

The Psychology of SUCCESS

**How to enjoy a healthy,
positive & fruitful life**

by Gary Keshishian

**Inspiring, uplifting, life-changing
guidelines for life
in the 21st century**

Who is Gary Keshishian?



Gary is a retired consultant and lecturer in sales marketing management public speaking communication and linguistics. Born in the jewel of the Mediterranean, the island of Cyprus. The island has an ancient history including visits by the Apostles Paul and Barnabas to introduce the Christian message to Cypriots.

Gary's parents, ethnic Armenians, emanate from the Biblical cities of Caesarea and Antioch respectively. Gary married Araxi, a pretty brunette from the historic and beautiful city of Istanbul, Turkey. They have two grown-up children. After working for nearly six decades Gary now considers himself 'semi-retired,' yet is busier than ever before both professionally and volunteering in public services, also freelancing as a registered linguist specialising in legal and medical translations. Gary also serves as an ordained church elder, lay preacher and Bible teacher.

The Psychology of SUCCESS

How to enjoy a health, positive & fruitful life

A book written and compiled by

Gary Keshishian

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Foreword

A word of thanks and dedication

I wish to dedicate this work to the beautiful brunette Araxi, born in the historic city of Istanbul, Turkey, whom I married in 1961.

I also wish to express my sincere thanks to my family, friends, and countless scholars who supplied me with valuable source material without which this work would only have remained only as a dream!

What you are about to read is the condensed version of research and seminar notes covering a multiplicity of subjects ... over half-a-century of study, some in their original languages, written by world-class authors. What I have learned has been of tremendous value which benefited me and my family. Now I freely share the simple, easy to understand practical guidelines I have been privileged to discover.

I wholeheartedly believe and am fully convinced that you too can have far-reaching advantages and wonderful benefits in learning how to practice and enjoy a superior quality of life. Before you can build positive relationships with others and attain success in your life, you need to understand yourself and recognize the willingness of God to help and empower you to become a self-contained power plant. As you learn how to successfully get along with people you will better understand your potential and theirs, and thus set attainable goals and live your life with a positive mental attitude.

Why am I freely sharing this valuable information as opposed to selling my work? The answer is simple: it is my deeply-felt desire to leave behind a legacy for the benefit of all humanity. I have been blessed to have lived well in excess of the proverbial 'three-score-and-ten years.' When the date of my departure from planet earth comes, when I go to sleep until the Second Coming of my Savior, I want to leave behind in written form, what I have been blessed to enjoy! Please treat this book like a map, a navigational 'tool,' to help guide you in learning the secrets of a balanced healthy positive lifestyle. This could well be my last ever publication for the benefit of all humanity.

After reading this book if you decide your friends and family might also benefit, you are most welcome to forward it electronically or in a 'hard copy' form with my compliments, best wishes and without any charge or obligation!

Wisdom

The book of Proverbs, or ‘The Book of Wisdom,’ found in the Old Testament of the Bible contains 31 short straight to-the-point chapters. If you read just one chapter a day for one month, you will discover simple guidelines for positive living.

CHAPTER 1

The Mind

“Men habitually use only a small part of the powers they possess and which they might use under appropriate circumstances.”¹

Did you know that your brain contains ten million relays? Statistically, most of us use hardly about five per cent of our brainpower – what a waste!

The design and function of every system in the human body represents wonders of supernatural wisdom and power. Our bodies comprise quadrillions of cells. Several billion wear out and are replaced every day. The heart pumps about three gallons of blood every minute, millions of gallons in an average lifetime. The most efficient computer, the “central control unit” of the human body is the brain. To understand the human brain demands a concentrated series of study sessions before we begin even “scratching the surface” of the subject!

Positive Contentment

A positive, contented, optimistic mental attitude contributes to good health. Does contentment mean we should not strive to better our condition or improve ourselves? Certainly not! “Life is more than food and the body more than clothes.”¹¹ In addition to having a positive mental attitude we must remember that our words are either a source of strength and encouragement or of weakness and despair. Words build up or tear down. Let us allow the power of God’s word to control our minds, so that our words reflect His love.

“I have learned, in whatever state I am, to be content.”⁶

If you adopt a positive mental attitude, speak encouraging words, and express yourself with a friendly disposition you will inspire both those who listen to you, and yourself. Anger, discontent, selfishness and impurity are ruinous in effect, while there is marvellous life-giving power in cheerfulness, courage, faith, hope and love. Before speaking, we should always ponder what effect our words will have on the listener.

Solomon, in the book called Proverbs said, ***“Being cheerful keeps you healthy. It is slow death to be gloomy all the time.”³***

Comments my friend, Health Director Richard J.B. Willis. ***“Solomon is right since we know that emotions have biological effects. The immune systems of happy people are boosted, and they are better able to deal with the rigours of life. When we are depressed the immune system suffers, and***

the way is open for disease processes to gain a foothold.”⁴ Solomon further said, “As a man thinks in his heart so he is.”⁵ The glad contented heart (mind) finds a feast in a little thankfully received, forgets the troubles that are behind, and looks forward with joy and confidence to a future under the loving care of the heavenly Father. One of the most prolific of writers in the New Testament, Paul said, “I have learned, in whatever state I am, to be content.”⁶

“New brain research confirms that leaving hindrances and looking to God can physically reshape ones brain. In 1998 scientists discovered that the adult human brain can grow neurons. Eventually, the brain fertilizes cells that can we use and kills off cells we do not use. According to Dr. John J Ratey: “What we now know is that the brain is flexible...it is an adaptable organ that can be molded by input in much the same way as a muscle can be sculpted by ringing barbells. The more you use it, the stronger and more flexible it becomes.”⁷

“The texture of our universe is one where there is no question at all but that good and laughter and justice will prevail.”⁸

Laughter

Humour purges the blood, making the body lively and fit for any manner of employment.⁹

For one less hour of worry substitute one more hour of laughter. Four hundred years ago, Robert Burton, in his Anatomy of Melancholy, said

“Humour purges the blood, making the body lively and fit for any manner of employment.”⁹

The philosopher Immanuel Kant believed a hearty laugh to be *“a good way to jog internally without going outdoors.”¹⁰*

“To laugh often and much; to win the respect of intelligent persons and the affection of children; to earn the appreciation of honest critics and to endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a little better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one more life has breathed easier because you have lived. This is to have succeeded”¹²

For the mouth speaks what the heart is full of.²

Words

What goes on in our minds determines the effectiveness of our speech, attitude behaviour and lifestyle. The Good Book says, *“For the mouth speaks what the heart is full of.”²*“The heart” in this context, refers to the mind, the source of thoughts, feelings, actions and motives. Even as positive and negative actions stem from the mind, so do the positive and negative words. The things we say have important consequences not only to the people around us, but to all souls as well.

We are justified or condemned by our words. Consistently good words are proof of the heart change we have experienced because the tongue is an index to the heart.

The only permanent remedy lies in the power of the Master Teacher, who can transform our minds and enables us to speak pure words. The reason for the abundance of **mouth-trouble** that afflicts us is the **heart-trouble** with which we were born and to which we have added by our wrong choices. Begin to

counteract this affliction, by forming the good habit of daily saying to yourself, ***“I can do everything through Christ who strengthens me.”***¹³

Daily feed on God’s words by studying the Bible, storing in your mind the positive, everlasting truths and promises it contains.

When you are tempted to say evil words, ask Him for another dose of His divine power, wisdom and courage to overcome temptation. We have emphasised that what is inside eventually comes out. It is also true that the words we hear ourselves saying influence our minds positively or negatively.

“I can do everything through Christ who strengthens me.”¹³

¹ William James

² [Luke 6:45](#), The Holy Bible, Good News Translation

³ [Proverbs 17:22](#), The Holy Bible , Good News Translation

⁴ Richard J. B. Willis

⁵ [Proverbs 23:7a](#), The Holy Bible, King James Version

⁶ [Philippians 4:11](#), The Holy Bible , Good News Translation

⁷ Dr. Douglas Jacobs, Adventist Review, September 23, 2010

⁸ Archbishop Desmond Tutu, The Laughing Bishop, Time magazine, October 11, 2010

⁹ Robert Burton, Anatomy of Melancholy

¹⁰ Immanuel Kant,

¹¹ [Luke 12:23](#), The Holy Bible, Good News Translation

¹² Ralph Waldo Emerson

¹³ [Philippians 4:13](#), The Holy Bible, New King James version

CHAPTER 2

Memory Power

“What I hear, I forget, what I see, I remember, what I do, I understand!” – Xunzi

Input Data – Learning Process

Here is a simple-to-follow guide in learning how to enjoy the benefit of success with academic exams:

Universal law dictates that everything in life revolves around the principle of action/reaction or cause/effect. Let us also consider the following equation concerning education and memory power:

Repetitive Learning Method

‘RRRA’ = Repetition, Retention, Recall, Application

Top performers in art, e.g. music, theatre, oratory etc., when pressed, admit they apply ‘RRRA’. If you choose to emulate these people, you will certainly notice a dramatic improvement ... on your way to stardom. You will be astounded with the results!

“I will not say I failed 1,000 times, I will say that I discovered there are 1,000 ways that can cause failure.”

Do you need self-discipline? Yes! To succeed you certainly need self-discipline! Why? Simply because everything becomes simple once you know how! How? Review the subject at least seven times in accordance to what I refer as the **7- 14- 21 Success Formula**. What is it? It is based upon a mathematical figure, number 7. It is considered to represent the “perfect” number. Therefore revise 7 times = good, 14 times very good, 21 times excellent! Why? Because it will enable you master the subject academically and apply its message emotionally, especially when facing challenges in real life situations. You will in fact be astounded how your memory power will improve, together with the effectiveness of your performance, higher standard in output; it can even improve the quality of your life quite dramatically.

Scientists say the learning process in terms of concentration by the average person is about 30 seconds at time. This is why we need ‘RRRA’. Don't you agree the repetitive learning method wins the day hands down?

Preparation

“If someone feels that they had never made a mistake in their life, then it means they had never tried a new thing in their life...” – Albert Einstein

Abraham Lincoln said, ***“I have studied and got ready, and maybe my chance will come.”***¹ But many of us fail to recognise our chances and opportunities on account of lack of preparation.

Success depends on previous preparation. Without preparation there is sure to be failure, and preparation always starts with a positive mental attitude and action.

While it is important to associate yourself with studious, proactive, and positive thinking happy people, in order to succeed in life, we also have to be studious, proactive and positive thinking ourselves.

Russell Cromwell said, *“Preparation helps us recognise the opportunities that are around us because our eyes get opened.”*²

- **You become successful when opportunity meets preparedness.**
- You can achieve a truly measurable degree of success and excellence with God's help.
- Join the top 5% of the truly successful caring professional people.
- **Successful people do the things that failures don't like to do.**

It is easier to succeed than to fail, because very few people try it! The fact you used your initiative to master self-discipline by reading these notes indicates that you want to learn how to enjoy a real, tangible success in your life, happy relationships with your families, friends and at work. Investing in yourself is guaranteed to pay you rich dividends, far-reaching advantages and benefits, beyond your remotest imagination.

Whatever the human mind can conceive and believe, it can and shall achieve with the help from God. How? Please read on.

Four Methods for Acquiring Knowledge

There are four methods of acquiring knowledge. Learn how to use them as “stepping stones” towards achieving great things in your own life.

- Perception through the five senses - resulting from personal physical experiences
- Motivation by interaction between situations
- Learning and memory
- Overcoming challenges - problems sharpen your mind

CHAPTER 3

Forming Positive Habits

Maximise Opportunities

You have a burning desire to succeed in life, but to do so you need to form the good habit of patiently listening to people's problems with love, care and empathy. This is the only way we can begin to understand their feelings, goals, wishes and desires. Communicate by focusing your mind on your correspondent's own frequency-wavelength.

Though aspects of the following list are geared to help caring business people or other professional practitioners, you too can easily transpose this philosophy to fit your own field of interest ... all you need is a little imagination! Maximise opportunities. Decide and act upon your intuition and positively expect success. Our life has an expiration date ...so do it now!

- Break the barrier of mistrust by earning the right to be trusted.
- Be conscious but not preoccupied with how you present yourself: Look clean, smell clean, think and be clean!
- Dress suitably, preferably dark (serious) colours. Think, look, sound, be a professional
- Your 'sale' is made within the first 3-4 minutes, therefore conduct yourself appropriately: make every word count.
- Throughout your encounter and without making it obvious, observe your client's reaction - is he with you all the way?
- Be aware of your own and the other person's non-verbal communication, i.e. body language.
- Get people to relax by using relaxing words, voice and mannerisms.
- And when you make your pitch, use an audio-visually synchronised presentation that you have rehearsed-well in advance.
- It's not only important to "sell" your idea to your client while you are speaking to him, but also have him walk away with your messaging embedded in his long-term memory. You have only one chance to make a lasting impression. People remember 10% of what they hear, and 40% of what they see, 70% of what they do/touch. So obtain audience/client participation, let them write, respond to your questions etc. Act like, and be like a loving caring teacher, pastor, and a trustworthy leader of people.
- And most importantly, always start or finish your day with prayer, because, when the Almighty is with you, who can be against you? Let your day include a continued 'attitude of prayer'.

