

A close-up photograph of a hand holding a small globe of the Earth. The globe is centered on the Americas and is surrounded by a bright blue, ethereal glow. The background is dark, making the hand and globe stand out.

# GOD'S HEALING WAY

Part 1

God's Health Laws 8

# God's Health Laws

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



## Chapter 8: TRUST IN DIVINE POWER

Faith and trust in God undergirds all the other health laws. It is the most essential law to put into the daily practice. While the atheist may achieve health by following the seven health laws, *perfect* health is possible only by including the eighth health law-the cooperation of human with divine power.



"We should cooperate with God in the care of our bodies. Love for God is essential for life and health. Faith in God is essential for health. **In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord.**"

E. G. White, *My Life Today*, page 149.

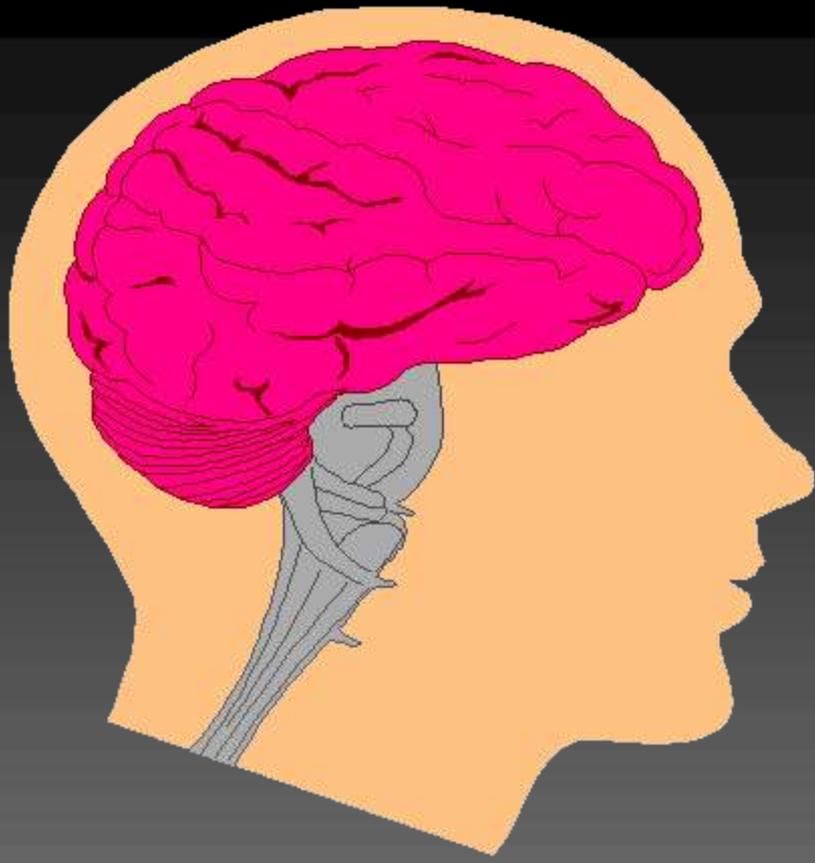


The very best physical, mental, and spiritual health possible is attained only by connecting with God's power. The better the total health, the greater will be the ability to honor and glorify the Creator and Redeemer of mankind by reflecting His character to the world.

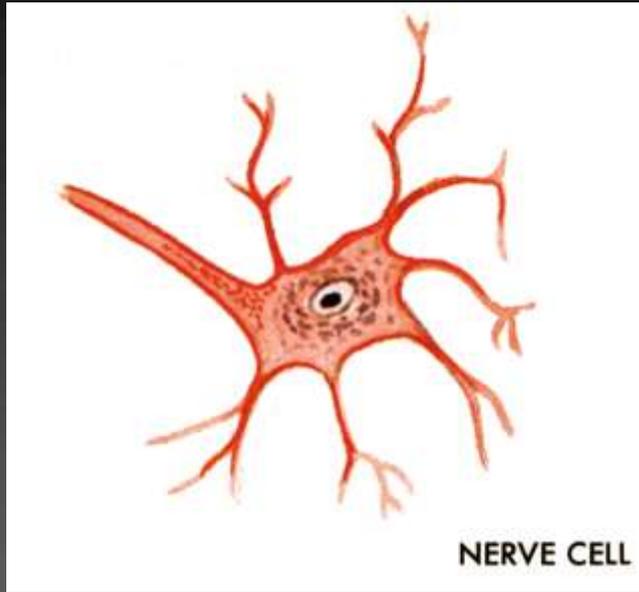


CONNECTION WITH DIVINE POWER  
IMPARTS  
PHYSICAL, MENTAL, AND SPIRITUAL  
HEALTH  
THROUGH  
OBEDIENCE TO HEAVEN'S LAWS  
PREPARING  
GOD'S PEOPLE TO FULLY SERVE HIM





The human-divine connection takes place in the frontal lobes of the brain. **"The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate with man and affect his inmost life."**



Whatever disturbs the circulation of the electric currents in the nervous system lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind." E.G. White, *My Life Today*, page 148.

