

A Primer for Health Ministry

As the Right-Arm of the Gospel

“Beloved, I wish **above all things** that you prosper and be in **health**, even as your soul prospers.” 3 John 2

“May the God of peace make you holy **in every way**, and may your whole spirit and soul and **body** be kept blameless until that day when our Lord Jesus Christ comes again. God who calls you is faithful; He will do it.” 1 Thessalonians 5:23

“He reasoned with him of righteousness, **temperance**, and judgment to come, and Felix trembled, and answered, “Go thy way for this time; when I have a convenient season, I will call for thee.” Acts 24:25

“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their **physical** organism will be inclined to violate the law of God spoken from Sinai.” CD 17

“And Jesus came and spoke unto them, saying, “All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: **Teaching them to observe all things** whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world.” Matthew 28:19 -20

As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have the opportunity, **become intelligent in regard to disease, its causes, prevention, and cure**. All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of them, who will need help, not only among those of our own faith, but largely among those who know not the truth. The shortness of time demands an energy that has not been aroused among those who claim to believe the present truth.” CH 506

“**Health reform** is one branch of the great work which is to **fit a people for the coming of the Lord**. It is as closely connected with the third angel's message as the hand is with the body. The law of the Ten Commandments has been lightly regarded by man; yet the Lord will not come to punish the transgressors of that law without first sending them a message of warning. Men and women cannot violate **natural law** by indulging depraved appetites and lustful passions without violating the law of God. Therefore He has permitted the **light of health reform** to shine upon us, that we may realize the sinfulness of breaking the laws which He has established in our very being. CH 20

“We have come to a time when **every member of the church** should take hold of the **medical** missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of knowledge of the truths that have been committed to us. The members of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is: ‘Arise, shine; for thy light is come and the glory of the Lord is risen upon thee.’ T7 62

“I wish to tell you that soon there will be no work done in ministerial lines but **medical** missionary work.” EV 523

“Nothing will open doors for the truth like evangelistic **medical** missionary work. This will find access to hearts and minds, and will be a means of converting many to the truth.” EV 513

“**Medical** missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance into many homes.” EV 513

“We have a great work to do in our world. If ministers and **doctors** will work in God's lines, He will work with them. But they must change, decidedly change, in spirit and character. They must remember that they are not the only ones to whom the Lord will give wisdom. If His people will not follow in His way, the Lord will employ heathen princes to do His will.” NL 62

“...opportunities should have been improved to make special efforts for the workers in the **temperance** cause. The same way in which the temperance question is being handled by our people is not in harmony with the necessities of the times. The work of making known our belief in matters of **temperance** should now be entered into most heartily. When the workers see that we are in harmony with their temperance principles, they will be willing to listen to other points of our faith. As we present our principles on **health reform**, they will see that there is **further light for them** beyond the temperance question. We can bring the Sabbath truth before them.” LLM 275

“The Lord would have His people come to Him for their power of **healing**. He will baptize them with His Holy Spirit and **fit them for service** that will make them a blessing in restoring the spiritual and **physical health** of those who need healing.” CH 301

“There are many ways of practicing the **healing** art, but there is only one way that Heaven approves. God's **remedies** are the simple agencies of **nature** that will not tax or debilitate the system through their powerful properties.” 2 SM 287

“**Let the church arise and shine.** Let every family practice self-denial, doing all they can to improve their own condition. Those who are truly on the Lord's side will be self-denying and self-sacrificing. They will **eat and drink to the glory of God**, refusing to corrupt soul and **body** by intemperance. Then the condition of the church will testify that her light has not been removed. But if church members do not act the part God has assigned them, the movement of **health reform** will go on without them, and it will be seen that God has removed their candlestick out of its place. Those who refuse to receive and practice the light will be left in the background.” CME 45

“Before there were any sanitariums among us, my husband and I began work in **medical** missionary lines. We would bring to our house cases that had been given up by the physicians to die. When we knew not what to do for them we would pray to God most earnestly, and He always sent His blessing. He is the mighty **Healer**, and He worked with us. We never had time or opportunity to take a medical course, but we had success as we moved out in the fear of God and sought Him for wisdom at every step. This gave us **courage in the Lord.**” WM 325

“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**. It is no denial of faith for the sick who request prayer for healing to cooperate with God, and place themselves in the condition most favorable to **recovery**. God has put it in our power to obtain a knowledge of the **laws of life**. This knowledge has been placed within our reach for use. We should employ **every facility** for the **restoration of health**, taking every advantage possible, working in harmony with **natural laws.**” MH 231-2

“Pure **air, sunlight, temperance, rest, exercise, proper nutrition, the use of water, and trust** in divine power, these are the **true remedies**. **Every person** should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the **treatment** of the sick and to have a practical **training** that will enable one rightly to use this knowledge.” CD 301

“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 up building 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.**” CD 301

“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 conscience. Those who persist in the use of tea, coffee, and flesh meats will feel the need of drugs, but many might recover without one grain of medicine if they would obey the **laws of health**. Drugs need seldom be used.” CH 261

“Drugs never cure disease; they only change its form and location. When drugs are introduced into the system, for a time they seem to have a beneficial effect. A change may take place, but the disease is not cured. It will manifest itself in some other form. The disease which the drug was given to cure may disappear, but only to reappear in a new form, such as skin diseases, ulcers, and painful joints, and sometimes in a more dangerous and deadly form. Nature keeps struggling, and the patient suffers with different ailments, until there is a sudden breaking down in her efforts, and death follows.” HL 243

“There are persons who would be more benefited by abstinence from food for a day or two every week than by any amount of medicine or treatment or medical advice. To **fast** one day a week would be of incalculable benefit to them. It is foolish for one to keep on eating day after day, and yet wonder why he is in distress. Let such a one relieve himself from distress by **changing his diet** or by **eating less**. If he wills to do so, he can soon obtain relief. KC 145

“Much of the prejudice that prevents the truth of the third angel's message from reaching the hearts of the people might be removed if more attention were given to **health reform**. When people become interested in this subject, the way is often prepared for the entrance of other truths. If they see that we are intelligent with regard to **health**, they will be more ready to believe that we are sound in Bible doctrines. This branch of the Lord's work has not received due attention, and through this neglect much has been lost. If the church would manifest a greater interest in the reforms through which God Himself is seeking to **fit them for His coming**, their influence would be far greater than it now is.” CD 76, 77

“All who can possibly do so ought to walk in the open air every day, summer and winter. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.” CH 52

“It is not God's purpose that humans be burdened with pain, that our activities be limited by disability, that our strength be diminished by age, or that our lives be cut short by disease.” MH 7

God, as our Creator, is the source of life and health, and He has given instructions for us to have life in all its fullness (John 10:10) and to share His goodness with others (Luke 10:37).