Antidote Against Procrastination

Memorise these three positive phrases:

Do it now, do it now, and do it now.

Anything worth doing, do it now!

Action Plan

Write down your goal, review for about 30 minutes daily, *think, pray*, asking for divine guidance and then take *action*.

Solving problems

CHAPTER 4

Facing Challenges

Learn how to spend 80% of your time in finding the solution
and only 20% on the actual problem.

Worrying is like being in a rocking chair: it gives you something to do, but it gets you nowhere.

A French soldier sent to fight in World War One carried with him the following words about worry:
“Of two things, one is certain. Either you are at the front or behind the lines. If you are at the front, of two things one is certain. Either you are exposed to danger or you are in a safe place. If you are exposed to danger, of two things one is certain.

Either you are wounded or you are not wounded. If you are wounded, of two things one is certain. Either you recover or you die. If you recover, there is no need to worry. If you die you can't worry. So why worry?”

There are two things we should never worry about:

First the things we can't help. If we can't help them, worrying is foolish and useless. Second the things we can do something about. If we can do something about them let's get on with it, and not weaken our powers through worry.

“Who of you by worrying can add a single hour to his life. Why do you worry about your clothes? See how the lilies of the field grow. They do not labour or spin. Yet I tell you that even Solomon in all his splendour was dressed like one of these. If that is how God dressed the grass of the field, which is here today and tomorrow is thrown into the fire, will He not much more clothe you, O you of little faith? So do not worry, ‘saying what we shall eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ... your heavenly Father knows that you need them.”¹

¹ [Matthew 6:25-32](#), The Holy Bible, New King James version

CHAPTER 5

Ten Antidotes Against Worry

“Keep your face to the sunshine and you cannot see a shadow.” – Helen Keller

1. Don't worry

Worry is the least productive of all human activities and thoughts.... don't let needless fears preoccupy your life... Most of things we fear never happen!

2. Don't hold grudges...

That is one of the biggest and most unnecessary weights we carry through our lives...

3. Take on one problem at a time

It's the only way to handle things anyway ... one by one...

4. Never take your problems to bed with you.

They are bad and unhealthy companions for good natural sleep and rest...

5. Don't take on the problems of other people...

They are better equipped to handle their own problems than you are...

6. Don't live in the past

It will always be there in your memories to enjoy...but don't cling to it.

7. Concentrate on what is happening right now in your life

This is important: do this and you will be happy in the present also...not just the past.

8. Be a good listener

It is only when one listens...that one gets and learns ideas different from one's own...

9. Do not let frustration ruin and rule your life...

Self-pity more than anything...interferes with positive actions...with moving forwards in our lives.

10. Count your blessings...

Don't even forget the smallest blessings... As many small blessings add up to large ones...

Human Emotions

CHAPTER 6

Thankfulness

“Don’t compare yourself with anyone in this world. If you do so, you are insulting yourself.” – Alen Strike

Enjoy a thankful and positive attitude towards God and all creation, savour every moment of your life joyfully, fruitfully and purposefully. Live today as if it were your last. We don’t know what the future holds. Trust in the Lord, because ultimately He is in control!

Complaining is rooted in unresolved fear of the unknown future. Absence of hope often reflects a lack of appreciation for past blessings or a self-centred drive to control the future for personal benefit.

In contrast, the following excerpt shows that a person can overcome even while facing bleak prospects. The author is Joni Eareckson Tada, a quadriplegic injured in a diving accident when she was just a young woman. How she could face such devastation with a positive spirit?

“Depressed and despondent, I knew in a vague, hazy kind of way that the Bible probably contained answers to my situation somewhere between its covers. . . . Shortly God brought into my life a tall, lanky 16-Year-old boy named Steve Estes. . . . even though Steve bumbled and stumbled his way around my disability, I was deeply impressed by his desire to help. God used the long hours he and I shared over an open Bible to lift my spirits and turn my thinking around. I realized I no longer needed to make apologies for being paralyzed. God had reasons behind my affliction, and learning some of them made all the difference in the world. . . . As I look back on my friendship with this young man, I am more convinced than ever of the desperate need of many who spend, as I did, aimless days wishing for a better life and hoping for a chance to shake the ‘handicaps’ that encumber them in their disabilities. These people need comfort and hope from God’s Word and his people. And the Bible makes it clear that we, the church, are the ones who can provide what is needed.”¹

“At all times and in all places, in all sorrows and in all afflictions, when the outlook seems dark and the future perplexing, and we feel helpless and alone, the Comforter will be sent in answer to the prayer of faith. Circumstances may separate us from every earthly friend; but no circumstance, no distance, can separate us from the heavenly Comforter. Wherever we are, wherever we may go, He is always at our right hand to support, sustain, uphold, and cheer.”²

¹ Joni Eareckson Tada, *All God’s Children* (Grand Rapids, Mich.: Zondervan Publishing House, 1987), pp. 9, 10.

² Ellen G. White, *The Desire of Ages*, pp. 669, 670.

CHAPTER 7

Joy and Happiness

Joy and happiness is not necessarily the same thing. Happiness is the result of favourable circumstances; joy, in contrast, is the result of being—as in being connected to God, the True Vine.

In Psalm 4:7 joy and happiness are contrasted: “***You have given me greater joy than those who have abundant harvests of grain and new wine.***” The “greater joy” comes from knowing and trusting God; happiness is a result of pleasant circumstances, such as an abundant harvest. Inward joy is steady as long as we trust God; happiness is as unpredictable as a harvest. Inward joy defeats discouragement; happiness covers it up. Inward joy is lasting; happiness is temporary.

Joy is a delight in life that runs deeper than pain or pleasure. This type of joy stems from an awareness of God’s presence in our lives, allowing us to rise above circumstances and focus on the goodness and love of God. The core of our faith is joy ... the fact that God has acted and is acting to save those who trust in Him.

Consider the possibility that many believers today do not have joy simply because they are self-centred. However real our problems, by focusing solely on them, we only make them worse in our own minds. In reality, we do have reasons to rejoice, not in ourselves but in God. After all, doesn’t God say that “*the very hairs of your head are all numbered*”? (See Matt. 10:30.) Think of the promise inherent in those words. If, knowing our security is in God, we would reach out and minister to someone else during our times of trial, we would know that self-pity can be turned to joy by a simple act of the will. “And the Lord restored Job’s losses when he prayed for his friends” (Job 42:10, NKJV).

No matter what you might be struggling with now, reach out to someone who is, perhaps, going through something hard, as well. Surely you know someone who needs help, encouragement, and support. How can bearing someone else’s burdens lighten your own?

Tell yourself every day: “**I am too blessed to be stressed!**” The shortest distance between a problem and a solution is the distance between your knees and the floor. The one who kneels to the Lord can stand up to anything.

How happy are you? According to the best research, 50% of your capacity for positive feelings may be genetic. Another 10 to 15% can be attributed to socioeconomic status, marital status, health, income, and similar factors. The remaining 35 to 40% is the result of unexplained variance. To sum it up: happiness is something that happens—or fails to happen—to you, maybe even before you’re born. God wants to give it to you whether or not you have “happy genes.” Let the joy of the Lord be your “unexplained variance.”—See Wikipedia contributors, “Happiness,” Wikipedia, <http://en.wikipedia.org/wiki/Happiness>.

The British daily newspaper METRO, in their 18 February 2010 reported that the chances of avoiding heart disease are greatly increased if you stay positive. People with a positive outlook on life enjoy longer periods of rest and relaxation and recover more quickly from injuries and stress. Dr. Karina Davidson, who led the research at the Columbia University in New York, said “***Essentially, spending some few moments each day truly relaxed and enjoying yourself is certainly good for your mental health, and may improve your physical health as well.***” You can obtain further information by reading the European Heart Journal.

CHAPTER 8

Eight Clues to Happiness

"Happiness is a voyage, not a destination. There is no better time than now to thank God for all your blessings. Live, enjoy the moment, and share your blessings by reflecting the sunshine of His love with everyone!" -- Author unknown

The following eight clues were adapted from a list of tips by Khushwant Singh

GOOD HEALTH.
good health you
deduct from



Always strive to be in good health. If you do not enjoy
can never be happy. Any ailment, however trivial, will
your happiness.

A HEALTHY

into hundreds of thousands but should be enough to provide for creature
comforts and something to spare for recreation, like eating out, going to
the pictures, travelling or going on holidays on the hills or by the sea. Shortage of money is
just demoralizing but living on credit or borrowing is demeaning and lowers your self-esteem.

BANK BALANCE. It need not run



A HOME OF YOUR OWN. Rented premises can never give you the snug
feeling of a nest which is yours for keeps that a home provides: if it has
a garden space, all the better. Plant your own trees and flowers, see
them grow and blossom.

AN UNDERSTANDING COMPANION, be it your spouse or a friend. If
there are too many misunderstandings, they will rob you of your peace
of mind. It is better to be divorced than to bicker all the time.



LACK OF ENVY towards those who have done better than you in life;



risen higher, made more money, or earned more fame. Envy can be very
corroding; avoid comparing yourself with others.

DO NOT ALLOW OTHER PEOPLE to descend on
you for gossiping. By the time you get rid of them, you will feel
exhausted and poisoned by their gossip-mongering.



CULTIVATE
fulfilment, such
listening to
meet celebrities



SOME HOBBIES which can bring you a sense of
as gardening, reading, writing, painting, playing or
music. Going to clubs or parties to get free drinks or to
is a criminal waste of time.

RICHNESS is not earning more, spending more or saving more but... "RICHNESS IS WHEN YOU NEED NO MORE" LOVE ALL, SERVE ALL

Help everybody, including your enemy and you will be happier and at peace.

CHAPTER 9

More Tips for Happiness

Our passions, expectations, life experiences, and even our personalities all contribute to the level of happiness we experience in our lives. Some find happiness in their careers while others find ways to be happy in their marriages or other relationships.

No matter how you define happiness for yourself, there are certain universal and time-proven strategies to bring, and sustain, more happiness into your life. The following one fourteen timeless ways to be happy can be adapted and even customized to fit your needs. Over time, these strategies will become positive and life-changing habits that will begin to bring more happiness, joy and peace into your life.



Notice What's Right. Some of us see the glass as being half-full and others see the glass as half-empty. The next time you are caught in traffic, begin thinking how nice it is to have a few moments to reflect on the day,

focus on a problem you have been trying to solve, or brainstorm on your next big idea. Take all that life throws out you and reframe it with what's right about the situation. At the end of the day, you will more content, at peace and happy. Take the time to begin to notice what's right and see the world change in front of your eyes.

Be grateful. How many times a day do you say, "thank you?" How many times do you hear these same words? If you are doing the former, saying the latter will naturally happen. Learn to be grateful and you will be open to receive an abundance of joy and happiness.



Be kind. There is no question that by merely watching acts of kindness creates a significant elevation in our moods and increases the desire for us

to perform good deeds too. Kindness is contagious and when we make a commitment to be kind to ourselves and to others we can experience new heights of joy, happiness and enthusiasm for our lives.

Remember the kid you were.

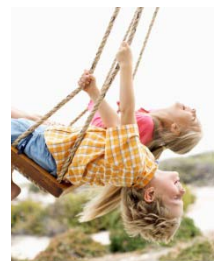
Do you remember how to play? I'm not referring to playing a round of golf or a set of tennis. I'm talking about playing like you did when you were a child: a game of tag; leap frog, or street baseball when the bat is a broken broom handle and the bases are the parked cars. One way to find or maintain your happiness is to remember the kid you were and play!



Spend time with your friends. Although an abundant social and romantic life does not itself guarantee joy, it does have a huge impact on our

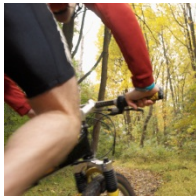
happiness. Learn to spend time with your friends and make the friendships a priority in your life.

Get into the flow. Flow is the form of joy, excitement and happiness that occurs when we are so absorbed in an activity we love that we can lose ourselves and time seems to stand still. What creates flow is unique to each one of us. To find and sustain true happiness in our lives, we must get off the sidelines and get into the flow.



Savour the moment.

