

Health Talks

“The Battle for Your Mind”

06: Introducing God’s 8 Laws of Health

“Pure air, sunlight, abstemiousness, [temperance] rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them.” Ministry of Healing 127.

The Longest Chapter in the Bible is Psalm 119, it is all about the wonders of God’s Law! **“97 O how love I thy law! it is my meditation all the day.” “113 I hate vain thoughts: but thy law do I love.” “163 I hate and abhor lying: but thy law do I love.” “165 Great peace have they which love thy law: and nothing shall offend them. [cause them to fall, or ruin them]”** Yes indeed, we live in a world full of vain thoughts and lies and God’s Laws can bring us great peace! Let’s look closer!

In the world, in our lives, and in our physical bodies, it is impossible to just do one thing in relation to God’s Laws, without it affecting something else, either for better or for worse.

Most of us have seen God’s Ten Commandments; we call it the ‘Moral Law’. Did you know that if we break one of those commandments we actually break them all? So instead of it being 10 separate laws it is actually one law with 10 sections. The Bible says, **“For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.” James 2:10.**

Jesus gave 2 commandments that contain all the 10! **“Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets.” Matthew 22:37-40.** We can see how this is, if we think about it; if we love God supremely, we will keep the first 4 commandments; and if we love God our Creator supremely, we will also love the other beings He has created. And if we love our fellow man, we will not break the last 6 commandments either.

So what about these 8 Laws of health and wellness? They are also one law with 8 sections and they are also connected with the Ten Commandments! They each have an effect on one another and when we are breaking them, we are breaking God’s Law of health and also the commandment that says, ‘Thou shalt not kill.’ That one is obvious but there is more; we break ‘Second Great commandment’ Thou shalt love they neighbor as thyself’. How do we do that? If we are sick, we rob others of the help and support we could be to them if we were well. Sometimes also we create a burden for others who have to care for us. Also, by failing to care for our bodies, we rob God of the honor and service we owe to our Creator and so break the ‘First Great Commandment.’

Now most of us have been doing this, and maybe still are, because we don’t know any better, but as we learn of these 8 wonderful gifts from God and how to use them. we will find great benefit and happiness as well! God tells us that it is His wish that we enjoy good health! **“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 1:2.** He even promised to keep us well if we keep His laws, and to heal us if we are sick!

“And [God] said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.” Exodus 15:26. “Who forgiveth all thine iniquities; who healeth all thy diseases;” Psalm

103:3.

Does this mean that God makes us sick to punish us? Some people even think God wants us to suffer; some religions teach that, but this is not true. What He is trying to tell us is, what we do affects our health, and by following His laws we have the secrets of wellness. The only reason there is sickness and death in this world is because of sin, the breaking of God's law.

So how are all these 8 laws linked to our being well? Let's look at them in order. 1. Pure Air 2. Sunlight 3. Abstemiousness, [temperance] 4. Rest, 5. Exercise, 6. Proper diet, 7. The use of water, 8. Trust in Divine power. Now suppose I have 7 of these and I have no air and do not breathe? Well I would die right? What if I stay in the dark all the time, I would get sick. If I have no water my body cannot run properly. If I eat foods that I may like the taste of, but they are clogging, harming, or poisoning my body so it cannot function properly, or I am not taking into it the needful nutrients that God made for us to have, our bodies can't be strong and healthy with important needs not being met.

I once saw a very sad picture, here was a field with a lot of animals in it, but they were all lying dead! A wealthy but foolish and insane lady had bought many lovely animals that she liked and wanted to have, but she put them all into a small field where there was not enough grass or water for their needs! Gradually they all died. Now that lady 'liked' these animals, but if she really cared about them, she would have made sure they had food and water wouldn't she? She even had some poor animals locked in cages with nothing provided that they needed to be able to live.

Our Creator is not a monster like that! God has not put us on this earth without providing what we need to be healthy and happy. He did not make mistakes when He created us, that could not be solved except by modern medicine. We need to learn how to use these natural gifts He has provided for our needs so we can be well as He wants us to be.

What about Trust in Divine Power? This is the key to it all, because when we Trust His power, we can have peace and happiness in our lives, and are not living in fear and worry, which also destroys our health. The same goes for each of the 8 Laws. So in our talks, we will look more deeply at each one of the 8 Laws and how they help us and work for us to bring health and happiness.

In the days we live in, people have largely got into the idea that we have to have many Doctors and Hospitals and Drugs and Clinics and so on, or we can't help but be sick! Few people today realize that God designed our bodies so they can heal themselves and keep us well, if we only provide what they need, and stop using harmful things! Let's think about the poor animals in our story; did they die because no doctor was there to give them a shot? No! Was it because there was no hospital? No! They were missing at least 2 of the 8 laws, Nutrition and Water! If they had those, they would have been happy, healthy animals. Now this was not their fault, they had no way to help themselves as they were prisoners.

But us humans are tricked into neglecting some of the needed Laws and putting substitutes for others, instead of what God made! When God made our foods, He put everything in them that we needed for our bodies to work right. But man messed with these natural foods, refining them, processing them, and adding things to them that may make us crave them, but are actually harming us! Then when so many are sickly, they feel they have to depend on doctors to give them more harmful stuff, when all they really need is to use what God provided for them in the form He made it!

