

The Divine Physician Prescribes

I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. **John 6:51.** {UL 174.1}

For the health and vitality of the soul, the divine Physician has prescribed communion with Himself. We are to sit at His feet and learn of Him how to be meek and lowly in heart. Spiritual health is dependent on the food given to the mind and on the air which is breathed. {UL 174.2}

The soul needs food, and in order to get this food, the Word of God must be studied.... The breathing of pure air is essential for the cure of disease. And it is no less essential that the atmosphere we breathe in the spiritual life shall be pure. This is essential for a healthy growth in grace. Breathe the pure atmosphere which produces pure thoughts and noble words. Choose Christian society. The Christian will not have spiritual health unless he is guarded in regard to his associations.... {UL 174.3}

Every Christian who is indeed a Christian must grow. He must constantly increase in wisdom and knowledge. Day by day he must approach more nearly to the full stature of a man in Christ Jesus. **In order to be a follower of the Master, he must grow. He must advance into a deeper appreciation of the love of God and a clearer knowledge of His will.** If his light does not shine more and more brightly, his faith becomes weak, his love grows feeble. And unless he sees and acknowledges his danger, he is doing the cause of God more harm than an avowed unbeliever. Piety leaves the soul-temple. He turns carelessly away from duties and responsibilities. The Son of God is by him crucified afresh and put to open shame. {UL 174.4}

Exercise is essential to growth in grace. When the spiritually diseased are given exercise in spiritual things, there is a transformation of character. The health of the spiritual life is dependent upon exercise. But spirituality cannot grow while the heart is full of the corrupting sores of selfishness. **The soul must be cleansed and purified by the refining grace of God. The channel of communication between earth and heaven must be kept free from all obstruction, that the soul may receive from Christ a supply of living water.** And every spiritual muscle and sinew must be put to the tax. God has given us many opportunities to work for Him. Unless we improve these opportunities, we cannot be growing Christians. When Christ is formed within, the hope of glory, a decided change will be seen in the religious experience of professing Christians.—Manuscript 50, June 9, 1901, untitled manuscript. {UL 174.5}