To be in the moment is to live in the moment. Too often we are thinking ahead or looking ahead to the next event or circumstance in our lives, not appreciating the here and now. When we savour every moment, we are savouring the happiness in our lives.



Move. The expression a runner's high does not infer an addiction, but a feeling or a state of mind - a state of

euphoria. There is no question exercise, or any physical exertion, elevates your mood and enhances a more positive attitude as well as fosters better personal self-esteem and confidence. Indeed, one way to increase your happiness is to move!

Put on a happy face.

Sometimes we have to fake it until we make it. I'm not suggesting that we be dishonest, unreal or inauthentic, but I'm suggesting, sometimes, we just need to put on a happy face and keep moving forward. Studies show that if we act like we are happy then we can experience greater joy and happiness in our lives.



Pursue your goal. The absence of goals in our lives, or more specifically avoiding to pursue our

goals, makes us feel like we are stuck and ineffective. The pursuit of goals in our personal lives, in our relationships, or with our careers, is the difference between having a mediocre life or a life full of passion and enthusiasm. Pursue your goals and watch your happiness soar.

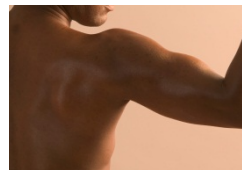


Rest. There are times when we need the time to unwind, decompress, or to put it simply, just to chill.

Life comes at all of us hard and fast. Time, as do the days on the calendar, keeps going forward at

its own natural pace, which is not always the pace we would choose. Fatigue, stress and exhaustion may begin to settle in on us faster than we may think, or notice. The best remedy for this is indeed rest.

Find your calling. Some find meaning in religion or spirituality while others find purpose in their work or relationships. Finding your calling may be much more than accomplishing one simple strategy for increasing your happiness, but having a sense of purpose of feeling like you are here for a reason can perhaps bring the greatest joy of all.



Play to your strengths. One way to achieve flow is by understanding and identifying our strengths and core values, and then begin to use these

every day. Once we aware of our strengths and we begin to play to your strengths we can better incorporate them in all aspects of our lives.

Don't overdo it! Know when to say no. What gives you joy and happiness the first time may not work the second time. Even too much of a

good thing may begin not to feel as good if the thing becomes more of a routine, or an expectation. Set healthy and reasonable boundaries for yourself and don't overdo it. Learning to be happy on all the days between.



Now read [Appendix I: Ten Pearls of Life](#)

Chapter 10

Positive Thinking

“Winning doesn’t always mean being first, winning means you’re doing better than you’ve done before.” – Bonnie Blair

In the weeks leading to Christmas 2010 a friend forwarded the following guidelines which I feel compelled to share with you. My wife and I were most grateful to receive these at this time: we were just emerging from a long dark tunnel because our daughter underwent a major life-threatening operation (she pulled through, thank God).

Hope and pray the message will impact you also.

Ten Practical Steps to Stop Worrying and Start Living

1. Prayer is not a “spare wheel” that you pull out when in trouble, but it is a “steering wheel” that directs the path throughout.
2. Do you know why a car’s windshield is so large and the rear view so small? Because our past is not as important as our future. Look ahead and move on.
3. Friendship is like a book. It takes a few seconds to burn, but it takes years to write.
4. All things in life are temporary. If going well enjoy it, they will not last forever. If going wrong, don’t worry, they can’t last for a long either.
5. Old friends are Gold. New friends are diamond. If you get a diamond, don’t forget the gold! Because to hold a diamond, you always need a base of gold.
6. Often when we lose hope and think this is the end, God smiles from above and says, “Relax, sweetheart, it’s just a bend, not the end.
7. When God solves your problems, you have faith in His abilities; when God doesn’t solve your problems, He has faith in your abilities.
8. Do you know what is worse than losing your eyesight? Losing vision...
9. When you pray for others, God listens to you and blesses them, and sometimes, when you are safe and happy, remember that someone has prayed for you.
10. Worrying does not take away tomorrow’s troubles; it takes away today’s peace.

Empowering Beliefs

Failure? There is no such thing as failure! Believe in God and in yourself. Believe in what you do, also believe in success.

The forward-looking executive develops a *positive attitude*, burning *desire* and *confidence* enjoys success. If you suffer from negativity, ask God to grant you faith and courage to alter your attitude. Banish all negative thoughts from your mind, including. Self-limiting reasons starts with the words “I can’t do...” they are only excuses. Simply press the ‘delete’ button on your mental keyboard.

Note; never say anything you do not want to happen. Negative words have no power over you unless you choose to believe them. Adopt positive thoughts such as: Believe in the “impossible”.

You can create your own destiny with the help of the Almighty.

CHAPTER 11

Smile

I came across the following quotation the contents of which made a profound impression on my mind:

“A smile costs nothing, but gives so much. It enriches those who receive without making poor those who give. It takes but a moment, but the memory sometimes lasts forever. None is so rich or mighty that he can get along without it, and none is so poor that he cannot be made rich by it.

A smile creates happiness in the home, fosters goodwill in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, and sunshine to the sad. It is nature’s best antidote for trouble, yet it cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile. Give them one of yours, as none needs a smile as much as he who has no more to give.”

— author unknown

Relationships

CHAPTER 12

Seven Common Reasons Why Relationships Fail

Failed relationships are one of the biggest causes of stress and unhappiness in life. Working on successful relationships, whether they are with our children, parents, friends or partners, is one of the most important life skills we can learn. If we cannot maintain lasting relationships, we will always struggle to be happy. In this section we look at seven common reasons why once harmonious relationships break down. If we know why relationships are liable to break down we can avoid the pain involved.

Jealousy

It is ironic that we can easily become jealous of our closest friends. Jealousy often occurs when there is a feeling of separation and competition. We need to learn to be happy at the success of others; it only when we can feel a sense of oneness with others achievements that jealousy will remain far away.

Also, we need to trust our partner - a suspicious mind is very poisonous. It is better to be trusting rather always suspecting infidelity or disloyalty. Others will be rightly discomforted if we mistrust them. If our partner lets us down, it is not our fault. But, if we suspect, because of our own insecurity, we are bound to create serious problems in our own relationships.

Attachment

There is a big difference between real love and emotional attachment. When we have emotional attachment to someone, we need their attention and presence. When we have excessive attachment to others, we can easily become jealous and demanding. Often attachment occurs out of a sense of insecurity; if this is the case we need to develop self-belief and inner confidence, we can't just rely on other people to provide that. Strong relationships need a certain detachment; we need to be able to accept others for what they are, rather than expecting them to give us all their attention.

Domination

Even the closest relationships need to value the individual freedom of others. Problems will inevitably occur when we seek to dominate others. Often this takes the form of expectation. We want our son to become a certain person; we want our wife to live in a certain way.

Often people don't realize how dominating they are. Parents justify to themselves the idea that they 'only want the best for their children' But, actually what they are doing is trying to live through their children. Nobody has the right to tell someone how they must live. If relationships are based on this expectation and domination, there will inevitably be conflict at some stage. The strongest relationships are based on mutual understanding and remain free of expectation.

Selfishness

Selfishness is the root of all relationship problems. When we are selfish we think of ourselves first and foremost. We ignore the needs of others and become ego centric. Ego centric people are never easy to live with; they tend to be a drain on relationships. When we are selfish we want the praise, support and backing of others; but, we are not willing to give anything in return. True love is selfless; it is given without expectation of receiving anything in return. If we love our self the most, we will always struggle with relationships. Take time to listen to others rather than dominating the conversation; be giving rather than being permanently needy.

No Time

We have to spend time on what we value. If we always work late, it shows where our priorities lie. If we spend no time with our partner then they will begin to feel resentful / unloved. We can always make time for things we really value; make sure your relationships don't suffer because you have given your life away to your boss. Also, make sure you create time when your partner is the focus of attention; do things that they enjoy doing, and don't just drag them along to your office parties.

Too Much Time

It does depend on the personality of the people involved; but some people, especially introverts, need time for themselves. If we are always with other people, the relationship can become claustrophobic. We need time to ourselves; strong relationships should be able to deal with periods of separation. This allows individual expression and individual growth.

Picking Faults

“Everyone thinks of changing the world, but no one thinks of changing himself.” – Leo Tolstoy
Whoever we spend time with will undoubtedly have faults. Successful relationships require a certain tolerance of others' weaknesses. If we keep picking up on the faults of other people, expecting them to change, we create permanent tension. For example, your partner or friend may not share your judgement that they are faults. This does not mean we have to ignore when others do wrong things.

A strong relationship should be able to cope with constructive criticism and suggestions. However, we need to make sure we don't become obsessed with noticing bad things. Rather than remembering all the bad things your partner does, make yourself think of some of the good things that they have been doing. Unfortunately, humans often seem attracted to noticing the faults of others, but, it doesn't help relationships to do this. If you become too critical it will cause long term problems.

CHAPTER 13

Listening Skills

If we took the time to develop our listening skills all our relationships would be richer and more fulfilling.

Please read the following Bible texts to help your listening skills:

[Proverbs 18:13.](#)

[Proverbs 14:33.](#)

[Proverbs 20:5](#)

[1 Kings 3:9](#)

[James 1:19](#)

[1 John 4:6](#)

[Luke 10:39](#)

CHAPTER 14

Amor Vincit Omnia

The Latin phrase, AMOR VINCIT OMNIA translates as “love conquers all. Here are some positive characteristics that will enable you live a happier and more successful life:

BE...

**Loving
Confident**

**Caring
Tactful**

**Thoughtful
Adaptable**

**Cheerful
Tolerant**

**Truthful
Understanding**

Universal law states that every act rewards itself – sooner or later. Also acts of love, joy, peace, long-suffering, gentleness, goodness, kindness, Faith, meekness, temperance, righteousness and truth contain within them their own rewards.

Though you may have read the following quotations elsewhere, I do not apologise repeating two ageless deeply meaningful thoughts from Emerson who said, “*An individual has a healthy personality to the exact degree to which they have the propensity to look for the good in every situation including people.*” He also said, “*If you want to have a friend ... you must be a friend.*”

Kindness

Alexander McLaren, a noted London clergyman of the late nineteenth century, wrote, “*Gentleness is the strongest force in the world. You take all the steam hammers that were ever forged and battle at an iceberg, and except for the comparatively little heat that is developed by the blows and melts some small portion, it will still be ice, though pulverized instead of whole. But let it move gently down to the southward, there the sunbeams smite the coldness of death, and it is dissipated in the warm ocean. Kindness is conquering.*”

“If we would humble ourselves before God, and be kind and courteous and tender hearted and pitiful, there would be one hundred conversions to the truth where now there is only one.”¹

The following Bible texts transcribed and paraphrased (Clear Word Bible) might help you with your study:

Proverbs 15: 1 - 5 A gentle answer turns away anger, but harsh words cause anger. When wise people speak, knowledge looks attractive, but when fools speak, nonsense gushes out. The Lord sees everywhere and knows everything that happens; He sees the good as well as the bad. An honest tongue is like the tree of life, but a deceitful tongue crushes a man’s heart. A fool ignores his father’s instruction; but he who profits from corrections is wise.

Proverbs 15: 11 - 15 Good counsel and simple faith well expressed are like golden apples in a silver dish. Caution given by a person of experience is like a gift of fine gold to one willing to listen. To those who send him, a trustworthy messenger is like a cool drink during harvest. His superiors know he can be trusted. People who promise things they never give are like clouds and wind that bring no rain. Patience can cause rulers to change their minds. A gentle tongue can break the strongest bones.

Luke 6: 35 Show love to your enemies by doing nice things for them. Don’t be good in order to get something back from them. You’ll be rewarded for what you do because you’re the children of God. He’s kind and gracious even to the most ungrateful and wicked.

¹ Ellen G. White, *Testimonies for the Church*, vol. 9, p. 189.

Chapter 15

Meekness

Blessed are the meek, for they shall inherit the earth” — Matthew 5:5

Meekness is a fruit of the Spirit that seems very much lost in our aggressive, self-cantered culture. Because people associate it with weakness, most do not admire others for being meek. Yet, it is what we are called to be.

What is meekness? It's an attitude of humility toward God and gentleness toward people—when we recognize that God is in control and that we can trust Him, even when things don't go the way we would like, which is so often the case (Is it not?). To be meek, one needs confidence, not in oneself but in the Lord.

Although weakness and meekness may look similar, they are not the same. Weakness is due to negative circumstances, such as lack of strength or lack of courage, hardly the words to describe Jesus, who said, “Take my yoke upon you, and learn of me; for I am meek and lowly in heart” (*Matt. 11:29*). Meekness, rather, is the result of a person's conscious choice to trust in God and lean on Him, as opposed to pushing for one's own ways. Thus, meekness arises out of strength, not weakness.

