

# God's Plan for a Perfected People

Based on Elder Parminder Biant's  
New Caledonia May 2019 Presentations

Zoom Camp Meeting  
December 2019

“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.” Proverbs 3:5-8

➤ In the above verses we can see that if we trust in the Lord, lean not unto our own understanding, in all our ways acknowledge Him, and be not wise in our own eyes it shall be health to us. Yes health, the Lord wishes that His people be in good health, so He opened up to Adventism the message of health reform through a vision to Sister White on June 6, 1863, as well as earlier visions in the early 1850’s.

“The general movement among Seventh-day Adventists along the lines of healthful living was greatly broadened and strengthened near the close of the Civil War. While Elder James White and his wife were spending Sabbath and Sunday, June 6 and 7, 1863, in Otsego, Mich., where a tent meeting was being conducted by Elders M. E. Cornell and R. J. Lawrence, Sister White was given a vision in which she received instruction regarding the scope and importance of the health reform movement.” *Review and Herald, April 2, 1914 par. 6*

“The Lord desires his church to be a perfect body,—not all arms, not all body without arms, but body and arms together,—and every member working as a part of the one great whole. As the right arm is connected with the body, so the health reform and medical missionary work is connected with the third angel’s message, and is to work efficiently as

the right arm, for the defense of the body of truth." *Review and Herald, June 20, 1899, Art. A, par. 10*

➤ Seeing that health reform is an essential portion of the third angel's message, we, now living at the end of the world must take heed to it. When we practice health reform we will be preparing ourselves for Christ's second coming.

"The health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body." *Christian Temperance and Bible Hygiene 9.1*

➤ In 1909, Sister White attended her last General Conference. During this conference one of the topics she spoke on was health reform.

➤ We can find an account of her presentation in the chapter Faithfulness in Health Reform in *Testimonies for the Church volume 9*:

### **Many have backslidden**

"I am instructed to bear a message to all our people on the subject of health reform, for many have backslidden from their former loyalty to health reform principles. God's purpose for His children is that they shall grow up to the full stature of men and women in Christ. In order to do this, they must use aright every power of mind, soul, and body. They cannot afford to waste any mental or physical strength."

*Testimonies for the Church volume 9 153.1,2*

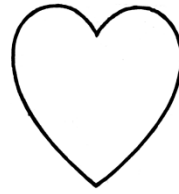
➤ The individuals who are backslidden are the priests. We know this is correct because the 1909 GC session parallels our history. During this session Sister White was 81 years of age, and the number 81 is representative of Midnight (November 9, 2019). In Daniel 11:11,12 the events of the historical battle of Raphia are portrayed, and after the King of the South won he displayed prideful actions that are expressed as “his heart shall be lifted up.” So, when we take this history and line it up with another history in 2Chronicles 26, we find that another king displays similar actions that are expressed as “his heart was lifted up.” During this time there were eighty priests and one high priest who opposed the actions of the king, totaling eighty-one priests. Therefore, seeing that the King of the South at Raphia can line up with King Uzziah in 2 Chronicles and noting eighty-one priests present we can make a parallel of these histories. The number 81 can be placed at Raphia, which was November 9th; this is a way we can know that those who are backslidden are the priests in our history. And the priests have backslidden in their “loyalty to health reform principles.”

➤ God desires us to “grow up to the full stature of men and women in Christ” by using “aright every power of mind, soul, and body.” We must understand the nature of man. The intellectual understanding and the emotional response must both be engaged upon the subject of health reform.



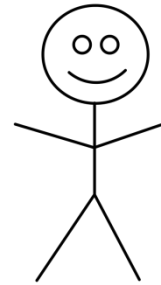
Mind

House the intellect



Soul

House the emotions/feelings



Body

“The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death.

“The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives.

“The requirements of God must be brought home to the conscience. Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit. They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service.” *Ministry of Healing* 130.1-130.3

“In teaching health principles, keep before the mind the great object of reform—that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come.”  
*Ministry of Healing* 146.4

### **Spiritual Advancement**

“The question of how to preserve the health is one of primary importance. When we study this question in the fear of God we shall learn that it is best, for both our physical and our spiritual advancement, to observe simplicity in diet. Let us patiently study this question. We need knowledge and judgment in order to move wisely in this matter. Nature’s laws are not to be resisted, but obeyed.”  
*Testimonies for the Church volume 9* 153.3

➤ In order for us, the priests, to preserve our health we must observe simplicity in diet; this is paramount for our physical and spiritual advancement.

