental Breakdowns from Diet and Lack of Exercise

“Diligent study is not the principal cause of the breaking down of the mental powers. The main cause is improper diet, irregular meals, and a lack of physical exercise.

Irregular hours for eating and sleeping sap the brain forces.” –CD 122. (1894)

Mind Numbed by Appetite and Familiarity With Sin

“The senses of many are numbed by the indulgence of appetite and familiarity with sin.” –AH 401. (1875)

Overeating Clogs Brain

“The surplus food burdens the system...A clogged stomach means a clogged brain.” –MH 307. (1905)

Mind Confused by Games and Theater (TV)

“Satan does not wish the people to have a knowledge of God; and if he can set in operation games and theatrical performances [*such as currently seen on TV*] that will so confuse the senses...he is well pleased.” –AH 401. (1900)

Mind and Body Affect Each Other

“The relation that exists between mind and body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and to invite decay and death.” –MH 241. (1901)

Nine Tenths of Sickness Caused by Mind

“Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here.” –5T 443. (1885)

Imagination of the Mind Can Cause Physical Disease

“Disease is sometimes produced, and is often greatly aggravated by the imagination. Many are lifelong invalids who might be well if they only thought so. Many die from disease, the cause of which is wholly imaginary.” –CH 344. (1905)

“You have a determined will, which causes the mind to react upon the body, unbalancing the circulation, and producing congestion in certain organs, and you are sacrificing health to your feelings.” –5T 310. (1885)

Some Mental Illness Caused by Demon Possession

“The fact that men have been possessed with demons, is clearly stated in the New Testament. The persons thus afflicted were not merely suffering with disease from natural causes. Christ had perfect understanding of that with which He was dealing, and He recognized the direct presence and agency of evil spirits.” –GC 514. (1884)

Mind Deceived by Own Words

“Words...have a power to react on the character. Men are influenced by their own words. Often under a momentary

impulse, prompted by Satan, they give utterance to jealousy or evil surmising, expressing that which they do not really believe; but the expression reacts on the thoughts. They are deceived by their own words, and come to believe that true which was spoken at Satan's instigation." –DA 323. (1898)

Guilt of Sin Affects Mind and Body

Psalms 31:9, 10: *"My strength faileth because of mine iniquity, and my bones are consumed."* (See also Lev. 26:36-39)

"The sinner's own thoughts are his accusers; and there can be no torture keener than the sting of a guilty conscience, which gives him no rest day nor night." –DA 223. (1898)

"The feeling of guiltiness must be laid at the foot of the cross, or it will poison the springs of life." –TM 518. (1914)

"Remorse for sin sometimes undermines the constitution and unbalances the mind." –CH 324. (1885)

Cure for Fear of the Mind

"Only the sense of God's presence can banish...fear..." –Ed 255. (1903)

1 John 4:18 *"Perfect love casteth out fear."*

2 Tim. 1:7 *"...God hath not given us a spirit of fear; but of power, and of love and of a sound mind."*

“When the sunlight of God’s love illuminates the darkened chambers of the soul, restless weariness and dissatisfaction will cease, and satisfying joys will give vigor to the mind, and health and energy to the body.” –MH 247. (1905)

Memory Impaired By Novel and Story Reading

“You have indulged in novel and story reading until you live in an imaginary world....The memory is greatly injured by ill-chosen reading, which has a tendency to unbalance the reasoning powers, and to create nervousness...” –4T 497. (1881)

Bible Study Helps Memory

“Nothing will so help to give them a retentive memory as a study of the Scriptures.” –8T 156. (1904)

Force Mind to Think for Self and Not Depend on Others

“Some need to discipline the mind by exercise. They should force it to think. While they depend upon someone to think for them, to solve their difficulties, and they refuse to tax the mind with thought, the inability to remember, to look ahead and discriminate, will continue. Efforts must be made by every individual to educate the mind.” –2T 187. (1871)

Mind Expanded by Difficult Problems

“If the mind is left to deal with commonplace subjects, instead of deep and difficult problems, it will become narrowed down to the standard of the matter which it contemplates, and will finally lose its power of expansion.”
–4T 499. (1881)

“The mind...that is indolent, aimless, falls an easy prey to evil. It is upon diseased, lifeless organisms that fungus roots. It is the idle mind that is Satan’s workshop.” –Ed 189. (1903)

Minds More Susceptible to Satan’s Deceit Near End

“As we near the close of time, the human mind is more readily affected by Satan’s devices.” –MYP 57. (1862)

God Will Not Control Our Mind without Our Consent

“God does not control our minds without our consent; but every man is free to choose what power he will have to rule over him.” –MH 93. (1905)

Satan Controls Every Mind Not Controlled by God

“Satan takes the control of every mind that is not decidedly under the control of the Spirit of God.” –TM 79. (1895)

Monomaniac Minds

“We see monomaniacs all over the country. They are frequently sane upon every subject but one. The reason of

this is that one organ of the mind was specifically exercised, while the others were permitted to lie dormant. The one that was in constant use became worn and diseased.” –3T 33. (1872)

Minds Like Old Curiosity Shop—Odd Bits and Ends

“Some minds are more like an old curiosity shop than anything else. Many odd bits and ends of truth have been picked up and stirred away there; but they know not how to present them in a clear, connected manner.” –Ev 648. (1886)

Balanced Mind

“All the powers of the mind should be exercised, all the faculties cultivated. Perception, judgment, memory, and all the reasoning powers, should have equal strength in order that minds may be well balanced.” –3T 32. (1875)

Place Your Mind Where Holy Spirit Can Reach You

“Place your mind and will where the Holy Spirit can reach them; for He will not work through another man’s mind and conscience to reach yours.” –7T 214. (1902)

Think For Yourself; Don’t Reflect Other Men’s Thoughts

“It is the work of true education to...train the youth to be thinkers, not mere reflectors of other men’s thoughts.” –Ed 17. (1903)

“None should consent to be mere machines, run by another man’s mind...Stand in your God-given personality. Be no other person’s shadow. Expect that the Lord will work in and by and through you.” –MH 498. (1905)

Reflect the Mind of Jesus

“Those who will walk closely in the footsteps of their self-sacrificing, self-denying Redeemer, will have the mind of Christ reflected in their minds.” –4T 354. (1879)

“If we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses.” –DA 668. (1898)

Keep Mind on Jesus for Mental Stability and Peace

Isaiah 26:3 *“Thou wilt keep him in perfect peace, whose mind is stayed on thee.”*

“If your mind is stayed upon God, you will not go from a state of ecstasy to the valley of despondency when trial and temptation come upon you.” –MYP 327. (1913)

Attitude, Not Circumstances Tends to Happiness and Peace

“Circumstances have but little to do with the experiences of the soul. It is the spirit [attitude] cherished which gives coloring to all our actions. A man at peace with God and his fellow-men cannot be made miserable...But a heart where

the peace of Christ is not, is unhappy, full of discontent; the person sees defects in everything..." –5T 488. (1889)

Faith In God's Love Frees From Anxiety; Religion Promotes Health and Lengthens Life

"His (God's) prohibitions and injunctions are not intended merely to display His authority, but in all that He does, he has the well-being of His children in view. He does not require them to give up anything that it would be for their best interest to retain...The opinion which prevails in some classes of society, that religion is not conducive to health or to happiness in this life, is one of the most mischievous of errors. The Scripture says: 'The fear of the Lord tendeth to life; and he that hath it shall abide satisfied.' (Prov. 19:23)... True religion brings man into harmony with the laws of God, physical, mental, and moral. It teaches self-control, serenity, temperance. Religion ennobles the mind, refines the taste, and sanctifies the judgment...Faith in God's love and overruling providence lightens the burdens of anxiety and care. It fills the heart with joy and contentment in the highest or the lowliest lot. Religion tends directly to promote health, to lengthen life, and to heighten our enjoyment of all its blessings. It opens to the soul a never-failing fountain of happiness." –PP 599. (1890)

Forgetfulness Is Sin, Discipline Mind to Remember

"Many feel that no blame should be attached to forgetfulness. This is a great mistake. Forgetfulness is sin. It leads to many blunders, and to much disorder, and many

wrongs. Things that should be done ought not to be forgotten. The mind must be...disciplined until it will remember.” –3T 12. (1863)

Chapter 5

Temperance - Education in Right Decision Making

True Temperance more than doubles our Natural Abilities

There are men of excellent natural ability whose labors are not half what they might be if they were temperate in all things. Indulgence of appetite and passion beclouds the mind, lessens physical strength, and weakens moral power. Their thoughts are not clear. Their words are not in power, vitalized by the Spirit of God to reach the hearts of the hearers...All who have a true sense of the sacrifice made by Christ in leaving his home in Heaven to come to this world that he might show man by his own life how to resist temptation, will cheerfully deny self and choose to be partakers with Christ of his sufferings. T25 41. (1875)

