

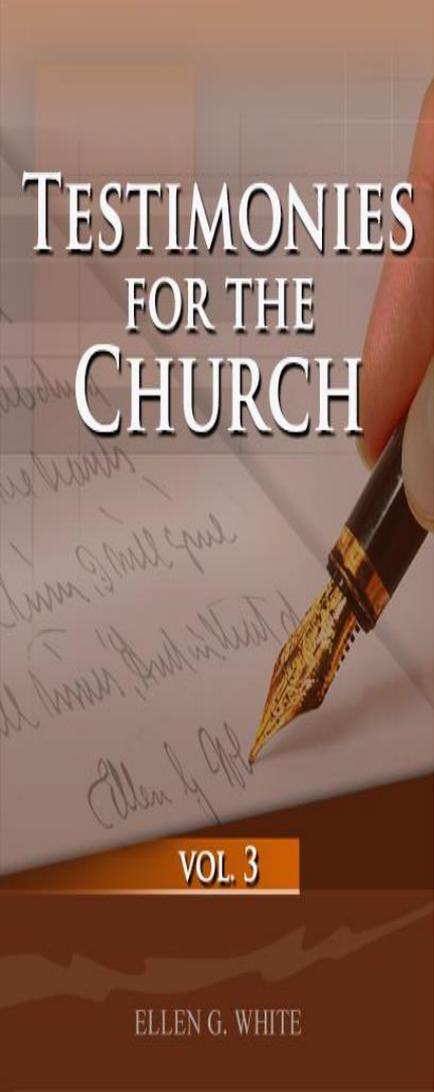
# HOLY SPIRIT POWER

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}**

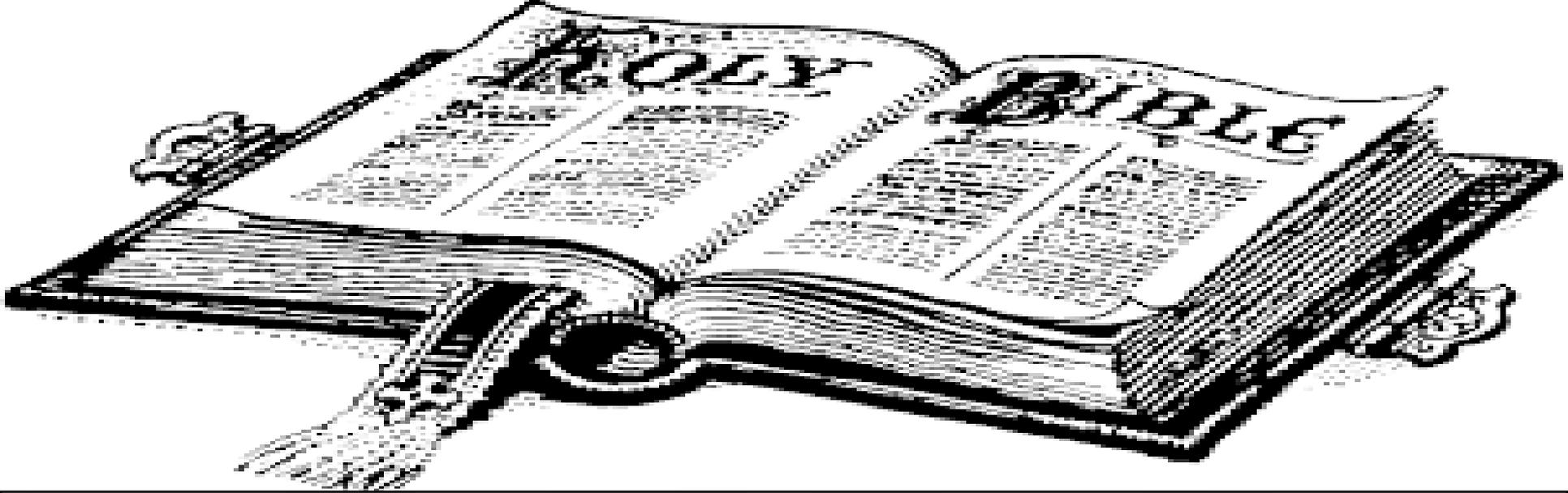


The subject of  
temperance, in all its  
bearings, has an  
important place in the  
work of salvation.

