

BALANCE MY CHOICE

Wellness Pointers

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"Greater love has no one
than this; than to lay down
one's life for his friends."
John 15:13



EMPLOYEE WELLNESS
Southern Adventist University

SOCIAL

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

The Virtue of Brotherly Kindness

“And to godliness brotherly kindness; and to brotherly kindness charity” 2 Peter 1:7.

The Word of God enjoins upon every one of His children: “Be ye all of one mind, having compassion one to another, love as brethren, be pitiful, be courteous” 1 Peter 3:8. Now unless godliness was added to patience man would not show that brotherly kindness. In His mission to our world, Christ has shown man the graces of the Spirit of God which, when accepted, fashion and mold the entire man, externally as well as internally, by abasing his pride and leading him not to esteem himself highly but to esteem his brother as precious in the sight of God because Christ paid an infinite price for his soul. When man is valued as God’s property then we will be kind, amiable, and gracious toward him.

The religion of Jesus Christ is a system of the true heavenly politeness and leads to a practical exhibition of habitual tenderness of feeling, kindness of deportment. He who possesses godliness will also add this grace, taking a step higher on the ladder. The higher he mounts the ladder, the more of the grace of God is revealed in his life, his sentiments, his principles. He is learning, ever learning the terms of his acceptance with God and the only way to obtain an inheritance in the heavens is to become like Christ in character. The whole scheme of mercy is to soften down what is harsh in temper and refine whatever is rugged in the deportment. The internal change reveals itself in the external actions. The graces of the spirit of God work with hidden power in the transformation of character. The religion of Christ never will reveal a sour, coarse, and uncourteous action. Courtesy is a Bible virtue. The virtue of this grace of brotherly kindness characterized the life of Christ. Never was such courtesy exhibited upon the earth as Christ revealed, and we cannot overestimate its value.

Growing in grace is an earnest working out of what God works in. It is an earnest of future glory, the working out here upon the earth of the spirit that is cherished in heaven.

taken from: “Our Higher Calling” By: Ellen White - March 7 Devotional

Spiritual Exercise - Witnessing

As personal Bible study is analogous to eating and prayer is similar to breathing in the physical realm, so sharing our faith benefits our spiritual well-being just as exercise strengthens the physical body. Just as one who does not exercise will become weak and sickly, so also one who does not extend his or her faith to others will become spiritually feeble. Paul clearly understood the necessity of witnessing for Christ when he wrote: "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised Him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation" (Romans 10:9, 10).

It is vital that Christians share their faith. It can be done in numerous ways and places – in the family, with friends, even with strangers as the opportunity arises. We need to ask the Lord every day to lead us into situations in which we can witness to our faith in Him. Then we must be sensitive to His leading, and the Spirit's conviction to present Christ when He opens the way for us to speak on His behalf.

Jesus has given us His own example of the most effective way to witness for Him. "Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me'" (Gospel Workers, p. 363).

We must show genuine interest in others. The statement is true: people don't care about what we know until they know that we care. As Christ brought the early Christians in "favor with all the people" (Acts 2:47), so also will He bring us into a positive relationship with those He wants us to share our faith with.

I have personally found that sharing God's Word with others plays a major role in Christians becoming strong in the Word, both in knowledge and in lifestyle. My favorite statement by Ellen White on the benefits of witnessing for Christ appears in the book Steps to Christ: "If you will go to work as Christ designs that His disciples shall, and win souls for Him, you will feel the need of a deeper experience and a greater knowledge in divine things, and will hunger and thirst after righteousness. You will plead with God, and your faith will be strengthened, and your soul will drink deeper drafts at the well of salvation. Encountering opposition and trials will drive you to the Bible and prayer. You will grow in grace and the knowledge of Christ, and will develop a rich experience.

"The spirit of unselfish labor for others gives depth, stability, and Christ-like loveliness to the character, and brings peace and happiness to its possessor. The aspirations are elevated. There is no room for sloth or selfishness. Those who thus exercise the Christian graces will grow and will become strong to work for God. They will have clear spiritual perceptions, a steady, growing faith, and an increased power of prayer. The spirit of God, moving upon their spirit, calls forth the sacred harmonies of the soul in answer to the divine touch. Those who thus devote themselves to unselfish effort for the good of others are most surely working out their own salvation" (p. 80).

People ready to meet Jesus will be those who share Christ with others. Their witness for Christ will play an essential role in their victory over Satan. "And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death" (Revelation 12:11).

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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Antipasto Picnic Salad

Ingredients:

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| 6 oz. can pitted black olives | 1 red pepper |
| 6 oz. jar green olives | 1 yellow pepper |
| 14 oz. can artichoke hearts | 1 avocado |
| 1 can hearts of palm | 1/4 cup lemon juice |
| 1 small red onion, sliced | 1/4 cup sliced fresh basil |
| 1 cup cooked green beans | 1/2 lb. extra firm tofu, cubed |



Preparation Instructions:

1. Cut all vegetables into bite-size cubes and place in a large bowl.
2. Drain olives, artichoke hearts, and hearts of palm.
3. Gently mix everything together.
4. Toss diced avocado in lemon juice and pour over top of salad.

His Embrace In Prayer

Christ's compassionate and mighty arms embrace and connect our trembling prayers with the very gates of heaven. What could be more assuring than to know that Christ is embracing us when we earnestly pray? If it is a source of encouragement to have a loved one draw close to us and grasp our hand in prayer, how much more so for Christ to draw near us and embrace us with His compassionate and mighty arms. "As we acknowledge before God our appreciation of Christ's merits, fragrance is given to our intercessions. As we approach God through the virtue of the Redeemer's merits, Christ places us close by His side, encircling us with His human arm, while with His divine arm He grasps the throne of the Infinite. He puts His merits, as sweet incense, in the censer in our hands, in order to encourage our petitions. He promises to hear and answer our supplications. Yes, Christ has become the medium of prayer between God and man" (Testimonies, vol. 8, p. 178).

So whenever we join Christ in prayer:

1. Our sincere prayers are fragrant by Christ's merits and intercessions.
2. Christ draws close to us when we pray.
3. He encircles us with His human arm (representing His caring, love, and compassion).
4. With His divine arm He grasps the Infinite (representing His mighty power).
5. Christ Himself becomes the medium of prayer between us and God.

In order to make a vivid and lasting impression on our souls whenever we pray, why not demonstrate the important points of this promise with a friend? Illustrate this by drawing close to your friend, placing one arm around his or her shoulders, and raising your other arm toward heaven. Remember, now, that this is what Christ does when we pray.

Thus the Father accepts us when He sees us embraced in His Beloved Son. He receives and welcomes us as His friends because we are His Son's friends. For "no sooner does the child of God approach the mercy seat than he becomes the client of the great Advocate. At his first utterance of penitence and appeal for pardon Christ espouses his case and makes it His own, presenting the supplication before the Father as His own request" (Testimonies, vol. 6, p. 364).

It is impossible for us to encircle all the needs of others with sufficient and lasting help, but Jesus cares and He can. With His compassionate human arm He is able to encompass all our needs and petitions. He draws them close to His heart, and then causes them to ascend upon His mighty divine arm all the way to God's throne. In the embrace of the praying Jesus, our fragrant petitions are not left to themselves. They ascend higher and higher, unobstructed by obstacles, until they reach their heavenly destination. We need never fear that our prayers do not rise above the ceiling. For they ascend upon the divine arm, burst through the roof, clouds, and cosmos, not stopping until they reach the heavenly altar of incense. There Christ, our "medium of prayer," presents our prayers mixed with the sweet incense of His perfect righteousness and mighty intercessions.