



GOD'S HEALING WAY

Part 3
Chapter 16

God's Healing Way

- Demonstrates His Power
- Develops Character
- **Uses Natural Remedies**
- Requires Prayer
- Utilizes Fasting
- Exposes Satan's Deceptive Healing
- Amplifies End-Time Truth

Chapter 16: GOD'S HEALING WAY USES NATURAL REMEDIES

The Bible clearly teaches that God's salvation is impartial. **"For the grace of God that bringeth salvation hath appeared to all men" (Titus 2:11).**

Furthermore, God cares not only about our spiritual health and salvation, but also about our physical health and well-being. **"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2).** Jesus Himself said, **"I am come that they might have life, and that they might have it more abundantly" (John 10:10).**

In order for God to be fair and just, both His saving way and His healing way must be available to every member of humanity.

GODS SAVING AND HEALING WAY

The way to salvation and to health is:

- Available to all
- Inexpensive, but invaluable
- Easy to understand, yet profound
- Simple to practice in the daily life
- Highly effective for sin and sickness!

"True religion and the laws of health go hand in hand The things of nature are God's blessings, provided to give health to body, mind, and soul. **They are given to the well to keep them well and the sick to make them well."** E. G. White, *My Life Today*, page 135.

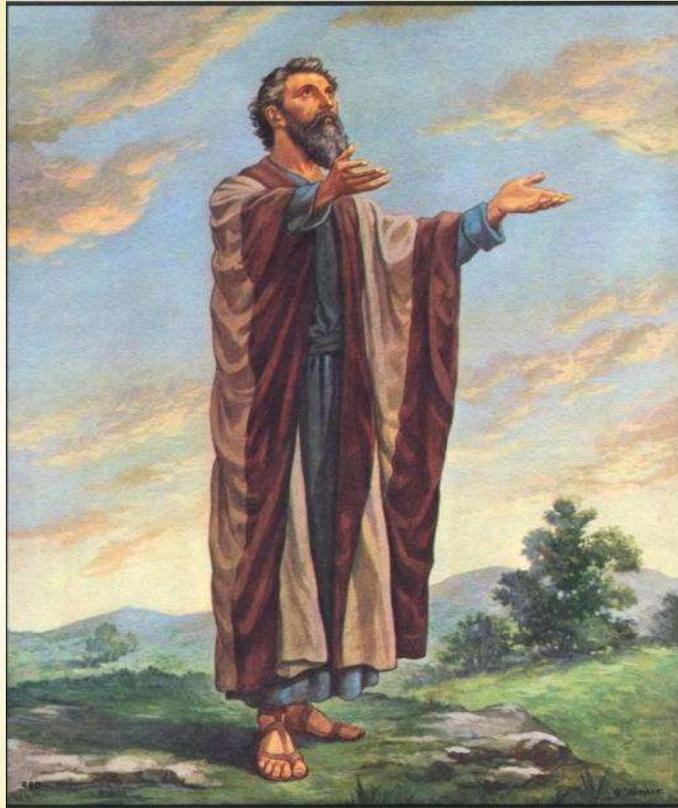
NATURAL REMEDIES IN THE OLD TESTAMENT

Throughout the Old Testament God directed His people to depend entirely on Him for healing. When King Ahaziah was seriously injured after falling from an upper window, he sought healing from a heathen god. The prophet Elijah reproved the king with the following words: **"Is it not because there is not a God in Israel, that ye go to inquire of Baalzebub the god of Ekron?" (2 Kings 1:3).**

King Asa trusted in divine providence throughout his reign. The Bible records one notable exception: **"And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceeding great: yet in his disease he sought not to the Lord, but to the physicians" (2 Chronicles 16:12).**

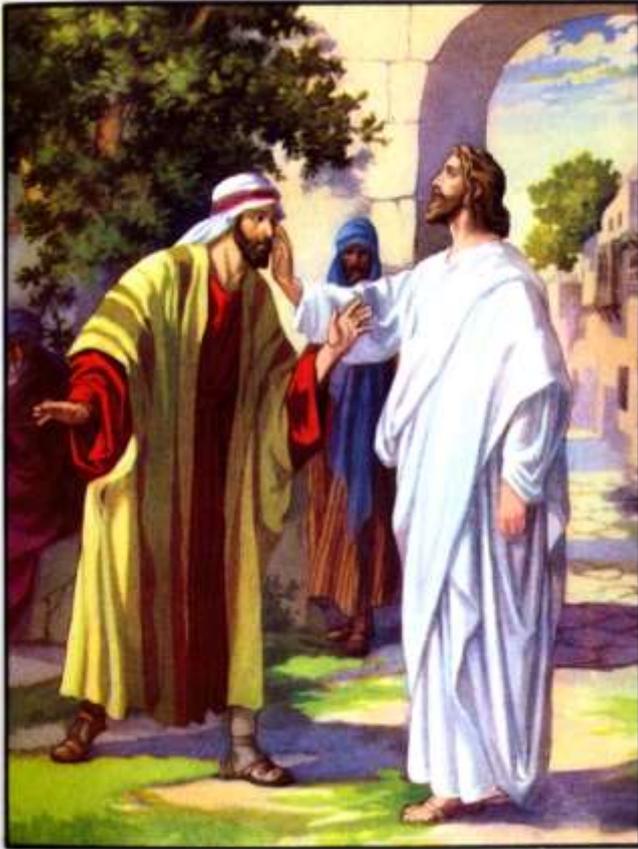
When King Hezekiah became gravely ill, he pleaded with God to spare his life. God responded to the king's request through the prophet Isaiah. **"Let them take a lump of figs, and lay it for a plaster upon the boil, and he shall recover" (Isaiah 38:21).**



