

Health Quotes n' Notes™

God's Health HELPERS



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for RESALE**

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DISCLAIMER: This booklet is intended to offer general information which is subject to change. We do not make any diagnosis or personal treatment suggestions. This information is not intended to diagnose, treat, or cure any disease. We urge you to learn about health so that you can make informed decisions to preserve or regain the vibrant good health you deserve.

Foreword

This booklet was developed to give an overview of principles to help you have more abundant health and happiness. From what we should eliminate to what we need to include in our lives. Our family has made many changes over the years and continues to find ways to improve our lives. We have learnt to ‘slow down and smell the roses.’ We have not ‘arrived’ so to speak, in fact we have many areas we need to work on, but we do long to share those things that have made our lives better. There is much we do not have power over; death, accidents, genetics, and so on, but these do not have to control our health and happiness. Even those who are crippled or disabled have found they control their happiness and so some degree, even their health.

Many times we don’t clearly see the things around us that effect our health. Most death and disease is directly related to lifestyle whether it be lack of exercise, toxins, or diet. In fact even many colds and flu’s, which are external viruses and bacteria, can be avoided by building a healthy immune system and practicing good hygiene.

When making changes in your lifestyle, research for your individual needs. Red flag words to watch out for are ‘always’, ‘never’, ‘impossible’, ‘genetics’, ‘can’t help’, and so on. Society is prone to over generalize and so do some health professionals. You CAN affect your health even if you have poor genetics. There is no need to throw up your hands and say, “What good is it to try when my father, mother, brother, all died from heart disease.” It can be either delayed or avoided completely by good lifestyle choices. We have seen in our own lives that this is true. And there are thousands of testimonies, studies, and research articles to confirm it. Medical literature is proclaiming, lifestyle matters!

So what is lifestyle? Just about everything you have control over. This is the GOOD news. You can be in control of your health. Where you live, work, and play. What and when you drink and eat. Diet, exercise, sleep, work, play, water, habits, choices...all these have an impact on our health and happiness, so take control!

Health ‘n Happiness Helpers

Harmony

Living in harmony with natural law. Surrender to God’s law. Temperance and planning the use of time and money.

Exercise and Fresh air

Why, How, When, and Where. Exercise daily outdoors in the morning, to get fresh air. Hard work is just as good as jogging.

Lots of Water

Lubricate the muscles, joints, and the brain. Drink ½ your body weight in ounces. Vital to prevent disease, as water is a cleanser. Water on the outside is needed too, baths, showers, and hydrotherapy.

Proper Diet & Nutrition

Why, How, When, and What we eat. Eat whole foods at regular times with 5-6 hours between eating ANY food. Enjoy your food slowly, with little or no liquids at the meal. Eat like a King for breakfast, Noble for lunch, and a Popper for supper.

Environment - Our homes and sunlight

What we surround ourselves with affects our attitude and health. Country living, fresh air, and sunlight.

Rest and Recreation

Daily and weekly. Recreation is needed to have time away from work and cares to have restoration of body and mind.

Spiritual Connection

A sunny attitude, benevolence, gratitude, Bible study, and prayer. Hope, faith, and love.

Harmony with natural law

Natural law is immutable or unchangeable. If you jump off a cliff, you will fall. God's laws are there to protect us, and we must put Him, and thus His laws, before our own desires. The good news is every principle, law, and command has in it the power to be victorious in that same principle, law, or command.

The very first step in health and happiness is learning about God's love for us. This is the Gospel message. For those of you who are unsure there is a God or a personal God, please keep an open mind, we will be discussing this in greater detail in the last chapter of this booklet. Contact us for information on Creation from a scientific perspective and the amazing prophecies of the Bible that have been fulfilled after it's writing.

One natural law is temperance. Temperance is abstaining from harmful habits and balancing the good ones. We need to avoid and eliminate harmful things from our lives, character, and homes. Whether it be alcohol, cigarettes, caffeine, anger, bitterness, or something else, we need to avoid and eliminate that which harms our bodies or minds.

Habits impact your health and happiness in many ways: feelings of bondage; how it affects your family; financial costs; restrictions of where you can go; illness, and more.

