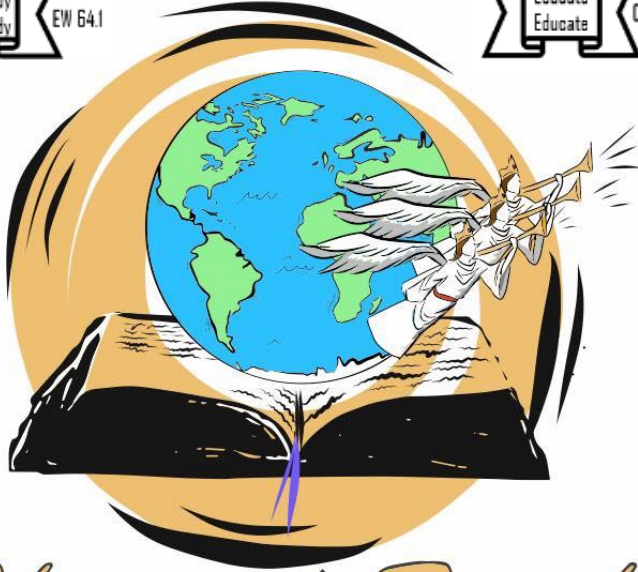


Get Ready  
Get Ready  
Get Ready EW 64.1

Agitate  
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Educate  
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Educate CME 30.3



# Chain of Truth Ministries

*Presents....*

## **Medical Ministry Leader's Reference Handbook**

*“Inasmuch as ye have done it unto one of the least of these My brethren,  
ye have done it unto Me.”*

**Matthew 25:40**

*Testimonies for the Church Vol. 6 303-304 - Ellen White*

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Last Revision: November 29, 2021

### ***Selected Messages***

The greatest want of the world is the want of men,—men who will not be bought or sold; men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall.—Education, 57 (1903). {CM 54.4}

...Men and women are wanted now who are as true to duty as the needle to the pole, men and women who will work without having their way smoothed and every obstacle removed. {CEv 57.1}

Those who labor for the good of others are working in union with the heavenly angels. They have their constant companionship, their unceasing ministry. Angels of light and power are ever near to protect, to comfort, to heal, to instruct, to inspire. The highest education, the truest culture, and the most exalted service possible to human beings in this world are theirs.—Testimonies for the Church 6:307, 308 (1900). {CM 110.3}

If you will seek the Lord and be converted every day; if you will of your own spiritual choice be free and joyous in God; if with gladsome consent of heart to His gracious call, you come wearing the yoke of Christ,—the yoke of obedience and service,—all your murmurings will be stilled, all your difficulties will be removed, all the perplexing problems that now confront you will be solved.—Thoughts From the Mount of Blessing, 101 (1896). {CM 119.2}

He whose heart God touches is filled with a great love for those who have never heard the truth. Their condition impresses him with a sense of personal woe. Taking his life in his hand, he hurries away, a God-sent, God-inspired messenger, to do a work in which angels can co-operate. {Ms73-1901.31}

The power of the gospel is to come upon the companies raised up, fitting them for service. Some of the new converts will be so filled with the power of God that they will at once enter the work. They will labor so diligently that they will have neither time nor disposition to weaken the hands of their brethren by unkind criticism. Their one desire will be to carry the truth to the regions beyond. {RH March 5, 1914, par. 4}

Read the Scriptures carefully, and you will find that Christ spent the largest part of His ministry in restoring the suffering and afflicted to health. Thus He threw back upon Satan the reproach of the evil which the enemy of all good had originated. Satan is the destroyer; Christ is the Restorer. And in our work as Christ's colaborers, we shall have success if we work on practical lines. Ministers, do not confine your work to giving Bible instruction. Do practical work. Seek to restore the sick to health. This is true ministry. Remember that the restoration of the body prepares the way for the restoration of the soul.—Manuscript 55, 1901. {MM 240.1}

I thank God for the medical missionary work. God will call for every soul who is educated to work in this line in connection with the gospel ministry. He has places for them. Let not one stone be placed in the way of those who are striving to teach our youth how to do this work.... The Lord desires His people to adopt the light on health reform, leading out in paths of self denial and self-sacrifice. Oh how it has hurt me to have blocks thrown in my way in regard to this subject.... {6MR 309.1}

...The medical missionary work must be recognized. Those who go forth as ministers of the gospel should be intelligent upon this subject. Those ministers who, after many years' experience have no true appreciation of the medical missionary work, should not be appointed to preside over our churches; for they are not walking in the light of the truth for this time. Ministers who have not heeded the light God has given upon health reform should not be placed in charge of workers who love the truth and appreciate health and temperance reform in all its bearings; for what help can such be to the church or to workers? In new fields no work is so successful as medical missionary work. It is the pioneer work. It is the gospel practised, the compassion of Christ revealed. God grant that the importance of this work shall be understood, and that new fields may immediately be entered. Then will the work of the ministry be after the Lord's order. The sick will be healed, and poor, suffering humanity will be blessed. Let each worker put into practise what he knows regarding the treatment of disease. Thus suffering may be relieved, and opportunities will be found to break the bread of life to starving souls. {PUR August 29, 1901, Art. A, par. 3-5}

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. Then will the

work of the ministry be after the Lord's order; the sick will be healed, and poor, suffering humanity will be blessed. {Ms55-1901.12}

Begin to do medical missionary work with the conveniences which you have at hand. You will find that thus the way will open for you to hold Bible readings. The heavenly Father will place you in connection with those who need to know how to treat their sick ones. Put into practice what you know regarding the treatment of disease. Thus suffering will be relieved, and you will have opportunity to break the bread of life to starving souls. {Ms55-1901.13}

It is the duty of Christians to convince the world that the religion of Christ disrobes the soul of the garments of heaviness and mourning, and clothes it with joy and gladness. Those who receive Christ as a sin-pardoning Saviour are clothed with His garments of light. He takes away their sin and imparts to them His righteousness. Their joy is full. {Ms55-1901.14}

...Remember that there is a world to save. We are to act our part, standing close by the side of Christ as His co-laborers. He is the head; we are His helping hand. He designs that we, by doing medical missionary work, shall undo the heavy burdens and let the oppressed go free. Let us not close our eyes to the misery around us or our ears to the cries of distress which are continually ascending. Christ is the greatest missionary the world has ever known. He came to uplift and cheer the sorrowing and distressed, and in this work we are to co-operate with Him. {Ms31-1901.17}

Let each one in the service of Christ feel the need of His grace. As we study His lessons, line upon line, precept upon precept, we shall gain from them encouragement and strength. Do not seek to rise above the simplicity of Christ. Make Him your pattern, your confidant. In your simplicity lies your safety. When you strive to rise above the meekness and lowliness of the Saviour, you are weakness itself. Remember that you are to advance in the path which Christ has marked out for you. He says, "If any man will come after me, let him deny himself, and take up his cross, and follow me." [Matthew 16:24.] {Ms42-1901.3}

As a worker gives himself unreservedly to the service of the Lord, he gains an experience that enables him to labor more and more successfully for the Master. The influence that drew him to Christ helps him to draw others to Christ. The work of a public speaker may never be laid upon him; but he is none the less a minister for God; and his work testifies that he is born of God. {RH March 5, 1914, par. 6}

At this time God's cause is in need of men and women who possess rare qualifications and good administrative powers; men and women who will make patient, thorough investigation of the needs of the work in various fields; those who have a large capacity for work; those who possess warm, kind hearts, cool heads, sound sense, and unbiased judgment; those who are sanctified by the Spirit of God, and can fearlessly say, No, or Yea and amen to propositions; those who have strong convictions, clear understanding, and pure, sympathetic hearts; those who practice the words, "All ye are brethren; those who strive to uplift and restore fallen humanity."—Testimonies for the Church 7:249. {ChL 18.1}

... God forbids that one man shall have arbitrary jurisdiction over the minds of his brethren.—Letter 380, 1907 (November 11, 1907 to a Local Conference President). {ChL 24.2}

I wish to speak to my brethren who occupy positions of trust. As God's husbandry you are invested with the responsibility of acting in His stead, as His helping hand. Those who are placed in positions of trust must have the authority of action, but they are never to use this authority as a power to refuse help to the needy and helpless. It is never to be exercised to discourage or depress one struggling soul. Let those to whom have been given positions of influence ever remember that God desires them to carry out the mind of Christ, who, by creation and redemption, is the owner of all men.—Letter 7, 1901 (January 17, 1901 To Brethren Who Occupy Positions of Trust). {ChL 27.1}

Leadership is not Lordship—No man is ever to set himself up as a ruler, as a Lord over his fellowmen, to act out his natural impulses. No one man's voice and influence should ever be allowed to become a controlling power.... I am instructed by the Lord to say that position never gives a man grace or makes him righteous. "The fear of the Lord is the beginning of wisdom." Some men entrusted with positions of responsibility entertain the idea that position is for the aggrandizement of self.—Medical Ministry, 164, 165. {ChL 33.2-3}

