

choose
joy

Joy in the Law

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Be in Health:
Health in Light of the Gospel
series

Delight

- “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night.” (Psalm 1:1, 2)

Joy in...

- “There is joy in obedience, joy in the favor of God. The Lord, who holds the life of man in his hands, can impart true nobility of soul and restore in him the image of God. Who can give peace and rest to the soul but the Prince of Peace?” {PH167 42.2}

Joy in...

- “Now, let us see what Jesus will do for us if we let Him. In His prayer for His disciples He said, ‘And now I come to Thee; and these things I speak in the world, that they might have My joy fulfilled in themselves.’ Is it possible to have joy in obeying Christ? It is the only real joy that any soul can have. You may have what you call ‘a good time,’ and laugh and joke; but your joy will be only a foolish gratification of a mind that is not well balanced by the Spirit of God.” {BEcho, October 8, 1894 par. 7}

Rewarded

- “Those who understand the laws of health and who are governed by principle, will shun the extremes, both of indulgence and of restriction. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for highest service to God and man.

Rewarded

- “The appetite is under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favor of right principles. These persons have a wide influence for good.” {MH 319.1}

Remedies / Preventives

- “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, 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.” {MH 127.2}

Remedies / Preventives

- Nature's remedies are also preventives. We are told we should know "how to prevent disease by a wise use of heaven's remedies." {1T 490.2}
- Let's review these, and focus on the principles, not the details. God will teach you the practical. Let's start with most spiritual of these, but also draw spiritual analogies with each of them.

