



Health Reform 4

Acts 16:31 (KJV) — 31 And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house.

**Romans 1:17 (KJV) — 17 For therein is the
righteousness of God revealed from faith to faith: as
it is written, The just shall live by faith.**

**Romans 3:22 (KJV) — 22 Even the righteousness of
God which is by faith of Jesus Christ unto all and
upon all them that believe: for there is no difference:**

Romans 3:25 (KJV) — 25 Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God;

**Romans 4:3 (KJV) — 3 For what saith the scripture?
Abraham believed God, and it was counted unto him
for righteousness.**

**Romans 5:1 (KJV) — 1 Therefore being justified by
faith, we have peace with God through our Lord Jesus
Christ:**

Romans 4:11 (KJV) — 11 And he received the sign of circumcision, a seal of the righteousness of the faith which he had yet being uncircumcised: that he might be the father of all them that believe, though they be not circumcised; that righteousness might be imputed unto them also:

Romans 6:23 (KJV) — 23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

Romans 9:30 (KJV) — 30 What shall we say then? That the Gentiles, which followed not after righteousness, have attained to righteousness, even the righteousness which is of faith.

Galatians 2:16 (KJV) — 16 Knowing that a man is not justified by the works of ~~the~~ law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of ~~the~~ law: for by the works of ~~the~~ law shall no flesh be justified.

**I am asked concerning the law in Galatians. What law is the schoolmaster to bring us to Christ? I answer:
Both the ceremonial and the moral code of ten commandments. 1SM 233.1**

**Galatians 3:7 (KJV) — 7 Know ye therefore that they
which are of faith, the same are the children of
Abraham.**

Galatians 3:24 (KJV) — 24 Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith.

Ephesians 2:8–10 (KJV) — 8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: 9 Not of works, lest any man should boast. 10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them

Philippians 3:9 (KJV) — 9 And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

James 4:17 (KJV) — 17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.

**Galatians 5:21 (KJV) — 21 Envyings, murders,
drunkenness, revellings, and such like: of the which I
tell you before, as I have also told you in time past,
that they which do such things shall not inherit the
kingdom of God.**

Romans 10:17 (KJV) — 17 So then faith cometh by hearing, and hearing by the word of God.

Faith is trusting God—believing that He loves us and knows best what is for our good. Thus, instead of our own, it leads us to choose His way. In place of our ignorance, it accepts His wisdom; in place of our weakness, His strength; in place of our sinfulness, His righteousness. Our lives, ourselves, are already His; faith acknowledges His ownership and accepts its blessing. Truth, uprightness, purity, have been pointed out as secrets of life's success. It is faith that puts us in possession of these principles. Ed 253.1



Hebrews 12:2 (KJV) — 2 Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Hebrews 12:3 (KJV) — 3 For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds.

**Philippians 2:5 (KJV) — 5 Let this mind be in you, which
was also in Christ Jesus:**

The relation that exists between the mind and the 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 241.1

Romans 12:2 (KJV) — 2 And be not conformed to this world: but be ye **transformed** by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

μεταμορφόω metamorphoō



**Strictly temperate habits in eating and drinking,
with firm trust in God, will improve your
physical, mental, and moral health. 4T p. 214.2**

**2 Corinthians 10:3–5 NASB — 3 For though we walk
in the flesh, we do not war according to the flesh,
4 for the weapons of our warfare are not of the flesh,
but divinely powerful for the destruction of
fortresses. 5 We are destroying speculations [human
reasoning] and every lofty thing raised up against the
knowledge of God, and we are taking every thought
captive to the obedience of Christ.**

**Every organ of the body was made to be servant
to the mind. The mind is the capital of the body.**

1MCP 72.1

The lower passions have their seat in the body and work through it. The words “flesh” or “fleshly” or “carnal lusts” embrace the lower, corrupt nature; the flesh of itself cannot act contrary to the will of God. We are commanded to crucify the flesh, with the affections and lusts. How shall we do it? Shall we inflict pain on the body? No; but put to death the temptation to sin. 1MCP 236.2a

The corrupt thought is to be expelled. Every thought is to be brought into captivity to Jesus Christ. All animal propensities are to be subjected to the higher powers of the soul. The love of God must reign supreme; Christ must occupy an undivided throne. 1MCP 236.2b

True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.. . . The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body.