“Some are indulging lustful appetite, which wars against the soul, and is a constant hindrance to their spiritual advancement...” *Counsels on Diet and Foods* 47.3

“...The main cause is improper diet, irregular meals, and a lack of physical exercise. Irregular hours for eating and sleeping sap the brain forces. The apostle Paul declares that he who would be successful in

reaching a high standard of godliness must be temperate in all things. Eating, drinking, and dressing all have a direct bearing upon our spiritual advancement. We are all called upon to lay aside every weight and the sin that doth so easily beset us, that we may be able to run the Christian race without embarrassment, and obtain the crown of immortal glory." *The Youth's Instructor, May 31, 1894 par. 8*

### **Rich Foods**

"Those who have received instruction regarding the evils of the use of flesh foods, tea and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people." *Testimonies for the Church volume 9* 153.4

➤ We, as priests to preserve our health must remove rich foods from our diets. Rich Foods include the following three items when they are used in excess: salt, sugar, and fat (animal or vegetable oils).

"In order to make a good quality of blood, we must have the right kind of food, prepared in a right manner.

"A poor quality of food, cooked in an improper manner, and insufficient in quantity, cannot make good blood. Flesh meats and rich food and an

impoverished diet will produce the same results.” *Healthful Living*  
181.1,2

“I then saw that the appetite must be denied, that rich food should not be prepared, and that which is spent upon the appetite should be put into the treasury of God. It would tell there and those that denied themselves would lay up a reward in heaven. I saw that God was purifying his people.

“Pride and idols must be laid aside. I saw that rich food was destroying the health of bodies, was ruining constitutions, destroying minds, and was a great waste of means.

“I saw that many were sickly among the remnant who have made themselves so by indulging their appetites. If we wish good health, we must take special care of the health that God has given us, deny the unhealthy appetite, eat less fine food, eat coarse food free from grease. [Careful examination and comparison of her writings seems to indicate that by “grease” she meant animal fat such as lard and suet. See *Counsels on Diet and Foods*, 353-355.] Then as you sit at the table to eat you can from the heart ask God’s blessing upon the food and can derive strength from coarse, wholesome food. God will be pleased to graciously bless it and it will be a benefit to the receiver.

“I saw that we should pray as Solomon did—‘Feed me with food convenient for me’ (Proverbs 30:8)—and as we make the prayer, act it out. Get food that is plain and that is essential to health, free from grease. Such food will be convenient for us.” *Selected Messages Book 3*  
274.2-274.5



“She would recommend a very sparing use of both sugar and salt. The appetite can, and should, be brought to a very moderate use of both.”

*2BIO 305.6*

“I use some salt, and always have, because from the light given me by God, this article, in the place of being deleterious, is actually essential for the blood. The whys and wherefores of this I know not, but I give you the instruction as it is given me.” *Counsels on Diet and Foods 344.4*

“Sugar clogs the system. It hinders the working of the living machine.”

*Counsels on Diet and Foods 327.3*

“Nuts and nut foods are coming largely into use to take the place of flesh meats. With nuts may be combined grains, fruits, and some roots, to make foods that are healthful and nourishing. Care should be taken, however, not to use too large a proportion of nuts. Those who realize ill effects from the use of nut foods may find the difficulty removed by attending to this precaution. It should be remembered, too, that some nuts are not so wholesome as others. Almonds are preferable to peanuts, but peanuts in limited quantities, used in connection with grains, are nourishing and digestible.

“When properly prepared, olives, like nuts, supply the place of butter and flesh meats. The oil, as eaten in the olive, is far preferable to animal oil or fat. It serves as a laxative. Its use will be found beneficial to consumptives, and it is healing to an inflamed, irritated stomach.”

*The Ministry of Healing 298.1,2*

## **In Christ there is Power**

“God requires of His people continual advancement. We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification. With all our profession of health reform, many of us eat improperly. Indulgence of appetite is the greatest cause of physical and mental debility, and lies largely at the foundation of feebleness and premature death. Let the individual who is seeking to possess purity of spirit bear in mind that in Christ there is power to control the appetite.” *Testimonies for the Church volume 9* 156.2

➤ Even though, indulgence of appetite hinder us and we may eat improperly, let us remember that in Christ there is power and through Him we can have control over appetite.