Meekness is the absolute ceasing to fight for our agenda and believing that God will fight on our behalf for His. Meekness is the opposite of self-assertiveness and self-interest. It stems from trust in God's goodness and control over the situation. The meek person is not occupied with self (*see Luke 22:42*)—an attitude that's key to the promise of finding rest for our souls. After all, aren't our turmoil and agitation so often due to seeking only for ourselves and what we want? In the truest sense, then, a meek person is one who has learned to die to self, and that takes faith, courage, and perseverance, not necessarily traits the world would associate with meekness.

Meekness is not cowardice. It is the expression of confidence in the lifestyle preparing for heaven. It has the power to diffuse hostility and create peace and harmony. It is an antidote to egotism... Meekness is the opposite of pride.

If you wish to study the subject of meekness you may like to read [Gen.50:20](#); [Matt. 5:5](#); [Matt. 11:29](#); [Rom.12:3](#); [Gal. 6:1](#); [Phil. 2: 2, 3](#); [1 Pet. 3: 4](#).

CHAPTER 16

Healing Words of Love

Here is a true story, from a presentation I gave in both the US and UK. It illustrates how good can overcome evil.

Have you heard about:

- Parents who never praise but quick to criticize?
- Boss handing an unfair dismissal letter to an employee?
- Individuals referring to someone saying, “I hate so and so?”
- Spouse who was unfaithful?

These people inflict hurts that takes years to overcome. We hold a grudge. We say the worst things to them...or brood over what we wish we had said: in short, we want revenge!

Actually, the best way to feel better is the opposite of getting revenge. Instead, say, “*In the name of Jesus I forgive you.*” This could be the most powerful thing you will ever do.

A practical example of Forgiveness

The following real life story comes from the former British colony of Cyprus.

After the end of WWII we returned to the capital city of Cyprus, Nicosia, where my little sister was born. We rented an old terraced house belonging to a Police Captain and his wife who lived next door whose names were Ahab and Jezebel (pseudonyms), on the other side of our house lived Jezebel’s married sister and her lovely family. They had a son about my age with whom I enjoyed an excellent friendly relationship ... they were dependable neighbors ...good people!

Soon after we moved in, my 2-year old sister who was recovering from typhoid was still suffering a great deal of pain and discomfort, so she would often cry throughout most nights. The walls of our house were thin, so Ahab and Jezebel were kept awake by the constant crying.

Ahab, bless him, didn’t say much, but his wife Jezebel would shout and curse all night and bang on the wall. This extreme reaction from our neighbor frightened my little sister and caused her to cry all the louder!

Not surprisingly the couple started court proceedings to have us evicted from the house. This was particularly alarming for my parents because although they tried hard to find alternative suitable accommodation quickly but it proved to be impossible given the short time-frame.

I won’t go into all the details, but Ahab and Jezebel lost that court case, and Jezebel’s bitterness towards my family increased further.

Jezebel tried to make our life very uncomfortable. She bought two cows and placed them in our back garden in the hope that we would be so upset that we'd immediately leave.

The cows proceeded to eat all the garden vegetables that we had planted, including some of the island's finest famous broad beans. These cows were no different than any other cows, and in true cowlike manor, they produced some very interesting aromas as they digested the food. The air became almost unbearable.

Of course, the cow's aroma wasn't limited to our back garden. Ahab and Jezebel also had to put up with the horrible stink, just in the hope that we would quickly move out.

Jezebel was so determined to evict us she even hired the services of a witchdoctor who came and poured water on our front doorstep, while evoking an evil curse on whoever walked through that door.

On a typical hot, dry Cyprus day my mother returned home from shopping. Just before she unlocked the front door to enter she noticed that the threshold to her house was wet (remember it was a dry day.)

Mother didn't have much time to be puzzled because immediately, Jezebel's sister ran up to my mother and warned her not to enter, saying that the house was now cursed. My mother, a fully-committed Christian, brushed her aside and entered her home saying, ***"I believe in God: no curse has power over us!"***

A few days later we heard an almighty noise coming through the wall from Jezebel's house. It was the sound of loud crying, shouting and general commotion. My mother told me to stay behind and look after my little sister while she went to see what was wrong next door. Upon arrival at Jezebel's house she saw a crowd of neighbors had gathered, including Jezebel's sister, many were sobbing and crying, and then my mother saw the reason: Jezebel was lying sprawled on the sofa, with one arm dangling down pale and motionless, no sign of life. For all intent and purposes she looked dead! I wasn't supposed to be there, but I sneaked in at the back to see what was happening. Later I learned that a doctor had been summoned to issue a death certificate.

My mother said to the bystanders, ***"Stand back, and let me through."*** The crowd parted as people stood back in amazement. My mother approached the sofa and said ***"Somebody bring me some eau de cologne."*** This they did and mother sat down next to Jezebel, poured out the cologne and began massaging her hands and face while exercising her limbs to stimulate her system in the hope that she would awaken.

While she did this she was silently praying to God that He would perform a miracle and heal Jezebel. A few moments later the people present noticed a slight twitch in Jezebel's fingers, followed by trembling in her arms and legs, as her paleness gradually subsided.

When she was finally awake Jezebel looked up at the face of her worst enemy! She couldn't believe that the person who had resuscitated her was Liya. She began to sob uncontrollably. ***"Oh my God, is it you neighbor? You're the last person I expected to come and help me,"*** she sobbed, ***"You saved my life...."*** They embraced and from that day forward they became friends.

To forgive doesn't mean to give in: it means to let go. (Read [Romans 12: 14-21](#) and [Luke 6:37](#))

Robin Cassarjian spoke about forgiveness after she forgave the man who raped her. ***“Once you forgive, you are longer emotionally handcuffed to the person who hurt you.”***

In the mid-twentieth century, six million Jews were killed by Nazi Germany. About 50 years ago I worked for a firm in the City of London. The vast majority of my colleagues were ethnic Jews. Without exception they all said they would never buy a Volkswagen, Audi, BMW or Mercedes.

We have Dutch friends who suffered from Japanese atrocities in Indonesia who said they would never buy Sony, Panasonic, Honda or Toyota!

About 96 years after the massacre of 1.5 million Armenians perpetrated by the Ottoman government, even today some Armenians boycott buying Turkish products.

Bitterness

Did you know that in many cases while you are writhing in agony from the wrong that was done to you, the other person isn't aware that you are in misery? “While you are turning yourself inside out with bitterness, the one who hurt you does not feel a thing.”²

Forgiveness is good for you both emotionally and physically. “Reliving past hurts over and over again is bad for your health. Simply remembering an incident that made a person angry has proved to be stressful for their health.”³

Negative feelings that cause stress have also been linked to hypertension (high blood pressure), coronary heart disease and an increased susceptibility to other potentially life-threatening illnesses.

Mother Theresa said, ***“If you judge others you have no time to love them.”*** While terrible hurts may take only minutes to inflict, forgiving the perpetrator often requires time.

Initially you experience negative feelings such as anger, sadness and shame. Then you try to make sense of what happened or take mitigating circumstances into account.

“Ultimately, you see the person who hurt you through new eyes. With greater perspective the hurtor becomes the one who was flawed, weak, sick or ignorant.”⁵

If you want to move towards a future that includes forgiving, but don't know how to do it, here are some practical steps:

The poet Alexander Pope wrote, ***“To err is human, to forgive is divine.”***

Prayer

Turn to God. The act of forgiving is more than any of us can manage on our own. Seek divine assistance through heaven's direct phone line: prayer!

How?

By the application of ABC!

- **ASK** God to help you
- **BELIEVE** He is able and willing to help you
- **CLAIM** His promises

The Other is PTA

No, it is not Parents Teachers Association! It is

- **PRAYER**
- **THINKING**
- **ACTION**

Don't think forgiving is forgetting

"We cannot forget hurts nor should we. The experiences teach us not to be victimized again and not victimize others."²

Look Forward in Time

By peering into the future, you can benefit from the perspective that hindsight brings.

Forgiveness leads to inner peace and happiness

*"Once you have forgiven, you will laugh more, and feel more deeply, become more connected to others."*¹ The good feelings that you generate will pave the way to even greater healing.

Read [1 John 1:9](#)

I would like to share with you some words that can change your life, and perhaps the life of the person you are speaking to, they are:

"I love you"

"I'll be there"

"There's no charge"

One of the phrases I have found most useful is this: *"I'll be there"*

Speak and live the healings words of love.

One person who really knew how to “**be there**” was the late Queen Elizabeth, the Queen Mother. During the blitz bombing of London in 1940, she was asked whether the little princesses, Elizabeth and Margaret would leave Britain for their safety. She replied, “***The children will not leave unless their father does, and the King will not leave the country under any circumstances whatsoever.***”

The King’s philosophy was “***I’ll be there.***”

Another important phrase is one of the hardest to learn, it is “***perhaps you are right.***”

If more people would say, “***perhaps you are right,***” the marriage counselors and divorce lawyers would go out of business!

I know from experience it can have a disarming effect in the argument. When we are trying to get our own way, when we won’t concede on any point we do ourselves a real disservice.

Speak Out Aloud, Believe, Practice ... Live the Healing Words of Love:

“I love you”

“I’ll be there”

“There’s no charge”

“Maybe you’re right”

In April 1983 I had the pleasure and unforgettable privilege to attend a master class led by Dr W Clement Stone in which he gave the following ageless guidelines:

- Think ... are you the person you **think** you are?
- Think.... are you the person you **want** to be?
- Think.... are you the person who is **kind and thoughtful**?
- Thinkare you the person who **thinks in terms of others**?
- Think.... **what** are you **passing to posterity**? Think.... **where do you come from**?
- Think.... **where you are now**?
- Think.... **where do you want to go**?
- Think.... **how will you get there**?
- Think.... **how** many people could **benefit** and enjoy a real and tangible blessing by meeting you today, tomorrow...?

In conclusion, let’s ask God to reveal to us how we can be more understanding, loving, caring, sympathetic and helpful to all people, even our enemies, forgiving as Jesus forgave the people who were torturing and cruelly killing Him. Let us invite the God the Holy Spirit to use us as His representatives, carrying out His divine mission as we continue our journey towards the finish line.

How? We can say Apostle Paul as found in 2nd Timothy 4: 7 & 8 which reads:

I have fought the good fight, I have finished the race, I have kept the faith. 8 Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

Finally, let us recognize and appreciate the fact that as fallible sinful members of the human race we suffer from the natural propensity gravitating towards sin and responding negatively when wronged or under pressure. Let us put our burden on God, and ask Him to help us overcome the urge to repay in kind, instead let us allow the Lord to let His light shine towards our enemies, by the friendly and loving way we treat them as a good example for the glory of God. Note; the above is a condensed version of the presentation suitable sharing with everyone. If you wish to read the complete text, including bibliography and additional research and reference material please e-mail me on:

gary@adsvent.plus.com

ONCE AGAIN, PTA

No apologies for repeating *Pray, Think, Action*

In other words:

- **PRAYER** for divine guidance - wisdom.
- **THINKING** use the 'grey matter' between your ears ... seeking divine help and guidance.
- **ACTION** as appropriate. With God's help focus on the solutions, whilst expecting an answer.

¹ Reader's Digest, June 1994

CHAPTER 17

Genuine Love

My friends Serge Felix and Dr. E.J Cuniah were kind enough to allow me to share with you the following:

In a world in which greed, self-gratification, lack of respect for others and similar issues cause so much harm; a world in which the media concentrates mainly on ‘bad news’ such as wars, crimes, thefts and acts of terrorism; a world in which the word ‘love’ is used so carelessly; it is vitally important for all of us to remind ourselves that there is still something called ‘Genuine Love’. ‘Genuine Love’ is still the main character trait of many human beings and can still be seen in daily acts of compassion, modesty, generosity, graciousness, forgiveness, quiet patience, courtesy and selfless ministry to the needy – unfortunately all too rarely reported by the media!

This ‘Genuine Love’ is best described in a text written under inspiration by the apostle Paul about 2000 years ago. Although that text, [1 Corinthians 13:4-8](#), has been used extensively for many centuries, it is still far from being well-known and practiced by the community at large. In an endeavor to make that text more intelligible to non-theologians, I have tried to paraphrase it using words and expressions with which we are familiar; and I have also tried to ‘convert’ all of Paul’s statements into the ‘positive’ i.e. ‘...genuine love ..’; instead of ‘...genuine love is not..’.

It is my very sincere belief that anyone who is interested in the well-being of others and in their own well-being, and even those who for whatever reasons have lost these interests, will gain immense benefits by carefully considering the principles involved in ‘Genuine Love’. I wish all of you God’s richest blessings.

Patient. Genuine love recognizes that all human beings are fallible; it is long-suffering; patient with the faults, failings and weaknesses of others; and enables us to be calm when faced with trials and tribulations.

