



GOD'S HEALING WAY

Part 1

God's Health Laws 7

God's Health Laws

A stylized landscape with rolling hills and a large tree reflected in water. The scene is rendered in shades of blue and green, with a dark blue sky and a lighter blue body of water. The tree is a large, leafy deciduous tree, and its reflection is clearly visible in the water below. The hills are simple, rounded shapes in various shades of blue and green.

- * Ideal Diet
- * Exercise
- * Water
- * Sunlight
- * Temperance
- * Fresh Air
- * **Rest**
- * Trust in Divine Power

Chapter 7: REST

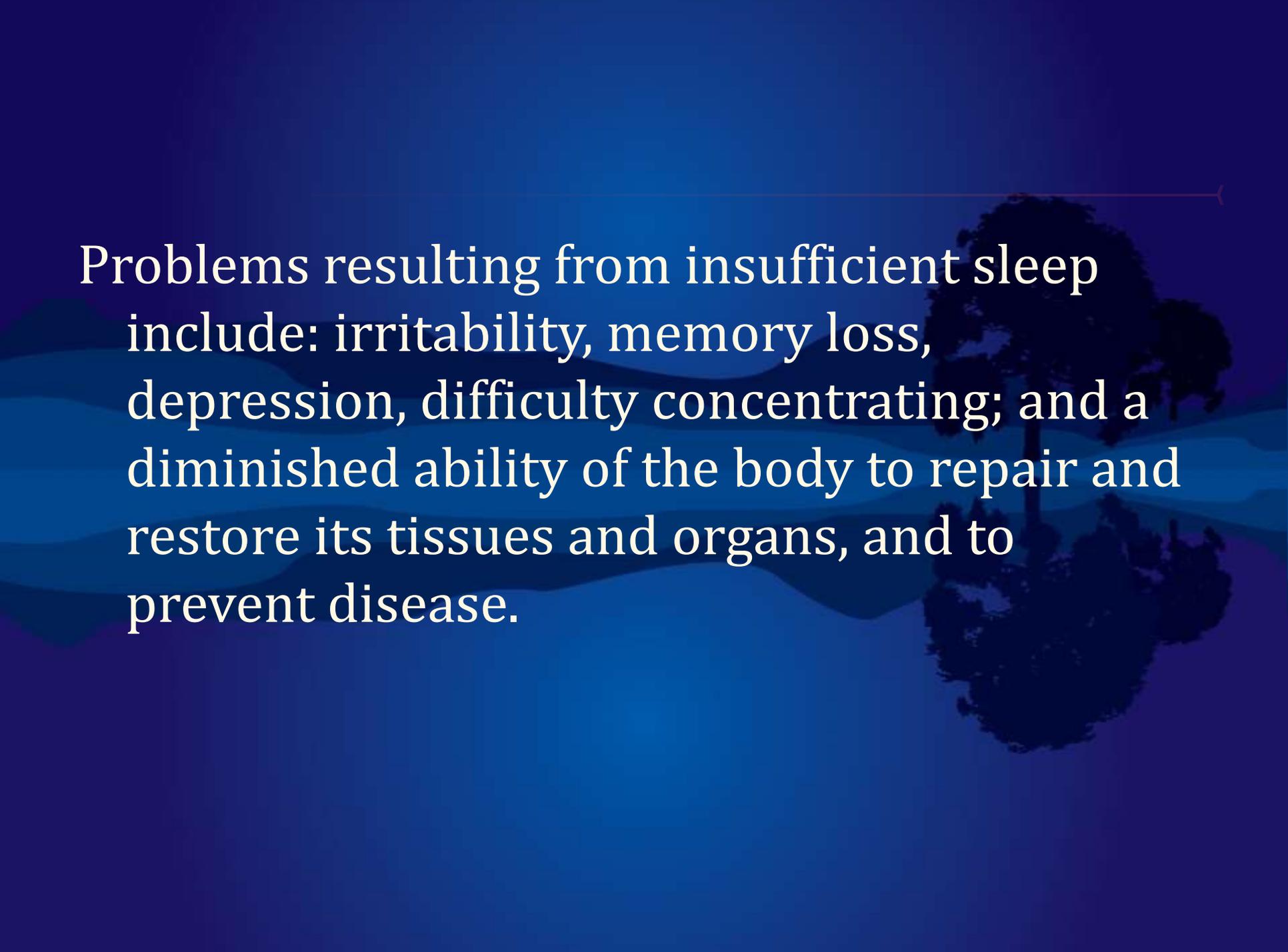
Rest is absolutely essential to both physical and mental health. Instead of rest from *all* work, a change in the *type* of work may benefit one's health. For example, a change from mental to physical labor will benefit students.

PHYSICAL REST

Nearly 1/3 of life is spent in sleep. During sleep both the body functions and the mental functions are restored. The best quality of sleep is during the hours *before* midnight. For best sleep, bedtime should be no later than 10 p.m. We sleep best if our stomach can also rest from its work of digestion-at least 3 hours after eating.

