

## BASIC PRINCIPLES OF HEALTH, part 2 quotes

1) “Pure air, sunlight, abstemiousness [temperance], rest, exercise, proper diet, the use of water, trust in divine power.” Ministry of Healing, p 127.

2) Jesus took time out for Him as well as all His disciples to rest.

“And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. And they departed into a desert place by ship privately.” Mark 6:30-32.

3) Jesus Christ alone can provide us this spiritual rest.

“Come unto me, all ye that labor and are heavy laden, and I will give you rest.” Matthew 11:28.

These words of our Lord God and Saviour are a prescription for the healing of physical, mental, and spiritual ills. And if we come to Him we will indeed find help, and He will never turn us away.

“...him that cometh to me I will in no wise cast out.” John 6:37.

4) True spiritual rest, is a rest from the guilt pressed upon us by our sins. It is through Jesus Christ alone that you can be set free from this pressing guilt and escape the bondage of sin.

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?...For the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord.” Romans 6:16, 23.

“Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.” Acts 4:12.

5) After working for 6 days creating this earth God then rested the seventh day (Genesis 2:2-3). As such, God would also have each of us rest on this same seventh day each week.

"For he (God) spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works....There remaineth therefore a rest (Sabbath) to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his. Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief." Hebrews 4:4, 9-11.

6) Just as sunlight is essential to our health and we should not hide ourselves away from its warming rays, so we should not hide ourselves away from Jesus — the “Sun of righteousness” because He desires to come to us “with healing in his wings” (Malachi 4:2). Jesus promises healing for every sin-sick soul. Many who are dwelling in the dark shadow of sin and death, need to realize that they have a hope for salvation if they would only turn their faces toward the Light of the world, for “in Him [is] life, and the life [is] the light of men” (John 1:4). Yes, Jesus Christ is “the true Light, which lighteth every man that cometh into the world” (John 1:9), and if you will choose to open your heart each day to receive the healing beams of His love and righteousness, you will indeed find the healing balm needed to change your life.

7) Paul uses the example of exercise to teach us all a very important spiritual lesson:

"Know ye not that they which run in a race run all, but one receiveth the prize. So run, that ye may obtain." 1 Corinthians 9:24.

In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these health principles in our life is too often looked upon as unimportant or trivial, especially in the youth and young adults. But in view of the eternal issues at stake, nothing which involves our health is small.

With Adam and Eve, intemperance cost them Eden. So temperance has so much more to do with our restoration to Eden than many realize. Anything that lessens our physical health enfeebles our mind, and thus makes us less capable of discriminating between right and wrong. We then become less capable of choosing the good, and we also have less strength of will to do that which we know to be right.

"Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Corinthians 9:25-27.

If we desire to obtain an incorruptible crown of eternal life, and not to be cast away from salvation, then we must be temperate in all things lawful. And God will indeed give us all the grace and divine power we need to deny inclination, appetite, over working, excess and temptation so that we may come off "more than conquerors though Him that loved us" (Romans 8:37).