True Education more than preparation for the life that now is

“Our ideas of education take too narrow and too low a range. There is need of a broader scope, a higher aim. True education means more than the pursual of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the

harmonious development of the physical, the mental, and the spiritual powers. It prepares the student for the joy of service in this world and for the higher joy of wider service in the world to come. {Ed 13.1} The source of such an education is brought to view in these words of Holy Writ, pointing to the Infinite One: In Him “are hid all the treasures of wisdom.” Colossians 2:3. “He hath counsel and understanding.” Job 12:13. –Ed 13.2 (1903)

Preventative Medicine Better Than Remedial

“Too little attention is generally given to preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them.” –MH 128. (1905)

All to Study Physiology and Mental Health

“All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.” –MH 128. (1905)

“Parents should early seek to interest their children in the study of physiology.” –MH 385. (1905)

No Heaven If We Don't Control Appetite

“Christ fought the battle upon the point of appetite, and came off victorious; and we also can conquer through strength derived from Him. Who will enter in through the gates into the city? Not those who declare that they cannot break the forces of appetite.” –CD 169,170. (1890)

(See Phil. 3:18,19)

Appetite Is Satan's Strongest Hold on Man

“Satan is constantly on the alert to bring the race fully under his control. His strongest hold on man is through the appetite.” –CD 150. (1890)

Indulged Appetite Causes Church Problems and Impatience

“The abuses of the stomach by the gratification of appetite, are the fruitful source of most church trials. Those who eat and work intemperately and irrationally, talk and act irrationally. An intemperate man cannot be a patient man.” –CD 50. (1867)

Eating Affects Spirituality, Disposition and Attitude

“Eating has much to do with religion...Satan...uses the stomach as an enemy of righteousness, creating a disturbance which affects the entire being. Sacred things are not appreciated. Spiritual zeal diminishes. Peace of mind is lost. There is dissension, strife, and discord.

Impatient words are spoken, and unkind deeds are done; dishonest practices are followed, and anger is manifested—and all because the nerves of the brain are disturbed by the abuse heaped on the stomach.” –CH 577 (RH May 27, 1902)

“The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting.” –IT 618. (1867)

Impossible to Be a Christian If Intemperate

“It is impossible for an intemperate man to be a Christian, for his higher powers are brought into slavery to the passions.” –3T 51. (1871)

Appetite Is Greatest Hindrance to Mental and Spiritual Growth

“God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification.” –CD 45. (1909)

Lose Up to Two Thirds Physical, Mental, Moral Powers by Intemperance

“Through intemperance, some sacrifice one half, and others two thirds, of their physical, mental, and moral powers, and become playthings for the enemy.” –Con 57. (1874)

Perverted Appetite Leads to Greatest Sins

“Sins of the greatest magnitude are committed through the indulgence of perverted appetite.” –4T 30. (1876)

If Control Appetite, Can Gain Victory in Every Temptation

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character.” –CD 59. (1875)

Not Converted Unless Appetite is Controlled

“A man is not converted unless his appetite and diet correspond with his profession of faith.” –CD 297. (1901)

The Prevailing Sin of Our Age

“Gluttony is the prevailing sin of this age.” –CD 32. (1867)
(See Prov. 23:2; Deut. 21:20,21)

Sin of Gluttony Was Hopeless in Ancient Israel

“The word of God places the sin of gluttony in the same catalogue with drunkenness....The condition of the glutton was considered hopeless. He would be of no use to others, and was a curse to himself.” –CD 133. (1880)

Overeating Can Make One Fat or Thin

“Some grow corpulent [fat] because the system is clogged; others become thin and feeble because their vital powers are exhausted in disposing of an excess of food. The liver is burdened in its effort to cleanse the blood of impurities, and illness is the result.” –MH 240. (1905)

Intemperance in Quality and Quantity of Food

“Intemperance is seen in the quantity as well as the quality of food eaten.” –CH 576. (1902)

True Temperance Defined

“True temperance teaches us to dispense entirely with everything hurtful, and use judiciously that which is healthful.” –PP 562. (1890)

God Will Not Heal the Intemperate

“Those who will gratify their appetite, and then suffer because of their intemperance, and take drugs to relieve them, may be assured that God will not interpose to save health and life which is so recklessly periled. The cause has produced the effect...Many, as their last resort, follow the directions in the word of God, and request the prayers of the elders of the church for their restoration to health. God does not see fit to answer prayers offered in behalf of such, for He knows that if they should be restored to health, they would again sacrifice it upon the altar of unhealthy appetite.” –CD 26. (1881)

Drug Medication Seldom to Be Used

“Educate away from drugs, use them less and less, and depend more upon hygienic agencies; then nature will respond to God’s physicians—pure air, pure water, proper exercise, a clear con-science... Drugs need seldom be used.” –Te 85. (1890)

Drug Side Effects

“When drugs are introduced into the system, for a time they may appear to have a beneficial effect. A change may take place, but the disease is not cured...And the disease, which the drug was given to cure, may disappear, but only to reappear in a new form, such as skin diseases, ulcers, painful diseased joints, and sometimes in a more dangerous and deadly form. The liver, heart, and brain are frequently affected by drugs.” –4aSG 135. (1864)

Drugs Remain in Body for Life

“The physician who depends upon drug medication...is introducing into the system a seed crop that will never lose its destroying properties throughout the lifetime.” –MM 229. (1896)

Drugs Never Cure Disease

“Drugs never cure disease. They only change the form and location. Nature alone is the effectual restorer, and how much better could she perform her task if left to herself. But this privilege is seldom allowed her.” –4SaG 134. (1864)

Mind Confused by Games and Theater (TV)

“Satan does not wish the people to have a knowledge of God; and if he can set in operation games and theatrical performances [*such as currently seen on TV*] that will so confuse the senses...he is well pleased.” –AH 401. (1900)

Masturbation Diminishes Up to One Half Intellect

“Your children have practiced self-abuse [masturbation] until the draught upon the brain has been so great...that their minds have been seriously injured. The brilliancy of youthful intellect is dimmed.” –2T 392. (1871)

“The minds of some of these children are so weakened that they have but one half or one third of the brilliancy of intellect that they might have had, had they been virtuous and pure. They have thrown it away in self-abuse.” –2T 361. (1871)

Sexual Excess Paralyzes Brain Nerves

“Sexual excess will effectually...take from the brain the substance needed to nourish the system, and will most effectively exhaust the vitality.” –2T 476. (1870)

“Many professed Christians are suffering with paralysis of nerve and brain because of their intemperance in this direction.” –2T 477. (1871)

Memory Impaired by Immorality, and Affect Their Children

“The brain force is weakened, and memory becomes deficient...Those who feel at liberty, because married, to degrade their bodies by beastly indulgence of the animal passions, will have their degraded course perpetuated in their children.” –2T 391. (1869)

Chapter 6

Important Dietary Guidelines

Meat Not Safe to Eat Now

Daniel 1:8 *“But Daniel **purposed in his heart** that he would **not defile himself** with the portion of the king's **meat, nor with the wine** which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”* (See also *Prov. 23:20,21*)

“I am instructed to say that if meat eating were ever safe, it is not safe now.” –CD 384. (1902)

Eating Animal Flesh and Fluids Become Part of Human Body

“The fluids and flesh of these diseased animals are received directly into the blood, and pass into the circulation of the human body, becoming fluids and flesh of the same. Thus humors are introduced into the system.” –2T 63. (1871)

Cancer, Tumors, and Inflammatory Disease Caused by Meat Eating

“Cancers, tumors, and all inflammatory diseases are largely caused by meat eating...We have plenty of good things to satisfy hunger without bringing corpses upon our table.” –MM 278. (1896)

Meat Contains Tuberculosis and Cancer Germs

“People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” –MH 313. (1905)

Meat Is Greatest Breeder of Disease

“Meat is the greatest disease breeder that can be introduced into the human system.” –MM 266. (1898)

“Cancerous humor, which would lie dormant in the system their lifetime, is inflamed and commences its eating, destructive work.” –TSB 122 E.G. White pamphlet “An Appeal to Mothers” 73 (1864).

Note: *humors = antigens, viruses, and bacteria*

Base Passions Strengthened by Meat Eating

“Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers.” –CD 389. (1869)

Disposition Affected by Meat Eating

“In order to modify the disposition...[God] removed from them [Israel in the desert] the flesh of dead animals.” –1BC 1112,1113.7474 (MS 38, 1898)

Students' Intellect Diminished by Meat Eating

“We are composed of what we eat, and eating much flesh will diminish intellectual activity. Students would accomplish more in their studies if they never tasted meat. When the animal part of the human agent is strengthened by meat eating, the intellectual powers diminish proportionately.” –CD 389. (1896)

Sugar Affects Brain

“No one can have good digestive powers and a clear brain who will eat largely of sweet cookies and cream cake and all kinds of pies.” –CD 334. (1891)

Sugar Clogs the System

“The free use of sugar in any form tends to clog the system and is not infrequently a cause of disease.” –CD 196. (1890)

Harmful Effect of Combining Eggs, Milk and Sugar

“Especially harmful are the custards and puddings in which milk, eggs, and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided.” –MH 301. (1905)

Excess Sugar Is Worse Than Meat

“From the light given me, sugar, when largely used, is more injurious than meat.” –CD 328. (1870)

Substitutes of Milk and Eggs Will Be Provided

“We see that cattle are becoming greatly diseased, the earth itself is corrupted, and we know that the time will come when it will not be best to use milk or eggs...The question is asked, meaning much to all concerned, Will God set a table in the wilderness? I think the answer may be made, Yea, God will provide food for His people.” –Lt151-1901.9 (1901)

“In all parts of the world, provision will be made to supply the place of milk and eggs. And the Lord will let us know when the time comes to give up these articles. He desires all to feel that they have a gracious heavenly Father who will instruct them in all things. The Lord will give dietetic art and skill to His people in all parts of the world, teaching them how to use for the sustenance of life the products of the earth.” –Lt151-1901.10 –CD 359. (1901)

Note: God's heart with the health message is a heart of love and protection. He doesn't want us to get sick from consuming sick animals or their byproducts. When we look at the world and the condition of the animals, we can see that diseases are rampant among the animal kingdom. Between the natural degradation of the earth and the tragic conditions which many are kept in, it is a true health concern to consume animal products. Such substitutes are now readily available.

