

BASIC PRINCIPLES OF HEALTH, part 3 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) We are not to place our trust in weapons or in wealth (Psalms 49:6-7); not in leaders (Psalms 146:3), or in men (Jeremiah 17:5), or even in ourselves (Ezekiel 33:13). But where should we place our trust?

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee. Trust ye in the Lord for ever; for in the Lord Jehovah is everlasting strength." Isaiah 26:3-4.

"Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths." Proverbs 3:5-6.

"Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us." Psalms 62:8.

3) Sickness, suffering, and death are not the work of God, but are the work of a power that is directly opposite of God. Satan is the one who seeks to destroy us

"So went Satan forth...and smote Job with sore boils from the sole of his foot unto his crown." Job 2:7.

"And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself...whom Satan hath bound, lo, these eighteen years". Luke 13:11, 16.

"And oftentimes it [foul spirit] hath cast him into the fire, and into the waters, to destroy him". Mark 9:22.

4) Satan is the one who seeks to destroy us through sickness, disease and accidents. But God instead is the One who is seeking our restoration.

“And when Jesus saw her [bowed woman], he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God.” Luke 13:12-13.

“...I am the Lord that healeth thee.” Exodus 15:26.

5) “Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.” Psalms 42:11.

“In everything give thanks: for this is the will of God in Christ Jesus concerning you.” I Thessalonians 5:18.

This command to trust so fully in God that you can thank Him in everything — even in the trials and negative situations you find yourself involved in, is an assurance that all things will work for our best and eternal good.

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” Romans 8:28.

In knowing these truths, you can truly be happy — even in the midst of trials. And if you are happy during trials it will also help you to remain in or to regain your health!

“A merry heart doeth good like a medicine: but a broken spirit drieth the bones.” Proverbs 17:22.

6) “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?...For in the time of trouble he hide me in His pavilion: in the secret of His tabernacle shall he hide me...Therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the Lord.” Psalms 27:1, 5-6.

“I waited patiently for the Lord; and he inclined unto me, and heard my cry. He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings. And he hath put a new song in my mouth, even praise unto our God.” Psalms 40:1-3.

“The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise Him.” Psalms 28:7.

7) When our Creator gave water to satisfy our thirst, He also used this precious gift to symbolize the importance of a spiritual life and relationship with Him. Jesus Christ is indeed the “living water”, and His promise is to everyone that “If any man thirst, let him come unto me, and drink” John 7:37.

Just as we need water to sustain our physical life each day, so we also need Jesus Christ in our lives each day to sustain our spiritual life by re-creating within us His likeness and character, and thus satisfy our thirst.

“I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.” Revelation 21:6.

“He that hath the Son hath life; and he that hath not the Son of God hath not life.” 1 John 5:12.

8) “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2.

It is God who “forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies.” Psalm 103:3-4.

When Christ healed those who were suffering from various diseases, He warned the afflicted ones: “Sin no more, lest a worse thing come unto thee” John 5:14. This meant that since they had brought disease upon themselves by transgressing one or more of these laws of God, that health could only be regained or preserved by obedience to this laws.

Most, but not all, of disease is the result of sin. The laws of nature, as truly as the 10 commandments of the Decalogue, are divine, and so only in obedience to each of these laws can health be recovered or preserved. We need to learn that every practice which destroys our physical, mental, or spiritual energies is sin, and that health can be secured only through obedience to these laws of God. So if you are sick, examine your life to see which of these 8 laws of health you are breaking, and then repent and determine to cooperate with God in the work of restoring you back to health.

“If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians: for I am the Lord that healeth thee.” Exodus 15:26.

9) “I beseech you therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.” Romans 12:1-2.

“And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.” Revelation 22:17.