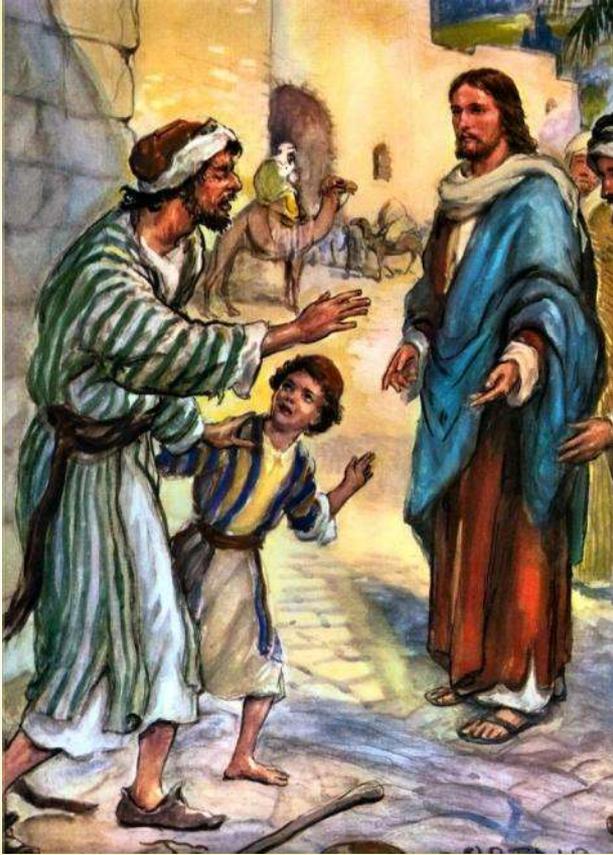


"When the Lord told Hezekiah that He would spare his life for fifteen years...why did He not put His direct, restoring power upon the king? He told him to apply a bunch of figs to his sore, and that natural remedy, blessed by God, healed him." E.G. White, *Selected Messages*, Book 2, pages 286, 287.

NATURAL REMEDIES IN THE NEW TESTAMENT



"While He (Christ) did not give countenance to drug medication, He sanctioned the use of simple and natural remedies."
E.G. White, *Ministry of Healing*, page 233.



After putting clay on the eyes of a blind man, Christ told him, **"Go, wash in the pool of Siloam....He went his way therefore, and washed, and came seeing"** (John 9:7).

"There were physicians in Christ's day and in the days of the apostles. Luke is called the beloved physician. He trusted in the Lord to make him skillful in the application of remedies." E. G. White, *Selected Messages*, Book 2, page 286.

NATURAL REMEDIES TODAY

There are many methods of healing available today. From time-honored, ancient practices to the latest medical advances, which way is the *true* method of healing that meets God's approval?

Heaven's Approved Way

There are many ways of practicing the healing art, but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. E.G. White, *Testimonies*, Volume 5, page 443

Prevention Is Better Than Cure

"The distinction between prevention and cure has not been made sufficiently important. Teach the people that it is better to know how to keep well than how to cure disease." E. G. White, *Medical Ministry*, page 221.



"They (physicians) dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed to prevent disease."
E.G. White, *Medical Ministry*, page 223.

Practice Habits of Healthful Living

The Bible teaches that every healthful habit must be brought into the daily experience.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" (1 Corinthians 10:31).



"There are some professed believers who accept certain portions of the Testimonies as the message of God, while they reject those portions that condemn their favorite indulgences... **Those who claim to believe in health reform, and yet work counter to its principles in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers.**" E.G. White, *Testimonies, Volume 9*, page 154.

Some good habits to practice for optimal health are as follows:

- Study and learn to intelligently care for the body.
- Eat regularly of all the most healthful food.
- Get proper exercise, fresh air, and sunlight.
- Clothe the body to promote healthful circulation of the blood.
- Do not enter a cool room after perspiring.

Some good habits to practice for optimal health are as follows:

- Avoid sitting in a draft of cold air.
- Do not sit with cold feet, arms, or legs.
- Protect the feet in wet weather.
- Avoid overworking whenever possible.
- Repent when God's laws are violated, and reform! Practice all the laws for good health-the doctors that God has provided. (See E.G. White, Medical Ministry, page 230.)