New, Strong Cheese Not To Be Used

“Some brought cheese to the meeting (camp meeting); although new, it was altogether too strong for the stomach, and should never be introduced into it.” –CD 369. [RH July 19, 1870]

Sin to Drink Tea and Coffee

“Tea acts as a stimulant, and to a certain extent, produces intoxication. The action of coffee and many other popular drinks is similar. –CD 424. (1905)

Note: To understand how tea and coffee work to make one feel like they have more energy and the impact on the body, go to MH 326-327.

“Tea and coffee drinking is a sin, an injurious indulgence, which like other evils, injures the soul. These darling idols create an excitement, a morbid action of the nervous system; and after the immediate influence of the stimulants is gone, it lets down below par just to that degree that its stimulating properties elevated above par.” –CD 425. (1896)

“Some have backslidden and tampered with tea and coffee. Those who break the laws of health will become blinded in their minds and break the law of God.” –Te 80. (1884)

Countenance Carries Marks of Drinking Tea and Coffee

“Tea and coffee drinkers carry the marks upon their faces. The skin becomes sallow, and assumes a lifeless appearance. The glow of health is not seen upon the countenance.” –CD 421. (1868)

Tea and Coffee Excite Nerves and Affect Heart

“Tea and coffee do not nourish the system. The relief obtained from them is sudden, before the stomach has time to digest them. This shows that what the users of these stimulants call strength, is only received by exciting the nerves of the stomach, which convey the irritation to the brain, and this in turn is aroused to impart increased action to the heart, and short-lived energy to the entire system. All this is false strength, that we are the worse for having.” –HL 108. (1905)

“The second effect of tea-drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling of the nerves, with many other evils.” –2T 65. (1871)

Wine

Proverbs 23:31-32: *“Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.”*

“The Bible nowhere sanctions the use of intoxicating wine. The wine that Christ made from water at the marriage feast of Cana was the pure juice of the grape. This is the ‘new wine...found in the cluster,’ of which the Scripture says, ‘Destroy it not, for a blessing is in it.’ (Isaiah 65:8). –MH 333. (1905)

“It was Christ who, in the Old Testament, gave the warning to Israel, ‘Wine is a mocker, strong drink is raging, and whosoever is deceived thereby is not wise.’ (Proverbs 20:1)...Satan tempts men to indulgence that will becloud reason and benumb the spiritual perceptions, but Christ teaches us to bring the lower nature into subjection.” –MH 333. (1905)

“It has been declared by some that Christ favored the moderate use of fermented wine, in witness whereof they refer to His miracle of changing water into wine. But we protest that Christ never made intoxicating wine; such an act would have been contrary to all the teachings and example of His life.” –ST Aug. 29, 1878.

“The Bible nowhere teaches the use of intoxicating wine, either as a beverage or as a symbol of the blood of Christ. We appeal to the natural reason whether the blood of Christ is better represented by the pure juice of the grape in its natural state, or after it has been converted into a fermented and intoxicating wine.” –Te 97. (1878)

Condiments and Spices Irritate Stomach and Affect Morals and Intellect

“Condiments are injurious in their nature. Mustard, pepper, spices, pickles, and other things of a like character, irritate the stomach and make the blood feverish and impure.” –CD 339. (1905)

“Our tables should bear only the most wholesome food, free from every irritating substance...These cause a feverish state of the system, and drink is demanded to allay the irritation.” –CD 339. (1883)

“You have perhaps seen a picture of the stomach of one who is addicted to strong drink. A similar condition is produced under the irritating influence of fiery spices.” –CTBH 17.(1890)

“Spices at first irritate the tender coating of the stomach, but finally destroy the natural sensitiveness of this delicate membrane...The animal propensities are aroused, while the moral and intellectual powers are weakened...and become servants to the baser passions.” –CD 341. (1890)

Vinegar Putrefies Food and Affects Liver and Kidneys

“The salads are prepared with oil and vinegar, fermentation takes place in the stomach, and the food does not digest, but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear.” –CD 345. (1887)

Fact check: *Lemon juice is a very good replacement for vinegar in salad dressings and all other recipes. Lemon juice is anionic, which means it carries a negative charge in the body. This aids in digestion and makes it alkalizing to our bodies, which promotes healthy bone mineral deposition, clearer skin, and increased liver function. Recent studies show that lemon juice significantly inhibited alcohol-induced increase of alanine transaminase (ALT), aspartate transaminase (AST), hepatic TG, and lipid peroxidation levels in a dose-dependent manner (1). Vinegar is acidic and dries out the liver over time and has been shown to kill both bad and good bacteria in the gut leading to other health problems (2). (1) S. Li, H.-Y. Tan, N. Wang et al., “The role of oxidative stress and antioxidants in liver diseases,” *International Journal of Molecular Sciences*, vol. 16, no. 11, pp. 26087-26124, 2015. (2) Gambon DL, Brand HS, Veerman EC. Unhealthy weight loss. Erosion by apple cider vinegar. *Ned Tijdschr Tandheelkd.* 2012 Dec;119(12):589-91. Dutch.*

Note: For Ellen White's own personal struggle and victory over consuming vinegar see CD 484-485.

Baking Soda & Powder

“The use of soda or baking powder in bread-making is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system.” –CD 316. (1905)

“Hot biscuit raised with soda or baking powder should never appear upon our tables. Such compounds are unfit to enter the stomach.” –RH May 8, 1883

Note: In Ellen Whites writings, another word for ‘baking soda’ is ‘Saleratus’.

Important to Refrain from Eating Hot Raised Bread

“Hot raised bread of any kind is difficult of digestion.” –RH
May 8, 1883.

Chapter 7

The 8 Laws of Health

Cooperate with God for Healing

“Believing they will be raised to health by prayer, they fail to use hygienic measures which are within their power to use, fearing it would be a denial of their faith. –Pr 232. (1897)

Begin with Prayer

“Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him.” –SC 93. (1982)

"The darkness of the evil one encloses those who neglect to pray. The whispered temptations of the enemy entice them to sin; and it is all because they do not make use of the privileges that God has given them in the divine appointment of prayer. Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence?" –SC 94. (1982)

We must place ourselves in most favorable place to heal

“I thank the Lord that it is our privilege to cooperate with Him in the work of restoration... It is no denial of our faith to place ourselves in the condition most favorable for recovery.” –CH 376. (1892)

Obedying Nature’s Laws Is Direct Path to Heaven

“Obedience to nature’s laws is the direct path to heaven.” –CH 221. (1901)

God Approves Only One Healing Art–Nature’s Simple Agencies

“There are many ways of practicing the healing art, but there is only one way that Heaven approves. God’s remedies are simple agencies of nature...Christ’s remedies cleanse the system.” –2SM 287, 288. (1885)

Good Circulation Essential to Health

“Perfect health requires a perfect circulation.” –CH 93. (1905)

Eight True Remedies also known as The 8 Laws of Health

“Pure air, sunlight, abstemiousness (temperance), rest, exercise, proper diet, the use of water, trust in divine power–these are the true remedies.” –CD 301. (1905)

God's Doctors Are Air, Water, Sunshine

“The doctors God has provided—pure air, pure water, and the healing, precious sunlight.” –2SM 297. (1890)

Note: This does not mean she did not believe in hospitals or medical doctors, for she also encouraged and aided in the establishment of our Adventist sanitariums and hospitals and our Loma Linda medical school to train physicians.

Sunshine

“Go out into the light and warmth of the glorious sun...and share with vegetation its life-giving, healing power.” –ML 138. (1871)

“Whoever sleeps in a sunless room, or occupies a bed that has not been thoroughly dried and aired, does so at the risk of health, and often of life...Dispense with heavy curtains, open the windows and the blinds, allow no vines, however beautiful, to shade the windows, and permit no trees to stand so near the house as to shut out the sunshine. The sunlight may fade the drapery and the carpets, and tarnish the picture frames; but it will bring a healthy glow to the cheeks of the children.” –MH 275. (1905)

Proper Breathing of Pure Air Aids Health

“In order to have good blood, we must breathe well. Full, deep inspirations of pure air which fill the lungs with oxygen, purify the blood. They impart to it a bright color, and send it, a life-giving current, to every part of the body.