Remedies / Preventives

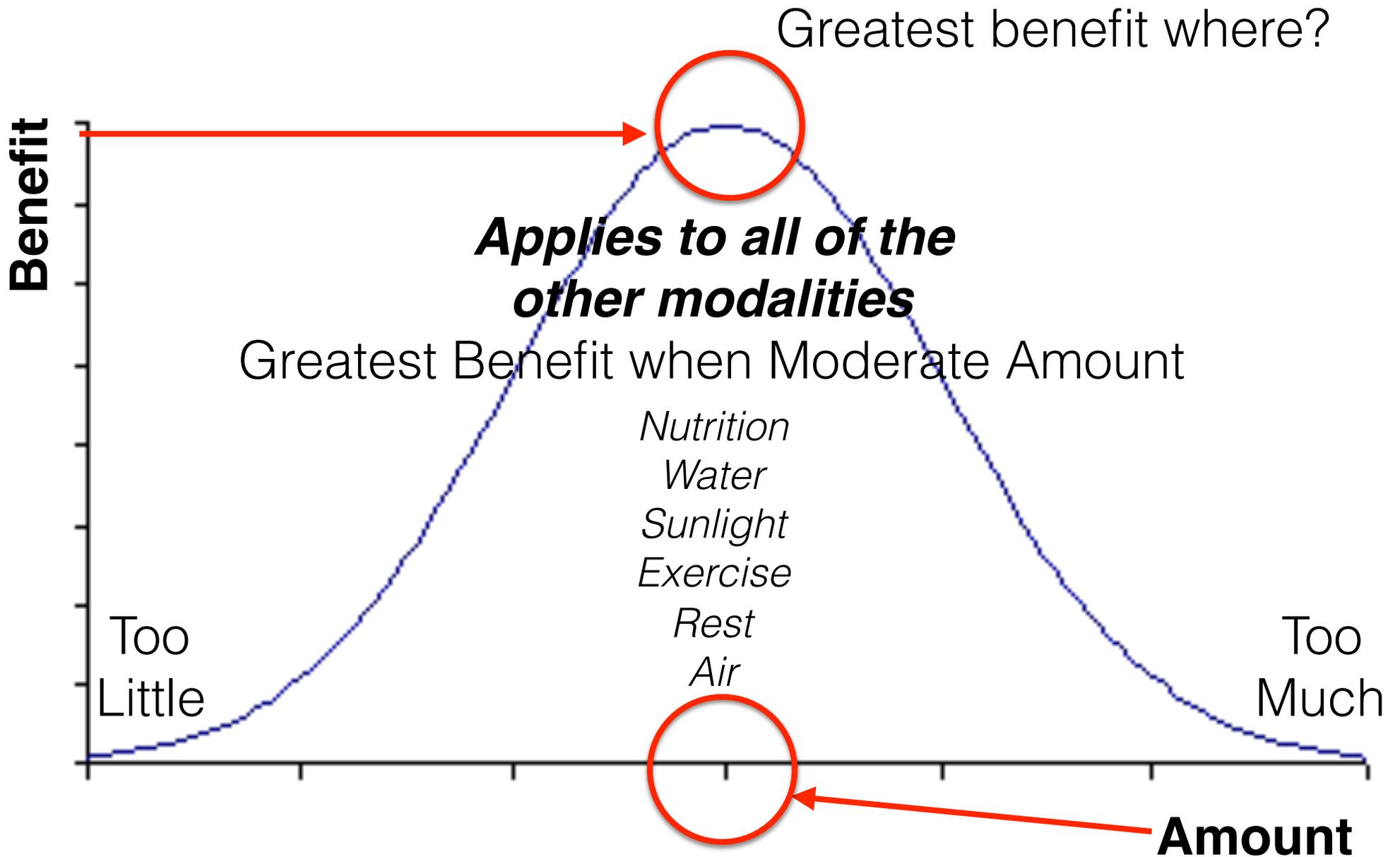
- **Trust in Divine Power**

- Law of Life: “As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.” (John 6:57; cf 2:24, 25)
- Recall “Understanding the Roots of Fear” and Luke 12:4-7: fear and fear not
- Genuine health of intimacy: cleansing

Remedies / Preventives

- **Temperance (Abstemiousness)**
 - Good things: moderate use

Graph of "Use of the Good"



Remedies / Preventives

- **Temperance (Abstemiousness)**
 - Good things: moderate use
 - Bad things: total abstinence

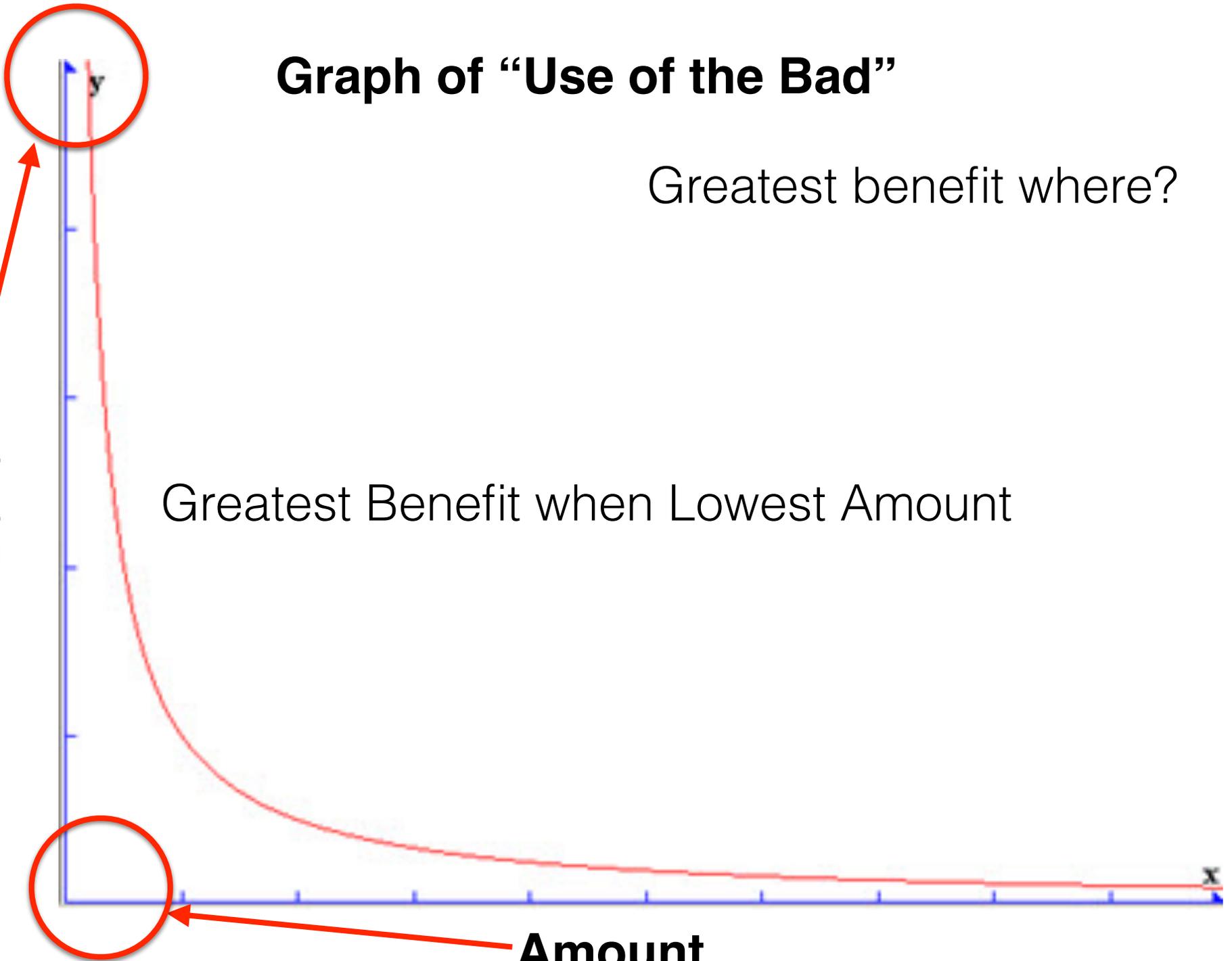
Graph of "Use of the Bad"

