

BALANCE MY CHOICE

Wellness Pointers

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"Prayer is the opening of the heart to God as to a friend."
Steps to Christ p. 93



EMPLOYEE WELLNESS
Southern Adventist University

SPIRITUAL

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

Refreshing Your Faith

Have you ever felt as though your faith was “stuck in neutral?” You weren’t going anywhere. You seemed to be in a sluggish standstill. You longed to have a deeper Christian experience, but you wondered how it was possible. You knew where you wanted to go, but you didn’t know how to get there. In this lesson we will explore the basis of a vibrant spiritual life.

1. Read Psalm 119:25, 28, 107, 154. What earnest plea does David make regarding revival? The Word of God is the basis of revival. The same Holy Spirit who prompted Bible writers to record God’s Word inspires us as we read it. Meditating upon the Word of God is life-transforming.

2. Read Psalm 1:2, 119:11, 15-16, 81, 97. What was the object of David’s meditation? Christian meditation focuses on God’s Word, God’s works, and God’s ways. This infilling of the principles of righteousness, grace, and truth transforms our thought processes and drives out our evil thoughts (see Phil. 4:7-8). We are transformed through God’s Word (see Rom. 12:1-2).

3. Read Acts 20:32 and James 1:21. If our spiritual lives seem stagnant, what does studying God’s Word accomplish?

4. The prophecies of Scripture predict a mighty outpouring of the Holy Spirit just before the coming of Jesus. Read Ephesians 5:25-27 and John 17:17. How will God prepare His church for this special manifestation of the Spirit’s power? The Holy Spirit will be poured out in abundant measure prior to the second coming of Christ. The earth will be “lightened” with the glory of God. God’s people will reveal in their lives and proclaim with their lips the grace, righteousness, and truth of our Lord.

5. Read 2 Corinthians 3:18; Proverbs 23:7; and Romans 12:1-2. Why is meditating upon God’s Word such a powerful agent in revival? As we study God’s Word and prayerfully meditate upon its passages, applying the truths we discover to our own lives, our thought patterns are changed. We are transformed into His likeness. By beholding Jesus, we become like Him. Ellen White wrote: “It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence. Man will never rise higher than his standard of purity or goodness or truth” (The Great Controversy, p. 555).

6. Read Colossians 3:1-2. What urgent appeal does the apostle Paul make to each one of us regarding growing as Christians? The apostle Paul urges us to “set” or “fix” our minds on things above, not on things below. When we surrender our lives to Christ we are a “new creation,” and all things are made new (2 Cor. 5:17). Nevertheless our old nature still remains. It will not be totally eradicated until Jesus returns and we ascend to glory with Him. As long as we are in this “vile, corruptible” body our sinful nature remains; but it need not reign. Sin no longer has dominion over us, because God’s grace is more powerful than our sinful natures (see Phil. 3:20-21; 1 Cor. 15:51-54; Rom. 6:11-14).

Here is the vital key in overcoming sin in our lives; the secret of whether sin or Christ triumphs: What nature are you feeding? With what are you filling your mind? On what are your affections set? If our minds are filled with the things of eternity, if we spend time fellowshiping with Jesus in His Word daily, if we have a vital relationship with Jesus by faith in His saving grace and triumphant power, we will live vibrant Christian lives. We will grow in grace, our faith will be renewed, and our spiritual lives refreshed daily. Would you like to fill your mind with God’s Word and live in the power of His Spirit? In and through Jesus you can live a victorious Christian life today.

Ministering to Soul and Body

When Christ sent His disciples out on their first missionary journey, He said to them, "As ye go, preach, saying, 'The kingdom of heaven is at hand.' Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give" (Matt. 10:7-8, KJV). And when at the close of His earthly ministry He gave them their commission, He said, "These signs shall follow them that believe; in My name shall they cast out devils; they shall speak with new tongues; they shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover" (Mark 16:17-18, NIV). Of the disciples after Christ's ascension, we read, "They went forth, and preached every where, the Lord working with them, and confirming the word with signs following" (verse 20, KJV). To Christ's disciples today there come countless opportunities to minister to sin-sick souls and to those in need of physical healing. Physical healing is bound up with the gospel. God's people are to be genuine medical missionaries. They are to learn to minister to the needs of soul and body. They should know how to give the simple treatments that do so much to relieve pain and remove disease. They should be familiar with the principles of health reform, that they may show others how, by right habits of eating, drinking, and dressing, disease may be prevented and health regained. A demonstration of the value of the principles of health reform will do much toward removing prejudice against our evangelical work. The Great Physician, the originator of medical missionary work, will bless every one who will go forward humbly and trustfully, seeking to impart the truth for this time.

Establishing Health Institutions

Sanitariums are to be established in many places, to stand as memorials for God. I know that the truth will reach the hearts of many who, but for the agency of these institutions, would never be enlightened by the brightness of the gospel message. Self-sacrificing workers, who have full faith in God, should be chosen to take charge of these institutions. They are to take up this work, not with the hope of gaining financial advantage, but because their hearts are weighted with the burden of the message for this time. They are to be willing to sacrifice personal gain and personal convenience for the sake of saving souls.