We are to seek to reach hearts, to praying with and for the helpless beings who have not strength of will to overcome the appetites which passions have degraded. This is true medical missionary work. Earnest persevering efforts must be made for the salvation of the souls of those in whose hearts an interest is created. And let those who make their decision on the side of Christ be set to work to labor for those who are dead, as they were, in trespasses and sins. {Ms6-1900.34}

## **God's Health Plan**

### **The divine prescription:**

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

“Come unto Me, all ye that labor and are heavy-laden, and I will give you rest.” This is a prescription for the healing of all mental and physical and spiritual ills. It is Christ’s gift to those who seek Him in sincerity and in truth. He is the Mighty Healer. Then comes another invitation: “Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For My yoke is easy, and My burden is light.” Matthew 11:28-30. Wearing Christ’s yoke and learning of Him the lesson of meekness and lowliness, we find rest in faith, and confidence and trust. We find that Christ’s yoke is easy and His burden light. {9T 124.2}

The promise is, “Come unto me, ... and I will give you rest.” Have you come to him, renouncing all your make-shifts, all your unbelief, all your self-righteousness? Come just as you are, weak, helpless, and ready to die. What is the “rest” promised?—It is the consciousness that God is true, that he never disappoints the one who comes to him. His pardon is full and free, and his acceptance means rest to the soul, rest in his love. {RH April 25, 1899, par. 11}

There will be peace, constant peace, flowing into the soul, for the rest is found in perfect submission to Jesus Christ. Obedience to God’s will finds the rest. The disciple that treads in the meek and lowly steps of the Redeemer finds rest which the world cannot give, and the world cannot take away. “Thou wilt keep him in perfect peace whose mind is stayed on thee: because he trusteth in thee.” [Isaiah 26:3.] Constant peace flowing into the soul reveals a living wellspring to refresh other souls. {Lt6-1893.20}

For my yoke is easy and my burden is light. Matthew 11:30. Wearing the yoke with Christ, means to work in His lines, to be a copartner with Him in His sufferings and toils for lost humanity. It means to be a wise instructor of souls. We shall be what we are willing to be made by Christ in these precious hours of probation. We shall be the sort of a vessel that we allow ourselves to be molded into. We must unite with God in the molding and fashioning work, having our wills submitted to the divine will (Letter 71, 1895). {5BC 1092.2}

In accepting Christ's yoke of restraint and obedience, you will find that it is of the greatest help to you. Wearing this yoke keeps you near the side of Christ, and He bears the heaviest part of the load. "Learn of me; for I am meek and lowly in heart." [Verse 29.] To learn the lessons Christ teaches is the greatest treasure students can find. Rest comes to them in the consciousness that they are trying to please the Lord. {Lt144-1901.2-3}

Christ's yoke is a yoke of restraint and obedience. We are to wear it in order that we may labor in harmony with Him. This may necessitate a complete change in our plans and purposes. "If any man will come after Me," Christ says, "let him deny himself, and take up his cross, and follow Me." The yoke and the cross are symbols representing the same thing—the giving up of the will to God. Wearing the yoke places man in companionship with the Son of God. Lifting the cross cuts away selfishness from the soul, and places man where he learns how to bear burdens. {ST June 29, 1904, par. 6}

**I am the LORD that healeth thee:**

Exodus 15:26 *And said, 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.*

Psalm 103:3 *Who forgiveth all thine iniquities; who healeth all thy diseases;*

Jesus is the Great Physician and He is God. He alone is the One who can ultimately heal the sinner of all mental, physical and spiritual sickness. God has a health plan. The question is... will dying sinners practice what is taught in God's divine wellness program?



<b>Scripture</b>	<b>Key Phrase</b>	<b>POINT</b>
Leviticus 17:11	The LIFE is in the BLOOD	We need healthy blood to have good health. Should we eat blood to get good health?-Gen 9:4, Lev 19:26=NO
Proverbs 14:30	A SOUND HEART is the LIFE of the FLESH	A sound heart (both the heart and mind) is needed to have a healthy body
Proverbs 26:2	Curse causeless, not come	Cause for every ailment
Matthew 9:2-7 Psalm 103:3	Sins forgiven thee Forgiveth iniquities heal diseases	Root cause of all disease is sin Forgiveness of sins brings healing
Acts 14:8-10	Faith to be healed	need faith to be healed
Proverbs 17:22 (Proverbs 3:13, 14:21, 16:20, 28:14, 29:18) Brackets=how to obtain happiness	Merry heart medicine (happy, wisdom, happy, mercy, happy, trust, happy feareth *awe*-Psa 33:8, he that keepeth the law happy is he)	Positive attitude + joy is good <b>Prov 14:30</b> -healthy strong mind is important for wellbeing of entire body <b>15:30</b> -close relation between thoughts of the mind, moods indulged in and physical condition of the body <b>16:24</b> -querulous antagonistic speech brings ill health both to speaker and hearer, <u>soothing words bring health</u>
1 Samuel 16:23	Evil spirit, harp, played, refreshed	Heavenly music drives evil spirits away and refreshes the mind.
Ezekiel 47:12 Revelation 22:2	Leaf medicine	Healing properties derived-nature Spices vs. herbs
Daniel 4:33; 5:21	Eat grass, till he knew the most high God	A fully plant based diet is protective against mental illnesses. It improves human well-being, ethics, health, spirituality, and quality of life
1 Kings 19:4,5 Job 30:4	Juniper, slept under, roots meat	Some Juniper plants are edible and have great medicinal properties
Ezekiel 4:9	wheat, and barley, and beans, and lentiles, and millet, and fitches, bread	Whole grains are beneficial for achieving and maintaining good health.
Exodus 12:15,19 1 Corinthians 5:7,8	Leaven, cut off, unleavened	Leaven is not healthy. It is best not to use yeast to make bread.
James 5:14-16	Anointing with oil	Plant oils such as olive oil and essential oils have healing properties
Romans 1:27,28	Burned (deeply inflame), lust	Spices-inflammatory-inflame the lining of the gut, relationship between the stomach and the mind, <b>Homosexuality=harmful</b>
Leviticus 2:13 Job 6:6	Season with salt, Unsavory	It is good to eat a little salt with our food. Too much or too little is unhealthy.
Proverbs 24:13	Eat a little honey, good	Honey has health promoting properties.
Proverbs 20:30	The blueness of a wound cleanseth away evil	Inflammation is a protective reaction involving immune cells, blood vessels, and molecular mediators, intended to eliminate the initial cause of cell injury, clear out necrotic cells and tissues damaged from the original insult and the inflammatory process, and initiate tissue repair. Acute inflammation is the "good" inflammation that fends off foreign

		invaders and heals injuries. If an inflammatory response flares up and then dies down, there's nothing to worry about.
2 Kings 20:7	Lump figs, lay it on boil recover	Poultices are useful
Luke 10:3-34	Wounds, oil and wine	Olive oil and fresh organic grape juice have healing properties.
1 Timothy 5:23	A little wine for stomach	Natural grape juice is bacteriostatic and bactericidal
2 Kings 5:10,14	Flesh of child, clean	Hydrotherapy & cleanliness important
Matthew 10:42	Drink cup water	Drinking clean cool water is good
Isaiah 55:2	Eat that which is good	Eat what is good; know what is good Don't consume alcohol, fermented foods, chocolate, milk, meat, processed foods
Isaiah 51:6 Romans 8:22	Earth wax old Creation travail pain	Animals are suffering under the burdens of disease-we eat them-we share their diseases
Exodus 16:3 Psalm 106:15 Numbers 11:33-34	Flesh pots, leanness of soul, flesh, chewed, wrath of the Lord kindled	Hebrews desired clean meat that God did not want them to eat. God let them have what they want→Hebrews suffered
Genesis 1:29 Daniel 1:11-15	Herb, tree, fruit Pulse & water	Simple plant based diet→wisdom diet
2 Kings 4:39-41	No harm in the pot	Certain foods have curative properties, food combinations are important
Proverbs 23:1-3	Consider what is before thee if given to appetite	If you greatly struggle with appetite, remember to be particularly careful of what you eat and how much you eat in a social gathering.
Job 20:14	Meat bowels turned gall	Fermentation in the gut is not healthy
Luke 21:34 Proverbs 25:16 Matthew 6:11 Ecclesiastes 10:17 Exodus 16:8, 1 Kings 17:6 Exodus 16:16 Luke 18:12	Surfeiting not good Not to cause vomiting Daily Timing 2x day  Sufficient amount=omer Fasting 2x per week	Use that which is good moderately and avoid all that is harmful. We should have at least 5 hours between our meals and eat daily. Two times per day is best.  Omer - 1.560 kg. to 1.770 kg in dry weight Fasting is okay
Psalm 35:13 Mark 9:28,29	Fasting, prayer returned own bosom	Fasting and prayer by God's power can heal us and cast out demons
Matthew 17:20-21	This kind goeth out by prayer and fasting	To help us gain the victory over sin, demonic possession and health issues, fasting and praying are essential
James 5:14-16	Afflicted, pray, call for the elders, anoint with oil, name of the Lord	Sins that involve others are to be confessed to those who have suffered injury. Confession is a prerequisite to the offering of prayer for healing. God alone can forgive sins. Healing will come. Olive oil has healing properties.
Mark 16:18	Lay hands on sick, shall recover	Christian healers should lay hands upon the sick and the sick will recover.
Psalm 32:3,5 Psalm 31:9,10	Kept silence, bones waxed old, acknowledged	When we hold on to sin, refuse to acknowledge, confess and forsake it,

