



HOLY SPIRIT POWER

There is More Power in a Single Christian
Than in All of the Armies on the Face
of the Earth.

BKRBK

Claiming the Power of the Holy Spirit (Day Eight)

A Reformation and Revitalization of the Health Message



TESTIMONIES
FOR THE
CHURCH

VOL. 3

ELLEN G. WHITE

For years the Lord has been
calling the attention of His
people to health reform. This
is one of the great branches
of the work of preparation
for the coming of the Son of
man. {3T 61.3}



The First Health Reform Vision

It was at the house of Brother A. Hilliard, at Otsego, Michigan, June 6, 1863, That the great subject of health Reform was opened before me in vision.

{The Review and Herald, October 8,
1867}



**I was shown that this
work would
progress. {The
General Conference
Bulletin, April 12,
1901}**

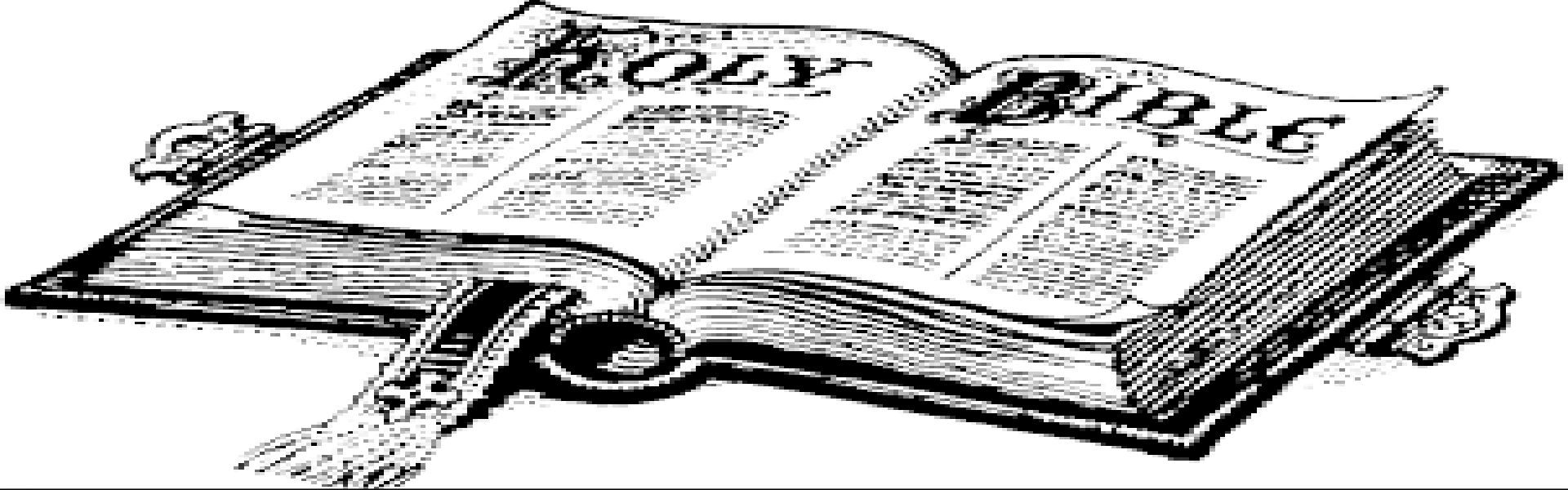


The subject of
temperance, in all its
bearings, has an
important place in the
work of salvation.