“Christ fought the battle upon the point of appetite, and came off victorious; and we also can conquer through strength derived from him. Who will enter in through the gates into the city?—Not those who declare that they cannot break the force of appetite. Christ has resisted the power of him who would hold us in bondage; though weakened by his long fast of forty days, he withstood temptation, and proved by this act that our cases are not hopeless. I know that we cannot obtain the victory alone; and how thankful we should be that we have a living Saviour, who is ready and willing to aid us!” *Christian Temperance and Bible Hygiene* 19.2

“In order to reach excellency of character, we must realize the value which Christ has placed upon the human race. In the beginning, man was invested with dignity; but he fell through indulgence of appetite. Notwithstanding the great gulf thus opened between God and man, Christ loved the hopeless sinner, and came to our world to bridge the gulf, and unite divine power to human weakness, that in his strength and grace man might wrestle for himself against Satan's temptations, overcome for himself, and stand in his God-given manhood, a victor over perverted appetite and degrading passions. The last words of David to Solomon, then a young man and soon to be honored with the throne of Israel, were, “Be thou strong, . . . and show thyself a man.” [1 Kings 2:2.] To the weak and tempted one I address the same, “Show thyself a man.” I point you to the cross of Calvary. I bid you in the name of Jesus, Look and live. Destroy not yourself. With God's blessing it is possible for you to gain the ascendancy over appetite and debasing passion.” *Christian Temperance and Bible Hygiene* 146.1

### **Growing Careless**

“If we could be benefited by indulging the desire for flesh foods, I would not make this appeal to you; but I know we cannot. Flesh foods are injurious to the physical well-being, and we should learn to do without them. Those who are in a position where it is possible to secure a vegetarian diet, but who choose to follow their own preferences in this matter, eating and drinking as they please, will gradually grow careless of the instruction the Lord has given regarding other phases of the present truth and will lose their perception of what is truth; they

will surely reap as they have sown.” *Testimonies for the Church volume 9* 156.3

➤ Have you ever considered that improper eating will eventually result in carelessness regarding the present truth and loss of your perception of what is truth? Consider Esau...

“Esau had a strong desire for a particular article of food, and he had so long gratified himself that he did not feel the necessity of turning from the tempting, coveted dish. He allowed his imagination to dwell upon it until the power of appetite bore down every other consideration, and controlled him. He thought he would suffer great inconvenience, and even death, if he could not have that particular dish. The more he reflected upon it, the more his desire strengthened, until his birthright lost its value and sacredness in his sight, and he bartered it away. He flattered himself that he could dispose of his birthright at will, and buy it back at pleasure; but when he sought to regain it, even at a great sacrifice, he was not able to do so. He then bitterly repented of his rashness, his folly, his madness; but it was all in vain. He had despised the blessing, and the Lord had removed it from him forever.” *Christian Temperance and Bible Hygiene* 43.3

### **Receiving strength and wisdom**

“There are many who feel that they cannot get along without flesh food; but if these would place themselves on the Lord’s side, resolutely resolved to walk in the way of His guidance, they would receive

strength and wisdom as did Daniel and his fellows. They would find that the Lord would give them sound judgment. Many would be surprised to see how much could be saved for the cause of God by acts of self-denial. The small sums saved by deeds of sacrifice will do more for the upbuilding of the cause of God than larger gifts will accomplish that have not called for denial of self.” *Testimonies for the Church volume 9* 157.4

➤ Now let’s consider Daniel, he resolved to walk in the way of health reform and was tremendously blessed with strength and wisdom.

“Living at the same time and in the same city with the princes already named, were others which the Scripture mentions by name. These were Daniel, Hananiah, Mishael, and Azariah, children of Judah, of the royal family-relatives of Jehoahaz, Jehoiakim, and Zedekiah.

“At the first siege of Jerusalem, 607 b. c., Daniel was not over eighteen years of age; about the age of the prince Zedekiah, who afterward ruled in Jerusalem. Daniel had a godly mother who knew of the prophecy concerning the destruction of their city. She repeated to her son the words of God, that some day Hebrew children must stand in the heathen court at Babylon. Carefully did this mother teach her son to read the parchment scrolls of the prophets. The history of Israel was studied; the story of Nadab and Abihu was told and retold. The effect of strong drink was impressed upon the mind. The laws of his own being were studied. He knew that excess in eating and drinking would so dull the mind that the voice of God could not be heard.

“The songs which these Hebrew children sang told the story of God's dealings with his people. It was in this manner that the image of God was engraven on their hearts. This education was not gained in the schools of the time, for they had departed from the plan of God; but holy mothers, living close to the everlasting Father, led their children by precept and example, by word and song, to form characters that would stand the test.

