

BALANCE MY CHOICE

Wellness Pointers

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"But without faith it is impossible to please Him; for He that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him."

Hebrews 11:6 KJV



EMPLOYEE WELLNESS
Southern Adventist University

SPIRITUAL

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

The Fruit of the Spirit

God created us multidimensional beings. We are physical, emotional, and spiritual creatures. In order to serve God effectively and be ready for Christ's return, we must be healthy in every area of life. The fruit of the Spirit covers all three dimensions.

“But the fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law” (Gal. 5:22 & 23).

The more of these fruits of the Spirit that we have in our life, the more we will reflect Christ's character. That is important because only those who mirror Jesus' character will be ready to meet Him. They have the Father's “name” on their foreheads, which is the character of Christ. “And I looked, and behold, a Lamb standing on Mount Zion, and with Him one hundred and forty-four thousand, having His Father's name written on their foreheads” (Rev. 14:1).

Ellen White confirmed this when she wrote: “Christ is waiting with longing desire for the manifestation of Himself in His church. When the character of Christ shall be perfectly reproduced in His people, then He will come to claim them as His own” (Christ's Object Lessons, p. 69).

An important question then is, how do Christians receive the fruit of the Spirit? Through the baptism of the Holy Spirit. That is why the Spirit's infilling is so essential for physical, emotional, and spiritual wellness. A direct link exists between every fruit of the Spirit and our well-being.

For example, if I have love, joy, and peace in my heart, I will not be bitter toward anyone who has hurt me. It is essential for my spiritual health because the Bible says: “Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled” (Heb. 12:14 & 15). If I don't have peace in my heart toward others, God's grace will have little effect in my life.

Also, holding on to anger will negatively affect my physical and emotional condition.

Peter gave us another example. Anger at my wife negatively affects my relationship with God. “Likewise, ye husbands, dwell with them according to knowledge, giving honor unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered” (1 Peter 3:7). You see, the fruit of love, joy, and peace are essential in order to grow in Christ, experience the fullness of health, and be ready for Christ's second coming. The same is true of each of the other fruit of the Spirit. Therefore, it is essential that I ask God daily to fill me with His Spirit so that I can receive the fruit of the Spirit each day.

Ellen White understood this. “When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven” (The Desire of Ages, p. 173).

As the countenance “reflects the light of heaven” total health will then result. “The religion of the Bible is not detrimental to the health of either body or mind. The influence of the Spirit of God is the very best medicine for disease. Heaven is all health; and the more deeply heavenly influences are realized, the more sure will be the recovery of the believing invalid. The true principles of Christianity open before all a source of inestimable happiness” (Counsels on Health, p. 28).

Trust in Divine Power

Trust in divine power is the last natural remedy that Ellen White listed as a law of health: “Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power – these are the true remedies” (Counsels on Health, p. 90). I find that the eighth one – trust in the divine power – is often less known in its relationship to achieving good health. So let’s consider how trust in divine power influences our physical well-being.

Throughout Christ’s ministry we find that time and again He healed the sick. “God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with Him” (Acts 10:38). Matthew tells us why He did this: “When the even was come, they brought unto him many that were possessed with devils: and He cast out the spirits with His Word, and healed all that were sick: that it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses” (Matthew 8: 16, 17). Jesus paid the price for our physical healing on the cross, just as He did for our sins to be forgiven. When He sent out His disciples, He enabled them to heal the sick.

“Then He called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases. And He sent them to preach the kingdom of God, and to heal the sick” (Luke 9:1 & 2). We find that the church in the book of Acts followed Christ’s example of healing the sick. “And believers were the more added to the Lord, multitudes both of men and women” (Acts 5:14). “Insomuch that they brought forth the sick into the streets, and laid them on beds and couches, that at the least the shadow of Peter passing by might overshadow some of them. There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one” (verses 15- 16).

The apostle James instructed us: “Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him” (James 5: 14 & 15).