Kind. Genuine love is sympathetic, compassionate, courteous, mild and gentle whatever the circumstances; and it is dedicated by word and deed to selfless ministry for the welfare and happiness of the needy.

Not jealous. Genuine love drives out jealousy; it is generous and self-denying; it promotes happiness, and rejoices at the success of others.

Not bragging. Genuine love is simple and unpretentious; it totally rejects self-glorification and can be relied upon to solve human problems. It is the superexcellent way.

Not arrogant. Genuine love is modest and self-effacing even though there is no experience of life for which love does not make provision. It does not seek the flattery of others for any accomplishment.

Not rude. Genuine love is gracious and honorable; it is under the control of God-guided reason at all times; it seeks what is right and proper; it can do nothing but good; it cares for others' sensibilities and it produces unity.

Not selfish. Genuine love puts self, last and others first; it is generous, considerate, self-sacrificing; it seeks others' comfort, convenience and happiness; and it produces a willingness to give one's life in loving ministry for others.

Not quick-tempered. Genuine love is cool, calm and collected; it is infinitely patient and does away with a quick-tempered spirit; it is full of serenity. It is distinct/separate from any other principle of action.

Does not bear grudges. Genuine love forgives, forgets and seeks to make others happy; it looks on the unfavorable conduct of others with God-given understanding, patience and sympathy.

Does not delight in evil. Genuine love acts in harmony with God's will; it does what is right; it rejoices in right actions, and it seeks to help even an enemy when s/he is in trouble

Rejoices in truth. Genuine love finds pleasure in the virtues of others and in the liberation of human beings from the shackles of sin; and it is interested in the advancement of truth and the happiness of all.

Bears all things. Genuine love does not trumpet the weaknesses of others; it understands and accomplishes more than money or might be able to ever do.

Believes all things. Genuine love is disposed to put the best possible construction on the conduct of others, imputing good motives to them because love seeks to make others happy.

Hopes all things. Genuine love inspires faith in one's neighbor; it hopes that everything will be well in the end, and that finally truth will be vindicated.

Endures all things. Genuine love suffers quietly all the trials and tribulations of life; it is willing to face ridicule, strife and contempt in the defense of others; and it generates infinite patience.

Love never fails. Genuine love triumphs over all things; it remains the same and will always shed its fragrance of trust, hope and faith all around.

Love is the greatest. Genuine love, as a way of life, is more satisfying than the possession and exercise of all God's other gifts.

Things have not happened as soon as we expected, but we take comfort from the promise in Galatians 6:9, "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart" (NKJV).

The issue that confronts God's people in the twenty-first century is not "Will God be faithful?" We should know by now that He is faithful to all that He has promised. The crucial issue is, "Will I be faithful until the end?"

In many ways the answer to the question about the future ("Will I be faithful to the end?") can be found in the present. What is the basic trend of your spiritual life now? Are you daily

committed to the Lord, growing in grace and faithfulness, or are you slowly, bit by bit, easing up, growing more accustomed to the world and its ways? What does your answer tell you about yourself and your walk with the Lord?

God is Love! Love is the perfect expression of God's law. Love is the very foundation of God's eternal law.

Love for God and our fellow human beings is the highest expression of harmony with God.

A loving and lovable person is the most powerful sermon!

Know yourself

CHAPTER 18

The ABC of Success and Spiritual Growth

You may possibly recall me sharing with you the ABC method in overcoming challenges (problems). Here it is once again:

| | |
|----------------|---|
| Ask | God to help you |
| Believe | that He can help you, because He loves and cares about you |
| Claim | His promises. |

Through the long night of the soul, God is with us, though we may not be able to sense His presence. During such times we need to cling to Him in prayer and through faith in the promises found in His Word.

Put your challenge (problem) in perspective. Consider them as opportunities. ‘Stepping-stones’ as I stated above, the ABC method will help propel you to greater, even more exciting levels of successful experiences in your life. Try several approaches, consider alternatives, and you will find the solution ... with God’s help. Sometimes circumstances might make it necessary to take one step backwards ... later to enable you take several giant “leaps” forward. Enjoy the “fruits” of your success via the constant use of the celestial telephone ‘hot-line’ ... CAP Continual Attitude of Prayer. You will also enjoy the added value of being covered by God’s divine ‘Shield’, protecting you from yielding to temptation and sin!

Life needs to have purpose for it to feel truly worth living. No one wants the epitaph on their tombstone merely to read: USED UP OXYGEN, TOOK UP SPACE. The longer we live, the more we sense a need to live a life beyond ourselves. Perhaps Horace Mann, the brilliant politician and noted educator, captured this yearning best when he said, “Be ashamed to die until you have won some victory for humanity.”

Human beings were created with a divine hankering for a mission greater than themselves, a calling that helps broken people traverse this life through the good news of salvation and gives them hope for the future. In fulfilling this mission, we find a deep inner peace with God and ourselves.

One simple truth will always remain: You cannot give what you do not have. Unless we make sure that we have a living relationship with God, we cannot hope to lead others to that same experience

Now read [Appendix VI: Character](#)

CHAPTER 19

Motivation

Information is easily absorbed by your mind when you give the subject matter your total undivided attention, investigation and consideration, whilst evaluating your options, for the short, medium and long-term. Meditate, pray, think about what you wish to achieve with a positive mental attitude, consider alternatives, viewing the matter from every possible angle. The answer will come to you as night follows day!

Every morning meaningfully say three times: **I feel healthy, I feel happy, and I feel terrific!**

Chapter 20

Time is Life – Life is Time

King Solomon wrote, "There is a time for every purpose and every work." Eccl. 3:1

Have you heard about the accuracy of the Cesium beam clock, which measures time down to the 9,192,631,700th of a second ... the frequency at which certain atoms absorb and emit radiation? Now, that is precise time! God is in control of everything, including time, a gift to us to use or abuse. E. G. White wrote and I quote, "Of no talent God has given us will He require more strict account than our time." Also, "True, refined independence never disdains to seek counsel of the experienced and of the wise, and it treats the counsel of others with respect."

As we work for our livelihoods, we exchange a "piece of life" for what we eventually exchange our paychecks (or fees) for pieces of our lives.

Leo Tolstoy wrote a short story called "How Much Does a Man Need?" It was about a peasant, Pahom, who swore. "If I had plenty of land, I shouldn't fear the devil himself." Pahom then hear about the Bahkirs, the people who sold land cheaply. He traveled there and was offered land at "a thousand rubles a day." What did that mean? They told him: "We sell it by the day. As much land as you can go around on your feet in a day is yours." Only one condition: If you didn't return on the same day to the spot you started, the money would be lost. Pahom, delighted, started walking and walking and walking ... he was getting so much land! He kept on going, all day, only to realize that he had better get back before the day ended.

He had gone too far. He had to rush, or else all was lost! He hurried and hurried, only to collapse dead within sight of the spot he had started. His servants dug a grave and buried him. How much does a man need? "Six feet from his head to his heels as all he needed," wrote Tolstoy.

The moral of this little story: Our role here on earth is to worship God, work at whatever he has put before us to do. We are part of His creation that He has asked us to manage His affairs on our planet. We brought nothing into this world, we take nothing out!

Know: that Heaven's priorities transcends human existence

Feel: that God's invitation embraces eternal

Do: Reorder our priorities to reflect God's values

Lack of priorities in personal, family/corporate management is tantamount to Waste of time = Waste of life. Therefore, mastering your time = mastering your life! Time and tide do not wait for anybody! Procrastination is the 'thief of time'. Be ruthless with time management – but gentle and courteous with people. Your time is precious – it is irreplaceable.

Champion time-wasters are shifting priorities – interruptions, e.g., drop-in visitors & telephone callers, Lack of priorities. Are you attempting too much – should you delegate more? Inefficient delegation – delegate efficiently.

Are you losing your papers, files etc.?

What do you do? Simply apply the 80/20 formula. Separate 'urgent' and 'important'. 'Urgent' but 'not important' 'to do' things, lists, phone call, letters action etc. Maintain a clean desk.

Chapter 21

Think

Dr W Clement Stone, in a Master Class I had the pleasure and unforgettable privilege to attend in Kensington, London back in 1983 gave the following ageless guidelines, which I will gladly share with you:

Think ... are you the person you **think** you are?

Think.... are you the person you **want** to be?

Think.... are you the person who is **kind and thoughtful**?

Thinkare you the person who **thinks in terms of others**?

Think.... **what** are you **passing to posterity**?

Think.... **where do you come from**?

Think.... **where you are now**?

Think.... **where do you want to go**?

Think.... **how will you get there**?

Think.... **how** many people could **benefit** and enjoy a real and tangible blessing by meeting you today, tomorrow...?

Chapter 22

Music

“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.” — Plato

What relationship exists between music and human temperament and behaviour? Can music help us to be happy or cope with a problem?

Can we praise God through music? Can you identify music that heals and the type that it kills? How can we develop the appreciation of good music? Before sin, Lucifer was in charge of Heaven’s music department.

Some of you may think I know a thing or two about music. I can assure you that I know nothing in comparison to Lucifer! When he became Satan, he did not lose his talent in music. The only difference was that instead of making music that praises God, he makes mischief by manipulating with music to get humans to react the way he wants, and he does this to sadden God. How does he do this? Take a look around the music stores, go online, and switch on your radio/TV and chances are that at some time you will be bombarded by music that is of the satanic, discordant, cacophonous variety.

Some even contains lyrics against God, family and society in general ... a frontal attack on morality and upright life-style! The type of ‘music’ I refer to deafeningly high decibels ... harmful to the human body mind and soul. On the other hand, listening/playing good harmonious (classical) music can be uplifting, edifying and soul enriching. Disharmony represents sin and chaos. Good music* = total harmony with the Creator of the Universe!

Scientists, experimenting in all types of music, came to the conclusion that sound waves entering through the human ears have the capacity to reflect our deepest emotions. Did you know that music is used in psychotherapy, e.g. to overcome stress and other emotional problems?

Good music has a clinically proven track record of helping the listener enjoy long-lasting advantages and benefits ... tranquil thought patterns, with consequential positive effect. Yes, music can, and does influence human behaviour.

The Philosopher, Pythagoras, the father of acoustics in 550 BC, encouraged his students to participate in good music.

Another Philosopher, Plato in 428 BC, recognised that there was a correspondence between man and the type of preferred music; it represented a true reflection of the individual’s character. Plato further said that bad music attracts the baser, sinful part of human nature. Remember this was before Christianity. Greeks were idol-worshipping pagans, yet how could they discern right from wrong? Yes, music has the

power to mould characters. The Bible's key principles about music, whether sacred or secular, transcend culture: Is it moral? Is it uplifting?

Is it consistent with God's character of light and truth? If these criteria are met, it doesn't matter if piano, organ, accordion, saw or symphony orchestra performs music. I firmly believe most of the (classical) music broadcast by BBC Radio Three and Classic FM can be considered as 'good music'. Among the most popular 'stress-busting', among relaxing works of great composers include: *Beethoven's Symphony No. 6*, *Barber's Adagio for Strings* and *Grieg's Morning from Peer Gynt Suite No. 1*. (More stress-busting titles available from the author on request.)

Researchers found that is harmonious uplifting classical music is beneficial not only to humans, but even animals and plants

Classical music and eggs.

In the 15 October 2007 issue of METRO, British daily newspaper, included the following report; "Farmer Charles Bourns has hatched a plan to help hens lay more eggs...playing classical music, has seen a rise in production since tuning his brood to Classic FM. 'I tried pop music but it is too changeable with lots of talking...the birds prefer Classic FM. It helps them relax,' the said. Mr Bourns plays music to his 70,000 hens in Charfield, Gloucestershire. A spokesman for Classic FM said: 'There's no reason why the farmyard population should not enjoy our programmes.'

Classical Music Calming Effect On Noisy Pupils

The 19 January 2010 issue of the London Metro had a report on how listening to classical music had a calming effect on noisy pupils. So is music subjective and neutral? Certainly not!

Classical Music And London Underground Stations

Recently when climbing the stairs of our local London Underground train station after a long day at work I heard beautiful harmonious and uplifting classical music coming from the speakers. I spoke with the duty staff member commenting that I was extremely happy yet felt surprised to hear such beautiful music in their station. I was told that it was a management decision to broadcast only classical music not only because it calms tired travellers but more importantly it keeps young people from congregating and misbehaving in the station foyer, which is one of the challenges faced by the local police!

Encounter With Paderewski

"Wishing to encourage her young son's progress on the piano, a mother took her boy to a Paderewski concert. After they were seated, the mother spotted an old friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually wandered through a door marked "No Admittance." When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing.