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Psalm 6:2,3	sin, iniquity not hid, grief, eye, soul, belly	experience severe mental conflicts which result in physical suffering
Daniel 9:2-3	Understood by books, Jeremiah the prophet, prayer and supplications, fasting	When we fast, we should also study the Bible. To understand the Bible better, prayer and fasting will help.
Ecclesiastes 4:15, 7:11, 11:7	Living walk under the sun, profit to them that see the sun, light is sweet	Sunlight exposure is healthy for the eyes, reproductive system and of course the whole body
Proverbs 31:17 6:6	Woman-arms Ant-sluggard-ways	Exercise is important, ants do useful labour outside
Matthew 5:1, 8:1 Ecclesiastes 11:7	Up mountain, down mountain	Get fresh air, exercise outside doing missionary work in communion w/God
Ecclesiastes 12:12	Much study is a weariness of the flesh	Doing too much studying and sedentary work is unhealthy
Leviticus 23:3	Sabbath-rest	Keep Sabbath holy, don't do work
Ecclesiastes 10:18	by much slothfulness the building decayeth	Laziness-too much rest – unhealthy
Ecclesiastes 3:1-11; 10:17	To every thing there is a season, and a time to every purpose	Regularity is important. We are creatures of habit – develop good habits, pick good – be regular in eating and sleeping etc.
Psalm 127:2 John 11:12	Rise up early sit up late Sleep do well	Go to bed early and rise early Good sleep necessary for recovery
Numbers 31:23	Fire/heat used to cleanse Use water with materials that can't survive fire/heat	Fire and heat can be used to disinfect durable objects. Hot water can disinfect things that can't endure high temperature or direct fire application
Ezekiel 24:2-13 Exodus 30:18-19	Boil well, pot whose scum is therein, not gone out of it, brass hot, scum consumed, brass laver	Boiling water is good for disinfection and purifying. Brass is a copper and zinc alloy used for hygiene and corrosion resistance. The Increase of copper content allows the metal to form a protective layer oxide with bacteriostatic properties.
Leviticus 8:31	Hebrews ate boiled meat	God permitted the Hebrews to eat meat only when it was boiled. Boiling kills bacteria, fungi and parasites.
Exodus 17:1-7	smite the rock, and there shall come water out of it	Limestone neutralizes acidic water, adjusts pH, acts as a coagulant and used for alkalinity. Limestone can be an option for sulfate sorption, particularly from neutral mine drainages because calcium ions on the solid surface can bind sulfate ions. A two-column limestone reactor has been designed to reduce fluoride concentrations from wastewaters to below the maximum contaminant level.
Exodus 15:22-26	Red Sea, wilderness of Shur, waters of Marah, bitter, Lord shewed him a tree, cast into water, made sweet	Grey mangrove trees, <i>Avicennia marina</i> , filter heavy metals out of the surrounding soil and water. A new study from Indonesia has found that their leaf litter accumulates the most copper, followed by leaves and then roots. <i>Avicennia</i>

	(likely gray or white mangrove trees in area)	marina is one of the natural materials that contain antibacterial bioactive compound.
Revelation 1:5,6	Priests unto God	We have been made spiritual priests unto God. We like the priests of old should follow Biblical health principles
Exodus 30:19	Wash hands and feet	Priests had to wash their hand and feet and we should do the same thing. Dirty hands can contaminate our food. Dirty feet can bring in filth from outside into our homes.
Numbers 19:19	Wash clothes and bodies	Need to wash our clothes and bodies regularly. Frequent bathing is very beneficial, especially at night, just before retiring, or upon rising in the morning. (CTBH 141.4)
Ezekiel 44:18	Not gird any thing that causeth sweat	We should wear clothing which allows the skin to breathe and sweat to evaporate.
Ezekiel 44:20	Poll their heads	We should take care of our hair.
Daniel 1:8 2 Corinthians 7:1 2 Corinthians 6:15-18	Defile with king's meat Filthiness of the flesh Come out, be ye separate	We can be defiled by what we eat, outward general filth and defiled by improper social relationships
1 Thessalonians 5:23 2 Corinthians 7:1 Exodus 19:14	Spirit, soul, body preserve Cleanse filthiness flesh Sanctified, wash clothes	Our bodies should be sanctified as well as our souls. We need to be clean in order to be holy.
Deuteronomy 21:6	Next unto slain man, heifer beheaded, wash hands	If we have touched or been around a dead animal or dead person we should thoroughly wash ourselves
Leviticus 15:16-18, 19-23	Seed of copulation, wash all his flesh in water, every garment and every skin, shall be washed, time of her separation, unclean	After men ejaculate, they should wash. When semen is on material, the material should be washed. After sex, men and women should bathe. During the normal menstrual cycle, women should not have sex with their husbands. If any body fluids contaminate things, they should be washed.
1 Corinthians 6:18	Sinneth against own body	No sex outside marriage, no self-abuse
Leviticus 18:22-24 Leviticus 20:10-21	Read references	No bestiality, no sex with relatives, no homosexuality <b>Definition of sodomy:</b> <u>anal or oral</u> copulation with a member of the same or opposite sex also : copulation with an animal → Merriam Webster's Dictionary
Numbers 25:3-9	Baal-Peor-Lord of the hole, god of the opening etc.	The worship of this god included fornication and grotesque sexual perversions. When the Israelites engaged in the worship of Baalpeor, a plague (disease) killed 24,000 people.
Exodus 1:17-21	the Hebrew women are not as the Egyptian women; for they are lively, and are delivered ere the midwives come in unto them	Hebrew women were healthy and largely didn't experience prolonged labor. If a baby is not born after approximately 20 hours of regular contractions, the mother is likely to be in prolonged labor. This may result in low or inadequate oxygen,

		resulting in hypoxia, asphyxia, acidosis, and hypoxic-ischemic encephalopathy (HIE), fetal distress, infection or intracranial hemorrhaging.
Leviticus 12:1-2,5	Conceived a man child – unclean seven days OR a maid child – unclean two weeks	After giving birth, a woman should have time to rest and should not engage in intercourse for at least 1-2 weeks. Many health care providers recommend waiting to have sex until four to six weeks after delivery. The risk of having a complication after delivery is highest during the first two weeks after delivery.
Song of Solomon 4:2	Teeth, white sheep, washing	Teeth compared to washed bright white sheep → sheep need to be brushed and washed. We should gently brush our teeth and wash them
Zechariah 9:7	Abominations, between teeth	We should remove plaque and debris from between our teeth
Deuteronomy 23:13	Paddle, dig, cover	Our poop and urine should be buried far away from sources of drinking water and deep enough to allow for adequate bacterial digestion and breakdown.
Matthew 5:22	Hell-Gehenna	The common receptacle for all the refuse of Jerusalem. Dead bodies of animals and of criminals, and all kinds of filth, were cast and consumed by fire kept always burning. → burn and bury garbage
2 Kings 9:30-34	Jezebel-painted face-cursed woman	Jezebel-good or bad?-bad, painted face-makeup-cursed woman Makeup contains many chemicals that harm our health
Leviticus 19:28	Cuttings-print marks	Tattoos are not good for our health nor should we pierce our bodies' skin
Exodus 33:5,6 Judges 8:24,25	Ornaments-take off-know what to do with thee	God requested that His people take off their ornaments/jewelry so that He would know whether or not He should destroy them-Ishmaelites were identified as heathens by the wearing of jewelry -metal jewelry leaches cadmium and other toxic metals onto our skin (sweat acidic)-skin absorbs
Isaiah 32:18	Peaceable habitation, sure dwellings, quiet resting places	The area around your home should be peaceful and quiet (not situated on busy streets, highways, in cities etc.)
Leviticus 14:34-53	Read reference	Must be quick to resolve mold, mildew, fungi and bacteria buildup in a home. It is a serious issue. Affected areas should be cleaned or removed from the building while wearing a respirator and personal protective equipment. Good practice is to keep your home clean. Filth and debris should be removed from inside the home and disposed of properly far away from

