

Created Whole, with a Warrantee: Part 1:

Jesus Christ Maketh Thee Whole! Acts 9:34

We are all familiar with the story of Creation. Please follow along with me, starting in Genesis 2 verse 7.

Genesis 2:7 “And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.”

Please notice, he wasn't given a soul—when the breath of life of God was breathed into the nostrils of the body that the Creator had made of the dust and clay of the earth, man **became** a living soul. A whole living soul consists of the body of dust and the Breath of Life. So what did the Creator then do with this whole living soul? Let's continue:

8: And the Lord God built a large crowded city with congested freeways, heavy smog, high-rise office buildings with windows that were sealed shut. And there He put the man He had formed. 9: and out of the ground made the Lord God to grow, every tree that is pleasant to the sight, and good for growing medicinal drugs and man-made supplements and the tree of anti-aging human growth hormone in the midst of the garden, and the tree of knowledge of good and situation ethics. 10: and a heavily polluted river went out of the city to a soft drink factory where it was mixed into every kind of colored and synthetically flavored drink, containing refined and artificial sweeteners, addictive chemicals, and colors, made bubbly with carbon-dioxide and trucked into the city for the inhabitants to use for drinking.

So what about man's diet?

1:29: and God said, “Behold I have given you every processed food of every shape and size in eyecatching packages, filled with MSG, artificial sweeteners, coloring, preservatives and other chemicals and contained in plastic packaging that is rapidly accumulating on the face of all the earth, All sorts of sweet cakes, candy, hamburgers and other meats made from grinding up the animals that I so tenderly created on the 6th day of creation; and other foods dripping with fats and covered with heavy sauces, to you they shall be for food.”

How far we have fallen!!! By the way, do you know who built the first city? It was Cain after he killed his brother. The followers of God tended to dwell in the country according to God's plan for mankind.

Recently a woman with cancer said to Dr. Day on learning of her recovery from cancer by use of a plant based diet, said, “I could never eat like that! I just want to live a normal life.”

How do we decide what's normal? By what everyone else is doing? In some communities it is normal to be cannibals. This is what happens to a society when it has lost its standard. The only real standard of truth is God and the Word of God, the Bible. When we abandon that standard, we start down a rapid, slippery slope to degradation and we think we are normal.

Now let's read what the Bible *really* says, starting with verse 8:

Genesis 2:8 “And the LORD God planted a garden eastward in Eden; and there he put the man whom he had formed. 9 And out of the ground made the LORD God to grow every tree that is pleasant to the sight, and good for food; the tree of life also in the midst of the garden, and the tree of knowledge of good and evil. 10 And a river went out of Eden to water the garden; and from thence it was parted, and became into four heads.”

Genesis 2:15 “And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.”

Genesis 1:29 “And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. 30 And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.”

God's Way School of Health

When sin came into the world a change came in the diet and situation of man:

Genesis 3:17 "And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; 18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; 19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return."

Notice: "Cursed is the ground FOR thy sake;" This was not a punishment—rather it was needful for them now in this changed condition, to be busy to help keep them out of trouble. Working on the land would also provide fresh air and sunshine. Vigorous exercise would be needful for man's well-being and in addition to the fruits, seeds and nuts that were his first diet; he now needed the 'herb of the field'. Vegetables and greens, originally meant only for the animals, would now be important for his health.

The Curse causeless.

God Created man Whole and gave him everything he needed for his wellbeing. He also gave him the most precious gift of all—freedom of choice. But freedom of choice comes joined together with something else—consequences. When man broke away from obedience to God, he became scattered and fragmented. You can notice as you read the account in Genesis 3, that right away Adam and Eve began to blame each other and even God for the results of their own choices.

Mankind is doing the same thing today, blaming anyone and everything else rather than admit that most things that happen to us come about as a result of our own actions and wrong choices. The Bible is clear about this: Proverbs 26:2 "As the bird by wandering, as the swallow by flying, so the curse causeless shall not come."

Galatians 6:7 "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

Many ask the question, "Why didn't God make man so he could not disobey and sin?" The answer has to do with the principle of AGAPE LOVE which is God's very character. True love can only happen when there is also the option not to love. Have you ever had a talking doll? You pull the string and it says "I love you!" It is fun for a while but it becomes tiresome because it is really meaningless. God would not create a world of puppets.