The first habits to correct are those that affect our frontal lobe directly. Our frontal lobe is the part of the brain in which our moral and reasoning centre is located. We can function with a damaged frontal lobe, but our morality is significantly impaired. This explains why people who have been hypnotized or had a few drinks will do things they wouldn't otherwise have done. We need to avoid things that hurt our frontal lobes. Drug, illegal and legal, too much T.V., rock music, new age music, poor diet, head injuries, are some of the most common ways to damage the frontal lobe.

Living in harmony with natural law, means more than just eliminating harmful habits. We need to have balance too. Too much work, too much sleep, too much play, is all too much.

Balancing your cheque book. Yes, money is one of the greatest stresses for singles, couples, and families. Setting up a manageable budget and getting out of debt will do wonders for your health and happiness. Self-denial is a big portion of this. Do you really need that extra car? How many towels does one need? Are you spending money on fancy or expensive food when you could buy simple and on sale?

Balancing your time. Schedules should help you manage your life and help you achieve balance: “To every thing there is a season, and a time to every purpose under the heaven:” Eccl 3:1 “As far as possible, it is well to consider what is to be accomplished through the day. Make a memorandum of the different duties that await your attention, and set apart a certain time for the doing of each duty... Give yourself a number of minutes to do the work, and do not stop to read papers and books that take your eye, but say to yourself, No, I have just so many minutes in which to do my work, and I must accomplish my task in the given time.” {Child Guidance pg. 125}

When you get up in the morning think about the work you must do during the day. Have a small notepad to jot down the things that need to be done, and set yourself a time limit to do them. This will take some trial and error. Some of us are over optimistic in what we can get done in a day, but in time you'll find out what you can and cannot get done. Do NOT get into the trap of self-imposed stress. These “deadlines” are just a tool to get the tasks done and prioritize them. Also schedules need to include time loss. Time loss is that mysterious critter that eats up minutes. One species of these critters is “Just one more thing”. Another is “Unforeseen events”. These can include a phone call, waiting for road construction, flat tire, forgetting something, and a host of other events. A good friend whom practices massage schedules her patients 15 minutes apart to avoid pressure that can result from time loss. Many a road rage victim could be avoided by leaving plenty of time to get to an appointment. And there is a bonus to scheduling in extra minutes. Those extra minutes give you opportunity to catch up on reading. I bring a book with me in my purse where ever I go. I have read several books in the past few years just by using my extra time in waiting for something or someone.

Living in harmony with natural law is a matter of eliminating the bad and balancing the good. We avoid that which is harmful and use good things in moderation. Work is a good thing. Over work, bad! Food is a good thing. Too much food, bad!

Examine yourself, your lifestyle, and your family. What can you change to better your health?

Exercise

Exercise is vital to health and happiness. Volumes are written on the importance of exercise. It cannot be overstated how important exercise is to health both for prevention and treatment of disease including diabetes, heart disease, depression, stress, certain cancers, strokes, obesity, fibromyalgia, osteoporosis, osteoarthritis, and a host of others. Often we are weak and tired because we do not have proper physical activity. “Bind up the arm and permit it to remain useless, even for a few weeks, then free it from its bondage, and you will discover that it is weaker than the one you have been using moderately during the same time. Inactivity produces the same effect upon the whole muscular system. The blood is not enabled to expel the impurities as it would if active circulation were induced by exercise... Judicious exercise would induce the blood to the surface, and thus relieve the internal organs. Brisk, yet not violent exercise in the open air, with cheerfulness of spirits, will promote the circulation, giving a healthful glow to the skin, and sending the blood, vitalized by the pure air, to the extremities.” {Counsels on Health pgs. 52-3}

How we exercise is also important. “Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use... There is no exercise that can take the place of walking.” {3 Testimonies pg. 78} “Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air,

cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings.” {Ministry of Healing pg. 265} “Exercise quickens and equalizes the circulation of the blood... Impurities are not expelled as they would be if the circulation had been quickened by vigorous exercise, the skin kept in a healthy condition, and the lungs fed with plenty of pure, fresh air.” {Ministry of Healing pg. 238}

Exercise should be scheduled into the day so it is not deferred and forgotten. “The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air. Stated hours should be devoted to manual labor of some kind, anything which will call into action all parts of the body. Equalize the taxation of the mental and the physical power, and the mind will be refreshed.” {My Life Today pg. 144} So remember to schedule your exercise daily.

“Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of brain and lungs, inflammation of the

EFFECTS OF NEGATIVELY CHARGED FRESH AIR

1. Improved sense of well being
2. Increased rate and quality of growth in plants and animals
3. Improved function of the lung’s protective cilia
4. Tranquilization and relaxation (decreased anxiety)
5. Lowered body temperature
6. Lowered resting heart rate
7. Decreased survival of bacteria and viruses in the air
8. Improved learning in mammals
9. Decreased severity of stomach ulcers



liver, the kidneys, and the lungs, and a hundred other diseases. Go out and exercise every day, even though some things indoors have to

be neglected.” {My Life Today pg. 136} Dr. Neil Nedley describes why morning air, which is negatively charged, is so good for us in this graphic. (Used with permission from the book “Proof Positive”)

Lots of Water

One of the most unused health products that is available is water. When used in abundance it supplies the needs of our system. Without enough water the body is unable to remove toxins and waste from the cells, and thereby inviting disease. Our bodies are designed to expel waste, including the viruses, germs, and bacteria that the immune and circulatory system have destroyed. Many migraines and acute headaches are in fact dehydration. Often one does not “feel thirsty,” but they are lacking water. Sugary drinks, alcohol, and caffeine are all diuretics and deplete the system of water, but quench the body’s thirst. It has been recommended by several physicians, to drink ½ your body weight in ounces. So if you are 160 pounds you need 80 oz’s or 10 cups. Another good tip is to fill an appropriate container with the needed water for the day for each member of the family. I know many people, including myself, who think they are drinking enough, only to find out they are not drinking as much as they thought. Also having a bottle nearby helps remind us to drink, rather than relying on thirst which is inaccurate.

In addition to internal cleansing, water is important for external use as well. Cleanliness is next to godliness. Many diseases have been reduced and almost eliminated with good hygiene. We see this today when organizations go to third world countries and help them set up proper washing and waste facilities. Washing our hands regularly aids in preventing viruses and other disease. Schools have discovered a significant reduction in colds and flu’s when encouraging children to wash their hands several times throughout the day. Also keep your home clean is important, but more on this under environment.

Another use of water in regards to health is hydro-therapy. Using water externally to promote circulation and healing. See “Health Quotes ‘n’ Notes: Simple Remedies” for more information on this topic.

Proper Diet & Nutrition

Nutrition, Why, How, When, and What we eat. When making changes use caution, common sense, and simple steps. Quick, impulsive changes often are dropped after the initial excitement has wane because the food is unappealing or lacking in balanced nutrition.

Breakfast: At breakfast time is the time to “fuel up” for the day. The habit of eating a sparing breakfast and a large dinner has poor health consequences including weight gain and poor sleep. Eat the bulk of your calories and fat at breakfast and lunch. I would also advise all to have something warm every morning.

Regularity of meals and snacking: Regularity in eating is often overlooked. There should be a set time for meals. The body prepares for meals and irregularity causes digestive problems which can lead to disease. This will also keep blood sugars at their optimum. Nothing should be eaten between meals, no candy bars, nuts, etc. Only water should be ingested.

Eat slowly: Chew slowly and allow saliva to mix with the food. If your time is limited, do not gulp your food, but eat less. The benefit derived from food is more dependant on the length of time it remains in the mouth, where the saliva can aid in digestion, than the amount. Saliva starts the digestive process and there are enzymes in the mouth which are designed for breaking down of starch. In fact this is why when dogs “wolf” down their food they can digest it, because meat has no starch. This could also be a contributing factor in the growing number of people with perceived carbohydrate intolerance. The afflicted person simply needs to chew their food!

What to eat: Low in saturated fat, refined ingredients, processed foods, transfatty acids, or cholesterol but high in phytochemicals, fibre, vitamins, minerals, antioxidants, and other nutrients. “Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect, that are not

afforded by a more complex and stimulating diet.” {Counsels on Diet & Foods pg. 363} In order to make a good blood, we must eat the right kind of food, prepared in a right way.