“It was the age when most of the young men in the capital of Judah were wild and reckless. They were excusing themselves because of their youth. But God chose from their midst certain ones whom he could trust in a foreign land. Daniel and his three companions were snatched from the shelter of home, and with others were placed under the charge of Ashpenaz, master of the eunuchs in Babylon.

“Now can be seen the results of the home training. Pure food, clean thoughts, and physical exercise placed them on the list of ‘children in whom was no blemish, but well-favored.’ But what of their intellectual ability? They had not been educated in the schools of Jerusalem, much less in those of Babylon. Was there not great danger that they lacked in the sciences or the essential branches? On examination, these four passed as ‘skillful in all wisdom, and cunning in knowledge, and understanding science,’ and able to learn a difficult, foreign language. God had fulfilled his promise in these children of the home school.

“The crucial moment came when “the king appointed them a daily provision of the king's meat and of the wine which he drank.” Daniel had unbounded confidence in the principles of temperance, not alone because he knew them to be scientifically true, but because they were God-given, and, in his case, had been put into practice. His education had a Biblical foundation, and he knew that it was in harmony with true

science. It was a life and death question; but the principles were divine, and he would obey, walk by faith, and leave the results with his Maker. "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank.' The language of the prince of the eunuchs shows that there were other Hebrew youth who were selected, who did not make this request; 'For,' said the prince of the eunuchs, 'why should he [the king] see your faces worse liking than the children which are of your sort?'

"Daniel and his companions, after considering their dangerous and difficult position, took this matter to the Lord in prayer, and decided to be true to principle. Much was involved in this decision. If they sat at the king's table, they would partake of food which had been consecrated to idols; and the Hebrew children would thus dishonor God, and ruin their own characters by removing the safeguard of temperance, and allowing themselves to be influenced by corrupt associations. Even at the cost of appearing singular, they decided not to sit at the table of the king. They might have reasoned that at the king's command they were compelled to partake of the food at the royal table which had been dedicated to an idol. But they determined not to implicate themselves with heathenism, and not to dishonor the principles of their national religion and their God. Surrounded by perils, after having made a most determined effort to resist temptation, they must trust the results with God.

"With true courage and Christian courtesy, Daniel said to the officers who had charge over them: 'Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenances of the children that eat the portion of the king's meat; and, as thou seest,

deal with thy servants.’ It was no experiment with them; for they foresaw the result.

“The officer hesitated. He feared that the rigid abstinence they proposed would have an unfavorable effect upon their personal appearance, and that, in consequence, they would lose favor with the king. The Hebrew children explained to the officer the effect of food upon the body; that overeating and the use of rich foods benumbed the sensibilities, unfitting mind and body for hard, stern labor. They urged most earnestly that they be allowed the simple diet, and begged that they be given a ten-days’ trial, that they might demonstrate by their own physical appearance at the end of that time the advantages of plain, nutritious food. The request was granted; for they had obtained favor with God and with men. It was an act of faith; there was no feeling of envy toward those who were eating of the king’s meat. The minds of the four were filled with thoughts of love and peace, and they actually grew during those ten days.

“God approved of their course; for, ‘at the end of ten days, their countenances appeared fairer and fatter in flesh than all the children which did eat of the portion of the king’s meat.’ The clear sparkle of the eye, the ruddy, healthy glow of the countenance, bespoke physical soundness and moral purity. The Hebrew captives were thereafter allowed to have their chosen food.

“The pulse and water which they then desired was not always the exclusive diet of Daniel; for, on another occasion in his later life, he said, ‘I ate no pleasant bread, neither came flesh nor wine in my mouth.’ But when entering upon the king’s course of study and becoming connected with the royal court, he and his brethren voluntarily chose this simple, nourishing food. Likewise, when brought



face to face with any difficult problem, or when desiring especially to know the mind of God, the record speaks of Daniel's abstinence from flesh food, wine, and foods which tempt the appetite.

“The character of Daniel is referred to by Ezekiel, who was a contemporaneous prophet, as representing those who will live just before the second coming of Christ. People will be called to pass through experiences which require the keenest spiritual eyesight; therefore God asks them to give up all things which will in any way check the flow of the Holy Spirit through the mind. Herein lies the reason for strict adherence to the principles of health reform. Daniel and his companions gained the victory on the point of appetite. This was the avenue, and the only one, through which Satan was permitted to tempt Adam; and, had Adam proved true in the garden of Eden, and not eaten of the forbidden fruit, sin and suffering would never have been known. Appetite was the open door through which came all the results of sin, which, for six thousand years, have been so manifest in the human family.