A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound refreshing sleep.” –CH 59. (1871)

Lack of Oxygen Affects Lungs, Blood, Stomach, Liver, Brain, Heart, and Skin

“We are more dependent upon the air we breathe than upon the food we eat.” –CH 173. (1870)

“An insufficient supply of oxygen is received [by improper breathing]. The blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts confused.” –CD 104. (1905)

“The very atmosphere of the cities is polluted...From the standpoint of health, the smoke and dust of the cities are very objectionable.” –CH 267. (1902)

Room Air Temperature Best at 65 Degrees

“You should so accustom yourself to the air that you will not be under the necessity of having the mercury higher than sixty-five degrees.” –IT 703. (1868)

Air Poisoned by Decayed Leaves and Vegetation

“Every form of uncleanness tends to disease. Death producing germs abound in dark, neglected corners, in decaying refuse, in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house, to decay and poison the air. Nothing unclean or decaying should be tolerated within the home.” –MH 276. (1905)

Fact Check: *Science Magazine* stated: “From the practical side, it would seem that there is a possibility of carbon monoxide asphyxiation in the...environment of green, damaged vegetation.” – *Science Magazine*, Dr. Wilks, Dept. of Physiology-Biophysics, School of Aviation Medicine, Randolph Air Force Base, San Antonio, Texas. (129:964, 1959)

Water Drinking Helps Resist Disease

“In health and in sickness, pure water is one of Heaven’s choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease.” –CD 419. (1905)

“If anything is needed to quench thirst, pure water, drunk some little time before or after the meal, is all that nature requires. Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues.” –CD 420. (1884)

Importance of not Drinking with Meals

“Many make a mistake in drinking cold water with their meals. Taken with meals, water diminishes the flow of the salivary glands; and the colder the water, the greater the injury to the stomach. Ice water or ice lemonade, drunk with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Hot drinks are debilitating; and besides, those who indulge in their use become slaves to the habit.” –CD 420. (1884)

Five Hours Between Meals

“Five hours at least should elapse between each meal...” – CD 173. (1896)

“Never should a morsel of food pass the lips between meals...A second meal should never be eaten until the stomach has had time to recover from the labor of digesting the preceding meal.” –CTBH 50. (1890)

“Make your breakfast correspond more nearly to the heartiest meal of the day.” –CD 173. (1884)

Fact Check: *Recent studies link energy regulation to the circadian clock at the behavioral, physiological and molecular levels, emphasizing that the timing of food intake itself may have a significant role in obesity. In this regards, there is emerging literature in animals demonstrating a relationship between the timing of feeding and weight regulation. Unusual feeding time can produce a disruption of the circadian system which might produce*

unhealthy consequences in humans. Changes in meal timing influence obesity and success of weight loss therapy. Unusual feeding time can induce a disruption of the circadian system. Digestive enzymes express in a circadian manner and are synchronized by food. Feeding is the source of energy for adipose tissue (fat). The time of feeding is decisive. Clock genes are important in meal timing by changes in circadian control of hunger. Eating a large breakfast placed the body in a fat burning cycle whereas eating a large dinner placed the body in a fat storing cycle and eating between meals disrupted the digestion of the previous meal, overwhelming the gastric and intestinal digestion process leading to weight gain and other adverse physiological changes in the body. The importance of caloric distribution across the day on weight loss therapy was supported by a recent 12-week experimental study showing that subjects assigned to high caloric intake during breakfast lost significantly more weight than those assigned to high caloric intake during the dinner. - Marta Garaulet, Purificación Gómez-Abellán, Timing of food intake and obesity: A novel association, J Physiology & Behavior, Volume 134, 2014, Pages 44-50, ISSN 0031-9384, Breakfast Heartiest Meal

Light Supper Several Hours before Bedtime

“If a third meal be eaten at all, it should be light, and several hours before going to bed.” –CD 158. (1864)

“The work of digestion should not be carried on through any period of the sleeping hours.” –CD 175. (1883)

“When we lie down at night, the stomach should have its work all done, that it, as well as other portions of the body, may enjoy rest. But if more food is forced upon it, the digestive organs are put in motion again, to perform the

same round of labor through the sleeping hours. The sleep of such is often disturbed with unpleasant dreams, and in the morning they awake unrefreshed.” –CTBH 50. (1890)

Two Meals Better for Most People

“Most people enjoy better health while eating two meals a day than three, others, under their existing circumstances, may require something to eat at supper time; but this meal should be very light. Let no one think himself a criterion for all—that everyone must do exactly as he does.” –CD 176. (1890)

“The practice of eating but two meals a day is generally found a benefit to health; yet under some circumstances persons may require a third meal. This should, however, if taken at all, be very light, and of food most easily digested... prepared without vegetables, but with simple, wholesome food, such as fruit and bread.” –CCh 224. (1905)

Note: Some of the circumstances where a third meal may be required is for those that are doing extreme physical labor, children, etc. Ellen White references students that combine mental and physical taxation as those that may require a third meal. (CCh 224)

Lighter Meals for Sedentary Workers

“When the brain is constantly taxed, and there is lack of physical exercise, even plain food should be eaten sparingly. At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness,

with your heart filled with gratitude to God for all His blessings.” –MH 306. (1905)

Fasting and Prayer Ineffective If Neglect Cleanliness

“When Lord Palmerston, premier of England, was petitioned by the Scotch clergy to appoint a day of fasting and prayer to avert the cholera, he replied, in effect, ‘Cleanse and disinfect your streets and houses, promote cleanliness and health among the poor, and see that they are plentifully supplied with good food and raiment, and employ right sanitary measures generally, and you will have no occasion to fast and pray. Nor will the Lord hear your prayers while these, His preventives, remain unheeded.’” –SL 30. (1881)

Exercise, Especially Walking in Open Air, Essential to Health

“Without physical exercise, no one can have...health.” –PP 601. (1890)

“There is no exercise that can take the place of walking.” –3T 78. (1872)

“Morning exercise, in walking in the free...air...is the surest safeguard against colds...and a hundred other diseases.” –ML 136. (1868)

“A walk, even in the winter [is] more beneficial.” –CH 52. (1870)

“More people die for want of exercise than through over-fatigue; very many more rust out than wear out. Those who accustom themselves to proper exercise in the open air, will generally have a good and vigorous circulation.” –CH 173. (1870)

Short Walk after Meals

“A short walk after a meal, with the head erect and shoulders back, exercising moderately, is a great benefit.” – CD 103,104. (1890)

Avoid Violent Exercise Around Mealtime

“Neither study nor violent exercises should be engaged in immediately after a full meal.” –2T 413. (1905)

“Another serious evil is eating at improper times, as after violent or excessive exercise, when one is much exhausted or heated. Immediately after eating there is a strong draft upon the nervous energies; and when mind or body is heavily taxed just before or just after eating, digestion is hindered. When one is excited, anxious, or hurried, it is better not to eat until rest or relief is found.” –CD 109. (1905)

Things That Disturb Electric Currents of Body

“Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind.” –2T 347. (1871)

Exercise Affects Electrical Current

“Physical inaction lessens not only mental but moral power...[and] hinders the circulation of the electric current in the nervous system.” –Ed 209. (1903)

Jesus’ Healing Power Works Through Body’s Electrical Current

“Touching the border of His garment...instantly she felt the thrill as of an electric current passing through every fiber of her being. There came over her a sensation of perfect health.” –MH 60. (1905)

Posture Benefits Physical, Mental, Moral

“Among the first things to be aimed at should be a correct position, both in sitting and standing. God made man upright, and He desires him to possess not only the physical, but the mental, and the moral benefit, the grace and dignity and self-possession, the courage and self reliance, which an erect bearing so greatly tends to promote.” –Ed 198. (1903)

The Importance of Sleep

“How sweet is rest after a proper amount of labor! Sleep, nature’s sweet restorer, invigorates the weary body and prepares it for the next day’s duties.” –AH 289. (1864)

“In regulating the hours for sleep, there should be no haphazard work. No student should form the habit of

sitting up late at night to burn the midnight oil, and then take the hours of day for sleep. If they have been accustomed to doing this at home, they should seek to correct their habits and go to rest at a seasonable hour, and rise in the morning refreshed for the day's duties. In our schools the lights should be extinguished at half past nine.”
—CE 124. (1894)