Should be attractive and tasty: Food should be tasty and look good. It is important that we enjoy the food we eat. If not, we eat mechanically, and fail to be as nourished as we would be if we take pleasure in the meal. Also important is avoiding negative thoughts, stress, and worry to envelop your mind while eating. These disrupt digestion.

Light or no evening meal: “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. ‘Crackers’--the English biscuit--or zwieback, and fruit, or cereal coffee, are the foods best suited for the evening meal.” {Ministry of Healing pg. 321}

Environment

Simplify your home and life: Make the home simple and attractive. Reduce clutter, it will take less time to clean. When our belongings are organized, our minds are relieved of a burden and time is gained that would be lost looking for something. We have a rule of thumb for our home that for every new item we bring into the home, we recycle or throw out an old one. This includes toys, cloths, and other household items. After birthdays or Christmas we make it a fun time to go through our old things. And sometimes we even keep an old favourite item and give away the new one. Determine what is essential in your home. What is taking up your time? Your space? Can it be discarded? Can you combine tasks or events to save time? Make a place for every item in your home and determine when not in use it will be kept there. Organize!

Our homes also need to be given a thorough check. What can you eliminate or change in your home to make it healthier? Decaying and dying plants in and around the home, old carpets, etc. Sponges are nasty for holding germs, change them frequently. Don't forget to vacuum and clean mattresses, children's toys, and so on. Cleanliness

is next to godliness. And an added bonus, the simpler and neater the home, the easier it is on the mind. Yes, you can think better in an environment that is clean and harmonious.

Nature, Outdoor life, and Country living: “Nature is God’s physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving. Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal diseases caused by the excitements and excesses of fashionable life, a life that weakens and destroys the powers of body, mind, and soul.” {Ministry of Healing pgs. 263-4}

If you cannot secure a home in the country, then try to visit it often. Parks, vacations to the mountains or oceans all are important. Bring books on nature into the home to read and encourage a love of nature, to refresh the mind.

Sunshine: So many are becoming fearful of the sun, when it has life giving properties. It is true the protective layer in the atmosphere is deteriorating so care is important, but some sun is needful not only for vitamin D, but for serotonin production and killing germs. For vit D, the darker your skin the longer the exposure to the sun is needed. (For more info on this see our info sheets.) “There are but few who realize that, in order to enjoy health and cheerfulness, they must have an abundance of sunlight, pure air, and physical exercise. We pity little children who are kept confined indoors when the sun is shining gloriously without. Clothe your boys and girls comfortably and properly... Then let them go out and exercise in the open air, and live to enjoy health and happiness. The pale and sickly grain-blade that has struggled up out of the cold of early spring puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. Go out into the light and warmth of the glorious sun,...and share with vegetation its life-giving, healing power. No room in the house should be considered furnished and adorned without the cheering, enlivening light and sunshine, which are Heaven’s own free gift to man... Exercise and a free abundant use of the air and sunlight--blessings which Heaven has freely bestowed

upon all--would give life and strength.” {My Life Today pg. 138}

Rest & Recreation

Rest daily and weekly. Both the body and the mind need rest to repair. Sleep is vital to good health and an excess of work or inadequate activity both will hinder good rest.

Rest in the evenings: “As a rule the labor of the day should not be prolonged into the evening. If all the hours of the day are well improved, the work extended into the evening is so much extra, and the overtaxed system will suffer from the burden imposed upon it. I have been shown that those who do this, often lose much more than they gain, for their energies are exhausted, and they labor on nervous excitement. They may not realize any immediate injury, but they are surely undermining their constitutions.” {Education pg. 154}

Sleep: Give yourself proper time to sleep. Sleep is the time the body repairs and the best time is before midnight. Science has shown our bodies have a “clock” and it is call our circadian rhythm. Turning day into night, and night into day can cause circadian rhythm disturbances which can lead to depression and other health issues. Many sleep in the morning, when they should be up with the singing birds. Another problem is burning the midnight oil which is often combined with sleeping in. This can pave the way to insomnia and other poor sleeping disorders. When we form habits of regularity and order, it improves health, spirits, memory, and disposition.