“As Christ entered upon the work of his ministry, he began where Adam fell. The first temptation in the wilderness was on the point of appetite. Here the Saviour bridged the gulf which sin had made. He redeemed the whole family of Adam, and wrought out a victory for the benefit of all who are thus tempted. In the last days God will prove his people as he proved Daniel. A voluntary self-control of appetite lies at the foundation of every reform.

“It means much to be true to God. It embraces health reform. It means that the diet must be simple; it calls for the exercise of temperance in all things. Too great a variety of food taken at the same meal is highly injurious; and yet, how often this is forgotten. Mind and body are to be

preserved in the best condition of health. Only those who have been trained in the fear and knowledge of God, and who are true to principle, are fitted to bear responsibilities in the closing work of the gospel. Haskell, Stephen, *The Story of Daniel the Prophet* 19.2-24.2

## Respect

“Seventh-day Adventists are handling momentous truths. More than forty years ago the Lord gave us special light on health reform, but how are we walking in that light? How many have refused to live in harmony with the counsels of God! As a people, we should make advancement proportionate to the light received. It is our duty to understand and respect the principles of health reform. On the subject of temperance we should be in advance of all other people; and yet there are among us well-instructed members of the church, and even ministers of the gospel, who have little respect for the light that God has given upon this subject. They eat as they please and work as they please.

“Let those who are teachers and leaders in our cause take their stand firmly on Bible ground in regard to health reform, and give a straight testimony to those who believe we are living in the last days of this earth’s history. A line of distinction must be drawn between those who serve God and those who serve themselves.” *Testimonies for the Church volume 9* 158.1,2

➤ All of the light from the Lord should be understood and respected, this includes health reform; we are at a time when a line of distinction is being drawn; what side will you be on?

“...God has given us great light upon the health reform, which He requires us all to respect. He does not send light to be rejected or disregarded by His people without their suffering the consequences.”

*Testimonies for the Church volume 3 311.2*

### **A mind and body for service**

“The principles of healthful living mean a great deal to us individually and as a people. When the message of health reform first came to me, I was weak and feeble, subject to frequent fainting spells. I was pleading with God for help, and He opened before me the great subject of health reform. He instructed me that those who are keeping His commandments must be brought into sacred relation to Himself, and that by temperance in eating and drinking they must keep mind and body in the most favorable condition for service. This light has been a great blessing to me. I took my stand as a health reformer, knowing that the Lord would strengthen me. I have better health today, notwithstanding my age, than I had in my younger days.” *Testimonies for the Church volume 9 158.4*

➤ Temperance in our eating and drinking is crucial for keeping us in upmost condition for service, effecting both our mind and body.

“Those who understand the laws of health and who are governed by principle, will shun the extremes, both of indulgence and of restriction. Their diet is chosen, not for the mere gratification of appetite, but for the upbuilding of the body. They seek to preserve every power in the best condition for highest service to God and man. The appetite is

under the control of reason and conscience, and they are rewarded with health of body and mind. While they do not urge their views offensively upon others, their example is a testimony in favor of right principles. These persons have a wide influence for good.” *The Ministry of Healing* 319.1

### **Lower passions in control**

“We do not mark out any precise line to be followed in diet; but we do say that in countries where there are fruits, grains, and nuts in abundance, flesh food is not the right food for God’s people. I have been instructed that flesh food has a tendency to animalize the nature, to rob men and women of that love and sympathy which they should feel for everyone, and to give the lower passions control over the higher powers of the being. If meat eating was ever healthful, it is not safe now. Cancers, tumors, and pulmonary diseases are largely caused by meat eating.” *Testimonies for the Church volume 9* 159.2

➤ Health reform helps us greatly to maintain the higher powers in the ascendancy over the lower passions.

“There is but little moral power in the professed Christian world. Wrong habits have been indulged, and physical and moral laws have been disregarded, until the general standard of virtue and piety is exceedingly low. Habits which lower the standard of physical health, enfeeble mental and moral strength. The indulgence of unnatural appetites and passions has a controlling influence upon the nerves of

the brain. The animal organs are strengthened, while the moral are depressed. It is impossible for an intemperate man to be a Christian, for his higher powers are brought into slavery to the passions.” *Counsels on Health* 36.1

### **Eating and thinking**

“...The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. Erroneous eating and drinking result in erroneous thinking and acting.” *Testimonies for the Church volume 9* 159.3

➤ What we eat and drink, if improper, greatly hinders our thoughts and actions, it hinders our growth in grace.