So How do we know *for sure* that these same 8 Laws are God's Health Plan for all people on earth? God is no respecter of persons, He does not care for some folk more than others, so any plan for health that

God would have, would need to follow these guidelines:

1. It would have to have been available to all generations since creation
2. It could not be available only to people in the 21st century, or only in rich countries.
3. It could not involve any high technology.
4. It would have to be able to be done at home.
5. It would have to be able to be understood by all, educated or not educated.
6. It must be 100% whole and natural.
7. It must be Inexpensive, so the poor could also use it.
8. It would cause absolutely no harm to the body.
9. It would not depend on torturing and death of millions of God's creatures to develop it.
10. It would not require 'skilled professionals' to administer it.
11. It would not use items so poisonous that a small error in dose is deadly.
12. It would be available to all; not just a privileged few.

So what about this fact that we cannot do just one thing and it not have effects on other things as well, and those things have effects on more things, and so on? Is organic Agriculture part of God's plan and does it affect our 8 laws of health too? It definitely does!

A little cartoon illustration showed a man was standing in a big circle of blocks, all standing upright. The blocks had pictures of animals and birds on them. The man picked up his gun and he shot the animal nearest him. That block fell over away from him, and he looked quite pleased with himself and turned to walk away. BUT that block as it fell, hit the next block behind it and as it fell; it hit the next one, and on and on until the last block in the circle fell and landed on the man and killed him! It made a very important point; we can't destroy the balance of nature without it falling back on us as well!

There is a true history story that really showed me how things in nature are in balance, and when we mess with them, we start that kind of a chain of action that continues on and on, doing harm and affecting more and more until it falls back on us. It was in a magazine called 'National Geographic' and this one was about a hundred years old. It showed how, as the people in the USA moved west across the country, they came to lovely flat grasslands called prairies, where the grass was often as tall as a man and they thought these areas would be great for ranching and raising cattle.

But other things lived on these lovely grasslands, and one of them was a very large rabbit they called Jack-Rabbits. They had long ears and huge back feet and could run like the wind across these grassy plains. These big rabbits liked to eat the grass and plants on the plains. But the settlers decided they wanted all the grass for their cattle. Man is the one animal that is greedy and wants to take more than he needs. It never seemed to dawn on these people that the rabbits had always been there, and there was always plenty of grass anyway. Oh no, the rabbits ate grass and plants and they must be gotten rid of so there would be more for the cattle. So they had big hunts and they shot and killed these rabbits by the hundreds and hundreds. It showed the pictures of people with piles of dead rabbits. After a while the rabbits became scarce.

Now there were other animals that lived on the prairies too, and one was a small wolf called a coyote. They liked to eat rabbits, but now the rabbits were getting scarce. What could the prairie wolves do? They had no choice but to start to kill and eat the people's cattle. Now they could not kill a full grown cow or bull, but they could catch the calves. Man's domestic cattle were not as good at defending themselves from coyotes as the native wild animals had been. So now the coyotes were the enemy, and the settlers hunted and trapped and killed them.

Basically these settlers looked at nature as their enemy to fight against. No one seemed to stop and think, 'Hey if we had not killed off so many Jackrabbits, maybe the coyotes would not be much of a problem?' Now this story goes on and on, but from this little peak at it, we can see how it is in nature, that you can't just do one thing and it not affect other things. Its like having a house on a frame of wooden poles, you might get away with removing one pole, or two, but if you continue, that house will fall on you sooner or later!

When man thinks he can improve on God's creation and that he knows better than the Creator and interferes more and more with natural things, the worse of a mess he creates. An MMV saw an interesting sight, she was out shopping for a bit of fresh stuff to last until her garden was ready and the lady in front in the queue at the check-out had a big cart full of things. Well all we could call them would be 'food-like objects'. she looked carefully without staring at the other lady, but did not see even one healthy, natural food in her whole cart. There were sugary foods, and sweetened drinks, and coke and chips and candy, and all kinds of processed and refined things that did not resemble real food at all. It was sad, because she paid a lot of money for that stuff, and it was just preparing the way for sickness in her future. The more man does to a food, the less value it has to his body when he is finished!

That is the way with God's laws, physical laws, moral laws, and also spiritual laws. Oh yes, it affects everything. God does not have laws that don't matter. He does not give us rules just so He can be bossy. He knows that when things are all balanced and in place as He designed them to be, then everyone is much happier and healthier. So the more we can learn about these wonderful 8 laws of health and how they work and how we can have them working for us, the more we will have health and happiness the way God planned for us all!

Remember how the Psalm writer said he hated lies but loved God's laws? That is how we all need to be. And yet the strange thing in our world is, if you take each one of those God-given laws and you look at what the 'experts' and 'authorities' say about them, you will find they warn about the dangers of every one of them! As the Bible says, **"For what if some did not believe? shall their unbelief make the faith of God without effect? God forbid: yea, let God be true, but every man a liar;" Romans 3:3, 4.**

Poor Health Doesn't "Just Happen" but We Can Change It!

"As the bird by wandering, as the swallow by flying, so the curse causeless shall not come." Proverbs 26.2.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." Galatians 6.7.

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15.26.

We'll finish up this introduction to the 8 Laws with one more thought. "The Lord Jesus is our example. He came to the world as a servant of mankind. He went from city to city, from village to village, teaching the gospel of the kingdom, and healing the sick. Christ spent more time in healing than in teaching." GH, May 1, 1908. So we should first learn for ourselves these laws of health, get our lives in harmony with them, then seek to share them with others, as we help them to better health.