		the homelf the damage is extensive, the whole house ought to be condemned, and torn down. Your clothes and belongings may be covered in spores. As a precaution, your clothes and belongings should be thoroughly washed or disposed of in a sanitary way. A problematic house should be isolated and should not be inhabited until problems are resolved Your home should be built so that water drains away from the foundation and bathrooms should be properly sealed and ventilated. Rooms should be well ventilated
Deuteronomy 22:8	Make a battlement	Homes should be designed for safety.
1 Samuel 7:1	the house of Abinadab in the hill	Our homes should be built on high ground (good air quality, less chance of water damage, less dampness etc.)
Deuteronomy 6:4-9 Deuteronomy 7:25-26	these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them Neither shalt thou bring an abomination into thine house	A healthy home is a home where God's Word is taught, where the Bible and Jesus are exalted and taught often. Idols should not be found in a home. No graven images. Nothing that would prove to be a snare to your soul and your visitors' souls should be found in a Christian home. If an idol, graven image etc. is found, it should be removed and destroyed promptly.
Exodus 15:26	Lord that healeth thee	Trust God-He heals (Deut 7:15, Psa 105:37)
Psalms 37:5, 115:9	Trust-bring to pass, help	Without God, you can do nothing-help
Proverbs 3:5-6	Trust, direct paths	Trust Him-God will guide you to health

Many physicians in our world are of no benefit to the human family. The drug science has been exalted, but if every bottle that comes from every such institution were done away with, there would be fewer invalids in the world today. Drug medication should never have been introduced into our institutions. There was no need of this being so, and for this very reason the Lord would have us establish an institution where He can come in, and where His grace and power can be revealed. "I am the resurrection and the life," He declares. [John 11:25.] **The true method for healing the sick is to tell them of the herbs that grow for the benefit of man.** Scientists have attached large names to these simplest preparations, but true education will lead us to teach the sick that they need not call in a doctor any more than they would call in a lawyer. They can themselves administer the simple herbs if necessary. To educate the human family that the doctor alone knows all the ills of infants and persons of every age is false teaching, and the sooner we as a people stand on the principles health reform, the greater will be the blessing that will come to those who would do true medical work. There is a work to be done in treating the sick with water and teaching them to make the most of the sunshine and physical exercise. Thus in simple language we may teach the people how to preserve health, how to avoid sickness. This is the work our sanitariums are called upon to do. This is true science. {Ms105-1898.11-14}

**Treatment Packages**

**See Appendix for solution**

<b>Health Issue(s)</b>	<b>Solution</b>	<b>Supplement(s)</b>
<p><b><u>MOOUTH</u></b> Pain, infection, abscesses, bleeding, blisters Pyorrhoea – inflammation of gums with pus, loosening of teeth Sensitivity, receding gums, abscesses</p>	<p>A</p> <p>B</p> <p>C</p>	<p><b>Ca, P &amp; Mg</b> 1) Himalayan Organics Plant Based Magnesium 220mg – 1 tablet/day 2) Himalayan Organics Alfalfa Calcium Citrate Malate 1200mg with Vitamin D, k2, Mk7, B12, Zinc &amp; Magnesium– 1 tablet/day 3) choose: pumpkin seeds, sunflower seeds, lentils, beans (kidney, black-eyed/cowpeas, cranberry/roman), quinoa, oatmeal</p>
<p><b><u>EYES</u></b> Inflammation of eyes</p>	<p>D</p>	<p><b>Eye Health:</b> 1) Unived Natural Vitamin A Beta-Carotene - 9000 I.U. from Blakeslea trispora, with Spirulina, for Eye, Skin, Immune, &amp; Antioxidant Support – 1 tablet/day 2) Unived D3+K2 (MK-7), 100% RDA Vegan Vitamin D3 400 IU &amp; Vitamin K2-7 (MenaquinGold) 55mcg – 1 tablet/day</p>
<p><b><u>EARS</u></b> Earache</p>	<p>E</p>	<p><b>Ear Health:</b> 1) Unived Plant Based Whole Food Multivitamin, Fruits Vegetables &amp; Superfoods, Complete Vitamins A, B-Complex, C, D3, E, K2-7, Biotin, All Natural Men &amp; Women Multivitamin, 60 Vegan Capsules – 1 tablet/day 2) Himalayan Organics Plant Based Magnesium 220mg - – 1 tablet/day 3) dark green leafy vegetables, carrots, beans, lentils, pumpkin seeds, sunflower seeds, brown rice, quinoa, oatmeal</p>
<p><b><u>HAIR &amp; SKIN</u></b> Dandruff, hair loss, oily hair, oily skin, acne Burns, dermatitis, insect bites, stings</p>	<p>D, F, G, H, I, J, K, L</p>	<p>1) Unived Plant Based Whole Food Multivitamin, Fruits Vegetables &amp; Superfoods, Complete Vitamins A, B-Complex, C, D3, E, K2-7, Biotin, All Natural Men &amp; Women Multivitamin, 60 Vegan Capsules – 1 tablet/day 2) Unived D3+K2 (MK-7), 100% RDA Vegan Vitamin D3 400 IU &amp; Vitamin K2-7 (MenaquinGold) 55mcg – 1 tablet/day</p>
<p><b><u>STOMACH</u></b> Stomach pain, food poisoning etc.</p>	<p>M, N</p>	<p><b>Stomach Health:</b> 1) Unived Plant Based Whole Food Multivitamin, Fruits Vegetables &amp; Superfoods, Complete Vitamins A, B-Complex, C, D3, E, K2-7, Biotin, All Natural Men &amp; Women Multivitamin, 60 Vegan Capsules – 1 tablet/day 2) Unived D3+K2 (MK-7), 100% RDA Vegan Vitamin D3 400 IU &amp; Vitamin K2-7 (MenaquinGold) 55mcg – 1 tablet/day</p>
<p><b><u>MUSCLES &amp; JOINTS</u></b> Muscle pain, joint pain, Inflammation</p>	<p>O, P, Q</p>	<p><b>Muscle &amp; Joint Health:</b> 1) Unived Plant Based Whole Food Multivitamin, Fruits Vegetables &amp; Superfoods, Complete Vitamins A, B-Complex, C, D3, E, K2-7, Biotin, All Natural Men &amp; Women Multivitamin, 60 Vegan Capsules – 1 tablet/day 2) Himalayan Organics Omega 3 6 9 Vegan Natural Nutrition Supplement for Muscle , Bone , Heart &amp; Skin – 2 tablets/day 3) Himalayan Organics Plant Based Magnesium 220mg – 1 tablet/day</p>

<p><b><u>ALL OTHERS</u></b> Respiratory, immunity reproductive etc.</p>	<p>N/A See appendix</p>	<p>1) Unived Plant Based Whole Food Multivitamin, Fruits Vegetables &amp; Superfoods, Complete Vitamins A, B- Complex, C, D3, E, K2-7, Biotin, All Natural Men &amp; Women Multivitamin, 60 Vegan Capsules – 1 tablet/day 2) Unived Immunity Builder for Innate &amp; Adaptive Immune Functions, Vitamins A, C, D3, E, and Zinc, One Daily</p>
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## **Patience, Caution, and Consistency Necessary in Reform Movements**

We must go no faster than we can take those with us whose consciences and intellects are convinced of the truths we advocate. We must meet the people where they are. Some of us have been many years in arriving at our present position in health reform. It is slow work to obtain a reform in diet. We have powerful appetites to meet; for the world is given to gluttony. If we should allow the people as much time as we have required to come up to the present advanced state in reform, we would be very patient with them, and allow them to advance step by step, as we have done, until their feet are firmly established upon the health reform platform. But we should be very cautious not to advance too fast, lest we be obliged to retrace our steps. In reforms, we would better come one step short of the mark than to go one step beyond it. And if there is error at all, let it be on the side next to the people. {CD 468.1}

Above all things, we should not with our pens advocate positions that we do not put to a practical test in our own families, upon our own tables. This is a dissimulation, a species of hypocrisy. In Michigan we can get along better without salt, sugar, and milk, than can many who are situated in the Far West or in the Far East, where there is a scarcity of fruit.... We know that a free use of these things is positively injurious to health, and in many cases we think that if they were not used at all, a much better state of health would be enjoyed. {CD 468.2}

But at present our burden is not upon these things. The people are so far behind that we see it is all they can bear to have us draw the line upon their injurious indulgences and stimulating narcotics. We bear positive testimony against tobacco, spirituous liquors, snuff, tea, coffee, flesh meats, butter, spices, rich cakes, mince pies, a large amount of salt, and all exciting substances used as articles of food. {CD 468.3}