PERSEVERANCE PAYS

If the sick and suffering will do only as well as they know in regard to living out the principles of health reform perseveringly, then they will in nine cases out of ten recover from their ailments. E.G. White, *Medical Ministry*, page 224



Use Simple Treatments

"Nature will want some assistance to bring things to their proper condition, which may be found in **the simplest remedies ... pure air**, and with a precious knowledge of how to breathe; **pure water**, with a knowledge how to apply it; **plenty of sunlight** in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use. **All these are powerful in their efficiency.**" E.G. White, *Medical Ministry*, pages 223, 224.

"When in faith the human agent does all he can to combat disease, using the simple methods of treatment that God has provided, his efforts will be blessed of God." E.G. White,
Testimonies, Volume 9, page 164.

Educate in Simplicity

Many should seek to obtain the education that will enable them to combat disease in its varied forms by the most simple methods. E.G. White, *Medical Ministry*, page 227

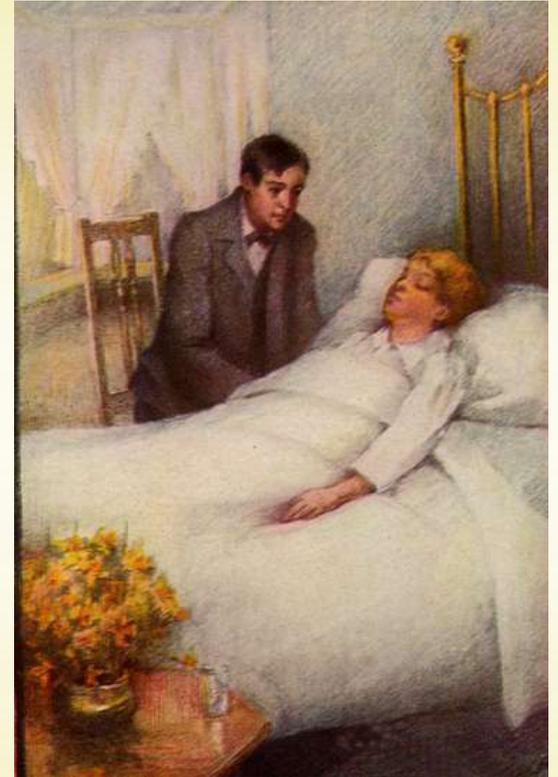
"Those who desire to become missionaries are to hear instruction from competent physicians, who teach them how to care for the sick without the use of drugs. Such lessons will be of the highest value to those who go out to labor in foreign countries. And the simple remedies used will save many lives." E. G. White, *Medical Ministry*, page 231.

In order for the simple remedies to be effective, God's health laws must be put into daily practice. **"But if the physician encourages a meat-eating diet to his invalid patients, then he will make a necessity for the use of drugs."** E. G. White, *Medical Ministry*, page 222.



"Years ago the Lord revealed to me that institutions should be established for treating the sick without drugs."

E.G. White, *Medical Ministry*, page 229.



"The treatment we gave when the sanitarium was first established required earnest labor to combat disease. We did not use drug concoctions; we followed hygienic methods. This work was blessed by God. It was a work in which the human instrumentality could cooperate with God in saving life." E.G. White, *Selected Messages*, Book 2, page 293.

Water Treatments

"The Lord has taught us that great efficacy for healing lies in a proper use of water. These treatments should be given skillfully." E.G. White, *Selected Messages*, Book 2, page 288.

Water treatments, as with the other simple remedies, must be given "**wisely and persistently ...perseveringly, with unwearied, unrelaxed diligence.**" E.G. White, *Medical Ministry*, page 228.

Medicinal Herbs

"God has caused to grow out of the ground, herbs for the use of man, and if we understand the nature of those roots and herbs, and make a right use of them, there would not be a necessity of running for the doctor so frequently, and the people would be in much better health than they are today." E.G. White, *Selected Messages*, Book 2, page 297, 298.



"There are herbs that are harmless, the use of which will tide over many apparently serious difficulties." E.G. White, *Selected Messages*, Book 2, page 291.

"The Lord has provided antidotes for disease in simple plants and these can be used by faith ... for by using the blessings provided by God for our benefit we are cooperating with Him." E.G. White, *Selected Messages*, Book 2, page 289.



Charcoal

"One of the most beneficial remedies is pulverized charcoal, placed in a bag and used in fomentations. This is a most successful remedy.... The most severe inflammation of the eyes will be relieved by a poultice of charcoal, put in a bag, and dipped in hot or cold water, as will best suit the case." E.G. White, *Selected Messages*, Book 2, page 294.

"I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred tends to cleanse and heal. I find it is excellent." E.G. White, *Selected Messages*, Book 2, page 298.

"My mother had told me that snake bites and the sting of reptiles and poisonous insects could often be rendered harmless by the use of charcoal poultices." E.G. White, *Selected Messages*, Book 2, page 295.

Timely Advice on the Use of Drugs

Drug medication, as it is generally practiced, is a curse. Educate away from drugs. Use them less and less, and depend more upon hygienic agencies; then nature will respond to God's physicians: pure air, pure water, proper exercise, a clear conscience. *E.G. White, Selected Messages, Book 2, page 281*

Continued in Chapter 17

God's Healing Way: Part 3