{9T 112.1}

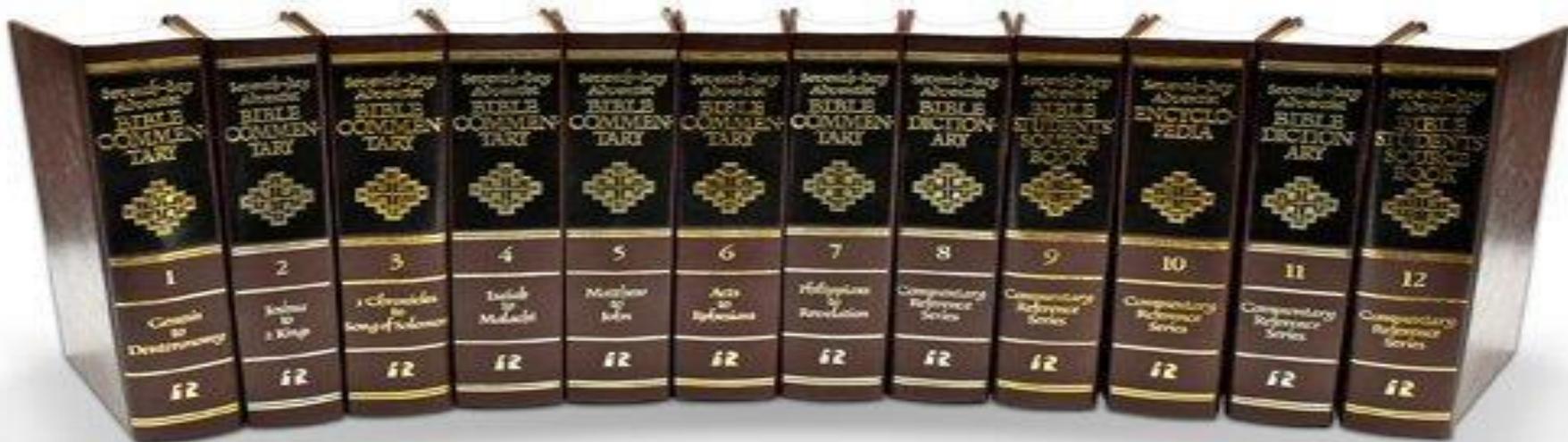


**The work of health  
reform is the Lord's  
means for lessening  
suffering in our  
world **and for**  
**purifying His church.**  
**{9T 112.4}****