If we come to persons who have not been enlightened in regard to health reform, and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform. We must lead the people along patiently and gradually, remembering the hole of the pit whence we were digged. {CD 468.4}

Handle the Flesh Meat Question Wisely

... there is the more need of handling wisely the question of meat eating. In regard to this matter there should be no rash movements. We should consider the situation of the people, and the power of lifelong habits and practices, and should be careful not to urge our ideas upon others, as if this question were a test, and those who eat largely of meat were the greatest sinners. All should have the light on this question, but let it be carefully presented. Habits that have been thought right for a lifetime are not to be changed by harsh or hasty measures. We should educate the people at our camp meetings and other large gatherings. While the principles of health reform should be presented, let the teaching be backed by example. Let no meat be found at our restaurants or dining tents, but let its place be supplied with fruits, grains, and vegetables. We must practice what we teach. When sitting at a table where meat is provided, we are not to make a raid upon those who use it, but we should let it alone ourselves, and when asked our reasons for doing this, we should in a kindly manner explain why we do not use it.—Letter 102, 1896 {CD 462.1-2}

**...Those who break the laws of health will become blinded in their minds and break the law of God. {CCh 105.1}**

### **The True Remedies**

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. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature’s process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. {CG 366.1-2}

A Comprehensive Code—In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself. I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to have my clothing such as will conduce to a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. I must have wisdom to be a faithful guardian of my body. {CG 366.3}

I should do a very unwise thing to enter a cool room when in a perspiration; I should show myself an unwise steward to allow myself to sit in a draft, and thus expose myself so as to take cold. I should be unwise to sit with cold feet and limbs and thus drive back the blood from the extremities to the brain or internal organs. I should always protect my feet in damp weather. I should eat regularly of the most healthful food which will make the best quality of blood, and I should not work intemperately if it is in my power to avoid doing so. And when I violate the laws God has established in my being, I am to repent and reform, and place myself in the most favorable condition under the doctors God has provided—pure air, pure water, and the healing, precious sunlight.<sup>21</sup> {CG 367.1}

### **Selected Study References**

God has made plain to me the various ways in which he would use me to carry forward a special work. Visions have been given me, with the promise, “If you deliver the messages faithfully and endure to the end, you shall eat of the fruit of the tree of life, and drink of the water of the river of life.” The Lord gave me great light on health reform. **In connection with my husband, I was to be a medical missionary worker. I was to set an example to the church by taking the sick to my home and caring for them. This I have done, giving the women and children vigorous treatment. I was also to speak on the subject of Christian temperance, as the Lord’s appointed messenger. I engaged heartily in this work, and spoke to large assemblies on temperance in its broadest and truest sense.** I was instructed that I must ever urge upon those who profess to believe the truth, the necessity of practising the truth. This means sanctification, and sanctification means the culture and training of every capability for the Lord’s service. {RH July 26, 1906, par. 9-11}

I wish to express to you some thoughts that should be kept before the sanitarium workers. **That which will make them a power for good is the knowledge that the great Medical Missionary has chosen them for this work, that He is their chief instructor, and that it is ever their duty to recognize Him as their teacher.** The Lord has shown us the evil of depending upon the strength of earthly organizations. **He has instructed us that the commission of the medical missionary is received from the very highest authority.** He would have us understand that it is a mistake to regard as most essential the education given by physicians who reject the authority of Christ, the greatest Physician who ever lived upon the earth.—Letter 61, 1910. {MM 206.4-5}

I wish to speak about the relation existing between the medical missionary work and the gospel ministry. **It has been presented to me that every department of the work is to be united in one great whole.** The work of God is to prepare a people to stand before the Son of man at His coming, and this work should be a unit. **The work that is to fit a people to stand firm in the last great day must not be a divided work.** {MM 237.1}

**Christ was bound up in all branches of the work. He did not make any division.** He did not feel that he was infringing on physicians when He healed the sick. He proclaimed the truth, and when the sick came to Him for healing,

He asked them if they believed that He could make them whole. **He was just as ready to lay His hands in healing on the sick and afflicted as He was to preach the gospel.** He was just as much at home in this work as in proclaiming the truth; for **healing the sick is a part of the gospel.** {MM 237.6}

**To take people right where they are, whatever their position, whatever their condition, and help them in every way possible—this is gospel ministry.** It may be necessary for ministers to go into the homes of the sick and say, “I am ready to help you, and I will do the best I can. I am not a physician, but I am a minister, and I like to minister to the sick and afflicted.” Those who are sick in body are nearly always sick in soul, and when the soul is sick, the body is made sick.—Manuscript 62, 1900. {MM 238.1}

**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...** {MM 239.3}

**I am so thankful for the medical missionary work, carried in gospel lines.** It is to be taught, it is to be carried forward; for **it is the very work that Christ did when on this earth. He was the greatest Missionary the world ever saw.** {MM 15.3}

You may say, “Why not, then, take hold of the work, and heal the sick as Christ did?” I answer, You are not ready. Some have believed; some have been healed; but there are many who make themselves sick by intemperate eating or by indulging in other wrong habits. When they get sick, shall we pray for them to be raised up, that they may carry on the very same work again? **There must be a reformation throughout our ranks; the people must reach a higher standard before we can expect the power of God to be manifested in a marked manner for the healing of the sick....** {MM 15.4}

If we will take hold of the Master, take hold of all the power He has given us, the salvation of God will be revealed. Let me tell you that the sick will be healed when you have faith to come to God in the right way. We thank God that we have the medical missionary work. Wherever we carry the gospel, we can teach the people how to take care of themselves.—G.C.B., April 3, 1901. {MM 16.1}

Into the medical missionary work there must be brought **more of a yearning for souls**. It was this yearning that filled the hearts of those who established our first medical institution...{MM 40.4}

Ministers of the gospel are to unite with the medical missionary work, which has ever been presented to me as the work which is to break down the prejudice which exists in our world against the truth. {MM 241.2}

I pray that the Lord will change the hearts of those who, unless they receive more grace, will enter into temptation. I pray that He will soften and subdue every heart. We need to live in close fellowship with God, that we may love one another as Christ has loved us. It is by this that the world is to know that we are His disciples. **Let there be no self-exaltation. If the workers will humble their hearts before God, the blessing will come. They will all the while be receiving fresh, new ideas, and there will be a wonderful revival of gospel medical missionary work.** {9T 219.1}

**For more on Restoration through Reformation see MM 187**

A minister of the gospel who is also a medical missionary, who can cure physical ailments, is a much more efficient worker than one who cannot do this. His work as a minister of the gospel is much more complete.... {MM 245.3}

**It is medical missionaries that are needed all through the field.** Canvassers should improve every opportunity granted them to learn how to treat disease. Physicians should remember that they will often be required to perform the duties of a minister. **Medical missionaries come under the head of evangelists. The workers should go forth two by two, that they may pray and consult together. Never should they be sent out alone.** The Lord Jesus Christ sent forth His disciples two and two into all the cities of Israel. He gave them the commission, "Heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you." **We are instructed in the word of God that an evangelist is a teacher. He should also be a medical missionary.** But all are not given the same work. "He gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers; for the perfecting of the saints, for the work of the ministry, for the edifying of the body of Christ." ... {MM 249.2-3}

In thus sending the workers out two and two, it was God's design that by their prayers, their counsel, and their conversation, they should be a help to each other,—that when one should be perplexed and confused by difficult questions, the other might be prepared to aid his brother worker. {RH March 23, 1897, par. 6}

The medical practitioner should in all places keep his religious principles clear and untarnished. Truth should be paramount in his practice. He is to use his influence as a means of cleansing the soul by the healing beams of the Sun of Righteousness. When a time comes that physicians cannot do this, the Lord would have no more medical institutions established among Seventh-day Adventists. High prices are current in the world; but correct principles are to be brought into our work. **The Bible standard is to be maintained. The way of the Lord, justice, mercy, and truth, is to be followed.** No exorbitant bills are to be sent in for slight operations. The charges made are to be proportionate to the work done. {MM 126.3}

But a change has come that has hindered the work which God designed to move forward without a trace of selfishness. All heaven is watching with intense anxiety to see what is to be the outcome of the work which is so large and so important. **God is watching, the heavenly universe is watching; and souls are perishing.** Is the enterprise of mercy through which in the past God has manifested His grace in rescuing and restoring, to become a matter of selfish merchandise? Shall the instrumentality ordained by heaven to bring good to man and glory to God be lost through improvident expenditure? Shall God's agency of blessing be used by those who profess to believe the truth in buying and selling and getting gain? {MM 131.6}

**The experience of apostolic days will come to us if men will be worked by the Holy Spirit. The Lord will withdraw His blessing where selfish interests are indulged; but He will put His people in possession of good all through the world if they will use this for the uplifting of humanity. His work is to be a sign of His benevolence, a sign that will win the confidence of the world and bring in resources for the advancement of His kingdom.** {MM 132.1}