Greatest benefit where?

Benefit

Greatest Benefit when Lowest Amount

Amount



Remedies / Preventives

- **Temperance (Abstemiousness)**
 - Good things: moderate use
 - Bad things: total abstinence
 - Fruit of the Spirit: self-control from outside of self;
Spirit of the truth: into all the truth (John 16:13)
 - “Intemperance of any kind is the worst sort of selfishness.” {4T 31.1}

Remedies / Preventives

- **Nutrition**

- Genesis 1:29
- Adaptation with local needs; challenge to return to “the beginning” (see Matt. 19:4, 8)
- Various principles: growing; refining; oxidizing
- Spiritual: bread of life (John 6:35, 48)

Remedies / Preventives

- **Water**

- Internal Drinking 5 or more glasses of water a day may reduce heart disease by 50% (AHS-1)
- External From cleanliness to hydrotherapy.
- Spiritual: water of life (John 4:14; Rev. 21:6; 22:1,17)

Remedies / Preventives

- **Sunlight**
 - Mood
 - Immune system
 - Spiritual: see “Light of the Gospel”; Light of the world, Light of life (John 8:12; 9:5; 11:9; Rev. 21:23)

Remedies / Preventives

- **Exercise**
 - Circulation
 - Mood
 - Endurance & Strength
 - Flexibility & Balance
 - Spiritual: work out what God works in (Phil. 2:12, 13);
intense desire to bring by going (RH 1896/07/21 par 2)

Remedies / Preventives

- **Rest**
 - Sleep
 - Relaxation
 - In tune with body signals
 - Spiritual: “Sabbath” principle; cease from own works (Heb. 4:10); Matt. 11:28-30: *The Desire of Ages*, “The Invitation” pages 328-331.