Recreation: “Let several families living in a city or village unite and ...make an excursion into the country to the side of a fine lake or to a nice grove where the scenery of nature is beautiful. They should provide themselves with plain, hygienic food, the very best fruits and grains, and spread their table under the shade of some tree or under the canopy of heaven. The ride, the exercise, and the scenery will quicken the appetite, and they can enjoy a repast which kings might envy. On such occasions parents and children should feel free from care, labor, and perplexity. Parents should become children with their children, making everything as pleasant for them as possible. Let the whole day be given to recreation. Exercise in the open air for those whose employment has been withindoors and

sedentary will be beneficial to health. All who can, should feel it a duty to pursue this course. Nothing will be lost, but much gained. They can return to their occupations with new life and new courage to engage in their labor with zeal, and they are better prepared to resist disease.” {1Testimonies pg. 515}

Spiritual Connection

Happiness, cheerfulness, and contentment all promote health. So how do I be happy? First, examine your life. What can be changed to aid in your mental and physical health? Second, you need a desire to change. It takes small individual choices over a lifetime. Third, implement a life changing plan starting with appreciating what God has blessed you with, even if you feel that isn't much. Look to what you have, not what you think you lack. Self pity is a vile enemy of happiness. You need to cultivate happiness. Here are a few ways to get started.

Employment and Working outside: “It was the design of God that man should find happiness in the employment of tending the things He had created, and that his wants should be met with the fruits of the trees of the garden. To Adam was given the work of caring for the garden. The Creator knew that Adam could not be happy without employment. The beauty of the garden delighted him, but this was not enough. He must have labor to call into exercise the wonderful organs of the body. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who created man knew what would be for his happiness; and no sooner had He created him than He gave him his appointed work.” {Adventist Home pg. 27}

Religion: “True religion brings man into harmony with the laws of God, physical, mental, and moral. It teaches self-control, serenity, temperance...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... {Counsels on Education pg. 68} “Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.” Ps 16:11

By choice - choose to be happy: “By habit she can accustom herself to cheerful thinking, and thus encourage a happy state of mind, and cast a cheerful reflection of her own happiness of spirit upon her family and those with whom she associates. And in a very great degree her physical health will be improved. A force will be imparted to the life springs; the blood will not move sluggishly, as would be the case if she were to yield to despondency and gloom. Her mental and moral health are invigorated by the buoyancy of her spirits. The power of the will can resist impressions of the mind and will prove a grand soother of the nerves.” {Counsels on Health pg. 79}

Look on the bright side: “...if we look on the bright side of things, we shall find enough to make us cheerful and happy. If we give smiles, they will be returned to us; if we speak pleasant, cheerful words, they will be spoken to us again... Heaven is all joy; and if we gather to our souls the joys of heaven and, as far as possible, express them in our words and deportment, we shall be more pleasing to our heavenly Father than if we were gloomy and sad. It is the duty of everyone to cultivate cheerfulness instead of brooding over sorrow and troubles. {Adventist Home pg. 430}

Gratitude: “Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;” Eph 5:19,20 “In every thing give thanks: for this is the will of God in Christ Jesus concerning you.” 1Th 5:18 “Nothing tends more to promote health of body and of soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings--as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father’s house?... Often your mind may be clouded because of pain. Then do not try to think. You know that Jesus loves you. He understands your weakness. You may do His will by simply resting in His arms. It is a law of nature that our thoughts and feelings are

encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have,--the great mercy and love of God,--we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God. Then let us educate our hearts and lips to speak the praise of God for His matchless love. Let us educate our souls to be hopeful and to abide in the light shining from the cross of Calvary...‘Let the peace of God rule in your hearts;... and be ye thankful.’ Col 3:15. Forgetting our own difficulties and troubles, let us praise God for an opportunity to live for the glory of His name. Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night, let gratitude as a sweet perfume ascend to heaven...Have we not reason to be thankful every moment, thankful even when there are apparent difficulties in our pathway? Let praise and thanksgiving be expressed in song. When tempted, instead of giving utterance to our feelings, let us by faith lift up a song of thanksgiving to God.” {Ministry of Healing pgs. 251-3}

Living for others: Our happiness depends upon love, sympathy, and courtesy to one another. Little attentions added together make up the sum of life’s happiness. “Life is chiefly made up, not of great sacrifices and wonderful achievements, but of little things. It is oftenest through the little things which seem so unworthy of notice that great good or evil is brought into our lives. It is through our failure to endure the tests that come to us in little things, that the habits are molded, the character misshaped; and when the greater tests come, they find us unready. Only by acting upon principle in the tests of daily life can we acquire power to stand firm and faithful in the most dangerous and most difficult positions. We are never alone. Whether we choose Him or not, we have a companion. Remember that wherever you are, whatever you do, God is there.