We live in a culture and we have a so-called health-care industry that tells us what most of us want to hear: "Disease just happens, it's not your fault, you are innocent and this just fell on you out of the blue." Like Adam and Eve, we blame each other: "You are making me sick!" We blame nature: "I caught a germ." We blame our parents: "It is in my genes; I can't help but be sick!" And we even blame God: "It is just a part of God's mysterious providence, He just wants me to suffer!"

Doctors tell us, "We have no idea what causes this." And yet they claim to be able to treat it anyway? Strange! Who of us would trust a mechanic who says, "I have no idea what part is broken in your car but just trust me and I will fix it." But as we see in the texts we just read, God says things don't 'just happen'; there is a cause behind any curse that comes.

The Inspired guidance we were talking about tells us: "Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthy conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system." Ministry of Healing 127.

Divine Guidance

"And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left." Isaiah 30:21

Seventh-day Adventists are well known to longevity researchers world-wide, because several studies have shown they tend to live longer and healthier than the average folk in the same general areas where the studies

were done. So just what is The Seventh-day Adventist Secret? As a people they have placed great emphasis on health and lifestyle and their practices have given them this result, but Adventism arose in the early 1840s coming out of the Great Advent Movement of prophecy that circled the globe during the 1830s and 40s—so just where did they acquire this special insight that modern science confirms is accurate and even in advance of modern medicine today?

Many years ago; there was a world famous health institution in Battle Creek Michigan. Its star medical director was John Harvey Kellogg MD. Any of you ever hear of Kellogg's corn flakes? What about peanut butter—ever use that? Well both these inventions came originally from Battle Creek Sanitarium.



Dr. John Harvey Kellogg always seems to be on top of the game and when medical fads came along, he either accepted them right away or rejected them and he was never seen to get on board with something that later proved wrong, also he would be well ahead on the cutting edge of things that later was found to be right on. One time someone asked him why this was so and how come he never seemed to fall into any medical pitfalls like some of them did, or fail to be on top of actual breakthroughs.

He responded with a very interesting piece of information; he explained that in 1863 a young lady named Ellen Gould Harmon White was given an amazing vision of information on health, diet and lifestyle. This precious information came at a time when the very existence of the Advent Movement was in jeopardy because of the amount of sickness that was hitting the ministers that were working at that time to carry the message forward and unless a change came, they were likely to die off. So at this time of need, God sent the message of His way to Health! This insight was on-going and it provided the Seventh-day Adventist people with complete literature on the subject. Kellogg said that when any new thing came along, he always checked it out against the data base of this inspired information—if it was in harmony, he embraced it—if not he ignored it. He had never been disappointed.

So amid all the clamor of thousands of voices 'out there' each claiming to have the answers, while people just get sicker by the day, we can be like Kellogg in this one way—we can have his 'advantage' by looking to the inspired counsel to know what is good. Then when we see a study in the paper that says for example, coffee is good for you—we don't run out and buy a coffee pot! Our inspired guidance tells us that coffee is addictive and harmful, so we know better. During the next few weeks we will investigate further into the heaven-inspired way to Hygienic Health.

To Be Continued:

Created Whole, with a Warrantee: Part 2:

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God's health insurance:

We hear a lot these days about health insurance: actually it should be called sickness insurance—just like 'health care' ought to be called sick care. Since that very first fall into sin in Eden, most of mankind has looked for one thing; to find a way to sin with impunity and not suffer any bad results from it. They have never found this, and they never will, no matter how much research they do. While a small minority have always served God and chosen to obey His Laws, both moral and physical, by far the majority have not and will not.

God's Way School of Health

It is also interesting that many of our ideas about the body, health, sickness, and God come to us not from the Bible, which is scientifically accurate, but from paganism and Greek philosophy. The Greeks had the concept that the body is evil, and it just houses a soul, but this is not found at all in the Bible. These Greek ideas lay at the bottom of the Roman Catholic teachings of painful penance, starving and beating the body and asceticism—monks and nuns living in seclusion and perpetual poverty. The false idea was that the weaker the body became, the stronger became the mind and soul. But as we saw in the first of Genesis, there is no such thing as the soul being separate from the body—it takes a Body **and** the Breath of Life to make a living soul.

