

Salubrity and Me

Joseph Carty / General

Seven S's of Adventism / Health / 3 John 2

Does God really care about my physical health. Why does this matter to God. I'm not taking this physical body to heaven, so why should it matter? Let's study God's plan for whole person health.

A man went to a church meeting where they had a guest speaker who also had a gift of healing. When he went to work on Monday, his colleagues said, "So how was it?" He replied, "It was absolute rubbish! Even the guy in the wheelchair got up and walked out!"

- Does God care about my physical body?

The Bible

3 John 2 ESV

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

- I'm not taking the body to heaven.
- What difference does it make?

1 Corinthians 6:19–20 ESV

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

- Some say this verse
- only talking about
- Sexual immorality

- What else does this apply to?

1 Corinthians 10:31 ESV

So, whether you eat or drink, or whatever you do, do all to the glory of God.

Original Plan

Genesis 1:29 ESV

And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.

Vegetables

Genesis 3:18 ESV

thorns and thistles it shall bring forth for you;

and you shall eat the plants of the field.

New Start

Nutrition

Exercise

Water

Sunshine

Temperance

Air (Fresh)

Rest

Trust In God

- God cares about our health

A hypochondriac went to a doctor and burst into tears. "I'm certain I've got liver disease, and I'm going to die from it." "That's ridiculous," said the doctor. "You wouldn't even know if you had liver disease or not. There's no discomfort of any kind with that ailment." "That's right!" said the hypochondriac. "And those are my exact symptoms!"

Nutrition

Ellen White

- 1863
- Role of Prophet
 - Expound on Truth
 - Add more details
- SDA Church
 - recognizes her as prophet
 - Maybe you are not there
 - Share things anyway

Healthy Hellions

- Why health ministries?
- “Right Arm”
- “Entering Wedge”
- More?
 - Unhealthy hellion
 - healthy hellion?

Mind - Body - Spirit

- Connected Beings
- Mind
- Body
- Spirit
- Sick Physically
 -

- Kenny Asked
 - Spiritual Connection?

Potluck, Blood, Brain

Pacific Union Recorder October 9, 1902: "These Things Ought Not so to Be"

At bountiful tables men often eat much more than can be easily digested. The overburdened stomach can not do its work properly. The result is a disagreeable feeling of dulness in the brain. The mind does not act quickly. And when several kinds of food are eaten at the same meal, indigestion is often the result. Some foods do not agree with other foods. A disturbance is created by improper combinations of food, fermentation sets in, the blood is contaminated, and the brain is confused.

A patient went to her doctor about a weight-loss patch she'd seen advertised. "Apparently, you stick it on, and the pounds just fall off. Does it work?" she asked. "Sure," the doctor replied. "If you put it over your mouth."

Food, Blood, Organs

Pacific Health Journal Diet and Health

Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into

blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue.

Diet Affects Spirituality

That man is worshiping at the shrine of perverted appetite. He is an idolater. The powers which, sanctified and ennobled, might be employed to honor God, are weakened and rendered of little service. An irritable temper, a confused brain, and unstrung nerves are among the results of his disregard of nature's laws. He is inefficient, unreliable.—Testimonies for the Church 5:196, 197 (1882).

The digestive organs have an important part to act in our life happiness. God has given us intelligence that we may learn what we should use as food. Shall we not, as sensible men and women, study whether the things we eat will be in agreement or whether they will cause trouble? People who have a sour stomach are very often of a sour disposition. Everything seems to be contrary to them, and they are inclined to be peevish and irritable. If we would have peace among ourselves, we should give more thought than we do to having a peaceful stomach.—Manuscript 41, 1908. (Counsels on Diet and Foods, 112.

Abstemiousness in diet is rewarded with mental and moral vigor; it also aids in the control of the passions. Overeating is especially harmful to those who are sluggish in temperament; these should eat sparingly and take plenty of physical exercise. There are men and women of excellent natural ability who do [309] not

accomplish half what they might if they would exercise self-control in the denial of appetite.