# HEAVEN'S PERFECT HEALTH

*is achieved through:*

- Our connection with God
- Our cooperation with Heaven's laws
- Our service to God
- Our service for others



# OUR RELATIONSHIP WITH GOD

We are God's rightful possession by creation and redemption. **"Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God"** (1 John 3:1).



# God's Possession by Creation

**"And God said, Let Us make man in Our image, after Our likeness" (Genesis 1:26). "Created to be 'the image and glory of God,' Adam and Eve had received endowments not unworthy of their high destiny.**



## **God's Possession by Creation**

Graceful and symmetrical in form, regular and beautiful in feature, their countenances glowing with the tint of health and the light of joy and hope, they bore in outward resemblance the likeness of their Maker ....

**Man came from the hand of God perfect in every faculty of mind and body; in perfect soundness, therefore in perfect health."**

E. G. White, *My Life Today*, page 126.

# God's Possession by Redemption

"Know ye not that...ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's"

(1 Corinthians 6:19, 20).



"Man is God's workmanship, His masterpiece, created for a high and holy purpose; and on every part of the human tabernacle God desires to write His law. Every nerve and muscle, every mental and physical endowment, is to be kept pure .... If we defile our bodies, we are doing harm not only to ourselves, but to many others."

E.G. White, *Reflecting Christ*, page 165.



"A great lesson is learned when we understand our relation to God, and His relation to us. The words **'Know ye not that ...ye are not your own? For ye are bought with a price'** should be hung in memory's hall, that we may ever recognize God's right to our talents, our property, our influence, our individual selves.



We are to learn how to treat this gift of God, in mind, in soul, in body, that as Christ's purchased possession, we may do Him healthful, savory (pleasing) service." E.G. White, *Reflecting Christ*, page 138.



# OUR RELATIONSHIP TO HEAVEN'S LAWS

"The same great laws that guide alike the star and the atom control human life .... From Him (God) all life proceeds.... To transgress His law, physical, mental, or moral, is to place oneself out of harmony with the universe, to introduce discord, anarchy, ruin." E.G. White, *Medical Ministry*, page 10.



Upon God's created beings rest the following sacred obligations:

- To recognize God's authorship of all law
- To study to understand God's laws
- To apply God's laws to the practices of daily life



# Recognize God's Authorship of All Law

God is the author of all law. These laws include the following:

- The moral law or ten commandments
- The laws that govern the world and universe
- The laws that govern the body functions



The Bible teaches how mankind is to relate to Heaven's laws.

Jesus lived in perfect obedience to His Heavenly Father's will. **"For I came down from heaven, not to do Mine own will, but the will of Him that sent Me" (John 6:38).**



Christ's followers are to imitate His example. "If ye love Me, keep (obey) My commandments" (John 14:15).



All are under obligation to God to honor  
His laws governing the body temple.

**"Know ye not that ye are the temple of  
God, and that the Spirit of God dwelleth  
in you? If any man defile the temple of  
God, him will God destroy; for the  
temple of God is holy, which temple ye  
are" (1 Corinthians 3:16, 17).**



## The Law

I  
I am the Lord thy God which have brought thee out of the Land of Egypt, out of the house of bondage. Thou shalt have no other gods before me.

II  
Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and shewing mercy unto thousands of them that love me, and keep my commandments.

III  
Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.

IV  
Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.

## of God

V  
Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

VI  
Thou shalt not kill.

VII  
Thou shalt not commit adultery.

VIII  
Thou shalt not steal.

IX  
Thou shalt not bear false witness against thy neighbour.

X  
Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

# THE IDEAL RELATIONSHIP

## *between God and man*

I delight to do Thy will, O  
my God:  
yea, Thy law is within  
my heart.

Psalm 40:8

A close-up photograph of a hand holding a small globe of the Earth. The hand is positioned as if supporting the globe from below. The globe shows the continents and is set against a dark background. The entire scene is framed by a glowing blue border. The text "God's Healing Way" is centered over the globe in a white, serif font with a slight shadow effect.

# God's Healing Way

Continued in Chapter 9