Suddenly the curtain parted and spotlights focused on the impressive Steinway piano onstage. In horror the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle, Little Star." At that moment the great piano master made his entrance, quickly approached the piano and whispered in the boy's ear, "Don't quit. Keep playing." Leaning over, Paderewski reached down with

his left hand began filling in a bass part. Soon his right arm reached around to the other side of the child, and he added a running obligato. Together the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience. The audience was so mesmerized that they couldn't recall what else the great master played that night. Only the classic "Twinkle, Twinkle, Little Star." (Click [here](#) to watch a re-enactment of this concert)

Perhaps that's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't always graceful flowing music. However, with the hand of the Master, our life's work can truly be beautiful. The next time you set out to do something really great, listen carefully. You may hear the voice of the Master, whispering in your ear: "Don't quit. Keep playing." God sometimes "calls" those He has already equipped, but more often He equips those He has already "called."¹

Fountain of Youth

My friend Leslie Riskowitz, a concert pianist and teacher of speech and drama, told me of a conversation he had with a friend who asked him how he was. "***I am fine,***" replied Leslie, "***I am getting younger and younger every day and I'm on my way to the "Fountain of Youth" – with each day that passes on I'm getting closer to my ideal.***"

Now read [Appendix II: Music](#)

¹ Dr. Jon Paulien, The Gospel From Patmos, p325, Copyright © 2007 by Review and Herald Publishing Association

Healthy living

Good health is not a chance, it's a choice. The benefits of good health can only be fully realised when we recognise the fact we need to take care of ourselves three-dimensionally, mentally, physically and spiritually. Time and space do not allow me to discuss the subject in depth, concerning how to enjoy good health. Suffice it to state that our body should be considered as a holy temple. It is up to us to treat it with the respect it deserves. No doubt you will appreciate the fact that it would be in your best interest to totally abstain from the use of alcohol, tobacco and non-prescribed drugs. It is best to consider enjoying a balanced vegetarian diet. Enjoy a morally upright monogamous lifestyle! Many people who are not physically ill occupy 60% of hospital beds. Many require psychiatric help, because they did not help themselves. Most physical suffering is the result of mental breakdown caused by 'psychosomatic diseases', as doctors would define it. In other words, people who are not able to cope with their social and personal problems. Giving them the dignity of successful fulfilment, proper food, relaxation/recreation, and sufficient money to provide the good things in life, will save many a psychiatrist's valuable time. The alternative to everything negative will bring success. What is the opposite of negative? Positive!

Chapter 23

Food Clues...

You are what you eat, so eat well. A stupendous insight of civilizations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called 'The Doctrine of Signatures' was astoundingly correct. It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater. Here is just a short list of examples of Whole Food Signatures.



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and science shows that carrots greatly enhance blood flow to and function of the eyes

A Tomato has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A Walnut looks like a little brain, a left and right hemisphere, upper cerebrum's and lower cerebellums. Even the wrinkles or folds are on the nut just like the neocortex. We now know that walnuts help develop over 3 dozen neuron-transmitters for brain function.





Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Eggplant, Avocado's and Pears target the health and function of women's womb and cervix - they look just like these organs Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly 9 months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries.



Grapefruits, Oranges, and other citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells they even produce tears which wash the epithelial layers of the eyes.



Chapter 24

Water for Life

Do you often feel irritable or have regular headaches?

We often blame the demands of a busy life. However, it May be that we simply need to drink more water.

Water is essential for life, without it we would survive only a few days. Water is responsible for transporting nutrients in our bodies, temperature regulation and the removal of waste from our bladders. Our body is made up of 60-70 per cent water; in children this can be as high as 80 per cent. Daily we lose water through urine, stool, sweat, tears and as water vapour when we breathe. We replenish this from the fluids we drink and foods we eat. A small amount of water is also produced as a by-product of metabolism.



Dehydration occurs when the amount of water leaving the body is greater than the amount being consumed. To maintain hydration we need to drink eight glasses a day; however this can vary according to individual requirements. The initial signs of dehydration begin when we have lost about 2 per cent of total body fluid. These include, but are not limited to thirst, fatigue, irritability and headaches. Serious illness can develop if fluid loss continues up to 5 per cent of total body fluid and if the body reaches 10 per cent total body fluid loss, emergency medical help is needed. Fluid loss of 10 per cent and above can be fatal! Don't rely on feeling thirsty to remind you to drink, as by this time we are usually already dehydrated. Ensure you drink sufficient quantities to maintain pale coloured urine throughout the day.

Who is at most risk of dehydration?

- Kids—due to their small body weight and high water content they are more susceptible to dehydration. They often cannot vocalise that they are thirsty and are more susceptible to illnesses which can result in dehydration.
 - Try iceblocks to increase fluid intakes in unwell children. Often a water bottle on their desk in class will help remind them to drink.
- The elderly—their sensitivity to thirst becomes less acute, they are slower to respond to changes in environmental temperature and tend to eat and drink less. They may also be on medication, have hormone changes or an illness that may cause dehydration. Make drinking convenient.
 - Have a sipper bottle on hand or add a slice of lemon or lime to flavour water.
- Those with an illness such as fever, vomiting and diarrhoea—water and electrolytes such as sodium and potassium are essential to maintain fluid levels.
 - If you or your family are suffering from gastric illness it is advisable to discuss fluid and electrolyte replenishment with your doctor.
- Athletes and those working in a hot humid environment—increased sweating requires increased fluid intake.
 - Consider using a sports drink when training for intervals longer than one hour, to replenish both fluid and electrolyte levels.
- People with uncontrolled diabetes or those on medications that have a diuretic effect.

The benefits of maintaining hydration

- Boosts mental and physical performance
- Balances mood
- Prevents dehydration-induced headaches
- Decreases risk of developing kidney stones
- Softens stools to help prevent dehydration
- Helps prevent urinary tract infections
- Increases milk production in breastfeeding mothers

It is amazing how our senses can deceive us. The earth is spinning on its axis at about a thousand miles per hour, while careening around the sun at about 18 miles per second. And yet, despite all this motion, it feels to us perfectly immobile. Meanwhile, things like tables, chairs, rocks, and people (matter, basically)—however solid they appear to our senses—are mostly empty space. At any given moment, billions of subatomic particles from the sun are burrowing through our bodies, and yet we do not feel, see, or hear any of them. And, despite all outward appearances, our human bodies are made mostly of—water. Water? Yes, we are truly aquatic beings, in the sense that our bodies are made up of about 60 percent water. Our brains, believe it or not, are about 85 percent water. Even our hard bones are about 10 to 15 percent water.

Full of wonder and mystery, water is foundational to all physical life. Without it, we could not exist. This week we will take a look at both the spiritual and physical aspects of this truly essential liquid. Full of wonder and mystery, water is foundational to all physical life. Without it, we could not exist.

As creatures, we all need air, water, and food to preserve our existence (*Gen. 1:29*). In the description of Eden, aside from the presence of a beautiful garden, there was also a river that gave rise to four other rivers—Pishon, Gihon, Tigris, and Euphrates. God provided water to preserve the lives of His creatures.

As God's creatures, we need water in order to survive. In fact, every body cell, tissue, and organ needs water to function. Water helps to regulate body temperature, transports nutrients and oxygen to the cells, removes waste, prevents constipation, moistens tissues, cushions joints, and keeps blood flowing throughout the body. We need to drink more water than our thirst demands. Many liquids, such as water, milk, and fruit and vegetable juices, contribute to hydration; however, alcohol and caffeinated beverages may paradoxically increase fluid loss, which may be harmful.

Pure water is superior to many other drinks. Start your day with one or two glasses of water and continue drinking water between meals to make sure you are well hydrated.

Water has other healthful functions, as well. Hand washing may reduce transmission of many infectious agents from person to person. A large percentage of infectious disease would be eliminated by hand washing, especially before eating. Daily bathing removes accumulated dirt, which can lead to disease, as well.

A historic experiment conducted by Dr. Pitts at Harvard University had athletes—walking on a treadmill at three and a half miles per hour in a hot environment—consume as much water as they lost in their sweat. At the end of the experiment, the athletes felt as if they could continue walking—seven hours later!—G. C. Pitts, R. E. Johnson, F. C. Conzolzazio, “Work in the Heat as Affected by Intake of Water, Salt, and Glucose,” *American Journal of Physiology* 142:253, 1944. The same athletes, deprived of water during the experiment on another day, reached the point of exhaustion within three and a half hours.

The message is obvious. Water can give us power and energy, especially when we are doing strenuous work. In contrast, inadequate water intake may result in dehydration, which leads to fatigue and exhaustion much more quickly than if we were drinking enough water. Also, insufficient water can impair our vital functions. Though compensatory mechanisms may come into play, a chronic water deficiency will lead to ill health.

It is possible that adequate fluid intake may limit some symptoms such as headaches, thus decreasing the need for headache medicine, which can cause bad side effects, especially if used often. As most athletes know, during prolonged and arduous exercise, water requirements increase significantly. Nevertheless, it is possible to drink too much water, resulting in water intoxication. The appropriate amount of water intake depends upon multiple factors such as temperature, body size, and kidney function, but it should be sufficient to result in pale or clear urine in normal circumstances. In most cases people should make an effort to drink a minimum of six to eight (at least 250 ml per glass) glasses of water per day, more when doing strenuous work in hot environments.

It is essential that water used both internally and externally be clean. Many people have difficulty accessing pure, clean water. Water taken from contaminated sources requires either chemical treatment or boiling to make it safe for consumption and domestic use.

Water is beneficial externally, as well as when used internally. It may be used externally in treatments known as hydrotherapy. The intelligent, careful use of hot and cold wet towels in this process of hydrotherapy may bring relief to a number of conditions. Caution should be employed in cases of poor circulation, persons with diabetes, or neurological illnesses. It could very well be to your advantage to get proper training in the use of hydrotherapy.

Thought Questions:

- What happens to you when you become dehydrated? What symptoms do you experience first? What is the result if you quickly do not take in sufficient water? What are the spiritual ramifications of insufficient water intake?
- How can we best express our gratitude to God for His physical and spiritual gifts that are foundational to the life He has given us?
- What happens to your spiritual life if you constantly run low on Living Water? What is the spiritual remedy for this condition?
- How thirsty am I for the Living Water? What are some of the things that might mask my true spiritual condition or mitigate my thirst for genuine spiritual refreshment?
- In the spiritual realm, why do you think it is that any number or combinations of substitutes leave us continually longing for something different and something more?

Application Questions:

- What are some of the ways water is both life-giving and life-enhancing? How can you better avail yourself of the life-giving properties of water?
- What strategies have you used to make sure you receive enough water internally each day? In what ways have you enjoyed and found water to be externally invigorating, as well?
- What experiences do you have with water as a central part of a healing regimen?
- What has my life been like when I've "taken the plunge" and entered into the experience of Living Water?
- Why is it that a one-time experience of Living Water is not enough? What can I do to continue to enter into, and experience, Living Water on a regular, daily basis? What can you envision as the results of daily entering into the life that God longs to give you?

- Why is it easy sometimes to get distracted or settle for substitutes to Living Water? How do I find my way back to the real thing when I have settled for something less?

Chapter 25

Sleep and Rest

To keep the body working at its optimal best, we need to have the right amount of sleep and rest each night, and at the best time for the body to do its part in keeping us healthy.

9 pm – 11 pm

This is the time the body is designed to eliminate unnecessary/toxic chemicals (detoxification) from the antibody system (lymph nodes). We should be asleep at this time, or at the very least, relaxing or listening to music. If during this time we are working or engaged in activity that does not leave us in a relaxed state (for example, such as working from home, washing the dishes or monitoring children doing their homework), this will have a negative impact on our health.



11pm – 1 am

We should be done in a deep sleep state.

This when the detoxification process in the liver, and takes place.

1 – 3 am

We should still be done in a deep sleep state.

Detoxification process in the gallbladder

3 – 5 am

Detoxification in the lungs.

Therefore there will sometimes be a severe cough for cough sufferers during this time. Since the detoxification process had reached the respiratory tract, there is no need to take cough medicine so as not to [interfere with toxin removal process.](#)

5 – 7 am

Detoxification in the colon - you should empty your bowel.

7 – 9 am

Absorption of nutrients in the small intestine, you should be having breakfast at this time.

If you are sick, ensure you have breakfast before 6:30 am

Breakfast before 7:30am is very beneficial to those wanting to stay fit. Those who always skip breakfast, they should change their habits, and it is still better to eat breakfast late until 9 - 10am rather than no meal at all.