Fact Check: *A study done by Eve Van Cauter (1) states that children under the age 10 need about 10 hours of sleep a day. This is an area in which society is really missing an opportunity to dramatically affect children's health in a positive way. Those between 12 and 21 years of age require about nine hours of sleep. Yet how many children and teenagers are getting adequate sleep? In this age group sufficient sleep is important for brain development. It strengthens the immune system and contributes to good social behavior. British psychologist Tanya Byron has said that parents are ruining their children's lives by failing to teach them to sleep. (2) The International Journal of Obesity published a study in October 2010 showing that obesity rates increased for young children who had less than seven or eight hours of sleep a night. For boys 4 to 8 years old, there was a 300 percent increase. For girls 9 to 13 years old, the increase in obesity rates was 500 percent. (3) Not getting enough sleep leads to hepatic and peripheral insulin resistance. In non-medical jargon, that means that when you don't sleep well or you don't sleep enough, your liver becomes resistant to insulin. (4) As a result, it starts dumping sugar into the bloodstream. This is one reason so many people with pre-diabetes or diabetes have high blood sugars first thing in the morning—often much higher than they do after they eat. When the liver becomes resistant to insulin, the pancreas compensates by producing a tremendous amount of insulin. It is trying to force the liver to reabsorb some of that sugar. But the liver isn't the only place insulin resistance can develop; it*

also happens in the muscles. Several studies have shown that sleep deprivation can impair your judgment and motor skills even more than alcohol intoxication does. (5) One such study involved young mothers with small children. These young women were not getting enough sleep because of having to care for infants, and the quality of the sleep they did get was poor. When these sleep-deprived moms were placed in auto driving simulators and asked to negotiate various traffic routes, they made 30 percent more driving mistakes and misjudgments than did a control group of young mothers who were intoxicated from drinking alcohol. (6) In October 2013 Dr. Maiken Nedergaard, at the University of Rochester, published a study in the *Journal of Science*. In it he states that the by-products of daytime brain function must be detoxified at night. This is accomplished by the glymphatic system pumping cerebral spinal fluid through the brain at night, flushing toxins into the circulation and to the liver. (7) The by-products of daytime brain function must be detoxified at night. Did you ever think that your brain is actually generating toxins all day long as a by-product of what it is doing? We have to deal with those toxins somehow; they cannot stay in the brain, or it will become neurotoxic. The brain uses cells to rid itself of these toxins which are most active during restful sleep.

1. Van Cauter's works include K. Spiegel, R. Leproult, E. Van Cauter, "Impact of a Sleep Debt on Metabolic and Endocrine Function," *The Lancet* 354 (1999): 1435-1439; K. Spiegel, R. Leproult, R. L'Hermite-Balériaux, G. Copinschi, P. Penev, E. Van Cauter, "Impact of Sleep Duration on the 24-Hour Leptin Profile: Relationships With Sympatho-Vagal Balance, Cortisol, and TSH," *Journal of Clinical Endocrinology and Metabolism* 89, no. 11 (November 2004): 5762-5771.
2. <http://www.telegraph.co.uk/news/health/children/9923378/Parents-ruining-childrens-lives-by-failing-to-teach-them-to-sleep-Tanya-Byron-says.html>.
3. De Jong et al.

4. Donga et al.
5. P. Haraldsson et al., “Drowsiness—Greater Traffic Hazard Than Alcohol. Causes, Risks, and Treatment,” *Lakartidningen* 98, no. 25 (June 20, 2001): 3018-3023.
6. J. T. Arnedt et al., “How Do Prolonged Wakefulness and Alcohol Compare in the Decrements They Produce on a Simulated Driving Task?” *Accident Analysis and Prevention* 33 (2001): 337-344.
7. L. Xie, M. Nedergaard, et al., “Sleep Drives Metabolite Clearance From the Adult Brain,” *Science* 342, no. 6156 (Oct. 18, 2013): 373-377, doi: 10.1126/science.1241224.

Reading Up to Bedtime Disturbs Sleep

“Make it habit not to sit up after nine o’clock. Every light should be extinguished. This turning night into day is a wretched health-destroying habit, and this reading much by brain workers, up to the sleeping hours, is very injurious to health. It calls the blood to the brain and then there is restlessness, and wakefulness, and the precious sleep that should rest the body does not come when desired.” –9MR 46. (1888)

Rise up Early Mornings and Early to Bed Improves Emotions

“Set your hour to rise early, and bring yourself to it, then retire at an early hour, and you will see that you will overcome many painful disorders which distress the mind, cause gloomy feelings, discouragement, and unhappy

friction, and disqualify you of or doing anything without great taxation.” –9 MR 47. (1888)

Cleanliness of Body and Home

Unclean, Untidy People Are Not Christians

“I saw that God would not acknowledge an untidy and unclean person as a Christian. I saw that the houses of the saints should be kept tidy and neat from dirt and filth and all uncleanness.” –6MR 217, 218. (MS 1, 1854)

Impossible for Law to Be Written in Heart If Not Clean

“How can that sacred law be written upon the hearts of persons who are not cleanly in person, in clothing, or in their houses? It is impossible. Their profession may be as high as the heaven, yet it is not worth a straw. Their influence disgusts unbelievers.” –2SM 474. (RH Jan. 23, 1900)

God Won't Enter Untidy House

“Some are so untidy in their houses that God will not enter their dwelling;...untidy, slack persons are not Christians.” –5MR 293. (Letter 22, 1861)

Unclean Clothing or Persons Not Accepted by God in Worship

“God...requires His people now upon the earth to observe habits of strict cleanliness. And those who worship God with unclean garments and persons do not come before

Him in an acceptable manner. He is not pleased with their lack of reverence for Him, and He will not accept the service of filthy worshipers, for they insult their Maker.” – SR 138. (1864)

Limited Healings Because of Neglect to Follow Health Laws

“I saw that the reason why God does not hear the prayers of His servants for the sick among us more fully was, that He could not be glorified in so doing while they were violating the laws of health.” –CD 25. (1896)

Chapter 8

Using God's Healing Remedies

Use Remedial Agencies after Prayer for the Sick

“Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration.” –MH 231. (1905)

Not to Ask God to Relieve Pain That Can Be Done With Remedies

“If we neglect to do that which is within the reach of nearly every family, and ask the Lord to relieve pain when we are too indolent to make use of these remedies within our power, it is simply presumption.” –MM 230. (1890)

“God does not desire His creatures to suffer an hour's pain that may be relieved on the Sabbath or any other day.” –DA 207. (1877)

By the Power of the Great Healer

“On one occasion Christ anointed the eyes of a blind man with clay and bade him, “Go, wash in the pool of Siloam.... He went his way therefore, and washed, and came seeing.” John 9:7. The cure could be wrought only by the power of the Great Healer, yet Christ made use of the simple

agencies of nature. While He did not give countenance to drug medication, He sanctioned the use of simple and natural remedies.” –MH 233.1 (1905)

Hydrotherapy—Simple Treatments

“The external application of water is one of the easiest and most satisfactory ways of regulating the circulation of the blood. A cold or cool bath is an excellent tonic. Warm baths open the pores and thus aid in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation...There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in simple home treatments.” –MH 237. (1905)

“If those who are afflicted would assist nature in her efforts by the use of pure, soft water, much suffering would be prevented...Water treatments, wisely and skillfully given, may be the means of saving many lives.” –ML 139. (1864)

Herbs Used Intelligently As Simple Remedies Saves Doctor Visits

“The Lord has given some simple herbs of the field that at times are beneficial and if every family were educated in how to use these herbs in case of sickness, much suffering might be prevented, and no doctor need be called. These old-fashioned, simple herbs, used intelligently, would have recovered many sick who have died under drug medication.” –2SM 294. (1897)

“The Lord has provided antidotes for disease in simple plants [see note below] and these can be used by faith, with no denial of faith; for by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and sunshine and the herbs which He has caused to grow, in healing maladies brought on by indiscretion or accident.” –16MR 248. (1899)

Physician’s Note: *Many doctors’ prescriptions today such as penicillin, call for ingredients extracted from the vegetable kingdom, many of which are non-poisonous, (yet some people may be allergic to them). Penicillin is an antibiotic and can cause harm to the health of the gut IF taken **in excess**. Ask your physician about safe probiotics to take during/after using a course of antibiotics, to restore your gut health. Some diseases, such as Tuberculosis (TB) are deadly and the benefit of treating TB with the required antibiotics is far greater than letting the disease run its course without treatment. TB is a **fatal** disease if left untreated. (The same goes for many other diseases such as Lyme Disease.) There are dangerous herbs such as opium and marijuana.*

Eucalyptus Oil Relieves Cough, Chest, Throat and Lung Pain

“...Take warm foot-baths into which has been put the leaves from the eucalyptus tree. There is great virtue in these leaves, and if you will try this, you will prove my words to be true. The oil of the eucalyptus is especially beneficial in cases of cough and pains in the chest and lungs.” –2SM 301. (1909)

“I cannot advise any remedy for her cough better than eucalyptus and honey. Into a tumbler of honey put a few drops of the eucalyptus, stir it up well, and take whenever the cough comes on.” –2SM 300. (1908) (*a “teaspoonful” of this mixture –2SM 301.*)

Life-giving Properties in Trees

“There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees have properties that are health restoring.” –MH 264. (1905)

Salt Water Fomentations for Eye Problems

“If the eyes are weak, if there is pain in the eyes, or inflammation, soft flannel cloths wet in hot water and salt will bring relief quickly.” –2SM 297. (1890)

Fig Poultice

(See *Isa. 38:2, 21*)

“Hezekiah...was given directions to make a poultice of figs, and lay it upon the part affected. This was done, and Hezekiah was restored to health. It would be well to treasure this prescription which the Lord ordered to be used, more than we do.” –2SM 300. (1892)

Mustard Foot-bath for Congested Head

“When the head is congested, if the feet and limbs are put in a bath with a little mustard, relief will be obtained.” –2SM 297. (1890)

