

BALANCE MY CHOICE

Wellness Pointers

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"Come to Me, all you who
are weary and burdened,
and I will give you rest."
Matthew 11:28



EMPLOYEE WELLNESS
Southern Adventist University

MENTAL

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

Cast Your Burdens on Jesus

"Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: casting all your care upon Him; for He careth for you" (1 Peter 5:6-7).

Your mind may often be clouded because of pain. Then do not try to think, but just rest, and show that you have committed your soul to God as unto a faithful Creator. It is your privilege to show in your weakness and suffering that you do not doubt the love of God toward you, that you know that He is faithful who has promised, and that you trust your soul and body in His hands, that He will keep that which is committed to His trust.

Let your mind dwell upon the goodness of God, upon the great love wherewith He has loved us, as evidenced in the work of redemption. If He did not love us, and consider us of value, then this great sacrifice would not have been made. He is beneficent in mercy and in grace. Let your heart and mind be at rest, like a tired child in the arms of its mother. His everlasting arms are beneath you. In all your afflictions Jesus is afflicted. What a privilege it is for you, now afflicted, to find a refuge in Jesus.

The gospel armor seems too weighty to be born. Well, Jesus Christ is your armor. Hide in Him, and the wicked one will not harass or confuse your faith. Jesus has bequeathed His peace to you.

Praise the Lord that you have felt the cleansing efficacy of the Savior's blood. Upon your soul the Son of Righteousness hath arisen with healing in His wings. How empty and unsatisfying is every earthly thing. But Jesus, the precious Savior, is your spiritual sustenance. He has linked your life with His life. The word of His grace is manna to the believing soul. The precious promises of the Word are life, greatness, and peace.

Do not be troubled. Jesus loves you, and will care for you, and bless you. The active, aggressive battle you can no more fight, but you can let Jesus fight it for you. He says to you, "Give your case entirely into My hands. Be still, and know that I am God."

Dear brothers and sisters, we hope and pray that the Lord will give you help and strength under the severe taxation that is upon you. The God that saw Nathanael under the fig tree sees you and understands all your griefs and all your sorrows. The Lord Jesus will be your strength in the day of your affliction.

The Word is the living bread. Eat of it daily. It will be a sustaining power to do all that you must do. It will infuse immortal vigor into your soul, perfect your experience, and be to you those joys which are real, and which abide forever.

from source *The Upward Look*, Ellen White Devotional pp. 335





Spotlights of Attitude

Attitude governs the scope of our influence, the radius of our reach. Our ability to carry life's burdens depends upon our lives being in balance. We measure our relationships with others and our assessment of their mind-set by reference to our own. There are four spotlights that determine one's unique attitude:

Thought Patterns. This spotlight relates to our way of thinking: the pattern of thought, the content of thought, the quality of our thoughts. For Christians there is a solution to unbalanced thinking that may lead to extremism: "Let this mind be in you which was also in Christ Jesus" (Phil. 2:5). This is the Jesus who did not condemn the woman caught in adultery, but pointed out a better way. This is the Jesus who rallied against hypocrisy and urged integrity. This is the humble Jesus who urged the abandonment of pride, arrogance, and control of others. This is the mind of Jesus who invited little children to come to Him. This is the Jesus who urged us to adopt the guideless simplicity of a child, to eschew the conniving scheming of the Pharisees. This is the Jesus who was filled with compassion for the suffering, who empathized with the mourning, who cared for sinners. We can choose to be like Jesus. But to be like Jesus we must train our minds to think as Jesus did.

Self-Evaluation. The second is our level of self-evaluation, our concept of self-appreciation, our concept of self-worth, how much we value our own lives. It is extremely important for you to value yourself. If you don't value yourself, you will have no motivation to take care of yourself, your body, soul, or spirit. And if you don't value yourself, it is very difficult for you to accept the infinite value God has placed on your life! But thinking too much of yourself will make you arrogant and proud, perhaps willful and demanding. Your relationships with others may not be give and take, but only take. At the other extreme are those who feel so utterly hopeless, so worthless, that they are unable to accept love. Because realistic self-worth is learned, and because self-absorption is often a distortion of reality, the attitudes of those at either extreme are often distorted and unrealistic. However, there is a solution. Jesus looks at our distorted self-images, and offers a simple solution: "Follow Me." If we can only appreciate that we are valued by Jesus, we will lose the self-doubt and the artificial crutches of arrogance and pride. We will lose the need to correct others, to be seen as knowing so much, and the desire to be important in the eyes of others. Why? Because we are more important to Jesus.