Those upon whom rest important responsibilities, those, above all, who are guardians of spiritual interests, should be men of keen feeling and quick perception. More than others, they need to be temperate in eating. Rich and luxurious food should have no place upon their tables.

- Why should spiritual leaders have healthier diets?
- Because there is a connection between diet and choices.
- This is especially true of spiritual choices.
- The fact is, this applies to all of us.
- Those in spiritual leadership will be held more responsible.

- Just see this quote:

“But often the work of those who have [310] important plans to consider and important decisions to make is affected for evil by the results of improper diet. A disordered stomach produces a disordered, uncertain state of mind. Often it causes irritability, harshness, or injustice. Many a plan that would have been a blessing to the world has been set aside, many unjust, oppressive, even cruel measures have been carried, as the result of diseased conditions due to wrong habits of eating.”

- The more rich and unhealthy the food, the more it impacts the blood, mind, and spirituality

What is Healthy?

- Plant food
- Prepared as close to natural as possible

What is Rich?

- Meat
- Dairy
- White Grain
- Rich Desserts
- Rich Savory Food

Unclean Food

Read [Lev 11](#) Completely

- Why does this apply to us?

Flesh Foods

- Long Quote

Pacific Union Recorder October 9, 1902: “These Things Ought Not so to Be”

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” All are now being tested and proved. Many to whom precious light has been given desire to return to the fleshpots of Egypt. Many who are supported by the tithe from God’s storehouse are by self-indulgence poisoning the life-giving current flowing through their veins. Disregarding the light and the warnings that God has given during the past twenty-five or thirty years, some continue to gratify their desire for flesh-meat.

We are not to make the use of flesh-meat a test. But we may and should consider the influence that professed believers who use flesh-meat have over other churches. Those who use flesh-meat disregard all the warnings that God has given concerning this question. They have no evidence that they are walking in safe paths. They have not the slightest excuse for eating the flesh of dead animals. God’s curse is resting upon the animal creation. Many times when meat is eaten it decays in the stomach, and creates disease. Cancers, tumors, and pulmonary diseases are largely caused by meat-eating.

As God’s messengers shall we not bear a decided testimony against the indulgence of perverted appetite? Will those who claim to be ministers of the gospel, proclaiming the most solemn truth ever given to mortals, make the stomach a cesspool? God has provided an abundance of fruits and grains, which may be healthfully prepared and used in proper quantities. Why, then, do men

continue to choose flesh-meats? Can we possibly have confidence in ministers who at tables where flesh is served join with others in eating it?

The parents who know the truth in regard to the indulgence of appetite should not permit their children to eat to excess, or to eat flesh-meat or other foods that excite the passions. Man is built up from what he eats. The use of flesh-meat strengthens the lower propensities, and excites them to increased activity. Parents should discard everything that endangers the moral and physical health of their children. They should not place flesh-meat on the table. And if they allow their children to eat meat freely, use butter and eggs, disease in some form will surely result, impairing the health of mind and body. Thus spirituality is weakened and often destroyed.

Drugs

Alcohol

Tobacco

Caffeine

- Negatively Impacts the Temple

Counsels on Diet and Foods Chapter 24—Beverages

Tea and coffee are stimulating. Their effects are similar to those of tobacco; but they affect in a lesser degree. Those who use these slow poisons, like the tobacco user, think they cannot live without them, because they feel so very bad

when they do not have these idols.... Those who indulge a perverted appetite, do it to the injury of health and intellect. They cannot appreciate the value of spiritual things. Their sensibilities are blunted, and sin does not appear very sinful, and truth is not regarded of greater value than earthly treasure.—Spiritual Gifts 4a:128, 129, 1864

Counsels on Diet and Foods Chapter 24—Beverages

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.—Manuscript 44, 1896

- Sin?
- Strong words.
- It pollutes the mind
- destroys inhibitions
- hurts the spirituality

Conclusion

1. God cares about our health
2. Physical Health Choices do impact Spiritual Health

Appeal

1. Take a Step in a positive direction this year.