{9T 112.1}

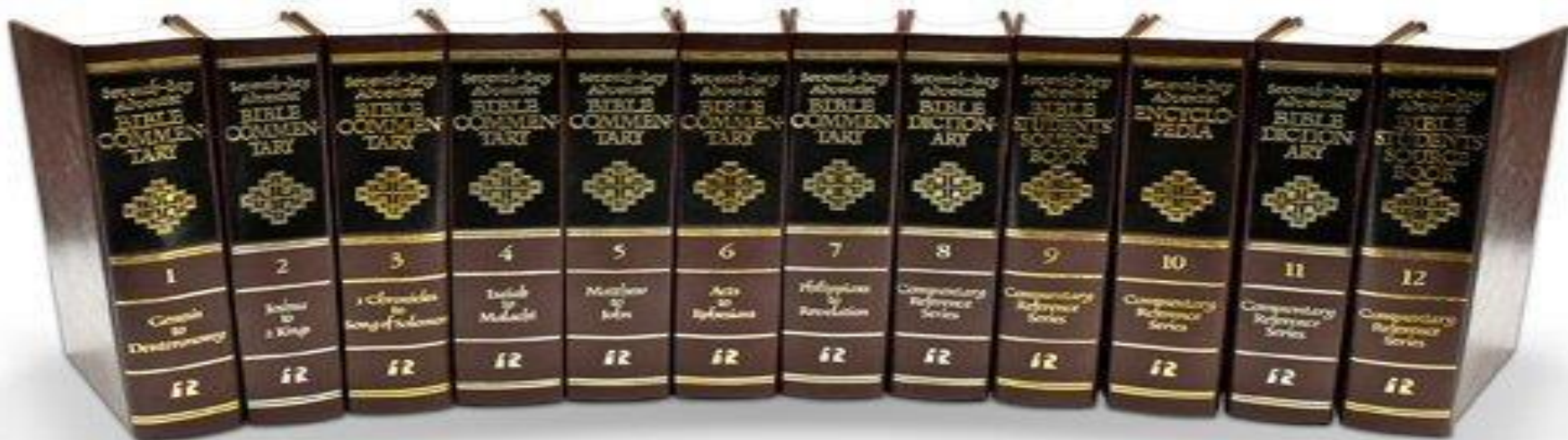


The work of health reform is the Lord's means for lessening suffering in our world and for purifying His church.
{9T 112.4}



3 John 1:2

**Beloved, I wish above all things
that thou mayest prosper and be in
health, even as thy soul prospereth.**



Because of the close connection between mind and body, when the soul or character prospers, the body is better able to be healthy.

{7BC-695}

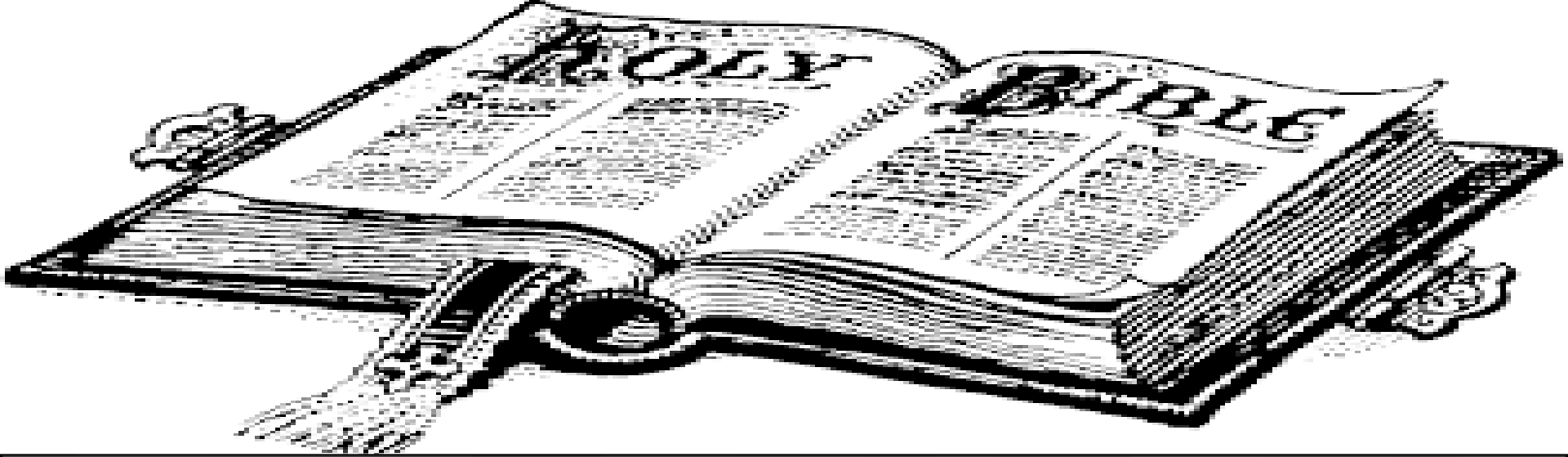


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Our bodies are not our own. God has claims upon us to take care of the habitation He has given us, that we may present our bodies to Him a living sacrifice, holy and acceptable.₉