**God's servants who are doing genuine medical missionary work have a most solemn, sacred responsibility resting upon them to keep in view Christ's life of unselfish service.** They should turn their eyes from everything else, and look unto Jesus, the Author and the Finisher of their faith. He is the Source of all light, the Fountain of all heaven's blessings. To every medical

missionary worker I am instructed to say, **Follow your Leader. His is the way, the truth, the light, the life. He is the One whose example we as true medical missionaries must follow.** {MM 21.4}

In this age of diseased piety and perverted principle, those who are converted in life and practice will reveal a healthy and influential spirituality. **Those who have a knowledge of the truth as it is revealed in God's word must now come to the front. My brethren, God requires this of you. Every jot of your influence is now to be used on the right side. All are now to learn how to stand in defense of truth that is worthy of acceptance. Those who are endeavoring to live the Christ life must call things by the right name, and stand in defense of the truth as it is in Jesus.** {MM 22.1}

Our medical missionary workers must rise to heights that can be reached only by a living, working faith. At this time in our history the men at the head of the work are to allow no confusion of sentiment to prevail in regard to what should really be expected of medical missionaries sent of God. There should be a more clear, definite understanding of what medical missionary work comprehends. It must be defined as standing on an altogether higher plane, and as accomplishing results of a much more sanctified order, before God can endorse it as genuine. Those who desire to honor God will not mingle worldly policy plans with His plans in attempting to accomplish the results that this work is ordained of God to accomplish.... {MM 23.2}

**Our work is clearly defined.** As the Father sent His only-begotten Son into our world, even so Christ sends us, His disciples, as His medical missionary workers. In fulfilling this high and holy mission, we are to do the will of God. **No one man's mind or judgment is to be our criterion of what constitutes genuine medical missionary work....** {MM 24.1}

**True medical missionary work is of heavenly origin.** It was not originated by any person who lives. But in connection with this work we see so much which dishonors God that I am instructed to say, The medical missionary work is of divine origin, and has a most glorious mission to fulfill. In all its bearings it is to be in conformity with Christ's work. Those who are workers together with God will just as surely represent the character of Christ as Christ represented the character of His Father while in this world. {MM 24.2}



**I am instructed to say that God will have the medical missionary work cleansed from the tarnish of earthliness, and elevated to stand in its true position before the world. When schemes that imperil souls are brought into connection with this work, its influence is destroyed. This is why there have arisen in the carrying forward of medical missionary work many perplexities that demand our careful consideration....** {MM 24.3}

**...The object of our mission is the same as the object of Christ's mission.** Why did God send His Son to the fallen world? To make known and to demonstrate to mankind His love for them. Christ came as a Redeemer. **Throughout His ministry He was to keep prominent His mission to save sinners....** {MM 24.4}

God's purpose in committing to men and women the mission that He committed to Christ is to disentangle His followers from all worldly policy and to give them a work identical with the work that Christ did.—Manuscript 130, 1902. {MM 24.5}

Wonderful has been the working out of God's plan in the establishment of so many health institutions. Intemperance of every kind is taking the world captive, and **those who are true educators at this time, those who instruct along the lines of self-denial and self-sacrifice, will have their reward. Now is our time, now is our opportunity, to do a blessed work.**—Letter 50, 1909. {MM 25.2}

In our medical institutions the people are to be brought in contact with the special truths for this time. **God says there shall be institutions established under the supervision of men who have been healed through a belief in God's word, and who have overcome their defects of character.** In the world all kinds of provision have been made for the relief of suffering humanity, but the truth in its simplicity is to be brought to these suffering ones through the agency of men and women who are loyal to the commandments of God. **Sanitariums are to be established all through our world, and managed by a people who are in harmony with God's laws, a people who will cooperate with God in advocating the truth that determines the case of every soul for whom Christ died....** {MM 25.3}

**The way in which Christ worked was to preach the Word and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way;** for Satan will exercise his power by working miracles. God's servants today could not work by means of miracles; because spurious works of healing, claiming to be divine, will be wrought. {Lt53-1904.11}

**For this reason the Lord has marked out a way in which His people are to carry forward a work of physical healing, combined with the teaching of the Word. Sanitariums are to be established,** and with these institutions are to be connected workers who will carry forward genuine medical missionary work. Thus a guarding influence is thrown around those who come to the sanitariums for treatment. {Lt53-1904.12}

This is the provision the Lord has made whereby gospel medical missionary work is to be done for many souls. **These institutions are to be established out of the cities, and in them educational work is to be intelligently carried forward.** {Lt53-1904.13}

In some places where sanitarium work is to be established, it will be necessary to **begin the work in small quarters and with few facilities.** But let not the work be delayed. Let every obstruction to the hindrance of this special line of work be removed. {Lt53-1904.14}

**In our work we are not to go onto a hilltop to shine.** We are not told that we must make a special, wonderful display. The truth must be proclaimed in the highways and the byways, and thus **work is to be done by sensible, rational methods.** The life of every worker, if he is under the training of the Lord Jesus Christ, will reveal the excellence of His life. The work that Christ did in our world is to be our example, as far as display is concerned. **We are to keep as far from the theatrical and the extraordinary as Christ kept in His work.** Sensation is not religion, although religion will exert its own pure, sacred, uplifting, sanctifying influence, bringing spiritual life and salvation. {Lt53-1904.15}

Our warfare is aggressive. Tremendous issues are before us, yea, and right upon us. Let our prayers ascend to God that the four angels may still hold the four winds, that they may not blow to injure or destroy until the last warning has been given to the world. Then let us work in harmony with our prayers. Let nothing lessen the force of the truth for this time. **The present truth is to be our burden.** The **third angel's message** must do its work of separating from the churches a people who will take their stand on the platform of eternal truth. {6T 61.2}

Our message is a life-and-death message, and we must let it appear as it is, the great power of God. **We are to present it in all its telling force. Then the Lord will make it effectual. It is our privilege to expect large things, even the demonstration of the Spirit of God.** This is the power that will convict and convert the soul. {6T 61.3}

The time is at hand when Satan will work miracles to confirm minds in the belief that he is God. **All the people of God are now to stand on the platform of truth as it has been given in the third angel's message.** All the pleasant pictures, all the miracles wrought, will be presented in order that, if possible, the very elect shall be deceived. **The only hope for anyone is to hold fast the evidences that have confirmed the truth in righteousness. Let these be proclaimed over and over again, until the close of this earth's history.**—The Review and Herald, August 9, 1906. {MM 14.5}

**Physicians must stand firmly under the banner of the third angel's message, fighting the good fight of faith perseveringly and successfully, relying not on their own wisdom, but on the wisdom of God, putting on the heavenly armor, the equipment of God's word, never forgetting that they have a Leader who never has been, and never can be, overcome by evil.**—Manuscript 24, 1900. {MM 32.2}

There is danger of Dr. -----'s seeking to meet the standard of the world in his ideas and practice. He needs to seek the Lord at every step. **He should keep in view, not his own glory, but the glory of the Lord....** And he is in danger of setting the medical missionary work first, making it the body instead of the arm. He will not succeed in this, and he must not attempt that which he cannot accomplish. He will be ambitious to do great things by separating the medical missionary work from the gospel ministry; but **the Lord does not lead His physicians to separate the medical missionary work from the gospel ministry. Truth, present truth for this time, is to be believed and acted upon in connection with the principles of health reform.** {MM 159.4}

He is in danger of becoming confused and of failing to see the elevated, holy influence which the Sabbath question is to exert on the work for this time. He will consider it necessary to do on the Sabbath many things which should not be done on that day. If he seeks to embrace so many responsibilities, he will come to pay very little regard to the Sabbath. Such an influence will be a curse to the institution. **Those who are connected with our sanitariums are to be taught to regard the Sabbath question as the great test for this time. God desires His people to bind medical missionary work up with the work of the third angel's message. This is the work that will restore the moral image of God in man....**[See Observance of Sabbath, Section 11.] {MM 160.2}

**The sanitariums which are established are to be closely and inseparably bound up with the gospel. The Lord has given instruction that the gospel is to be carried forward; and the gospel includes health reform in all its phases. Our work is to enlighten the world; for it is blind to the movements which are taking place, preparing the way for the plagues which God will permit to come upon the world. God's faithful watchmen must give the warning.** {MM 159.5}

There are those who will suggest to you that in order to be successful in your profession you must be a policy man; you must at times depart from strict rectitude. These temptations find a ready welcome in the heart of man; but I speak that which I know. Do not be deceived or deluded. Do not pamper self. Do not throw open a door through which the enemy may enter to take possession of the soul. There is danger in the first and slightest departure from the strictest rectitude. **Be true to yourself. Preserve your God-given dignity in the fear of God. There is great need that every medical worker get hold and keep hold of the arm of Infinite Power.** {MM 71.2}

