

**THE IMPORTANCE OF HEALTH  
CONSERVATION AND HAVING A  
HEALTHY LIFESTYLE**

# GOD'S IDEAL FOR HIS PEOPLE

- God wants his people to be a healthy people, both physically and mentally and spiritually. He wants us to be head and not the tail in health principles. A healthy people (**and on an individual basis**) is in better conditions to understand fully the will of God and perceive the deceptions of the enemy seeking to separate us from the way of salvation.

# THE PURPOSE OF HEALTH

- For us to live longer and healthier
- So we can better serve Him and our fellowmen
- So we can realistically testify to the world that God's people is healthy
- In order to have a more acute perception of the truth
- So we can resist temptation
- It is useful for evangelism

# FOR US TO LIVE LONGER AND HEALTHIER

- “and said, If you diligently heed the voice of the LORD your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I *am* the LORD who heals you.
- Exodus 15:26

# SO WE CAN BETTER SERVE HIM AND OUR FELLOWMEN

- Now when Jesus had come into Peter's house, He saw his wife's mother lying sick with a fever. So He touched her hand, and the fever left her. And she arose and served them.
- Matthew 8:14, 15.
- Matthew 8:28-34 (The Gadarene demoniac)...

# SO WE CAN REALISTICALLY TESTIFY TO THE WORLD THAT GOD'S PEOPLE IS HEALTHY

- But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.
- Please test your servants for ten days, and let them give us vegetables to eat and water to drink.

# SO WE CAN REALISTICALLY TESTIFY TO THE WORLD THAT GOD'S PEOPLE IS HEALTHY

- And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies.
- Daniel 1:8, 12, 15

# IN ORDER TO HAVE A MORE ACUTE PERCEPTION OF THE TRUTH

- Daniel 1:17, 19-20
- Daniel 2:17-20

# SO WE CAN RESIST TEMPTATION

- Matthew 4:1-11

# IT IS USEFUL FOR EVANGELISM

- I can see in the Lord's providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached (Counsels on Health, page 535).

# IT IS USEFUL FOR EVANGELISM

- Medical missionary work brings to humanity the gospel of release from suffering. It is the pioneer work of the gospel. It is the gospel practiced, the compassion of Christ revealed. Of this work there is great need, and the world is open for it. God grant that the importance of medical missionary work shall be understood, and that new fields may be immediately entered. (Medical Ministry, page 239).

# IT IS USEFUL FOR EVANGELISM

- As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can. (Testimonies, vol. 9, page 211).

# IT IS USEFUL FOR EVANGELISM

- Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God. As through it men and women are led to see the importance of right habits of living, the saving power of the truth will be made known. (Testimonies, vol. 7, page 59)

# IT IS USEFUL FOR EVANGELISM

- Matthew 10: 5-8

# THE SDA church and its members should:

- Encourage men and women to consider their bodies as a sacred trust confided by the Most High, and to obey the laws of nature and of the God of nature
- Exalt the sacredness of the body and the need to place the appetites and passions under the control of an informed and enlightened consciousness

- The health message is so that we have life and have it abundantly.
- I have come that they may have life, and that they may have *it* more abundantly. John 10:10
- Jesus came that we might have life and have it abundantly and also eternal life in Him.