Romans 12:1

I beseech you therefore, brethren, by the mercies of God, **that ye present your bodies a living sacrifice**, holy, acceptable unto God, which is your reasonable service.

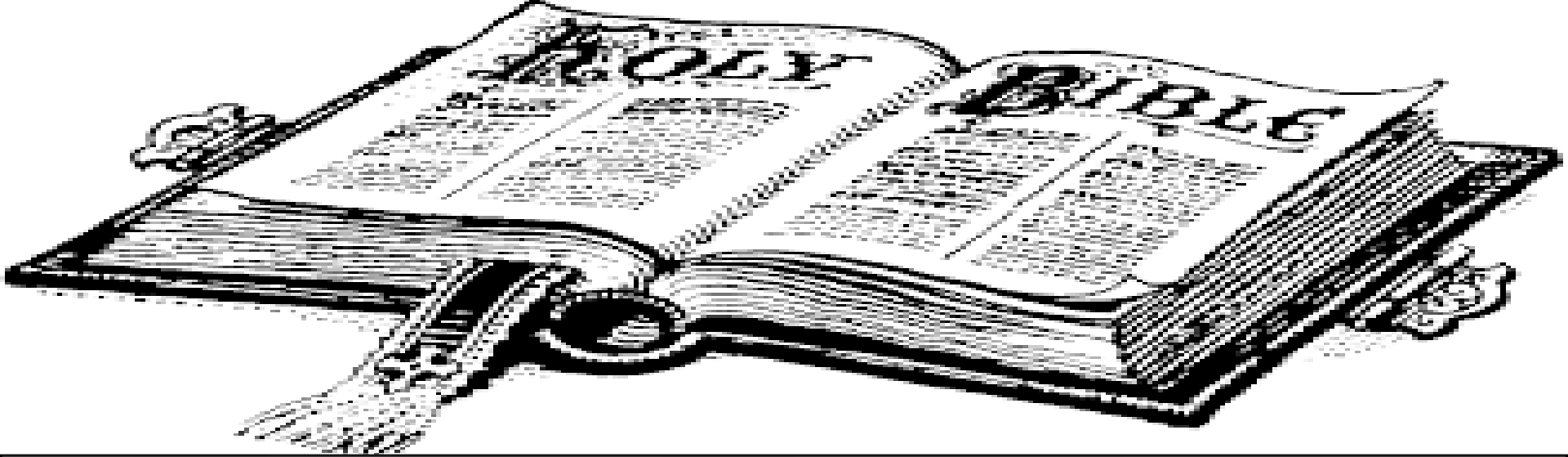


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If we enfeeble the body by self-gratification, by indulging the appetite, and by dressing in accordance with health-destroying fashions, in order to be in harmony with the world, we become enemies of God. {3T 62.2}



1 Corinthians 9:25

**And every man that striveth for
the mastery is temperate in all
things.**



**True temperance
teaches us to abstain
entirely from that which
is injurious, and to use
judiciously only
healthful and nutritious
articles of food. {HR
April 1, 1877, par. 5}**



Excesses of every kind are excluded. It

is possible to be intemperate even in

working for the Lord, by disregarding the

laws of health. {6BC-982}

THE 8 LAWS OF HEALTH



Those who refuse to improve the light and knowledge that have been mercifully placed within their reach, are rejecting one of the means which God has granted them to promote spiritual as well as physical life.

{CTBH 111.2}



**Although the health reform
is not the third angel's
message, it is closely
connected with it. Those
who proclaim the message
should teach health reform
also. {CTBH 121.4 }**



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.

{9T 153.1}