**...It is unconsecrated, unconverted men who have been spoiling the work of God. The Lord has no use whatever for men who are not wholly consecrated to His service.**—Letter 202, 1903. {MM 207.1}

**Consecrate yourselves wholly to the work of God.** He is your strength, and He will be at your right hand, helping you to carry on His merciful designs.—Testimonies for the Church 9:41 (1909). {CM 109.1}

**“Those who daily consecrate themselves to God, and endeavor to hold up the hands of those who bear responsibilities, will be blessed of Heaven. We are engaged in a great work, and Satan will use all his power to win to his side the very men and women who could cooperate with God in doing a precious work if they were cleansed, sanctified, and guided by the Holy Spirit, if they had warm, true hearts of tender love and gave due respect to those whom God has appointed to carry on a great and important work. The men engaged in the Master’s service have often been wounded by those who think and speak evil and create feelings of distrust and jealousy which should not be tolerated or kept alive by unsanctified tongues.”** {MM 137.4}

**A great work is to be accomplished in setting before men the saving truths of the gospel. This is the means ordained by God to stem the tide of moral corruption. This is His means of restoring His moral image in man. It is His remedy for universal disorganization. It is the power that draws men together in unity.** {MM 187.5}

**To present these truths is the work of the third angel’s message. The Lord designs that the presentation of this message shall be the highest, greatest work carried on in our world at this time.** That this work may be carried forward on correct lines He has directed the establishment of schools, sanitariums, publishing houses, and other institutions. In these institutions the attributes of God are to be unfolded, and the glory and excellence of the truth is to be made to appear more vivid.—Manuscript 166, 1899. {MM 188.1}

**Whatever work we do, we are to do it for Christ...** {MM 133.1}

Those who have a leading influence in the institution should be men and women who possess devotion and piety; who are not narrow and selfish, but conscientious, self-denying, and self-sacrificing; who have an eye single to the glory of God. They should be in the world, but not of the world. Men of such a character will keep the way of the Lord, and they will be constantly teaching others by precept and example. {MM 205.3}

**DO YOUR BEST AND GOD WILL TAKE CARE OF THE REST!**

God will accept the wholehearted service, and will Himself make up the deficiencies.—The Ministry of Healing, 150 (1905). {CM 109.2}

Measureless Results Possible—**To everyone who offers himself to the Lord for service, withholding nothing, is given power for the attainment of measureless results.**—Testimonies for the Church 7:30 (1902). {CM 109.3}

My brethren and sisters, I am instructed to say to you, That which is needed in this year of 1909 is true higher education—that which will make God’s will supreme in the lives of men and women. I ask you to seek to understand what the **true higher education means** to you individually. It means to follow the Word of God implicitly; it means to walk in Christ’s footsteps, to practice His virtues. Higher education means to give up selfishness and to devote the life to the service of God. “Believe on the Lord Jesus Christ, and thou shalt be saved.” [Acts 16:31.] There is peace only in the path of perfect obedience. {Ms1-1909.10}

Our heavenly Father has a thousand ways to provide for us of which we know nothing. **Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet.**—The Ministry of Healing, 481 (1905).

Results Not Measured by Apparent Success—We are to be sincere, earnest Christians, doing faithfully the duties placed in our hands, and looking ever to Jesus, the Author and Finisher of our faith. **Our reward is not dependent upon our seeming success, but upon the spirit in which our work is done.** As canvassers or evangelists, you may not have had the success you prayed for, but remember that you do not know and cannot measure the result of faithful effort.—Manuscript 20, 1905.

Let Courage Fail Not—Never let your courage fail. Never talk unbelief because appearances are against you. As you work for the Master you will feel pressure for want of means, but the Lord will hear and answer your petitions for help. Let your language be: “The Lord God will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed.” Isaiah 50:7.—Testimonies for the Church 7:244 (1902).

In order to fight successfully in the battle against sin, you must keep close to Jesus. Do not talk unbelief; you have no excuse for doing this.... Unbelief always separates the soul from Christ. {HP 122.2}

It is not praiseworthy to talk of our weakness and discouragement. Let each one say, “I am grieved that I yield to temptation, that my prayers are so feeble, my faith so weak. I have no excuse to plead for being dwarfed in my religious life. But I am seeking to obtain completeness of character in Christ. I have sinned, and yet I love Jesus. I have fallen many times, and yet He has reached out His hand to save me. I have told Him all about my mistakes. I have confessed with shame and sorrow that I have dishonored Him. I have looked to the cross, and have said, All this He suffered for me. The Holy Spirit has shown me my ingratitude, my sin in putting Christ to open shame. He who knows no sin has forgiven my sin. He calls me to a higher, nobler life, and I press on to the things that are before.” ... {HP 122.3}

Exercise Faith of Caleb—It was Caleb’s faith in God that gave him courage; that kept him from the fear of man, even the mighty giants, the sons of Anak, and enabled him to stand boldly and unflinchingly in defense of the right. From the same exalted source, the mighty General of the armies of heaven, every true soldier of the cross of Christ must receive strength and courage to overcome obstacles that often seem insurmountable.... We want Calebs now ... who with courageous words will make a strong report in favor of immediate action.—Testimonies for the Church 5:378-383 (1885). {CM 117.4}

Face Difficulties Bravely—Difficulties will arise that will try your faith and patience. Face them bravely. Look on the bright side. If the work is hindered, be sure that it is not your fault, and then go forward, rejoicing in the Lord.—Testimonies for the Church 7:244 (1902).

Trials Mean Benefit—But when tribulation comes upon us, how many of us are like Jacob! We think it the hand of an enemy; and in the darkness we wrestle blindly until our strength is spent, and we find no comfort or deliverance.... We also need to learn that trials mean benefit, and not to despise the chastening of the Lord, nor faint when we are rebuked of Him.—Thoughts From the Mount of Blessing, 25 (1896). {CM 118.3}

Expect Great Things—It is not the capabilities you now possess, or ever will have, that will give you success. It is that which the Lord can do for you. We need to have far less confidence in what man can do, and far more confidence in what God can do for every believing soul. He longs to have you reach after Him by faith. He longs to have you expect great things from Him. He longs to give you understanding in temporal as well as in spiritual matters. He can sharpen the intellect. He can give tact and skill. **Put your talents into the work, ask God for wisdom, and it will be given you.**—Christ’s Object Lessons, 146 (1900).

...look away from sinful examples to the perfect Example, to point you to the path of peace and holiness. The Lord’s merciful love is still for you. But He would have you follow a better way than you have followed in the past. This you are to do, not by keeping your eyes fixed on the defective lives of professing Christians, but by beholding Christ, the Sent of God, who in this world and in human nature lived a pure, noble, perfect life, setting an example that all may safely follow. The Lord is reaching out His hand to save you. I long to see you responding to His invitation, “Let him take hold of My strength, that he may make peace with Me; and he shall make peace with Me.” ... There have been many things to tempt you to swerve from your allegiance to the truth, but the Saviour has been willing to lead you at every step. **It is young men whom the Lord claims as His helping hand. Samuel was a mere child when the Lord used him to do a good and gracious work....** {MM 42.2-4}

...You were apparently undecided as to what you would do in the future. I asked, “Why are you perplexed?” You replied, “I am perplexed in regard to what is the best course for me to pursue.” Then One who has authority stepped up to you and said: **“You are not your own. You have been bought with a price. Your time, your talents, every jot of your influence, is the Lord’s. You are His servant. Your part is to do His bidding, and learn daily of Him.** You are not to set up in business for yourself. This is not the Lord’s plan. **You are not to unite with unbelievers in medical work.** Neither is this the



Lord's plan. His word to you is, "Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them, and I will be their God, and they shall be My people." ... {MM 44.5}

You are to receive the grace of Christ, the great Medical Missionary. **His divine wisdom will be given to you if you will refuse to yield to the inclination to link up with the world.** God desires you to place yourself where you can work in connection with other physicians. You and the one with whom you are associated may not be of the same temperament. It is better if you are not. That which one needs the other may supply, if each will learn to wear the yoke of Christ... {MM 45.1}

My brother, choose to obey Christ. In His meekness and lowliness, receive His counsel. **Stand shoulder to shoulder with your brethren, and this will encourage them to stand shoulder to shoulder with you. Hide self in Christ, and the Saviour will be to you a present help in every time of need.** {MM 45.2}

I write this to you, my dear brother, in the hope of helping you. You are in an unsettled state of mind, and are tempted to do a strange work which God has not appointed you to do. **None of us are to strike out alone; we are to link up with our brethren, and pull together, and God will give us influence and self-control. We are to draw near to God, that He may draw near to us.** {MM 46.2}