Valuation of Others. The third is the value we assign to the lives of others – their hopes, joys, and sorrows. Love the Lord your God with all your hearts. It is this commandment that makes possible the other: to love our neighbor as ourselves (Luke 10:27). In loving others we become more like Jesus. To understand our attitude, we need to carefully examine how we think about and behave toward others – family, friends, or strangers.

Belief in a Higher Power. The fourth spotlight illuminating our attitude relates to our belief in a higher power, to our connection with God. Having walked through what David calls, "the valley of the shadow of death," those who recognize Jesus as their Savior will have a different attitude than those whose belief system does not include a loving Father who walks that "valley" with them. The gratefulness of those who trust Jesus as their Savior – people who recognize His life and death as a free gift to a sin-sick world – will affect every area of their lives.

from source *Living Praise*, By: Allan Handysides pp. 14-21



Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

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Rainbow Root Salad

Ingredients:

1 beet, grated
1 large carrot, grated
½ jicama, grated
1 orange
lettuce for salad
parsley for garnish



Preparation:

1. Grate beet, carrot, and jicama and serve on a bed of lettuce.
2. Drizzle a squeezed orange over the vegetables for dressing.
3. Garnish with chopped parsley.

Sabbath Rest

At the conclusion of His work of creation God rested and established the seventh day as a rest day for all His creation. "Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made. And God blessed the seventh day, and sanctified it: because in it He had rested from all His work which God created and made" (Genesis 2:1-3).

God did not rest because He was tired. Rather, He ceased His work of creation in part to begin communion with the man, Adam, that He had created to have dominion in the Garden of Eden prepared especially for him. God knew that human beings would need the seventh day rest in order to maintain the relationship that He desired to have with them. God reemphasized the importance of the seventh day of rest when He gave Moses the Ten Commandments (Exodus 20:8-11).

After sin entered the world human beings not only needed to observe the seventh day Sabbath for spiritual strengthening with God but also for physical and emotional health. Rest is essential to our total well-being. God is so concerned about it that He has given us specific instruction on how to get the greatest blessing from the Sabbath rest. "If thou turn away thy foot from the Sabbath, from doing thy pleasure on my holy day; and call the Sabbath a delight, the holy of the Lord, honorable; and shalt honor Him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it" (Isaiah 58:13-14).

Our Creator knew that simply ceasing from physical labor was not enough. In order for His children to receive the greatest benefit, He asks us even to stop thinking about what concerns us during the other days of the week. That is why He says that we are not to even speak our own words. Life is stressful, and we need a break from its concerns. When we follow God's instruction to rest our minds from the cares of life and our bodies from physical work, and focus on Him, we will receive not only spiritual strengthening but also emotional and physical benefits.

Furthermore, God's command for us to rest from our labors every seventh day Sabbath is a type of our rest in Him for our redemption. The Sabbath rest is symbolic of resting completely in Christ for our deliverance from temptation and sin. The Old Testament tells us that the Sabbath commemorates two things. It is a memorial of God's creating the earth and all that is in it (Exodus 20:8-11), and also of God's redemptive work in our lives. "Moreover also I gave them my Sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctifies them" (Ezekiel 20:12).

Every week when we rest on the seventh day Sabbath we are celebrating God's work of redemption in our life. However, if we have not entered the rest of redemption by accepting by faith what God has done for us, we are not truly entering into the deeper spiritual meaning of Sabbath rest. If we are seeking to obey God through our own efforts, not trusting fully in Christ to do the work, we fail to experience the Sabbath rest that God intends us to experience and extol. The true resting in Christ for our salvation will benefit us not only spiritually but also emotionally and physically.