



The Light of the Gospel

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Be in Health:
Health in Light of the Gospel
series

SAD

- In the latitudes far from the equator, the winters have long nights with short days and little sunlight. In the extreme polar regions, the sun never rises for weeks at a time.
- When the sunlight is absent for significant lengths of time, people can actually become depressed and or anxious due to the lack of light. It's call "Seasonal Affective Disorder" (SAD).

Deficiency of Light

- Could there be another form of light deficiency that results from not seeing “the light of the glorious gospel of Christ”? (2 Corinthians 4:4)
- Could this actually be the root cause of human anxiety and depression?

Something Missing?

- A missionary pastor in Rwanda searched for years to find what was missing in his own spiritual walk. He knew the answer had to be in righteousness by faith, but each time he would study it again, he would say, “I understand all that.” But still he didn’t know how to lead people to assurance of salvation. He described what happened while in Africa—a growing conviction that came over him.

Love Missing?

- "I didn't love people. I worked with people all the time. I could spend hours visiting with them. But I didn't love people. I loved myself more than them. I didn't love them. When that thought first came to me I just threw it out, bodily. I threw it thousands of times, I think. I wouldn't let it stay up here. It was too distasteful that I didn't love people. But it was the truth. It came back again and again. The Lord seems to have the ability to remind us, to bring us over the same ground again and again, will He not?"

Love Missing?

- "And He finally convinced me that I didn't like people, not a bit. That's why I get angry with them. You say, I get angry with people I love. No you don't; you get angry with people you hate. You think you are better than they are. That's true, we do. We want to take vengeance on those we don't like. We do. We gossip about those we don't like. We criticize those we don't like. We say we love them, but we really don't. It's a difficult thing to see in the depths of our heart to that extent.

Love Missing?

- "And I realized that somehow or other I must be motivated to love people. It was lacking. Something was wrong. And as I studied, the Lord seemed to lead me into some very simple thoughts. We love Him because He first loved us. And if we love Him, we love the brethren. Read 1 John 3, 4, and 5, especially those chapters. You see, in order to love you, I must first love God, supremely. In order to love Him, I must first see His love for me. We love Him because He first loved us.

Love Missing?

- "If we see more of His love, we love Him more, and love you more. So if I find in my life displeasure with other people and not loving them, it means I don't love God either. If I don't love Him, what is wrong? I really haven't seen His love for me. And I began to pray, Lord, teach me to fall in love all over again with Jesus. Give the sweet, first, fresh love. Make me fall in love with Jesus."

(J. W. "Bill" Lehman; "From Legalism to Grace," <http://www.pastorbillehman.com/audio-sermons/from-legalism-to-grace/> —from minute 41-45)

Love Seen In...

- How is it that we are “motivated to love people”?
- Where do we see that “He first loved us”—“see His love for me”?
- How can we “see more of His love”?
- “Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.” (1 John 4:10) = the gospel!

What is Light?

- What is “the light of the glorious gospel of Christ”? (2 Corinthians 4:4)
- Best explained by the dynamic of God described in John 3:16. His love led Him to do something: He “**so loved**” that He did what?
- “Gave”
 - The enormity of giving was measured by the Gift.

What is Light?

- How does “light” illustrate this dynamic?
- The physics of “light” = the ***giving*** of energy (the spectrum of electromagnetic radiation that our eyes see as light)
- ***No giving = no light = darkness***

God's Glory

- “Looking unto Jesus we see that it is the **glory** of our God to **give**.” (*The Desire of Ages*, page 21.2, emphases supplied here and following)
- Connection to health?

God's Glory

- “Every ray of light shed upon others will be reflected upon our own hearts. Every kind and sympathizing word spoken to the sorrowful, every act to relieve the oppressed, and every gift to supply the necessities of our fellow beings, **given** or done with an eye to **God's glory**, will result in **blessings to the giver.**

God's Glory

- “Those who are thus working are obeying a law of heaven and will receive the approval of God. The pleasure of **doing good to others** imparts a **glow** to the **feelings** which flashes through the **nerves**, quickens the circulation of the **blood**, and induces **mental and physical health.**” {4T 56.2}

What of Receiving?

- “I do **nothing of Myself**,’ said Christ; ‘the living Father hath sent Me, and I **live by the Father**.’ ‘I seek not Mine own glory,’ but the glory of Him that sent Me. John 8:28; 6:57; 8:50; 7:18. In these words is set forth the great principle which is the **law of life for the universe**. All things Christ **received** from God, but He took **to give**.” (*The Desire of Ages*, page 21.2, emphases supplied)
- “Law of life” includes health!

The Great Principle or...

- “The spirit of liberality is the spirit of heaven. This spirit finds its highest manifestation in Christ's sacrifice on the cross. In our behalf the Father **gave** His only-begotten Son; and Christ, having **given up all** that He had, then **gave Himself**, that man might be saved. The cross of Calvary should appeal to the benevolence of every follower of the Saviour. The **principle** there illustrated is to **give, give**. ‘He that saith he abideth in Him ought himself also so to walk, even as He walked.’ 1 John 2:6.

The Great Principle or...

- “On the other hand, the spirit of **selfishness** is the spirit of Satan. The principle illustrated in the lives of worldlings is to **get, get**. Thus they hope to secure happiness and ease, but the fruit of their sowing is **misery and death**.” (*Acts of the Apostles*, page 339.2&3) [Law of death!]

Darkness of the Lie

- Deception of “the lie” the devil speaks (John 8:44) produces bondage. He says, “Seek what God in His selfishness has kept from you, and you will be secure and fulfilled.”

Gospel Light Frees

- Freedom of light shining in the gospel: “the truth” about God (His core character quality is unselfish love) sets you free from the slavery to sin (“the lie” of living for self).
- Freedom of love revealed in the gospel: value, identity and security has been provided through Jesus. There is no need to for you to seek it for yourself. Rest in your identity He has given you, and reclaimed for you at infinite cost to Himself.

Gospel & Law

- Gospel is never separated from the Law. (More on law later.) Our health is connected to the law (natural law). But though we lose health like we lose righteousness—through violating law, we can recover neither health nor righteousness simply by obeying the law.
- Only the gospel establishes the law.
- Observe the freedom in the John 8 story, first part.

Gospel Necessity

- The inherent results of living for self (sin) includes guilt. Note its effect on health in light of its solution:
- “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.

Gospel Necessity

- “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.**” (*Ministry of Healing*, page 115.3)
- My obedience to any law, including health law, does not bring this. His love does. And then the outworking of His love fulfills the law.

Love Brings...

- “The fruit of the Spirit is **love, joy**....” (Galatians 5:22)
- The power of joy: we were created for joy; there is a joy center in the brain. It is a measure of maturity. Mature love brings an unselfish joy. See Jesus: “the joy that was set before Him”—the salvation of others, not Himself (Hebrews 12:2).

Love Brings...

- “The joy of the LORD is your strength.” (Nehemiah 8:10)
- “These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.” (John 15:11)

Love Brings...

- The power of hope: there is a future and it is good! This also is focused more on others than self. Recall Jesus was willing to give up personal hope to save others.
- In fact, Jesus “desires us to renounce the selfishness that leads us to seek Him. Confessing our helplessness and bitter need, we are to trust ourselves wholly to His love.” (*Desire of Ages*, page 200.3)

Love Brings...

- Chemistry is involved! Genes are turned off and on, and health is experienced!
- May the light of the gospel of Jesus shine into your heart, and through your life, in unselfish love, to others, fulfilling the law!