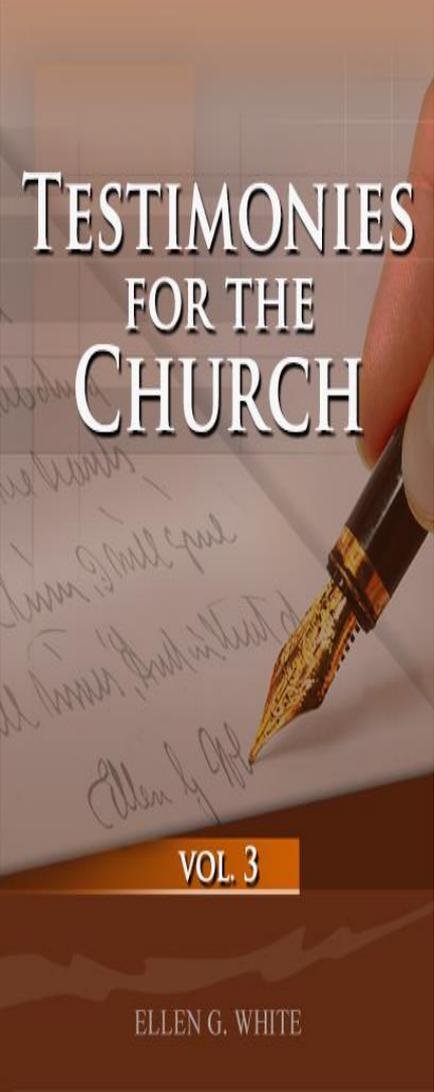
### **3 John 1:2**

**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}**

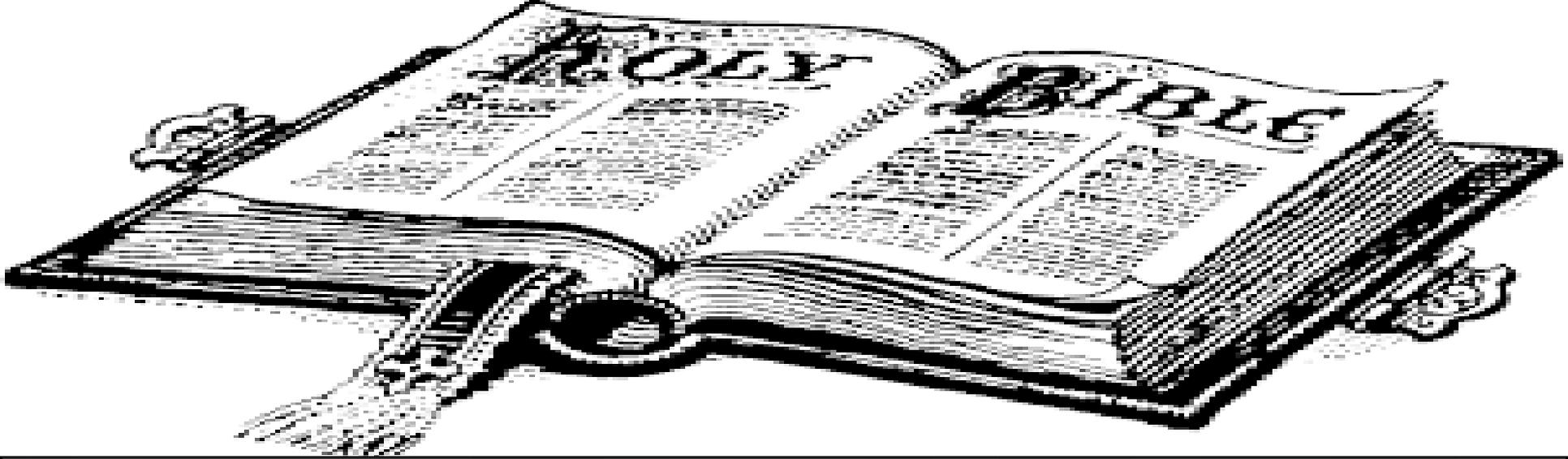


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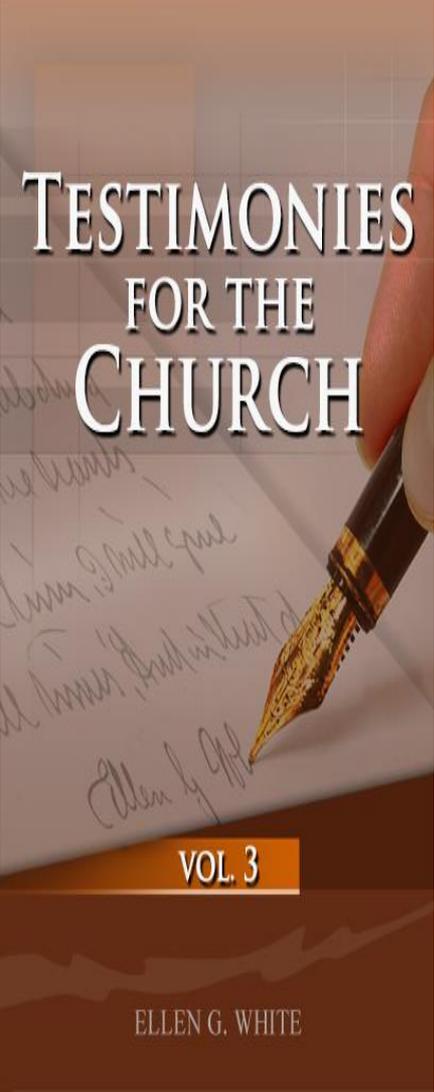
ELLEN G. WHITE