A Work Demanding Sacrifice

The work of God is to be carried forward in self-denial and self-sacrifice. "Whosoever will come after me," Christ said, "let him deny himself, and take up his cross, and follow Me" (Mark 8:34, KJV). Christ became poor that we might be partakers of the "far more exceeding and eternal weight of glory" (2 Cor. 4:17, KJV). We are to practice the same self-sacrifice that led Him to give Himself up to the death of the cross to make it possible for human beings to have eternal life. In all that we do or say, in all our expenditure of means, we are to strive with full purpose of heart to fulfill the purpose of Him who is the Alpha and Omega of medical missionary work. Beside all waters we are to sow the seeds of truth, winning souls to Christ by tender compassion and unselfish interest.

Seek to Understand

We are to seek to understand the necessities of those with whom we are brought into contact, and to obtain their confidence. People are eager to hear the truth from those whose lips are governed by the law of kindness. The divine word, spoken by such messengers, will be as music in their ears. Thus many of those whose minds are now filled with prejudice against present truth may be won to Christ. Our work is a great and solemn one, and it needs men who understand what it means to give themselves to unselfish effort for the saving of the lost. But there is no need for the service of men who are lukewarm. Men and women are needed whose hearts are touched with human woe and suffering, men and women who have heard a message from heaven, and whose lives give evidence that they are receiving and imparting light and life and grace.

taken from: "Adventist World - NAD - January 2013" by: Ellen G. White

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

Southern Adventist University
Employee Wellness
Committee

Phil Garver, Director

Clarice Esquilla

Leslie Evenson

Betty Garver

Laurie Gauthier

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Katie Schuen

Cover Art Photographer

Breyanna Kerley & Michael Butler

On The Cover

Cross Design at Communion Vespers

Please send comments/suggestions to:

garver@southern.edu

Perfect Veggie Burger

Ingredients:

- 1/2 cup onion, diced
- 1 large garlic clove, minced
- 1 cup oats, processed into flour
- 1 1/2 cups bread crumbs
- 1 cup grated carrots
- 1/3 cup almonds, chopped
- 1/2 cup sunflower seeds
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. tamari (soy sauce)
- 1 1/2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. oregano
- Flax eggs: 2 1/2 Tbsp. ground flax + 1/2 cup warm water
- 1 cup cooked black beans, rinsed & roughly mashed
- Heaping 1/4 cup finely chopped parsley



Directions:

1. Preheat oven to 350 F (if baking). In a large skillet, sauté onions and garlic in 1/2 Tbsp. oil. Mix your flax egg together in a small bowl and set aside for at least 10 minutes while you prepare the rest of the ingredients.
2. Place all ingredients (except spices and salt) into a large mixing bowl and stir very well. Now, add seasonings and salt to taste.
3. With slightly wet hands, shape dough into patties. Pack dough tightly as this will help it stick together. Recipe should make 8 medium patties.
4. Cooking methods: You can fry the burgers in a bit of oil on a skillet over medium heat for about 5 minutes on each side. If baking in the oven, bake for 25-30 minutes (15-17 minutes on each side) at 350 F, until golden and crisp. For the BBQ, pre-bake the burgers for about 15 minutes in oven before placing on a pre-heated grill until golden and crisp on each side. Our preferred method of cooking was frying in the skillet!!

GF Note: To make these burgers gluten-free, use certified GF oats, GF Tamari, and gluten-free breadcrumbs.

Who is Hurting Now?

Jesus,
I'll know who's number one if I count the tears.
Have I shed more for your grief, or mine?

When life is difficult, we might try setting aside our own pain and ask God what hurts Him. Does it hurt Him when He shows us the beauty of His light and we turn away toward darkness? When He fits us with the spectacles of His heavenly view and we grope myopically? When He offers uncommon guidance and we follow our own common sense? When He shows us the Way and we are content to take any old way?

Do His eyes get misty when He spreads a banquet of love before us and we pass it up to nibble on the dry crumbs of hate and resentment? When He offers power to move mountains and we stumble over dirt clods? When He delivers us from evil and we wink at His Enemy? When we cling to Him in pain and then wave to Him in ease? When He presents peace and we battle over it? When He offers salvation to all and we hoard it as a private joy? When we cry out to Him to save us but refuse to live in the safety of His presence?

He waits to help in our weakness, sin, and failure. He already shared our pain. When we begin to understand His pain, growth begins.

"For My thoughts are not your thoughts, neither are your ways My ways," declared the Lord. "As the heavens are higher than the earth, so are My ways higher than your ways and My thoughts then your thoughts." -Isaiah 55:8-9

God looks down from heaven on the sons (and daughters) of men to see if there are any who understand, any who seek God. Will the evildoers never learn—those who...do not call on God? There they were, overwhelmed with dread, where there was nothing to dread. -Psalm 53:2,4-5

Teach me Your way, O Lord, and I will walk in Your truth; give me an undivided heart that I may fear Your name. I will praise You, O Lord my God, with all my heart; I will glorify Your name forever. For great is Your love toward me. -Psalm 86:11-13

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. Many are the woes of the wicked, but the Lord's unfailing love surrounds the man (women) who trusts in Him. Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart! -Psalm 32:8-11

"Your fruitfulness comes from Me." Who is wise? He will realize these things. Who is discerning? He will understand them. The ways of the Lord are right; and the righteous walk in them, but the rebellious stumble in them. -Hosea 14:8-9