“Those who eat and work intemperately and irrationally, talk and act irrationally. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating—eating too frequently, too much, and of rich, unwholesome food—destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting.” *Child Guidance* 398.4

“The health of the body is to be regarded as essential for the advancement of growth in grace, an even temper. If food is given to the stomach which will prove a tax to it, it will surely result in perverting

the finer feelings of the heart. The stomach has a controlling influence upon the whole being, and has everything to do with the health of the whole body. If the stomach is not properly cared for, the formation of a moral character will be hindered. . . . Erroneous eating and drinking will result in erroneous thinking and acting. . . . Those who choose to be presumptuous, saying, 'The Lord has healed me, and I need not restrict my diet, I can eat and drink as I please,' will ere long need, in body and soul, the restoring power of God." *Manuscript Releases volume 5* 360.4

### **A Perfected People**

"God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.

"The remnant people of God must be a converted people. The presentation of this message is to result in the conversion and sanctification of souls. We are to feel the power of the Spirit of God in this movement. This is a wonderful, definite message; it means everything to the receiver, and it is to be proclaimed with a loud cry. We must have a true, abiding faith that this message will go forth with increasing importance till the close of time.

"There are some professed believers who accept certain portions of the Testimonies as the message of God, while they reject those portions that condemn their favorite indulgences. Such persons are working contrary to their own welfare and the welfare of the church. It is essential that we walk in the light while we have the light. Those who claim to believe in health reform, and yet work counter to its principles

in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers.

“A solemn responsibility rests upon those who know the truth, that all their works shall correspond with their faith, and that their lives shall be refined and sanctified, and they be prepared for the work that must rapidly be done in these closing days of the message. They have no time or strength to spend in the indulgence of appetite. The words should come to us now with impelling earnestness: ‘Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.’ Acts 3:19. There are many among us who are deficient in spirituality and who, unless they are wholly converted, will certainly be lost. Can you afford to run the risk? *Testimonies for the Church volume 9* 153.4-154.3

➤ If we are to become a perfected people we must cleanse our appetite and be sanctified.

“Those who act as teachers are to be intelligent in regard to disease and its causes, understanding that every action of the human agent should be in perfect harmony with the laws of life. The light God has given on health reform is for our salvation and the salvation of the world...” *Review and Herald November 12, 1901, par. 14*

“Since the first surrender to appetite, mankind have been growing more and more self-indulgent, until health has been sacrificed on the altar of appetite. The inhabitants of the antediluvian world were intemperate in eating and drinking. They would have flesh-meats, although God had at that time given man no permission to eat animal

food. They ate and drank till the indulgence of their depraved appetite knew no bounds, and they became so corrupt that God could bear with them no longer. Their cup of iniquity was full, and he cleansed the earth of its moral pollution by a flood.

“As men multiplied upon the earth after the flood, they again forgot God, and corrupted their ways before him. Intemperance in every form increased, until almost the whole world was given up to its sway. Entire cities have been swept from the face of the earth because of the debasing crimes and revolting iniquity that made them a blot upon the fair field of God’s created works. The gratification of unnatural appetite led to the sins that caused the destruction of Sodom and Gomorrah. God ascribes the fall of Babylon to her gluttony and drunkenness. Indulgence of appetite and passion was the foundation of all their sins.”  
*Christian Temperance and Bible Hygiene* 43.1,2

“You need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His word requires and which are necessary to give you a moral fitness for the finishing touch of immortality.

“Even if you are strict in the quality of your food, do you glorify God in your bodies and spirits which are His, by partaking of such a quantity of food? Those who place so much food upon the stomach, and thus load



down nature, could not appreciate the truth should they hear it dwelt upon. They could not arouse the benumbed sensibilities of the brain to realize the value of the atonement, and the great sacrifice that has been made for fallen man. It is impossible for such to appreciate the great, the precious, and the exceedingly rich reward that is in reserve for the faithful overcomers. The animal part of our nature should never be left to govern the moral and intellectual." *Counsels on Diet and Foods* 47.1,2

➤ Throughout this reading we can see that health reform is part of our preparation as priests which will aid us in becoming a perfected people to stand before God at the close of probation (Daniel 12:1) without a mediator. Health reform "is a subject that we must understand, in order to be prepared for the events that are close upon us." We are now to be practicing health reform in preparation to give the third angel's message effectively to the world at the Sunday Law. After adherence to health reform then we will be better able to proclaim that message. This proclamation of the third angel's message along with health reform will empower us to stand a perfected people before God when Revelation 22:11 is declared; "he that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still."