**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.**<sub>9</sub>



## 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.

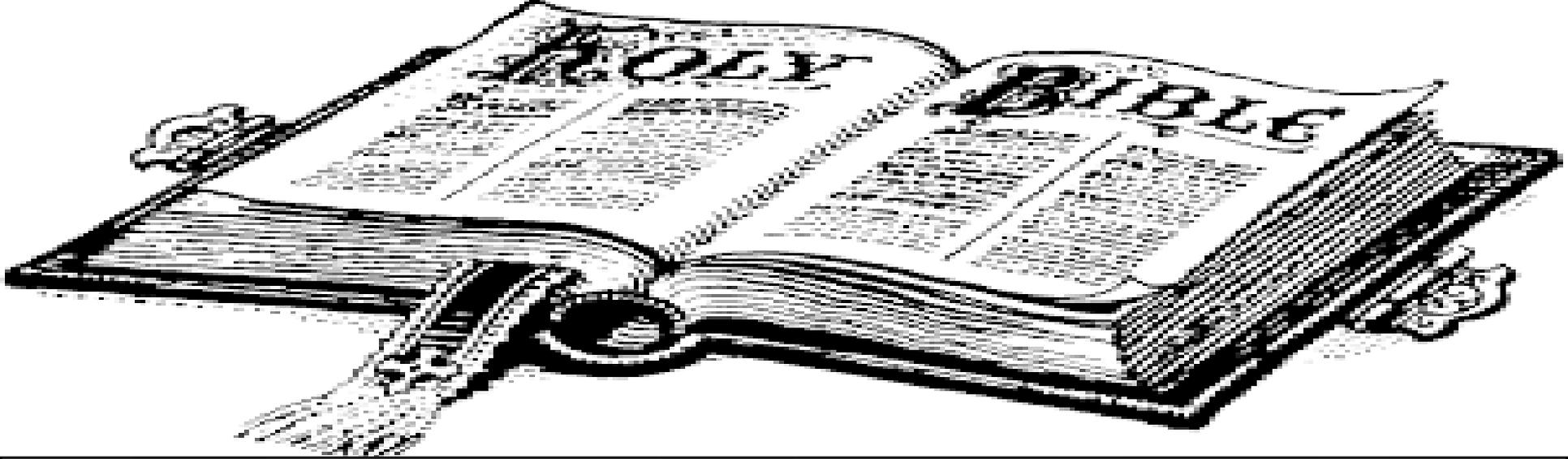


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**If we enfeeble the body by self-gratification, by indulging the appetite, and by dressing in accordance with health-destroying fashions, in order to be in harmony with the world, we become enemies of God. {3T 62.2}**

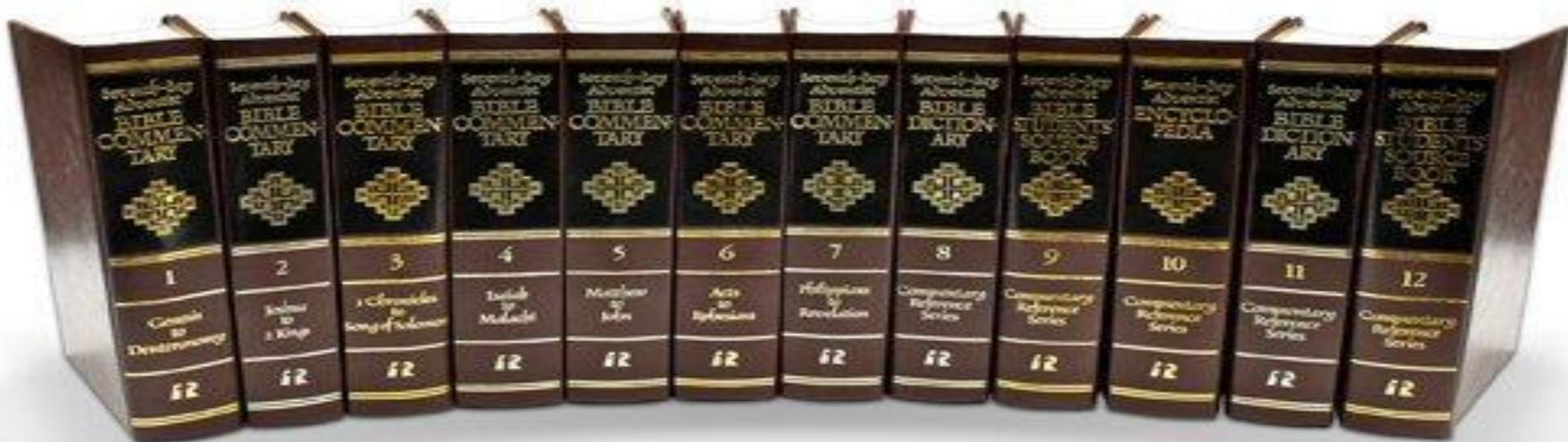


## **1 Corinthians 9:25**

**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}