Nothing that is said or done or thought can escape His attention... Before you speak or act, always think of this....Always act from principle, never from impulse. Temper the natural impetuosity of your nature with meekness and gentleness...Cultivate the habit of speaking well of others. Dwell upon the good qualities of those with whom you associate, and see as little as possible of their errors and failings. When tempted to complain of what someone has said or done, praise something in that person's life or character. Cultivate thankfulness. {Ministry of Healing pg. 490-2}

Benevolence: “If the mind is free and happy, from a consciousness of right-doing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood, and a toning up of the entire body. The blessing of God is a healing power, and those who are abundant in benefiting others will realize that wondrous blessing in both heart and life.” {Christian Temperance & Bible Hygiene pg. 13} “A merry heart doeth good like a medicine.” Proverbs 17:22 “Rightly directed benevolence draws upon the mental and moral energies of men, and excites them to most healthful action in blessing the needy and in advancing the cause of God.” {3 Testimonies pg. 401}

Hope, faith, & Prayer: How do I know God even exists? Books have been written on the subject containing vast amounts of evidence on creation and the flood. Video's have been produced by scientists world wide testifying they have disregarded the theory of evolution because there is so little real evidence for evolution, while there is plenty for creation. Why doesn't everyone believe then? Faith. It takes faith to believe in something, even evolution. Some have faith in custom and tradition, some have faith in new ideas, some have faith in science, and some have faith in the Bible. But if we desire the truth, faith must not be based on emotion or tradition but on evidence and logic interpreted by an unbiased view and a desire for truth no matter what the cost.

Is there evidence God is real? Yes, the first evidence is in the hearts of those who love Him. Testimonies of changed lives are one of the most solid pieces of evidence God does exist. The second is the Bible. Yes, the Bible. The historical content is sound. The

prophecies written before Christ, have and are being filled. These are evidence for God's existence. There is also evidence in science. There are hundreds of scientist convinced creation is the only explanation that most accurately interprets the evidence found.

Another evidence is faith in God is logical from a philosophical perspective: If there is no God and you do not believe, you gain nothing. If there is a God and you do not believe, you loose eternal life. If there is a God and you do believe, you gain everything. You win while you live, by having happiness, peace, and strength. And you win after you die, in that you will live again in newness of life without sin and scar in a glorious land.

So whether it is absolute logic, scientific evidence, historical, or a personal experience, God has provided plenty of evidence. If you would like to learn more, please contact us.

How do I hope in something I cannot see? How do you know the wind is there? Can you see it? No, of course not, but you can see the effects of it. Get to know God. Read the Bible, fellowship with believers, pray and talk to God as you would a best friend. These bring hope. Learn the effects of grace, faith, and hope. Even if you don't "feel" like you have hope, you can trust in God by choice for faith and feeling are not the same.

Hope is a great foundation for health and happiness. Hope . . .

In God: "Why art thou cast down, O my soul? and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance." **Psalms 42:5**

In Christ second coming: "Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ;" **Titus 2:13**

Comes through the Bible: "Thou *art* my hiding place and my shield: I hope in thy word." **Psalms 119:114**

Comes through grace: "Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given *us* everlasting consolation and good hope through grace," **2Th 2:16**

Comes through the Holy Spirit: "Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through

the power of the Holy Ghost.” **Rom 15:13**

Brings salvation: “For we are saved by hope: but hope that is seen is not hope: for what a man seeth, why doth he yet hope for?” **Rom 8:24**

Leads to obedience: “That they might set their hope in God, and not forget the works of God, but keep his commandments.” **Ps 78:7**

Leads to happiness: “Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:” **Pro 10:28** “The hope of the righteous shall be gladness:” **Psalms 146:5**

Leads to healing. “And a certain woman, which had an issue of blood twelve years, And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, When she had heard of Jesus, came in the press behind, and touched his garment. For she said, If I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in *her* body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him... And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.” **Mark 5:25-34**

In this story we see hope and faith were essential to her healing. Hope lead her to find Christ, hope gave her motivation to touch him, and hope opened the door to the life-giving current from Christ.