Charcoal for Indigestion and Inflammation

“I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this [charcoal] powder has been stirred tends to cleanse and heal. Pulverized charcoal from eucalyptus wood we have used freely in cases of inflammation.” –2SM 298. (1903)

Pain Relieved by Charcoal and Flaxseed and Hop Poultice

“One of the most successful remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed boiled, it is still better. I have ordered this in cases where the sick were suffering great pain.” –2SM 294. (1897)

“Hop poultices over the stomach will relieve pain.” –2SM 297. (1890)

Catnip Tea Soothes Nerves, Hop Tea for Sleep

“A cup of tea made from catnip herb will quiet the nerves. Hop tea will induce sleep.” –2SM 297. (1890)

Fasting—Eat Sparingly of Simple Food

“Set aside days for fasting and prayer. Entire abstinence from food may not be required, but they should eat sparingly of the most simple food.” –CD 188. (1904)

“There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice.” –7T 134. (1902)

Fasting for Fever

“In cases of severe fever, abstinence from food for a short time will lessen the fever and make the use of water more effectual...While the fever is raging, food may irritate and excite the blood; but as soon as the strength of the fever is broken, nourishment should be given in a careful, judicious manner. If food is withheld too long, the stomach’s craving for it will create fever, which will be relieved by a proper allowance of food of a right quality.” –2T 384,385. (1870)

Fact Check: *Fasting affects the circadian rhythm and the biorhythm of nutrient consumption, which results in changes in physiological, cognitive, behavioral, and metabolic functions, as well as sleep patterns. Biochemical changes during fasting are characterized by a glucose to ketone switch, leading to a rise of ketones, advantageously used for brain energy, with consequent improved cognition. Ketones reduce appetite and help maintain effective fasting. Application of fasting patterns increases healthy life span and defenses against oxidative and metabolic stresses. During fasting, the deactivation of mTOR regulated nutrient signalling pathways and activation of the AMP protein kinase trigger cell repair and inhibit anabolic processes. (Think of high mTOR activity being an analog of the phrase “Live fast, die young”.) Intermittent fasting, periodic fasting, or long-term fasting are part of a new lifestyle approach leading to increased life and health span, enhanced intrinsic defenses against oxidative and metabolic*

stresses, improved cognition, as well as a decrease in cardiovascular risk in both obese and non-obese subjects. - Françoise Wilhelmi de Toledo, Franziska Grundler, Cesare R. Sirtori & Massimiliano Ruscica. Unravelling the health effects of fasting: a long road from obesity treatment to healthy life span increase and improved cognition. J Annals of Medicine, vol. 52, 2020. Pages 147-161.

Blood Transfusions Sanctioned

“There is one thing that has saved life,—an infusion of blood from one person to another; but this would be difficult and perhaps impossible for you to do. I merely suggest it.” —MM 286, 287. (Letter to Dr. D.H. Kress)

X-Ray, Radiation Treatments

Note: Some have asked if God's people should agree to having radiation treatments for various problems. Ellen White herself had X-ray treatments for cancer:

“For several weeks I took treatment with X-ray for the black spot that was on my forehead. In all I took twenty-three treatments, and these succeeded in entirely removing the mark. For this I am grateful.” -2SM 303. (Letter 30, 1911)

Chapter 9

Taking the Next Step in Health Reform

1 Corinthians 9:27 “But I keep under **my body**, and bring it into **subjection**: lest that by any means, when I have preached to others, I myself should be a castaway.”

- **Subjection** [g1396]. δουλαγωγέω *doulagōgeō*; from a presumed compound of 1401 and 71; to be a slave-driver, i.e. to enslave (figuratively, subdue): – bring into subjection.
- AV (1) - Used only 1 time in the KJV Bible
- to lead away into slavery, claim as one's slave; to make a slave and to treat as a slave i.e. with severity, **subject to stern and rigid discipline**

Health reform is using God's grace as divine power to keep the body in **subjection** of His Will. This requires divine discipline. It is discipline, not desire, that determines destiny.

Actions form Habits which form Character

“Thus actions repeated form habits, habits form character, and by the character, our destiny for time and for eternity is decided.” –COL 356. (1900)

1863 Health Reform Vision & Proceeding Counsel

“In the light given me so long ago [1863]...The Lord presented a general plan before me. I was shown that God would give to His commandment-keeping people a reform diet, and that as they received this, their disease and suffering would be greatly lessened. I was shown that this work would progress.” –CD 481,482. (1901)

Health Reform and Third Angel’s Message

“God has shown that health reform is as closely connected with the third angel’s message as the hand is with the body...Whoever violates moral obligations in the matter of eating and dressing prepares the way to violate the claims of God in regard to eternal interests.” –3T 62. (1886)

Near Close of Time, More Positive Health Reform Message

“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.” –6T 112. (1900)

Health Reform Lessens Suffering and Purifies Church

“The work of health reform is the Lord’s means for lessening suffering in our world and for purifying His church.” –CD 77. (1909)

Prominent in Preparing for Future Events

“Health reform...is a subject that we must understand in order to be prepared for the events that are close upon us, and it should have a prominent place.” –CH 452. (1890)

Conversion Includes Health Reform

“True conversion to the message of present truth embraces conversion to the principles of health reform.” –6Bio 199. (Letter 62, 1909)

The Greatest Miracle

“The conversion of the human soul is of no little consequence. It is the greatest miracle performed by divine power. Actual results are to be reached through a belief in Christ as a personal Saviour. Purified by obedience to the law of God, sanctified by a perfect observance of His holy Sabbath, trusting, believing, patiently waiting, and earnestly working out our own salvation with fear and trembling, we shall learn that it is God that worketh in us to will and to do of His good pleasure.” (Manuscript 6, 1900) – Ev 289.2

SDA Spectacle to World If Practiced Health Reform

“If Seventh-day Adventists practiced what they profess to believe, if they were sincere health reformers, they would indeed be a spectacle to the world.” –CH 575. (1902)

Angels Leave Those Who Persist in Neglect of Health Reform

“Although God’s voice should speak directly to them to put away those health-destroying indulgences, some would still cling to the hurtful things which they love. They seem joined to their idols, and God will soon say to His angels, Let them alone.” –CH 453. (1865)

Index to Character

“The lack of stability in regard to the principles of health reform is a true index to their character and their spiritual strength.” –2T 487. (1871)

“Above all things, we should not with our pens advocate positions that we do not put to a practical test in our own families, upon our own tables. This is a dissimulation, a species of hypocrisy.” –CD 468. (1870)

Reformers to Be Most Kind

“Of all people in the world, reformers should be the most unselfish, the most kind, the most courteous.” –MH 157. (1905)

Cannot Dictate to Others on Diet

“There is a real common sense in dietetic reform...no one should criticize others because their practice is not, in all things, in harmony with his own. It is impossible to make an unvarying rule to regulate every one’s habits, and no one should think himself a criterion for all.” –CD 198. (1905)

“We don’t make the health reform an iron bedstead, cutting people off or stretching them out to fit it. One person cannot be a standard for everybody else. What we want is a little sprinkling of good common sense. Don’t be extremists. If you err, it would be better to err on the side of the people than on the side where you cannot reach them. Do not be peculiar for the sake of being peculiar.” – SAT Vol. 1, p. 12. (1884)

Better Come One Step Short Than Too Far in Teaching Health Reform

“We must go no faster than we can take those with us whose consciences and intellects are convinced of the truths we advocate. We must meet the people where they are. Some of us have been many years in arriving at our present position in health reform. It is slow work to obtain a reform in diet. We have powerful appetites to meet; for the world is given to gluttony. If we should allow the people as much time as we have required to come up to the present state in reform, we should be very patient with them, and allow them to advance step by step, as we have done, until their feet are firmly established upon the health

reform platform. But we should be very cautious not to advance too fast lest we be obliged to retrace our steps. In reforms, we would better come one step short of the mark than to go one step beyond it. And if there is error at all, let it be on the side next to the people.” –3T 20, 21. (1870)

Note: This was at a time when fruit and other nutritious food was scarce and hard for the people to acquire.