Remedies / Preventives

- **Air**
 - Alkalinize & oxygenate: CO₂ out & O₂ in
 - Negative ions
 - Spiritual: Spirit; breath of life (Gen. 2:7; John 3:8);
prayer: breath of the soul (1 Thes. 5:17; RH
1900/10/23 par 1)

Story

- Daniel H. Kress MD
- One of first Medical School graduates of Dr. J. H. Kellogg (picture show in “Be In Health)



Battle Creek Sanitarium's first Medical Class, about 1894

Story

- Daniel Kress
 - One of first Medical School graduates of Dr. J. H. Kellogg (picture show in “Be In Health)
 - Worked in Battle Creek for drug addicts: treated with physiological means and the gospel: never saw a permanent cure without the gospel.
 - My father took nurses training at the hospital in Maryland where he worked in early 1930s.

20 years later...



Dr. D. H. Kress and the Bischoff boys, c. 1953

Story

- Mrs. S. M. I. Henry
 - God's guiding hand, led into revival and reform as a Methodist (temperance and gospel work)



MRS. S. M. I. HENRY.

Story

- Mrs. S. M. I. Henry
 - God's guiding hand, led into revival and reform as a Methodist (temperance and gospel work)
 - Illness: to Battle Creek Sanitarium



J. M. Henry

Story

- Testimony of Mrs. Henry's daughter Mary:
- “It is true that the Sanitarium is under the management of people who are Seventh-day Adventists; that the nurses, the physicians, the helpers generally adhere to this faith, although now and then there is one who does not; that the seventh day is observed as the Sabbath. Other things, however, are equally true that are not always mentioned.

Story

- “There are regular services in the Sanitarium chapel on Sunday, which are in no sense denominational. There is regular family worship in the parlor every morning, at which nothing sectarian is ever said. One might live in the Sanitarium for years, and never hear an argument on the Sabbath, or have any point of belief explained in his presence. It is only those who desire it that learn of the doctrine. One may live among these people indefinitely, and be perfectly happy, without in the least sharing in their views.

Story

- “I must say this: I have been in many different places, among many different people, holding all sorts of beliefs, but never in my life have I been anywhere where the Sabbath,—any Sabbath,—was observed by a thousand people in the loving, tender, reverent way that makes it so blessed and distinctive a day at the Sanitarium. There is not the shadow of an idea of duty about it. It is a sacred pleasure.

Story

- “All day Friday the people are thinking of it with anticipation. It is not a hardship to get everything done before sun-down. And if, perchance, some little task for a patient or a friend is not completed until after the ringing of the vesper bell, that is all joy too. In the fifty-eighth chapter of Isaiah, the thirteenth and fourteenth verses, is, to my mind, exactly expressed this idea of keeping the Sabbath:

Story

- “If thou turn away thy foot from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father.”
- Did you notice it: “that is all joy”?

Story

- Mrs. S. M. I. Henry
 - God's guiding hand, led into revival and reform as a Methodist (temperance and gospel work)
 - Illness; to Battle Creek Sanitarium, the atmosphere of the place
 - A place of security...

Story

- “It is God's plan that even worldly people who come to our sanitariums shall have a sense of security while there, because they are in a place where prayer is offered to God. They are to see that here is in the world a people who possess talent and knowledge, yet who are not vain and self-exalted.” {KC 58.1}
- What is “security”?
 - Principle of giving and not taking

Story

- Mrs. S. M. I. Henry
 - God's guiding hand, led into revival and reform as a Methodist (temperance and gospel work)
 - Illness; to Battle Creek Sanitarium, the atmosphere of the place
 - A place of security...
 - She accepted the Sabbath!

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HOW THE SABBATH CAME TO ME



“The entrance of thy words giveth light; it giveth understanding unto the simple.” Ps. 119: 130.

ADVENTIST MRS. S. M. I. HENRY
HERITAGE CENTER
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REVIEW AND HERALD PUBLISHING CO.,
BATTLE CREEK, MICHIGAN.

Joy in the Law

- Finding joy in God's law—all of His laws, how He had designed things to function
 - He created us for joy.
 - He desires our joy to be full (John 15:11)
 - The story of the Sabbath illustrates this: “call the Sabbath a delight” — “delight thyself in the Lord”