Sleeping so late and waking up too late will disrupt the process of removing unnecessary chemicals. Aside from that, midnight to 4:00 am

Rest And Restoration

“A bright, young medical student at Loma Linda found himself burning out. Getting up at four in the morning, working until midnight, he struggled to keep up with his strenuous curriculum, but to no avail. He fell farther and farther behind. In desperation he went to his professor for help. Being an astute man, the professor recommended that Tom get at least seven hours of sleep each night, no matter what, and thirty minutes of vigorous exercise every day. Tom was incredulous . . . but at last he reluctantly agreed to give this program a try. After all he was so far down he had nothing to lose. To his utter amazement his grades began to improve within just two weeks. By the end of the year he was in the upper third of his class and in due time successfully completed his medical training.”¹

Many of us are just like Tom. We all need to have daily rest, as well as weekly rest in order to achieve optimum health physically, mentally, spiritually, and socially.



No Time

Many of us live in a very tense and fast-paced environment filled with so many things to do and so little time to do them. Mother Teresa said, *“I think today the world is upside down, and is suffering so much because there is very little love in the home, and in family life. We have no time for our children; we have no time for each other. There is no time to enjoy each other.”*

In some cultures, the drive to *get ahead*, to make money, to be a *success*, dominates everything to the point where marriage, families, and even health are sacrificed.

Of course, working hard, doing one’s best, and striving to provide for oneself and one’s family are good; the Bible has little time for slackers (Prov. 6:9, 13:4, 2 Thess. 3:10). We

can, however, take a good thing too far, and as a result bring suffering to ourselves and to the ones we love and care about. So often we hear about a father who works all the time, arguing that he is doing it “for his family,” when, in the end, it is the family who is being hurt by the father’s continued and excessive absence.

Before sin and corruption entered this planet, what was God’s intention for humanity regarding work? Read [Genesis 2:15](#)

From the beginning, even in the pre-Fall world, God’s intention was for humans to work. And to rest from work as well. Especially now, as fallen beings thousands of years removed from the tree of life, we must remember that our bodies have limitations, and, therefore, rest is vitally important.

The Need for Rest

Read [Mark 6:30–32, 45, and 46](#). What do these texts say to us about the need for rest, regardless of what we are doing and how important our work might be?

What things drive you? What things motivate you? What things cause you to work the hardest? Whatever they are, however noble and good they might be, you need to ask yourself if they are worth ruining your health over.

All of us are aware of the need to rest. We need food, we need water, and we need rest. So often our bodies themselves give us the signal that it is time to rest, and so often the signals are loud and clear. Much

of the time, if we would listen to what our bodies tell us, we would get enough rest. Unfortunately,



we so often are caught up in the hustle and bustle of life, of earning money, of running here and there, that we don't listen to our own flesh. How many folk—struck down by sickness—finally have been forced to rest, and for a long time, too, who otherwise would have been fine had they listened to what their own bodies were telling them?

Sooner or later, we will rest—one way or another. The question is, Why not do it the best way possible?

What signals does your body send to you, telling you it's time to slow down and rest? How well do you listen?

Every living creature needs time for rest to restore that which has been used. Consider the word *restoration*, which means “the act of returning to an original state or condition.” In adjective form, it means a “reinvigorating medicine” or “anything that reinvigorates.”

“Sleep, nature's sweet restorer, invigorates the tired body and prepares it for the next day's duties.”²

We need to realize our limitations. We cannot do our work in our own strength. God promises grace to cope with our work. In regular rest, we permit the Lord to restore our bodies so we will awaken refreshed, ready to do His will.

Read [Exodus 23:12](#). What reason is given there for rest?

The verb translated “refreshed” occurs as a verb only a few times in the Old Testament, yet it is based on a very common noun, often translated “soul” (*Gen. 2:7*), which has the meaning of “life” or “that which breathes.” In other words, it's as if the word *soul* were made into a verb, and so the idea is that, through resting, we are getting more life, more breath, more “soul,” as it were. Rest is therefore basic, even fundamental, to us as living humans, and by denying ourselves that needed rest; we are denying our basic humanity.



The Daily Rest

Read [Genesis 1](#). During the days of creation, the evening and the morning defined each day. God was creating a natural rhythm that would permit the cycle of work and rest to rejuvenate and restore the body in a regular fashion.

The human body requires daily rest. Studies on sleep deprivation show a variety of negative effects. These may include increased risks of diabetes, obesity, and poor school performance, and traffic accidents, injuries, and fatalities—even psychotic behaviour. The workday of airline pilots, air traffic controllers, and resident physicians is strictly regulated, laying out precisely the length of time for work and the time set

aside for rest. Traditionally, before the convenience of electrical lighting, people naturally would sleep during the hours of darkness and work in the light.

In today's modern world, we have to guard against the temptation to work more than is healthful.

Science's discovery of the circadian rhythm, in which the body works on a daily 24-hour cycle, with specific release of hormones at certain times of the day, supports the statement made by Mrs. White, “Sleep is worth far more before than after midnight. Two hours' good sleep before twelve o'clock is worth more than four hours after twelve o'clock.”—Ellen G. White, *Manuscript Releases*, vol. 7, p. 224.

Studies performed in sleep laboratories show a need for different kinds of sleep. Adult sleep requirements range from six to nine hours. Sleep requirements are met when sleepiness and drowsiness are absent during the day and there is a sense of well-being and alertness. Without adequate sleep, people will perform at a level comparable to those who are intoxicated.

Some suggestions to help you have better sleep:

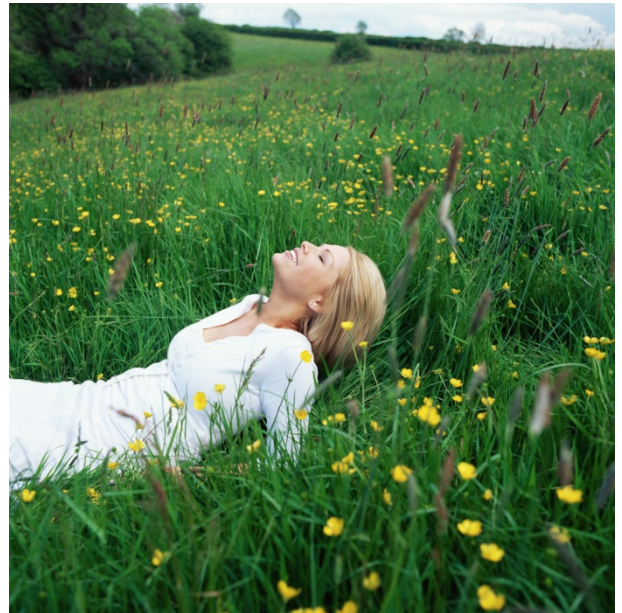
- Exercise daily.
- Keep your room at a comfortable temperature.
- Avoid eating for two to three hours before sleeping.
- Avoid tension and excitement before sleep.
- Do not take alcohol, sleeping pills, or caffeine.

How well do you sleep? What practices are you engaged in that could be hindering your sleep? What changes need you make in order to better take advantage of this important aspect of human health?

The Weekly Rest

Read [Genesis 2:1–3](#) and [Exodus 20:8–11](#). What do these verses tell us about just how fundamental the whole idea of rest is?

God rested on the seventh day, Saturday, after completing the work of Creation. The Bible verb for “rested” there comes from the same word designated “Sabbath” (*Shabbat*). In Greek “*Savato*,” Armenian, “*shapat*” Turkish, “*Cuma ertesi*,” meaning *day after Friday*. This act shows just how ingrained into the fabric of Creation itself the seventh-day Sabbath and the rest it offers. However hard for us to fully grasp, the text makes it clear that God Himself rested on the Sabbath day. The Biblical Sabbath is not Sunday, Friday any other day of the week; it is the seventh day of the week: Saturday.



Though it is so easy to get caught up in rules and regulations, we never must forget that the Sabbath is a day for our benefit. It is for reflection and enjoyment of the wonderful gifts our God has given us. It is a time to contemplate God’s goodness. The Sabbath is a perpetual sign of our recognition of His love. Besides all the spiritual benefits, the Sabbath provides us a time to step aside from the toil and struggles and stress and fatigue of the week. Sabbath is God’s way of allowing us, without guilt, to truly relax, to rest, to take it easy and unwind. Sabbath provides a way for our bodies and souls to get the rest they so often need.

What is your Sabbath experience? Is it truly a delight, a blessing, a rest?

“Those who make great exertions to accomplish just so much work in a given time, and continue to labour when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used is demanded, they fail for want of it. The physical strength is gone, the mental powers fail. They realize that they have met with a loss, but do not know what it is. Their time of need has come, but their physical resources are exhausted. Everyone who violates the

laws of health must sometime be a sufferer to a greater or less degree. God has provided us with constitutional force, which will be needed at different periods of our lives. If we recklessly exhaust this force by continual over-taxation, we shall sometime be the losers.”—Ellen G. White, *Child Guidance*, pp. 397, 398.

Invest in yourself and in your own well-being three-dimensionally, mentally, physically and spiritually. You will enjoy the dividends of your wise choice later on in life, when you ‘reap’ far-reaching advantages wonderful and everlasting benefits on both sides of eternity!

¹ I’m So Tired,” *Hardinge Lifestyle Series* (Loma Linda, Calif.: Loma Linda University School of Health, 1988), pp. 3–5.

² *Child Guidance*, p. 342, Ellen G. White,

Chapter 26

Nutrition in the Bible

“If we cannot love the person whom we see, how can we love God whom we cannot see?” – Mother Teresa

The general principle, concerning a positive lifestyle in relation to nutrition is ageless.

Statistically members of the Seventh-day Adventist Church are known to live an average of eight to ten years longer than other humans. I downloaded the following study notes from the Teachers Quarterly of the Seventh-Day Adventist Church for week ending 19 June 2010:

A writer argued against belief in God, in the supernatural, or in any spiritual realities at all. He believed only in the material world, only in material things.

“Man is,” he said, “what he eats. Period.”

However extreme his position, he does have a point, at least somewhat. Though we certainly are more than what we eat, what we eat helps make us what we are. Our blood, bones, fat, and tissues all are fed by the food we put in our bodies. We know that if we stopped eating, we would die. We know, too, that our food impacts our physical being in many ways. Anyone who has ever eaten too much, or eaten the wrong things and become sick, knows how much food impacts us physically—and mentally, as well. Indeed, diet can impact our thoughts, which should not be surprising, because our brain is central to thought, and our brain is affected by the foods that feed it.

This week we will take a look at diet, this very important component of a healthy lifestyle

The Original Diet

Read [Genesis 1:26–30](#). What does it tell us about the original diet? What might it mean that both humans and the animals had a similar diet?

God planted a garden full of fruits and nuts for the nourishment of our first parents. We only can speculate how different this produce may have been from what is available to us today, and we assume there was a wide variety of colourful, tasty treats, a great variety of fruits and nuts in the large cornucopia provided by God.

We can imagine the tree of life, planted near the beautiful river, bearing 12 crops of fruit, yielding its fruit every month. The leaves were for healing of all peoples and for the prevention of all diseases and sickness. This is how the apostle John describes the tree in Revelation 22:2, 3; this description of life in Eden is so brief, and we are left with many unanswered questions, but we do know Adam and Eve enjoyed food from one tree in the Garden that is no longer available to us.

Scientific research has confirmed that a vegetarian diet is healthier than a diet high in meat full of saturated fat. The Adventist Health Study conducted by Loma Linda University, compared Seventh-day Adventist church members in the United States who share similar demographics and lifestyles except for two different categories of diet. When those who eat a lacto-ovo-vegetarian diet (plant food plus eggs and milk) were compared to omnivores who included red and white meats in their diet, the vegetarians had less heart disease, fewer types of cancers, less hypertension, less diabetes, less dementia, and less osteoporosis—leading to an increased life expectancy. The Adventist vegetarians enjoyed eight to ten additional healthy years of life by eating more whole grains, fruits, vegetables, legumes, and nuts. They also ate less refined grain products, sugar, and prepared foods. Other studies conducted in Europe, Australia, and South America confirm these findings, and more than four hundred reports on the health of Seventh-day Adventists have now been published in scientific journals.

Some people tend to make diet the central focus of their religion, the idea being the stricter the diet, the holier the person. At the same time, why is it important that we watch our diet and seek to eat as healthfully as we can?

God Saw That It Was Good

God has made several adjustments in the diet He has recommended for us after the Fall and the Flood, though fruit, grains, and nuts remain superior food components.

- What are the benefits of eating those foods that most closely follow God's original plans for our diet?
- What are the health risks of compromising with God's plans for diet?

Enjoying What Is Pleasant and Good

There are a wide variety of flavours, textures, and colours available in the foods that God has designed for us to eat.

- What can we do to educate our appetites to appreciate these beautiful and tasty foods better?

Preparing foods in a wholesome manner and presenting them attractively helps improve the nutrition and awaken the appetite.