**The Saviour's work of ministering to suffering humanity was always combined with His ministry of the word. He preached the gospel and He healed infirmities both by the same mighty power.** He will do the same today; but we must do our part by bringing the sick in touch with the Mighty Healer. The Saviour left the courts of glory and came to our world to bear temptation and resist evil that man might have power to take hold of His strength. The soul that comes to Christ by living faith receives His power and is healed of his disease. {MM 62.5}

Today we are **combining the work of ministry and of healing as we have never done before**. We are working to educate our people how to treat the body in sickness, how to regain health, and how to keep well when health is restored.—Manuscript 95, 1908. {MM 63.1}

Men take care of men and women take care of women:

In the medical missionary work to be done, women should give treatment to women. A man and his wife who are both physicians can accomplish great good by laboring together. The wife can visit other women, and when she finds suffering and disease, she can consult with her husband as to the best method of helping the sufferers. We should have more women physicians than we have. When women who are sick are treated and cared for by women, a door through which Satan tries to enter is closed against him. Many cases have been presented to me where Satan has entered through this door to ruin families. Let him not obtain any advantage upon any point. {MM 140.3}

**Not one word should be spoken, not one action performed, that you would not be willing the holy angels should look upon and register in the books above. You should have an eye single to the glory of God. The heart should have only pure, sanctioned affection, worthy of the followers of Jesus Christ, exalting in its nature, and more heavenly than earthy.** Anything different from this is debasing, degrading in courtship; and marriage cannot be holy and honorable in the sight of a pure and holy God unless it is after the exalted Scriptural principle. {MM 141.3}

The psalmist, when viewing the many snares and temptations to vice, inquires, “Wherewithal shall a young man cleanse his way?” This question is appropriate for everyone connected with our missions and every instrumentality of God. **At this stage of our work, the answer comes, “By taking heed thereto according to Thy word.” It is necessary to maintain a living connection with heaven, seeking as often as did Daniel—three times a day—for divine grace to resist appetite and passion.** Wrestling with appetite and passion unaided by divine power will be unsuccessful; but make Christ your stronghold, and the language of your soul will be, “In all these things we are more than conquerors through Him that loved us.” Said the apostle Paul, “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.” {MM 143.5}

**Purity of thought must be cherished as indispensable to the work of influencing others.** There must be a pure, holy atmosphere surrounding the soul, an atmosphere that will tend to quicken the spiritual life of all who inhale it.—Letter 6a, 1890. {MM 206.3}

**Henceforth medical missionary work should be carried forward with greater earnestness. Medical missions should be opened as pioneer agencies for the proclamation of the third angel's message.** How great is the need of means to do this line of work! Gospel medical missions can not be established without financial aid. Every such enterprise calls for our sympathy and our means, that facilities may be provided to make the work successful. A special work is to be done in places where people are constantly coming and going. Christ labored in Capernaum much of the time because this was a place through which travelers were constantly passing, and where many often tarried. {RH April 25, 1912, par. 11-12}

The Saviour sought the people where they were, and placed before them the great truths of his kingdom. As he went from place to place, he blessed and comforted the suffering, and healed the sick. This is our work. Small companies are to go forth to do the work to which Christ appointed his disciples. While laboring as evangelists, they can visit the sick, praying with them, and if need be, treating them, not with medicines, but with the remedies provided in nature. There are many places that need gospel medical missionary work, and there small plants should be established. God designs that our sanitariums shall be the means of reaching high and low, rich and poor. They are to be so conducted that by their work attention shall be called to the message for these last days. {RH April 25, 1912, par. 13-14}

...Christ's ministers must stand in an altogether different position. They must be evangelists, they must be medical missionaries. They must take hold of the work intelligently. But it is of no use for them to think that they can do this while they drop the work which God has said should be connected with the gospel. If they drop out the medical missionary work, they need not think that they can carry forward their work successfully, for they have only half the necessary facilities. The Lord loves us yet. Let us praise Him for this. **Let us take hold of the work in a new way, with heart, and mind, and strength. Do not any longer pick flaws in your brethren.** I see enough vultures watching for dead bodies. Let us have nothing of this nature in our work. Let there be no picking flaws. Attend to yourselves, and you will have all you can do. When you purify your souls by obeying the truth, you will have something to impart. {Ms43-1901.47-48}

There will be a blessed commendation, a holy benediction, on the faithful winners of souls. They will join the rejoicing ones in heaven, who shout the harvest home. How great will be the joy when the redeemed of the Lord shall all meet, gathered into the mansions prepared for them! Oh, what rejoicing for all who have been impartial, unselfish laborers together with God in carrying forward His work in the earth! What satisfaction will every reaper have when the clear, musical voice of Jesus shall be heard, saying, "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world"! ... {MM 134.3}

The Redeemer is glorified because He has not died in vain. With glad, rejoicing hearts, those who have been colaborers with God see of the travail of their soul for perishing, dying sinners, and are satisfied. The anxious hours they have spent, the perplexing circumstances they have had to meet, the sorrow of heart because some refused to see and receive the things which make for their peace, are forgotten. The self-denial they have practiced in order to support the work is remembered no more. As they look upon the souls they sought to win to Jesus, and see them saved, eternally saved,—monuments of God's mercy and of a Redeemer's love,—there ring through the arches of heaven shouts of praise and thanksgiving.—The Review and Herald, October 10, 1907. {MM 135.1}

**Notes**

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*“What a man is, has greater influence than what he says. The quiet, consistent, godly life is a living epistle, known and read of all men. True character is not something shaped from without, or put on; but it is something radiating from within. If true goodness, purity, meekness, lowliness, and equity are dwelling in the heart, the fact will be manifest in the character; and such a character is full of power.”*

*GW92 243.2 -Ellen White*

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## Appendix

### Solutions:

<b>Solution</b>	<b>Place</b>	<b>Ingredients</b>	<b>Health Issue(s)</b>
A	Mouth	Lavender, Peppermint, Lemon Balm M/O, Olive Oil	Pain, infection, abscesses, bleeding, blisters
B	Mouth	Fennel Seed Oil, Olive Oil	Pyorrhoea – inflammation of gums with pus, loosening of teeth
C	Mouth	Orange Peel, Rosemary, Olive Oil	Sensitivity, receding gums, abscesses
D	Eyes Hair Skin	Clary Sage Oil, Olive Oil Or (depending on use) Clary Sage Oil, water	Inflammation of eyes Dandruff, hair loss, oily hair Oily skin, acne
E	Ear	Lavender oil, water Or (depending on use) Lavender Oil, onion	Earache
F	Skin	Lavender Oil, aloe vera	Burns, dermatitis, insect bites, stings
G	Skin	Tea Tree Oil, Olive Oil	Acne
H	Skin	Oregano Oil, Olive Oil	Acne – spot treatment
I	Skin	Rosemary Oil, Olive Oil	Oily skin
J	Skin	Fennel Seed Oil, Lavender Oil, Olive Oil	Oily skin, bruises
K	Skin	Lavender Oil, olive oil	Cystic acne
L	Skin	Lemon Balm M/O, olive oil	Cold sores
M	Stomach & Intestines	Oregano Oil, Olive Oil, activated charcoal, water	Stomach pain, food poisoning - diarrhoea – use AC tablets
N	Stomach	Aloe Vera, Oregano oil, water	Stomach ulcers
O	Body	Peppermint Oil, olive oil	Muscle pain, inflammation
P	Body	Wintergreen Oil, olive oil	Joint pain, pain, inflammation
Q	Body	Eucalyptus Oil, olive oil, water (H <sub>2</sub> O based on use)	Inflammation anywhere on body
R	Respiratory	Eucalyptus Oil, boiled honey, water	Sore throat, cough
S	Respiratory Nervous System	Eucalyptus Oil, water	Asthma, bronchitis, catarrh, coughs, throat and mouth infections, headaches, nervous exhaustion, neuralgia, sciatica
T	Respiratory	Fennel Seed Oil, water	Asthma, bronchitis
U	Genito-Urinary System	Fennel Seed Oil, Olive Oil Or (depending on use) Fennel Seed Oil, water	Amenorrhoea, insufficient milk (in nursing mothers), menopausal problems.
V	Genito-urinary system	Lavender Oil, Lemon Balm M/O, Olive Oil	Cystitis, dysmenorrhoea, leucorrhoea, menstrual problems
W	Nervous System	Lavender Oil, Lemon Balm M/O, Olive Oil Or (depending on use) Lavender Oil, Lemon Balm M/O, water	Depression, headache, hypertension, insomnia, migraine, nervous tension and stress-related conditions, PMT, sciatica, shock, vertigo

May God bless  
you and the  
people

Amen

Let love be without dissimulation. Abhor that which is evil; cleave to that which is good. Be kindly affectioned one to another with brotherly love; in honour preferring one another; Not slothful in business; fervent in spirit; serving the Lord; {Romans 12:9-11}