“You remember the story of the woman who was healed by touching Christ’s garment when in the midst of a dense throng. Her disease was such that no earthly physician’s power could help her. She saw Jesus healing the sick, and hope sprang up in her heart. She thought she would wait her opportunity, and when she got within reach of the Saviour, she put forth her finger and touched the hem of his garment; and immediately she was made whole. In this experience there was a lesson that Christ desired to impress on the throng about him. Humanity had connected with divinity, and the blessing had been received. Christ came to the earth to bring divinity to humanity. We need that divinity; young and old need it. If you do not know anything about this power, I beseech you for Christ’s sake to seek for it. Endeavor to live a consistent life. Take hold of Christ by living, active faith. Come to him just as you are, helpless and dependent, and say, ‘Lord, I believe; help thou mine unbelief.’ Help me to study thy life, thy self-denial and self-sacrifice; help me to become a Christian in every sense of the word.” {GCB May 30, 1909 par. 25}

Healing comes from God, not herbs, drugs, or methods. There are natural remedies and medications that aid healing and help with symptoms, but the power to heal and restore comes from God.

“Through the agencies of nature, God is working, day by day, hour by hour...to keep us alive, to build up and restore us. When any part of the body sustains injury, a healing process is at once begun; nature’s agencies are set at work to restore soundness. But the power working through these agencies is the power of God...When one recovers from disease, it is God who restores him. Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the restorer. The words spoken to Israel are true today of those who recover health of body or health of soul. ‘I am the Lord that healeth thee.’ **Ex 15:26**. The desire of God for every human being is expressed in the words, ‘I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.’ **3 Jn 2** ...Let it be made plain that the way of God’s commandments is the way of life...Every ‘Thou shalt not,’ whether in physical or in moral law, implies a promise. If we obey it, blessing will attend our steps. God never forces us to do right, but He seeks to save us from the evil and lead us to the good. Let attention be called to the laws that were taught to Israel. God...made known to them the laws relating to both physical and spiritual well-being; and on condition of obedience He assured them, ‘The Lord will take away from thee all sickness.’ **Deut 7:15**...In His written word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to co-operate with Him in restoring health to the body as well as to the soul. Men need to learn that the blessings of obedience, in their fullness, can be theirs only as they receive the grace of Christ. It is His grace that gives man power to obey the laws of God. It is this that enables him to break the bondage of evil habit...When the gospel is received in its purity and power, it is a cure for the maladies that originated in sin. The Sun of Righteousness arises, ‘with healing in His wings.’ **Mal 4:2**. Not all this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent--all are powerless to gladden the sorrowful heart or to restore the wasted life. The life of God in the soul is man’s only hope. 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 roused 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. Our Saviour's words, 'Come unto Me,...and I will give you rest' **Mt 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." {MH 112-5}

Surrender to all known choices.

Be willing to surrender your plans: "Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, "Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work be wrought in Thee." This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate." {SC 70}

Surrender all you have to God, it is His anyway. Give Him your life, money, children, home, and time. Surrender removes most stress, you don't need to worry about what is not yours. Surrender knowing God wants you to be healthy and happy.

Summary

"So closely is health related to our happiness, that we cannot have the latter without the former. A practical knowledge of the science of human life is necessary in order to glorify God in our bodies." {Counsels on Health pg. 38} "The harmonious, healthy action of all the powers of body and mind results in happiness; the more elevated and refined the powers, the more pure and unalloyed the happiness ...The mind should dwell upon themes relating to our eternal interests. This will be conducive to health of body and mind." {Counsels on Health pg. 50}

Booklets and informational sheets are available for each of the topics discussed here and many more on character and the Christian walk. Call or write for a free catalogue. Or visit us online at: www.settepublishing.com

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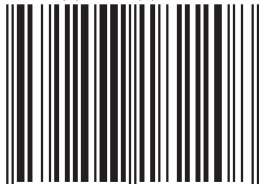
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