Appetite More Difficult Near End

“As we near the close of time, Satan’s temptation to indulge appetite will be more powerful and more difficult to overcome.” –CD 59. (1875)

Brain Numbed by Overeating

“Overeating, even of the simplest food, benumbs the sensitive nerves of the brain, and weakens its vitality.” –CD 102. (1870)

Sleeping in Church from Overeating

“Upon the Sabbath, in the house of God, gluttons will sit and sleep under the burning truths of God’s word. They can neither keep their eyes open, nor comprehend the solemn discourses given.” –2T 374. (1870)

Gluttons Can’t Go to Heaven

“What a thought! Gluttons in heaven! No, no; such will never enter the pearly gates of the golden city of God.” –CD 125. (1868)

Adventists Eat Too Much

“As a people, with all our profession of health reform, we eat too much.” –3T 487. (1909)

Religious Life More Successful without Meat

“A religious life can be more successfully gained and maintained if meat is discarded.” –CD 389. (1896)

Many Meat Eaters Will Leave the Truth

“Many who are now only half converted on the question of meat eating will go from God’s people to walk no more with them.” –CD 382. (1902)

How to Change to a Meatless Diet

“In all cases educate the conscience, enlist the will, supply good, wholesome food, and the change will be readily made, and the demand for flesh will soon cease.” –MH 317. (1905)

Temporary Weakness after Stopping Meat Eating Will Leave

“After one discontinues the use of meat, he may for a time feel a weakness, but when his system is cleansed from the effect of this diet, he no longer feels the weakness.” –CD 397. (1896)

Take a Firm Stand Against Meat Eating

“God’s people are to take a firm stand against meat eating.”
–MM 278. (1902)

Christian Duty to present their body to Christ

“It is the duty of each student, of each individual, to do all in his power to present his body to Christ, a cleansed temple, physically perfect as well as morally free from defilement,—a fit abode for God’s indwelling presence.” –
Special Testimonies On Education, May 11, (1896)

Reform = Revelation of Christ

“The world needs today what it needed nineteen hundred years ago—a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished.” –MH 143.2 (1905)

God calls for Revival and Reformation among His people

“God calls for a spiritual revival and a spiritual reformation. Unless this takes place, those who are lukewarm will continue to grow more abhorrent to the Lord, until He will refuse to acknowledge them as His children.” –RH, Feb 25, (1902)

Revival and Reformation are Two Different Things

“A revival and a reformation must take place under the ministration of the Holy Spirit. Revival and reformation are two different things. Revival signifies a renewal of spiritual life, a quickening of the powers of mind and heart, a resurrection from spiritual death. Reformation signifies a reorganization, a change in ideas and theories, habits and practices. Reformation will not bring forth the good fruit of righteousness unless it is connected with the revival of the Spirit. Revival and reformation...must blend.” –RH, Feb 25, (1902).

Final Vision - A Great Reformatory Movement

“In visions of the night representations passed before me of a great reformatory movement among God’s people. Many were praising God. The sick were healed, and other miracles were wrought. A spirit of intercession was seen, even as was manifested before the great day of Pentecost. Hundreds and thousands were seen visiting families, and opening before them the word of God. Hearts were convicted by the power of the Holy Spirit, and a spirit of genuine conversion was manifest. On every side doors were thrown open to the proclamation of the truth. The world seemed to be lightened with the heavenly influence and there seemed to be a reformation such as we witnessed in 1844.” –9T 126. (1909)

Meet the Author Behind the Quotes

The Lord has various ways of speaking to His people in different periods of time. To understand the prophetic ministry of Ellen G. White, we have to understand how God spoke to His people in time past in the Bible:

God Speaks Directly

Hebrews 1:1-2 “*GOD, who at sundry times and in divers manners **spake** in time past unto the fathers by the **prophets**, hath in these last days spoken unto us by **His Son**, whom He hath appointed heir of all things, by whom also He made the worlds.*”

At the beginning, before sin entered the world, man had communion with God face to face. We learn also that after man had sinned the Lord instructed His people in an audible voice: Adam (Gen 3:8-18); Cain (Gen 4:6-15); Noah (Gen 6:13-22; 7:1-5; 8:15; 9:8, 12, 17); Abraham (Gen 17:1-6); Isaac (Gen 26:2-5); Jacob (Gen 28:13); Moses (Num 12:6-8); Samuel (1 Sa 3:4); and Paul (Acts 9:3-9).

God Speaks Through Angels

The Lord also spoke to men through the agency of angels. The pure, holy angels are “*sent forth to **minister** for them who shall be heirs of salvation*” (Heb 1:7, 14). Through the instrumentality of angels, the Lord has often communicated His will to men. In this manner He spoke to Abraham (Gen 18:1-3); to Lot (Gen 19:1); to Joshua (Jos 5:13-15); to Gideon (Jud 6:11-22); to Manoah (Jud 13); and to Mary and Joseph (Luke 1:26-28). These holy beings are beings of a higher order than men, as man was made “*a little lower than the angels.*” (Heb 2:7).

God Speaks Through His Prophets

Amos 3:7 “*Surely the Lord God will do nothing, but he revealeth his **secret** unto his servants the **prophets.**”*

2 Chronicles 20:20 “*Believe in the Lord your God, so shall ye be established; **believe his prophets**, so shall ye prosper.*”

A prophet’s message (prophecy) is therefore the revealed secret of God. At some point in everlasting (Tit 1:2; Rom 16:25; Eph 1:4; 2Th 2:13; 1Pe 1:20; Mic 5:2), the Godhead convened an assembly at which point the secret things of God were discussed (Psa 78:2; Matt 13:35; Eph 1:4; 1Pe 1:20; Rev 13:8). As God has raised His prophets throughout human history, these secrets were revealed (Amo 3:7) to then be given to God’s people (Pro 3:32; Jer 23:22) as prophecy. These revealed secrets were then to be

understood (Job 15:8; Jer 23:18) by those who feared Him (Psa 25:14) and to ultimately reveal to those His covenant (Psa 25:14). Ultimately, the prophecy would then turn God's people from their evil ways (Jer 23:22). At the end of time, it will be required of God's people to prophesy again:

Revelation 10:11 *“And he said unto me, you must **prophesy again** before many peoples, and nations, and tongues, and kings.”*

At the closing scenes of time, God gave the Church a prophet who would reveal the secrets of God to His people (Amos 3:7) and who would write the visions and make them plain for the people to understand (Hab 2:3). Her name was Ellen Gould White. She was a woman of remarkable spiritual gifts who lived most of her life during the nineteenth century (1827-1915), yet through her writings she is still making a revolutionary impact on millions of people around the world. During her lifetime she wrote more than 5,000 periodical articles and 40 books. Today, more than 100 titles are available in English from her 50,000 pages of manuscripts. She is the most translated woman writer in the entire history of literature, and the most translated American author of either gender. From the time she was 17 years old until she died 70 years later, God gave her approximately 2,000 visions and dreams. The visions varied in length from less than a minute to nearly four hours.

“In ancient times God spoke to men by the mouth of prophets and apostles. In these days He speaks to them by the testimonies of His Spirit. There was never a time when God instructed His people more earnestly than He instructs them now concerning His will and the course that He would have them pursue.” –5T 661. (1878)

There are many types of prophets in the Bible, there are prophets who wrote parts of the Bible and those who did not; there are men prophets and women prophets; and there are prophets that are connected to time prophecies. God gave Noah the 120 year prophecy concerning the flood, He gave Daniel the 2300 day/year and 490 year prophecies. God also gave time prophecies to Israel concerning how long they would be in Egypt and Babylon.

One way God used His prophets was to raise up a prophet at the beginning of a certain prophecy. These prophets can be called a **‘Proclaiming Prophet’** - they proclaim the prophecy from its inception but not necessarily at its fulfillment. However, when the time prophecy is fulfilled we find that God would raise up what we can call a **‘Gathering Prophet’**. A gathering prophet would recognize they were living in the time of a certain prophecy as it was being fulfilled. When a prophecy is fulfilled, a remnant of people would gather around the time sensitive prophecy as it was fulfilling. The gathering prophet’s message often had a *present truth* component to it when it fulfills that people would gather around and unite in. This

was the purpose of all New Testament writers, to bring the people to the knowledge of the present truth for their time:

2 Peter 1:12 *“Wherefore I will not be negligent to put you always in remembrance of these things, though ye know them, and be established in the **present truth.**”*

When it comes to a gathering prophet, their ministry was commonly life or death. Also, with both the proclaiming prophets and the gathering prophets, their name would correspond with their ministry. These same rules apply to the prophetic ministry of Ellen Gould White, but first we will demonstrate this principle from the Bible:

ABRAM AND MOSES

A biblical example of a proclaiming and gathering prophet duo is that of Abraham and Moses. God revealed to Abram the prophecy regarding how long the Children of Israel were to be held captive in Egypt, thus making Abram a **Proclaiming Prophet** (Gen 15:13). His name, **Abram**, means **‘the Father is exalted’** and we find that wherever he moved, he built an altar and the people in the area came to know about the God of Heaven because of Abram’s example and lifestyle. He exalted his Heavenly Father; his name corresponded to his ministry.

Later his name was changed to **Abraham** that means **‘father of many nations’**. He is the father of the Jews, Islam, and Christianity—his name corresponds to his ministry. He was given the prophecy about the 430 years

that the children of Israel would be in Egypt and then they would come out. (Exo 12:40-41).

At the end of that prophecy (the end of 430 years) the Lord raised up a **Gathering Prophet** and that was Moses.

Moses' name meant '**saved out of the water**' because as a baby he was saved out of the water. And Moses led the people through the waters of the Red Sea and if Moses had not struck the rock, he would have led Israel through the waters of the Jordan into Canaan. His name corresponded to his ministry. What happened to the people who did not accept Moses' ministry? They died in the Wilderness, but those who believed became the remnant who entered Canaan land. (Josh 3:1-5:13). Moses' ministry was life or death.

