

God's Plan for Wellness: Health

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Life seeks to present five balls to each of us, which we ought to keep afloat. Four of these balls are fragile while the fifth is a rubber ball. The four fragile ones include family, friends, spiritual life and health, with work as the fifth. To the fragile ones it will never be the same again once they hit the ground. Many a times to the youth it is given to balance a few of the balls which include friends, health, their spiritual life, with the remaining two to be played in family life.

Health in the plan of restoration –

Our health is an issue of salvation that need not to be lightly regarded. If in any sense we allow the fragile health ball to hit the ground, life will never be the same again. As brought to light in the book of ***Psalms 67:1, 2*** “*God be merciful unto us, and bless us; and cause His face to shine upon us*”. There is a beauty that comes when God’s face shines upon us. In ***Revelation 1:16*** “*...and His countenance was as the sun that shined in his strength*”. In ***Malachi 4:2*** “*But unto you that fear my Name, shall the Sun of righteousness arise with healing in His wings and he shall go forth and grow up as calves of the stall*”. God’s face shining upon us reveals to us the power to bestow health upon humanity. “*That thy way may be known upon earth, thy saving health among all nations*”. That is why Simeon could say, “*For mine eyes have seen thy salvation*” ***Luke 2:30*** and John the apostle makes it clear that in salvation health has its place right in the center of the salvation issue say “*Beloved, I wish above that thou mayst prosper and be in health even as thy soul prosperity*” ***3 John 2***.

The example of John –

John was to go forth as Jehovah’s messenger, to bring to men the light of God. He must give a new direction to their thoughts. He must impress them with the holiness of God’s requirements, and their need of perfect righteousness. Such a messenger must be holy. He must be a temple for the indwelling of the spirit of God. In order to fulfill his mission, he must have a sound physical constitution, and mental and spiritual strength. Therefore, it would be necessary for him to control the appetites and passions. He must be able to control all his powers that he would stand among men as unmoved by the surrounding circumstances as the rocks and mountains of the wilderness. ***Desire of Ages 100.4***

There was a work given unto John and it was a great work, the greatest ever committed to men.

1. He must give a new direction to their thoughts. As man thinketh, so is he. It is to reveal to us that there is a particular way in which men’s thoughts were directed which was not in accordance to the will of God and that is why the same condition of the human heart must be turned from the natural inclination. (Refer to ***Genesis 6:5***)

2. He must impress men with the holiness of God's requirements, and their need of His perfect righteousness. Such a messenger must be holy. This is a command pertaining to the life of John the Baptist. "He must" and not that "he may". Holiness is something that needs to be sought for above all things and that's why humanity needs to understand the need for the perfect righteousness of God entirely in their lives. **Matthew 6:33** brings it out "*seek first the Kingdom of God and all its righteousness and all things shall be added unto you.*" In the same thought, Ellen G. White says "A revival of true godliness is the greatest and most urgent of all our needs, to seek this should be our first work. **Christian Service 41.4**
3. He must be a temple for the indwelling spirit of God. Time would not supply to give a whole explanation as to the need of God's regenerating spirit in our life as a sanctuary. Here is now pegged the accomplishment of the above requirements in the life of John and that's why the say goes "In order to fulfill his Mission, he must have a sound physical constitution and mental and spiritual strength. Therefore it would be necessary for him to control the appetite and passion. He must be able to control all his powers that he could stand among men as unmoved by surrounding circumstances as the rocks and mountains of the wilderness".

The prevailing conditions in John's time -

"In the time of John the Baptist, greed for riches, and the love of luxury and display had become widespread". There is a similar epidemic of the same things in our time, "greed for riches". This rule is seeking to obliterate the knowledge of God in our life so strongly that we would rather sacrifice principle that we may be rich. Men are corrupt, love to have money they have not worked for "gambling dens". They don't pay their workers their expected wages and that's Paul's admonition to Timothy is so relevant to our time than ever before "*For the love of money is the root of all evil, which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows*" **1 Timothy 6:10,11.**

"Sensuous pleasures, feasting and drinking, were causing physical disease and degeneracy, benumbing the spiritual perceptions and lessening the sensibility to sin". This is one of the most terrible curses for our time for our ruin is pegged on this point so likewise our salvation. We live in an age where men are lovers of pleasure more than lovers of God, plenty of feasting and drinking in the words of Christ "*and as it was in the days of one.... They did eat, they drunk,*" "*Behold, this was the iniquity of thy sister Sodom pride, fullness of bread and abundance of idleness....*" **Luke 17: 26-28; Ezekiel 16:49**

That is why in the book Patriarchs and Prophets the statement is made "through the indulgence of appetite and passion men would become incapable of appreciating the great truths of the plan of redemption." **Patriarchs and Prophets 67.3.** Thus John must needs go contrary to the popular current of his time. "John was to stand as a reformer. By his abstemious life and plain dress he was to rebuke the excesses of his time. Hence the direction given to the parents of John, a lesson of temperance by an angel from the throne of God.

Abstemious - 1. Sparing in diet: refraining from a free use of food and strong drinks

2. Sparing in the enjoyment of animal pleasures of any kind
3. Sparingly used or used with temperance

“In childhood and youth, the character is most impressible. The power of self-control should then be acquired. By the fireside and at the family board, influences are exerted whose results are as enduring as eternity. More than any natural endowment, the habits established in early years decide whether a man will be victorious or vanquished in the battle of life. Youth is the sowing time. It determines the character of the harvest, for this life and for the life to come.” *Desire of Ages 101.1*

Final thoughts

As a prophet, John was to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord. In preparing the way for Christ's first advent, he was a representative of those who are to prepare a people for the Lord's second coming. The world is given to self-indulgence. Errors and fables abound. Satan's snares for destroying souls are multiplied. All who would perfect holiness in the fear of God must learn the lessons of temperance and self-control. The appetite and passions must be held in subjection to the higher powers of the mind. This self-discipline is essential to that mental strength and spiritual insight which will enable us to understand and practice the sacred truths of God's word. For this reason, temperance finds its place in the work of preparation for Christ's second coming. Thus, a salvation issue.