

The Great Medical Missionary

He that saith he abideth in him ought himself also so to walk, even as he walked.

1 John 2:6. {UL 229.1}

The great Medical Missionary was a wonderful healer. He worked the most convincing miracles. He is the Way, the Truth, and the Life. He spoke only the truth. **Continually there fell from His lips the precious words that bring spiritual strength to those who make them a part of the daily life. Spiritually we are built up from the food that we give the mind.** {UL 229.2}

It is our privilege to receive the bread of life from the great Medical Missionary, who came to give life to the world. Truth, pure, refining, ennobling truth, came from His very heart.... His heart was constantly burning with the love that brought Him from heaven to our world. His goodness and His power enabled Him to reveal in His life the truth that He came to this earth to bring to the fallen race. **In every word, in every act, He manifested the love of God, cheering and encouraging the downcast and distressed. In heavenly wisdom He asserted His true majesty by bending all things to the present and future happiness of human beings.** He came to teach men and women how to live, here below, the life of which He gave them an example—the life that will make them fit to enter the abodes of bliss. {UL 229.3}

In His breast, mercy may be said to have held her court. Hear His words of compassion, spoken to relieve the sin-sick culprit, “Thy sins be forgiven thee” (Matthew 9:3).... He brought healing to soul and body. In His life was enshrouded the love, the pity, the compassion, the joy, of heaven. Thousands were healed by His word, “I will; be thou whole.” By His work, His glory was so plainly revealed that demons were pained, and when compelled to cease tormenting human beings, confessed Christ to be the Holy One of God. {UL 229.4}

This work Christ did to show men that He was the tabernacle of witness; that the Word had been made flesh. In the human encampment, amongst the erring and sinful, Christ pitched His tent. He lived close to the poor and the lowly, yet He was the King of glory. **He would make all familiar with His character, that we might be partakers of the divine nature, and thus become one with Him in faith and practice.** He declares, “All things are delivered unto me of my Father” (chap. 11:27). “All things that the Father hath are mine” (John 16:15). “All power is given unto me in heaven and in earth” (Matthew 28:18). Why was this wonderful transfer made but that Christ might be the world’s Redeemer, the incarnate Saviour! ... The great Teacher, while on this earth, gave His whole life to teach us how to work as devoted, consecrated missionaries for God.—Letter 281, August 3, 1904, to Dr. W. H. Riley. {UL 229.5}

The Lord bless you and keep you

The Lord bless you and keep you:

The Lord make His face to shine upon you,

To shine upon you and be gracious, and be gracious unto you

The Lord bless you and keep you:

The Lord make His face to shine upon you,

To shine upon you and be gracious, and be gracious unto you.

The Lord lift up the light

Of His countenance upon you,

The Lord lift up the light

Of His countenance upon you,

And give you peace,

And give you peace,

And give you peace,

And give you peace.

AMEN

Opening Prayer

The great Medical Missionary was a wonderful healer. He worked the most convincing miracles. He is the Way, the Truth, and the Life. He spoke only the truth. Continually there fell from His lips the precious words that bring spiritual strength to those who make them a part of the daily life. Spiritually we are built up from the food that we give the mind. Father we ask that this too be our prayer. In Jesus precious name. Amen.

9 Ways Crying May Benefit Your Health

- [Detox](#)
- [Self-soothing](#)
- [Pain relief](#)
- [Mood](#)
- [Sympathy](#)
- [Grieving process](#)
- [Emotional balance](#)
- [Breathing in babies](#)
- [Sleep in babies](#)
- [See a doctor](#)
- [Takeaway](#)

Overview

Crying is a common human action, and it can be triggered by many different emotions. But why do humans cry?

Researchers have found that crying can benefit both your body and your mind, and these benefits begin at birth with a baby's first cry. Keep reading to learn more about the health benefits of crying.

1. Detoxifies the body

There are three different types of tears:

- reflex tears
- continuous tears
- emotional tears

Reflex tears clear debris, like smoke and dust, from your eyes. Continuous tears lubricate your eyes and help protect them from infection. Emotional tears may have many health benefits. Whereas continuous tears contain 98 percent water, emotional tears contain stress hormones and other toxins. Researchers have

theorized that crying flushes these things out of your system, though more research is needed in this area.

2. Helps self-soothe

Crying may be one of your best mechanisms to self-soothe. [ResearchersTrusted Source](#) have found that crying activates the parasympathetic nervous system (PNS). The PNS helps your body rest and digest. The benefits are not immediate, however. It may take several minutes of shedding tears before you feel the soothing effects of crying.

3. Dulls pain

Crying for long periods of time [releasesTrusted Source](#) oxytocin and endogenous opioids, otherwise known as endorphins. These feel-good chemicals can help ease both physical and emotional pain. Once the endorphins are released, your body may go into somewhat of a numb stage. Oxytocin can give you a sense of calm or well-being. It's another example of how crying is a self-soothing action.