Recipe for Restful Sleep

- * A quiet, dark, well-ventilated room
- * An empty stomach (3 hours after eating)
- * Moderate physical activity before retiring
- * A clear conscience-a mind at peace with God



Problems resulting from insufficient sleep include: irritability, memory loss, depression, difficulty concentrating; and a diminished ability of the body to repair and restore its tissues and organs, and to prevent disease.

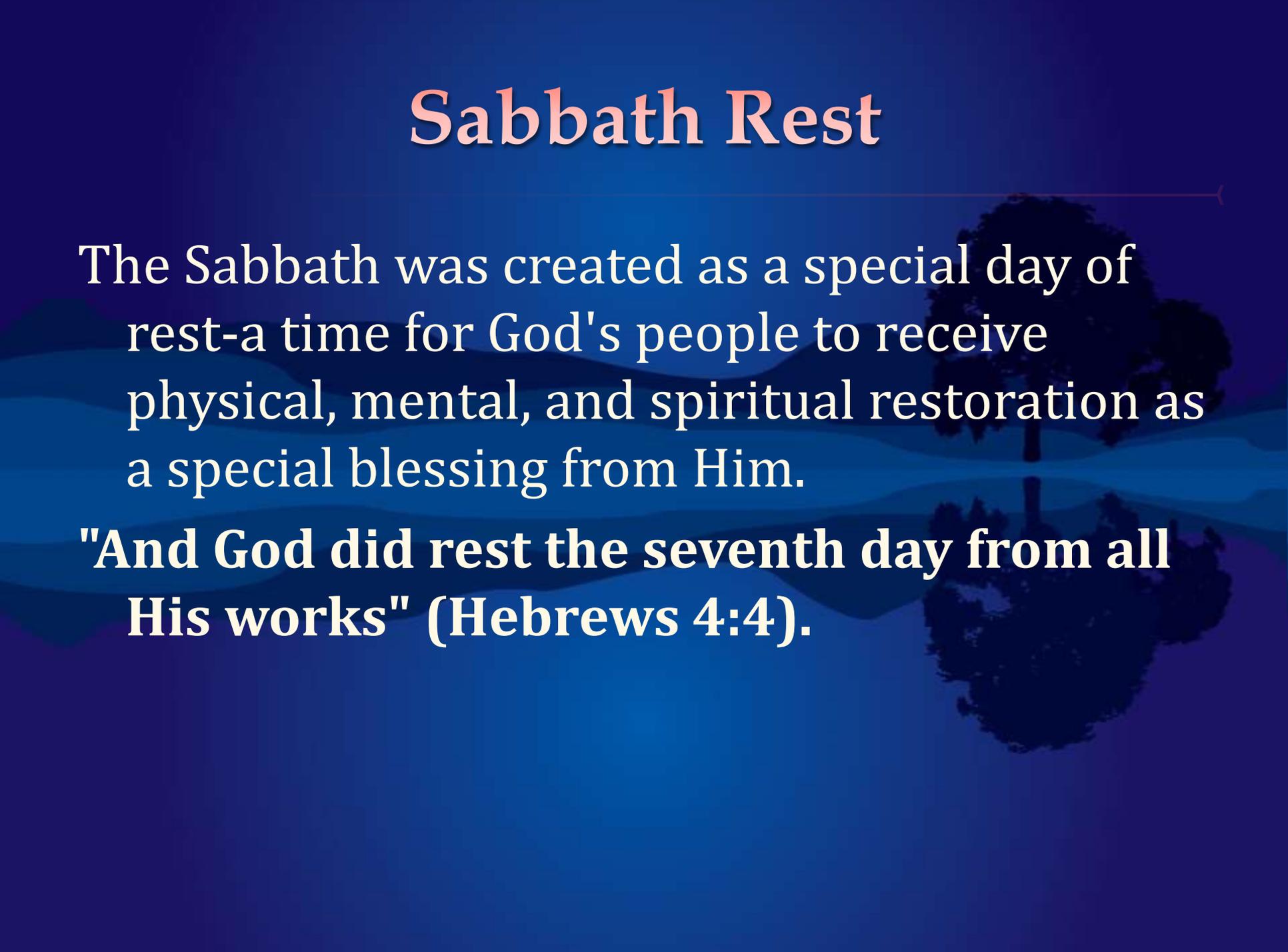
SPIRITUAL REST

"Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you" (John 14:27).



The mind needs rest from sin. "The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." E. G. White, *Ministry of Healing*, page 241.

Sabbath Rest



The Sabbath was created as a special day of rest—a time for God's people to receive physical, mental, and spiritual restoration as a special blessing from Him.

"And God did rest the seventh day from all His works" (Hebrews 4:4).

The Bible gives the source of spiritual rest.

"Come unto Me, all ye that labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn of Me ... and ye shall find rest unto your souls" (Matthew 11:28, 29).

The background features a stylized landscape with a large tree on the right side, its reflection visible below. The scene is composed of various shades of blue and purple, creating a serene and atmospheric setting. The text is overlaid on this background.

God's Healing Way

Continued in Chapter 8