We see that the **pattern** of a time prophecy that has to do with God's people is always the same: Proclaiming Prophet → Time Prophecy Proclaimed → Gathering Prophet → Time Prophecy Fulfilled → a Remnant gathers around/accepts fulfilled prophecy. Two other observations is that (1) the prophetic message that was fulfilled often had serious spiritual implications for those who rejected the prophecy and (2) the prophet's name applied to their ministry.

DANIEL AND ELLEN G. WHITE

There is one prophet in the Bible who is identified as giving more time prophecies than any other prophet and that is Daniel. In Daniel 9 he talks about studying the scriptures. From the book of Jeremiah he recognizes that it is time for

God's people to come out of Babylon. **Daniel** means '**God is my Judge**'. We see several types of judgment in the story of Daniel. In the first verse we see Babylon bringing judgment against Jerusalem; the investigative judgment in Daniel 8:14; Belshazzar's kingdom is judged in Daniel 5; Nebuchadnezzar being judged with seven times passing over him in Daniel 3; the Beast power is judged in Daniel 7; and Daniel 9 is the judging of those who cut off the Messiah in the 70th week (the Jewish Nation at Christ's crucifixion). His name definitely corresponds with his ministry.

These prophecies show that Daniel was a **Proclaiming Prophet**. The 2300 day/year time prophecy had components which were fulfilled both in the time of the Jewish Nation and for those living in the time of the end (circa 1798). It began in 457 BC and it covers **four** fulfilling events where different Gathering Prophets were raised up to proclaim its fulfillment and gather the remnant in that time around the present truth message. Daniel 8 is cut short because Daniel faints in Daniel 8:27, so Daniel 9 picks back up where the 70 weeks prophecy is given as a segment within the 2300 day/year prophecy of Daniel 8. These four prophetic events are outlined below by the gathering prophets who received them during their fulfillment in time:

1. The Temple rebuilt in troublous times - Daniel's judgment prophecy regarding the Jewish Nation begins by talking about an initial seven weeks at the beginning of the 70 weeks time prophecy, where

“the streets and walls would be rebuilt in troublous times.” (Dan 9:25). **Nehemiah** was raised up as a **Gathering Prophet**. **Nehemiah** means, **‘consolation; repentance of the Lord’**, and that fits in with the work he did and what was going on at that time. **There was a remnant** of people at that time that recognized that there was work to do in rebuilding and restoring Jerusalem, and also saw a need for reform in keeping the seventh-day Sabbath.

2. Confirm the Covenant with many for one week - In Daniel 9:27, the Messiah [Christ] was *“confirming the covenant with many for one week”*. This portion of the 70 week prophetic time period began in 27 AD when Jesus was Baptized. (Matt 3:13-17). Was there a **Gathering Prophet** raised up to announce this time? Yes, John the Baptist was raised up to proclaim that the time of the Messiah had come and to baptize Him. **John** means **‘Yahweh is gracious’**. His name reflects his ministry because we know him as the Baptist. **There was a remnant** of people who believed in the ministry of John, who helped with the baptizing of the people, which were his disciples. We are told that those who did not accept the preaching of John the Baptist could not be benefited by the teachings of Christ. If they could not be benefited by the teachings of Christ, it meant they were lost, so again we see it was a matter of life or death.

3. Cut off in the midst - The Cross of Jesus Christ is when He [the Messiah] would be “*cut off in the midst*” (AD 31) of the 70th week. Which was followed by when the gospel would be preached to the Gentiles (AD 34). The next prophetic way-mark was at AD 34, the end of the seventieth week that had been allotted to the Jewish Nation in the 2300 day/year prophecy, when Israel was to be divorced from God. The **Gathering Prophet** here was **Paul**, who was formerly **Saul**, whose name means ‘**selected or set forth**’. He was told that he was a chosen vessel unto Christ, to bear His name before the Gentiles, and kings, and the children of Israel. Then his name was changed to **Paul** which means ‘**little**’, as he said of himself: 1 Corinthians 15:9 “*For I am **the least** of the apostles, that am not meet to be called an apostle, because I persecuted the church of God.*” **There was a remnant** raised up at the cross who believed it was time to carry a message to the world, and also at AD 34 there was a remnant who knew it was time to carry the message to the Gentiles. The gospel to the Gentiles was certainly a life or death question.

4. Then Shall the Sanctuary be Cleansed - Finally, at the **end** of the 2300 days, we have the year 1844, where a judgment hour message was proclaimed. Therefore, in 1844, at the conclusion of the 2300 time prophecy, **we should expect to see a Gathering Prophet** whose **ministry, message, and name** corresponds to the fulfillment of this time

prophecy. Daniel 8:14 *“And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed.”* We should also see a **remnant of people raised up** that would understand this message as the present truth, as well as the gathering prophet’s ministry as being a matter of **spiritual life or death** for the people. What do we find when we turn to the pages of the history books? During the 1800’s, we see a resurgence of the Gift of Prophecy in the church, and the prophetic ministry was restored to God’s people through a young lady named **Ellen Gould White**. Ellen Gould White is recognized as the prophet to the church of Laodicea in the last days. In the message to Laodicea, we are counseled to get **three** things: gold tried in the fire; white raiment; and eyesalve. Revelation 3:18 *“I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see.”* **Eyesalve** means spiritual discernment which is the Word of God. We need the Holy Spirit to correctly understand the Word of God but it is by the Word that the spirits must be tried. Psalm 119:105 *“Thy word is a lamp unto my feet, and a light unto my path.”* It is not an accident that the word **Ellen** means ‘**a bright and shining light**’, or in some translations; ‘**Bright Eyes**’. **Gould** is the old English word for **Gold**; and it is obvious what the meaning of **White** is: ‘**purity/**

righteousness'. Ellen G. White is clearly the prophet to Laodicea and to reject the ministry of Ellen White is a matter of life or death. To reject the ministry of the Spirit of Prophecy is to reject the remedy for Laodicea. The '**Eyesalve**' that we need is a 'Bright and Shining Light' or 'Bright Eyes' that is **Ellen**. The 'Faith that works by love and purifies the soul' symbolized by Gold, that is **Gould**. The '**righteousness of Christ**' which is symbolized by '**White Raiment**' that is **White**. Before Sister White married James White and became Ellen Gould White, she was Ellen Gould Harmon. **Harmon** means '**a Christian Soldier**.' That was the **characteristic of Philadelphia** which was the time period (pre-1844) she was in before she was married to James White (1846). The Philadelphians were soldiers for the Lord, taking the message to the world, acting on faith, symbolized by the gold and they were following the Word of God—the bright and shining light. Ellen Gould Harmon White was the prophet to the Philadelphians and the Laodiceans. God used Ellen G. White as a **Gathering Prophet** who gathered together a **remnant** to stand as God's last day church who "*keep the commandments of God and have the Faith of Jesus*" Rev 14:12.

Sister White's last words she spoke as she was on her deathbed were "*I know in whom I have believed.*" She was

truly a woman that loved her Lord more than life itself and served Him with all of her being.

2 Timothy 1:12 *“For the which cause I also suffer these things: nevertheless I am not ashamed: **for I know whom I have believed**, and am persuaded that he is able to keep that which I have committed unto him against that day.”*

In closing, consider what Ellen White’s closing thoughts were on (1915):

“Now is our time and opportunity to labor for the young people. Tell them that we are now in a perilous crisis, and we want to know how to discern true godliness. Our young people need to be helped, uplifted, and encouraged, but in the right manner, not, perhaps, as they would desire it, but in a way that will help them to have sanctified minds. They need good, sanctifying religion more than anything else. – LS 448.3. “I do not expect to live long. My work is nearly done. Tell our young people that I want my words to encourage them in that manner of life that will be most attractive to the heavenly intelligences.” – LS 448.4. “God is love.” “He giveth His beloved sleep.” To them the long night of waiting until the morning of the resurrection is but a moment; and even to those who remain the time of waiting will not be long, for Jesus is coming soon to gather His loved ones home. As our beloved sister herself declared to

those about her one Sabbath day during her sickness, “We shall all be home very soon now.” –LS 449.3. (1915)

Ellen Gould White (1827 – 1915)



Index to Book and Periodical Title Abbreviations

Adventist Home - AH
Bible Commentary - BC
Christ Object Lessons - COL
Christian Temperance and Bible Hygiene - CTBH
Counsels for the Church - CCh
Counsels on Diet and Foods - CD
Counsels on Health - CH
Darkness Before Dawn - DD
Desire of Ages - DA
Education: Ed
Evangelism - Ev
Gospel Workers - GW
Manuscript Releases (books 1-21) - e.g. 1MR, etc.
Medical Ministry - MM
Messages to Young People - MYP
Mind Character and Personality - MCP
Mount of Blessings - MB
My Life Today - ML
Patriarchs and Prophets - PP
Prayer - Pr
The Review and Herald - RH
Selected Messages (1-3) - SM
Spiritual Gifts - SG
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Temperance - Te
Testimonies for the Church (volumes 1-9) - e.g. 1T, etc.
Testimonies on Sexual Behavior - (TSB)
Testimonies to Ministers - TM
The Great Controversy - GC
The Ministry of Healing - MH
The Sanctified Life - SL
ISM - Selected Messages, Book 1 of 3
The Story of Redemption - SR