4. Improves mood

Along with helping you ease pain, crying, specifically sobbing, [may evenTrusted Source](#) lift your spirits. When you sob, you take in many quick breaths of cool air. Breathing in cooler air can help regulate and even lower the temperature of your brain. A cool brain is more pleasurable to your body and mind than a warm brain. As a result, your mood may improve after a sobbing episode.

5. Rallies support

If you're feeling blue, crying is a way to let those around you know you are in need of support. This is known as an [interpersonal benefit Trusted Source](#). From the time you were a baby, crying has been an attachment behavior. Its function is in many ways to obtain comfort and care from others. In other words, it helps to build up your social support network when the going gets tough.

6. Helps you recover from grief

Grieving is a process. It involves periods of sorrow, numbness, guilt, and anger. Crying is particularly important during periods of grieving. It [may even help Trusted Source](#) you process and accept the loss of a loved one.

Everyone goes through the grieving process in different ways. If you find that your crying is extreme or starting to interfere with your everyday life, it might be a good idea to check in with your doctor.

[Learn more: Why can't I stop crying? »](#)

7. Restores emotional balance

Crying doesn't only happen in response to something sad. Sometimes you may cry when you are extremely happy, scared, or stressed. [Researchers at Yale University Trusted Source](#) believe crying in this way may help to restore emotional equilibrium. When you're incredibly happy or scared about something and cry, it may be your body's way to recover from experiencing such a strong emotion.

8. Helps baby breathe

A baby's very first cry out of the womb is a very important cry. Babies receive their oxygen inside the womb through the umbilical cord. Once a baby is delivered, they must start breathing on their own. The first cry is what helps a baby's lungs adapt to life in the outside world.

Crying also helps babies clear out any extra fluid in the lungs, nose, and mouth.

[Learn more: How do babies breathe in the womb? »](#)

9. Helps baby sleep

Crying may also help babies sleep better at night. In a [small study](#) on infant sleep, 43 participants used graduated extinction, also known as controlled crying, to put

their babies down to bed. With controlled crying, babies were left to cry for a set number of minutes before intervention from their parents. The crying increased both the sleep length and reduced the number of times the infants woke during the night. A year later, the crying did not appear to increase stress in the infants or negatively impact the parent-child bond.

When should you seek help?

Crying in response to something that makes you happy or sad is normal and healthy. Don't shy away from shedding tears if you feel the need to release. Excessive crying is something you should chat about with your doctor, however. If crying starts to interfere with your everyday activities, it may be a sign of depression.

Other [symptoms of depression](#) include:

- feelings of sadness or hopelessness
- feelings of irritability or frustration
- changes in appetite, or weight loss or gain
- lack of energy
- trouble sleeping or sleeping too much
- unexplained aches or pains
- thoughts of death or suicide

If you have thoughts of self-harm, call your local emergency services. If you live in the United States, you can also call the National Suicide Prevention Lifeline at 800-273-TALK.

How much should you cry?

Researchers at [Tilburg University](#) put crying under the microscope. Their results? On average, American women cry 3.5 times each month while American men cry around 1.9 times each month. The averages by country vary considerably. The average in America is on the higher end of the spectrum. Women in China, for

example, only cry about 1.4 times each month. Men in Bulgaria reportedly cry a mere 0.3 times each month.

Takeaway

It's OK to cry. It may even be beneficial to you. If you feel the need to cry, do not hold back your tears. Tears are a normal, healthy way to express emotion.

Closing Thoughts

This work Christ did to show men that He was the tabernacle of witness; that the Word had been made flesh. In the human encampment, amongst the erring and sinful, Christ pitched His tent. He lived close to the poor and the lowly, yet He was the King of glory. He would make all familiar with His character, that we might be partakers of the divine nature, and thus become one with Him in faith and practice. He declares, "All things are delivered unto me of my Father" (chap. 11:27). "All things that the Father hath are mine" (John 16:15). "All power is given unto me in heaven and in earth" (Matthew 28:18). Why was this wonderful transfer made but that Christ might be the world's Redeemer, the incarnate Saviour! ... The great Teacher, while on this earth, gave His whole life to teach us how to work as devoted, consecrated missionaries for God.

CLOSING PRAYER

In every word, in every act, He manifested the love of God, cheering and encouraging the downcast and distressed. In heavenly wisdom He asserted His true majesty by bending all things to the present and future happiness of human beings. He came to teach men and women how to live, here below, the life of which He gave them an example—the life that will make them fit to enter the abodes of bliss. Father let us be in your solemn service. We ask this prayer in the name of Jesus. Amen