In contrast, the Bible talks about the importance of caring for our health, and God says to us through the Apostle Paul, who, by the way, had to deal with Greek Philosophy in his day also:

1 Corinthians 3:16 "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? 17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

So what is God's Health Insurance program? Here is what Moses said to Israel when they came out of Egyptian Bondage:

Exodus 15:26 "And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."

And notice these Psalms:

Psalms 103:3 "Who forgiveth all thine iniquities; who healeth all thy diseases;"
Psalms 147:3 "He healeth the broken in heart, and bindeth up their wounds."

God wants to restore us to wholeness and wholesomeness.

How did Jesus describe the healing He was doing for the people when He walked this earth? Matthew 9:12 "But when Jesus heard that, he said unto them, They that be whole need not a physician, but they that are sick."

Mark 10:52 "And Jesus said unto him, Go thy way; thy faith hath made thee whole. And immediately he received his sight, and followed Jesus in the way."

John 5:6 "When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?"

Notice He did not say, "Do you want me to heal your legs?" He said "Made Whole" He ever recognized and taught that restoring health is a matter involving the entire person.

John 5:14 "Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: **sin no more**, lest a worse thing come unto thee." Here we see that Jesus was teaching that the man's condition came about because of his choice to willfully sin.

What really is sin anyway? We must let the Bible tell us: 1 John 3:4 "Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law."

From God's own Word, we can see that sickness is not God's plan for man!

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

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope." Jeremiah 29:11

God's Way School of Health

Apparently health has something to do with God's Laws; so there must be 'Laws of Health' which make up God's Health Plan, which when obeyed, pays the benefits of 'God's Health Insurance Policy'.

Let's find out what they are shall we?

God's health plan

God is no respecter of persons, so any plan for health that God would have, would need to fill the following specifications:

- 1 It would have to have been available to all generations since creation
- 2 It could not be available only to people in the 21st century or only in developed countries.
- 3 It could not involve any high technology.
- 4 It would have to be able to be done at home.
- 5 It would have to be able to be understood by all, educated or not educated.
- 6 It must be 100% whole and natural.
- 7 It must be Inexpensive so the poor could also use it.
- 8 It would cause absolutely no harm to the body.
- 9 It would not depend on torturing and death of myriads of God's creatures to develop it.
- 10 It would not require skilled personnel to administer it.
- 11 It would not use items so poisonous that a small error in dose is deadly.
- 12 It would be available to all; not just a privileged few.

Let's allow Sister Ellen to fill us in on what our Designer's Health Plan is: "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power, - these are the true remedies." Ministry of Healing, p. 127

We like to write them out into the acronym—"New-Start + ABC."

1. NUTRITION
2. EXERCISE
3. WATER
4. SUNSHINE
5. TEMPERANCE
6. AIR
7. REST
8. TRUST IN GOD
9. Attitude of Gratitude
10. Benevolence
11. Clothing



God's Way School of Health

What about in the beginning in the Garden where God placed man as their home? Were all these things present in the Garden of Eden? Yes, truly it was a WHOLE-some situation that man was placed in.

There is no other plan out there that meets all these requirements: This IS God's health program and He throws it out to you as a life-ring. Grab it and be blessed.

"Knowledge must be gained in regard to how to eat and drink and dress so as to preserve health. Sickness is the result of violating nature's law. Our first duty, one which we owe to God, to ourselves, and to our fellowmen, is to obey the laws of God. These include the laws of health."

Christian Temperance and Bible Hygiene 12

"As the foundation principle of all education in these lines, the youth should be taught that the laws of nature are the laws of God-- as truly divine as are the precepts of the Decalogue. The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless and willful violation of these laws is a sin against our Creator. How necessary, then, that a thorough knowledge of these laws should be imparted! Child Guidance 363.

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.

"In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body.

"I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided--pure air, pure water, and the healing, precious sunlight.

"Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws, which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, "What is the world's practice?" but, "How shall I as an individual treat the habitation that God has given me?" Child Guidance 366-367.

To be Continued:

Fill in the Blanks:

"Know ye not that ye are the _____ of God, and that the Spirit of God dwelleth in you? 17 If any man defile the _____ of God, him shall God destroy; for the temple of God is _____, which temple ye are." 1 Corinthians 3:16

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his _____, and keep all his statutes, I will put none of these _____ upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

"Who forgiveth all thine iniquities; who healeth all thy _____;" Psalm 103:3

"He healeth the _____ in heart, and bindeth up their wounds." Psalm 147:3

Disclaimer

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