PP 562.1

**Psalm 38:3 (KJV) — 3 There is no soundness in my
flesh because of thine anger; neither is there any
rest in my bones because of my sin.**

**Psalm 38:8 (KJV) — 8 I am feeble and sore
broken: I have roared by reason of the
disquietness of my heart.**

Exodus 15:2 (KJV) — 2 The LORD is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him.

**1 Thessalonians 5:9 (KJV) — 9 For God hath not
appointed us to wrath, but to obtain salvation by our
Lord Jesus Christ,**

3 John 2 (KJV) — 2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

1 Thessalonians 5:23 (KJV) — 23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Exodus 15:26 . . . I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Matthew 15:31 (KJV) — 31 Insomuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel.

Acts 3:7–8 (KJV) — 7 And he took him by the right hand, and lifted him up: and immediately his feet and ankle bones received strength. 8 And he leaping up stood, and walked, and entered with them into the temple, walking, and leaping, and praising God.

Proverbs 17:22 (KJV) — 22 A merry heart doeth good
like a medicine: but a broken spirit drieth the bones.

**Romans 8:6–7 (KJV) — 6 For to be carnally minded is death; but to be spiritually minded is life and peace.
7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.**

**Philippians 2:5 (KJV) — 5 Let this mind be in you, which
was also in Christ Jesus:**

**Deuteronomy 28:15 (KJV) — 15 But it shall come to pass,
if thou wilt not hearken unto the voice of the LORD thy
God, to observe to do all his commandments and his
statutes which I command thee this day; that all these
curses shall come upon thee, and overtake thee:**

Deuteronomy 28:28 (KJV) — 28 The LORD shall smite thee with madness, and blindness, and astonishment of heart:

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 imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary. MH 241.2

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.

MH 241.3

In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease. MH 241.4

The mind does not wear out nor break down so often on account of diligent employment and hard study, as on account of eating improper food at improper times, and of careless inattention to the laws of health. . . .

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.— YI May 31, 1894, par. 8

You need physical exercise. You move and act as if you were wooden, as though you had no elasticity. Healthy, active exercise is what you need. This will invigorate the mind. 2T 413.1

Tea and coffee produce an immediate effect. Under the influence of these poisons the nervous system . . . and is followed by a corresponding depression. CTBH 31.2

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

Philippians 2:3–5 (KJV) — 3 Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. 4 Look not every man on his own things, but every man also on the things of others. 5 Let this mind be in you, which was also in Christ Jesus.

Good deeds are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of right-doing is one of the best medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.

HM 257.1

Let the invalid, instead of constantly requiring sympathy, seek to impart it. Let the burden of your own weakness and sorrow and pain be cast upon the compassionate Saviour. Open your heart to His love, and let it flow out to others.

Remember that all have trials hard to bear, temptations hard to resist, and you may do something to lighten these burdens. MH 257.2

The attitude of gratitude:

Express gratitude for the blessings you have; show appreciation of the attentions you receive. Keep the heart full of the precious promises of God, that you may bring forth from this treasure, words that will be a comfort and strength to others. This will surround you with an atmosphere that will be helpful and uplifting. MH 257.2

**. . . in nine cases out of ten the knowledge
of a sin-pardoning Saviour would make
them [the sick] better both in mind and
body. 5T 448.2**

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 imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary. MH 241.2

Luke 21:34 (KJV) — 34 And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

Philippians 4:6–7 (KJV) — 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Philippians 4:8 (KJV) — 8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**John 14:27 (KJV) — 27 Peace I leave with you, my peace
I give unto you: not as the world giveth, give I unto you.
Let not your heart be troubled, neither let it be afraid.**

Matthew 11:28–30 (KJV) — 28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.

**Proverbs 12:25 (KJV) — 25 Heaviness in the heart of man
maketh it stoop: but a good word maketh it glad.**

**1 Peter 5:7 (KJV) — 7 Casting all your care upon him; for
he careth for you.**