Ellen White confirmed the importance of trust in divine power for restoration of one’s physical health: “If we are under infirmities of body, it is certainly consistent to trust in the Lord, making supplications to our God in our own case, and if we feel inclined to ask others in whom we have confidence to unite with us in prayer to Jesus who is the Mighty Healer, help will surely come if we ask in faith. I think we are altogether too faithless, too cold and lukewarm” (Medical Ministry, p. 16). “When you neglect to offer prayer for the sick, you deprive them of great blessing; for angels of God are waiting to minister to these souls in response to your petitions” (ibid, p. 195).

One does not have to be on their deathbed before having prayer for recovery from an illness.

Also, we should do our best to follow God’s health guidelines when we seek Him for healing through prayer. For example, it would be presumptuous to pray for healing of cirrhosis of the liver and yet keep on drinking alcohol, or to pray for healing of lung cancer and continue to smoke. The prayer of faith for healing must include a life of faithfulness to God.

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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On The Cover

Hope Found on the Cross

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Vegan Eggnog

Ingredients:

- 3 cups almonds
- 4 cups water
- 1 tablespoon vanilla extract
- 2 tablespoons agave nectar
- 2 tablespoons yacon syrup
- 2 teaspoons nutmeg, ground
- 1/4 teaspoon cinnamon, ground
- 1 pinch clove, ground



Preparation:

1. Soak almonds overnight.
2. Discard soaking water and rinse almonds in a deep bowl of water, repeat until water is clear.
3. Place soaked almonds and 4 cups of water in a vita-mix.
4. Blend on highest speed for 90 seconds.
5. Strain milk through a fine mesh paint bag, discarding solids.
6. Place almond milk in a half gallon mason jar.
7. Add agave, yacon, vanilla, nutmeg, cinnamon & cloves, & shake well.
8. Refrigerate until cold and serve.

Fasting & Physical Health

Fasting is not only necessary in order to be stronger spiritually but it also enhances our physical health. Ellen White wrote: "There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them" (Counsels on Diet and Foods, p. 189).

Good health plays an important role in our ability to hear God's voice better and overcome the enemy. Whatever negatively affects the body also has an adverse impact on the mind. It is through the mind that God communicates with us. Thus the clearer our mind, the better the communication is between God and us. This is why Satan attacks the minds of men, women, and youth today. I am convinced that is one primary reason he has inundated our society with mind-altering drugs as well as other substances and activities that distort the brain and its functioning.

Ellen White expanded the traditional definition of fasting. "The true fasting which should be recommended to all is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less of what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience" (*Medical Ministry*, p. 283).

One major benefit of fasting is detoxification of our body. Detoxification is a process of the body elimination or neutralizing poisonous substances through the colon, liver, kidneys, lungs, lymph glands, and skin. Fasting can trigger this, because when one fasts, it forces the body to use fat reserves for energy. The fat reserves store the toxins that we take into our bodies through various means. As the body burns its fat stores for energy, it releases the toxins and the body can then expel them.

Another benefit of fasting is that it promotes healing in the body. Energy not needed to digest food gets redirected to the metaboli

sm and immune system. It can lead to the destruction of tumors and result in healthier cells, tissues, and organs. That is one reason animals stop eating when wounded, and humans lose hunger during certain illnesses such as influenza and gastritis.

A feeling of being energized often happens during times of fasting, plus life expectancy increases. For example, lab rats fed a very-low-calorie diet lived significantly longer than those on a higher-calorie diet. Researchers believe this happens because fasting produces a slower metabolic rate, improved immune system, more efficient protein production, and increased hormone production, including that of an anti-aging hormone.

Fasting may improve rheumatoid arthritis, decrease allergic reactions such as hay fever and asthma, and help reduce edema in the lower body. In many cases it may lower high blood pressure. In addition, fasting makes it easier to overcome addictions such as tobacco and alcohol, and even aids the skin and eyes.