- What can we do to enrich others' enjoyment and appreciation of God's original diet for us?

Choosing God's Choices

- What can we do to help ourselves and our families make more positive choices toward a more healthful diet?

-

Summary: Fruits, grains, nuts and vegetables prepared in a wholesome manner and eaten in moderate portions can go a long way in preventing disease and promoting health and happiness.

The Post-Flood Diet

We should not forget the fact that the first sin of humanity dealt with appetite. Adam and Eve were told not to eat of a certain tree ([Gen. 2:16, 17](#)), and they ate of it anyway ([Gen. 3:6](#)). This was sin, pure and simple. Hence, however much we must be careful not to make an idol out of diet; we must not diminish its importance. In the midst of so many voices, we need to seek wisdom in order to find the right balance in how we should eat and drink.

Read [Genesis 9:3, 4](#) and compare it with Genesis [1:26–30](#). What change came to the human diet because of the Flood? Why do you think this happened? How does this change reflect an even greater disharmony brought to the earth because of sin?

Only after the Flood, with so much vegetation destroyed, did God give humans permission to eat animals.

What a major shift in the whole balance of relationship between man and beast. We are so used to it today that we surely do not realize what an incredible change this must have been.

Read [Genesis 7:1, 2; 8:20](#). How do these verses dispel the idea that the distinction between clean and unclean meats began with the Jewish nation?

These verses prove that the difference between clean and unclean meats did not originate with the Jewish economy. How could it have, when there were no Jews or Jewish nation at this time? No question, when God called the Jews out and made them a separate people under the covenant with Him, He gave them a detailed revelation of the distinction regarding clean and unclean meat. Leviticus 11 and Deuteronomy 14 provide very extensive expositions on this topic. Though a certain amount of debate exists in the theological and even the medical world regarding the reasons for the distinction, the health component seems one of the most obvious reasons. Many of the animals deemed unclean do not exactly constitute the most healthful things a person can put in his or her body

(such as rats, pigs, snakes, and vultures), do they? If, as we believe, God wants us to take care of our bodies, it would make sense that He would show us what things are not good for us to eat.

Here is a key concept for Spiritual Growth: Eating a healthy diet promotes health and a solid relationship with God.

Diet matters. The opening chapter of the Creation narrative ([Genesis 1](#)) introduces humanity's ideal diet. Elsewhere the Bible delineates in detail those things that God considered food and those things He did not. This delineation is debated among Christians. Some say that after the Cross we are free to ingest anything into our bodies—that is, until a person becomes specific as to the actual substance in question. Ask if cocaine is acceptable or marijuana or heroin or meth. Almost no believer would argue that these are acceptable. (However, some who claim Christianity do use marijuana and consider it to be a protected exercise of religious freedom.) One argument is that no one should be able to tell me what to put in my body; but whose body is it, according to Scripture? If we put glue into an engine that was made for gasoline, we would expect negative consequences. We could argue that it is our car, and we can fuel it any way we want to. However, the manufacturer did not design the engine for glue; thus glue is *not* fuel. There is a manual that states what must be used in the engine. God designed our bodies. It makes sense to fuel those bodies with the best grade of those things God calls food. God's "Manual," the Bible, tells us what those things are.

Food in the New Testament As we saw yesterday, the distinction between clean and unclean foods did not start with the Jewish nation. Nevertheless, many today assert that in New Testament times, the Bible obliterated this distinction, and it does not matter now what people eat.

Yet, that really does not make a whole lot of sense, if you think about it. Diet, after all, plays such an important role in our health; thus, it is very hard to imagine why the New Testament would show no concern about diet, which is so crucial to healthful living.

Read [1st Timothy 4:1–5](#). What is Paul saying? Does this mean that we can now eat unclean meat?

In this particular case, Paul was dealing with future heresies that would forbid believers to partake of two things that God gave humanity at Creation, food and marriage. The foods involved are all foods that God had created for human consumption.

Paul's words here should not be taken to mean that unclean foods were "created to be received with thanksgiving by those who believe and who know the truth" (*1 Tim. 4:3, NIV*). Otherwise, what? A rat should be "eaten with thanksgiving"?

In his letters to the Romans and the Corinthians (*Romans 14, 1 Cor. 8:4–13, 10:25–28*), Paul addressed the implication for Christians of the widespread practice in the Gentile world of offering flesh food to idols. Early Christians struggled with the question of whether the eating of such food was an act of pagan worship. Those strong in their faith did not believe it was, and thus they could eat all edible things offered to idols. Those who did not have such a strong faith used only vegetables, which were not offered to idols. Paul urged that no one should despise those who eat only vegetables or judge those who "eat all things" suitable for food.

What's wrong with using Acts 10 as proof that the New Testament has done away with the clean/unclean distinction in regard to human diet? See Acts 10:28. Also Leviticus chapter 11.

Where are you in the whole question of diet? What improvements do you know that you should make in what you eat, in how you eat it, or even in the amount you eat? Demanding, in a cardiovascular sense, are swimming and track and field. It is not surprising, then, that workshops on nutrition are quite common at coaching clinics for track and swimming. Coaches recognize that food is the basis for energy, and energy is needed for optimal performance. Bad food has a negative impact on the body and thus a negative impact upon performance.

Paul said that athletes pay all this attention to the body for a medal that tarnishes. How much importance do Christians place on what they eat? Our goal goes far beyond success in the Olympics or world championships! Our sights are set on a heavenly reward that never tarnishes or fades. Interestingly, diets advocated at many track clinics seem to be modelled on the first chapter of the Bible. If it is good for winning races, is it possible that such a diet would benefit a believer who is fighting the more strenuous battle against temptation? Daniel and his friends apparently thought so (*Daniel 1*). Rather than subject their bodies to the rich menus offered by their captors, they chose a simple, vegetable diet. Remember who came out ahead! Adherence to principle in diet provided the foundation for all their other significant accomplishments. If our biblical heroes and outstanding athletes recognize the value of the original diet, what are we waiting for!

Consider This: Diet is not only a matter of what we eat but also about how we eat, how much we eat, and the condition of what we eat. Noah took the fruits of the vineyard, an original diet item, and misused them to get drunk. Solomon writes numerous times against the sin of overeating. Even how we eat—gobbling our food as compared with eating at a normal pace—can make a difference in our health. What eating habits do we need to modify in order to gain the maximum benefit from our food? What steps can we take to ensure that the food we eat is fresh and in peak condition?

During the time of Paul's missionary travels, there was a controversy regarding the consumption of food offered to idols. Some believed that eating flesh that had been offered to idols was a betrayal of faith in God. Others reasoned that since they did not worship idols and had full faith in the true God, they were not honouring the pagan images. They simply were enjoying food that was otherwise approved by God.

A Balanced Diet & Positive Lifestyle

“Hear thou, my son, and be wise, and guide thine heart in the way. Be not among winebibbers; among riotous eaters of flesh: For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags” (Prov. 23:19–21). What important health principle do we find in these verses? How can we learn to apply this principle to ourselves, in the area of health and temperance?

“In order to know what the best foods are, we must study God's original plan for man's diet. . . Grains, fruits, nuts, and vegetables . . . prepared in as simple and natural a manner as possible are the most healthful and nourishing.

They impart strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.”—Ellen G. White, *The Ministry of Healing*, pp. 295, 296.

Just because someone is a vegetarian does not automatically mean that he or she is eating a healthy diet; at the same time, just because someone eats some meat does not automatically mean he or she is defiling their body temple. Other factors for a good diet are important, as well. You could be a vegetarian and yet at the same time be consuming too much fat, too much salt, or too much sugar, all of which can lead to a variety of serious health issues, things like diabetes, heart attacks, stroke, and cancer.

Or you simply could be consuming too much food in general. You can be on the strictest total vegetarian diet possible, and yet, because you eat too much, you could become overweight with some very negative health consequences.

In diet, as with all things, temperance is important. Too much of even good food can be detrimental to your health. In general, the idea is to eat a wide variety of healthy food, certainly enough to meet all your nutritional needs, while at the same time not overeating and taxing the system. As with everything in health, balance is the key. Craig S. Keener in the *IVP Bible Background Commentary* of the New Testament says, “Whatever meat was left over from sacrifices was taken to the meat market in the large agora in Corinth (not far from where Paul had once worked—Acts 18:3). Not all meat in this market had been offered to idols, but some of it had. In comparatively large cities, Jewish people often were allowed to have their own markets so they could avoid such food. In other cities, they would ask about the source of the meat.”—Page 474.

Some have overlooked this historical context for statements regarding clean and unclean foods made in Paul’s letters to the Romans, Corinthians, and Timothy, twisting them to say that the issue was Jewish dietary law. This is not true. In fact, the clean/unclean distinction preceded the origin of the Jewish nation by hundreds of years (*Gen. 7:2*). Peter’s experience in Acts 10 yields further evidence that Christ’s closest followers honoured the clean/unclean distinction in diet years after the Cross. Within the medical community, there are those who do not subscribe to the clean/unclean distinction for religious reasons but who nevertheless promote the use of clean meats for health reasons. One such doctor writes, “Early Christians observed the biblical distinction between clean and unclean meats at least until a.d. 70. The early Gentile Christian church observed the Old Testament law. . . .”—Rex Russell, *What the Bible Says About Healthy Living* (Ventura, Calif.: Regal Books, 1996), p. 145.

Consider This: What would you say to a fellow Christian who says that the Bible teaches that we can now eat anything we want to eat because we are living under the New Covenant? How might your concern for the conscience of other believers influence your choice of foods? What health benefits do Christians who observe the dietary laws of the Old Testament have that the others do not?

Diet Today

For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost” (*Rom. 14:17*). How are we to understand this text in the context of the whole question of diet and health? What are some of the extremes that we need to avoid?

We should be very thankful for the counsels we have been given on health. The best medical science affirms the basic principles of the kind of diet we advocate. In Ellen G. White’s last address to the General Conference in 1909, she counselled, “We do not mark out any precise line to be followed in diet; but we do say that in countries where there are fruits, grains, and nuts in abundance, flesh food is not the right food for God’s people.”—Ellen G. White, *Testimonies for the Church*, vol. 9, p. 159. In other words, if we are in a position to eat this way, we should seek to do it. It does not make us righteous, it does not make us holy, and it certainly does not put us in a position to judge those who do not eat the way we think is best. It can, though, make us healthier, and who does not want good health?

Today nutritionists often display what is called a food pyramid, a diagram that shows what the best foods are and the amounts that should be consumed.

At the base of the pyramid are the whole grains: breads, pasta, and brown rice. These should be eaten in the largest quantities, about six to eleven servings per day. The next level includes fruits and

vegetables, recommending about five to nine servings per day. Next are dairy products and eggs, about two to three servings a day. These can be important for vegetarians, in order to make sure that we get enough vitamin B12 in our diet. Total vegetarians should take vitamin B12 supplements. The next group, almost at the top (which means these should be eaten in even smaller amounts), includes legumes, nuts, seeds, and meat alternatives for vegetarians. A non-vegetarian diet would include fish, fowl, and meat, but only in moderate quantities. Finally, at the top, which means one should consume the smallest amounts, are fats, oils, sweets, and iodized salt.

Our health is a precious gift. Diet plays an important role in health. How wise, then, for us to seek to do the best we can in what we eat. How important for us to exercise self-discipline and self-control when tempted to eat what we know is not good for us. God gave these truths to us for our benefit. When we ignore them, we hurt ourselves and, as so often is the case, others are made to suffer, as well. **Using the food pyramid activity below, discuss how the believer can build a healthy, balanced diet. A good resource to guide the discussion would be a registered dietician. You may discover that there are many vegetarian and vegan dieticians in your community who might assist you, even if there are no dieticians in your church. If your church, or one nearby, is active in the CHIP (the Coronary Health Improvement Project) program, look to your CHIP leaders for assistance with this section of the lesson. Otherwise, there are some physicians, nurses, and athletic coaches who have educated themselves in this area and may be a resource for leading this part of the discussion.**

Further Study: Read Ellen G. White, *Counsels on Diet and Foods*.

From the *Seventh-day Adventist Church Manual*, we read: “Christian behaviour . . . means that because our bodies are the temples of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures.”

Twenty-second fundamental beliefs: “*The original diet*. The Bible does not condemn the eating of clean animals. But God’s original diet for man did not include flesh foods because He did not envision the taking of any animal’s life and because a balanced vegetarian diet is the best for health—a fact for which science offers mounting evidence.

“The diet God ordained in the Garden of Eden—the vegetarian diet—is the ideal, but sometimes we cannot have the ideal. In those circumstances, in any given situation or locale, those who wish to stay in optimum health will eat the best food that they can obtain.”—*Seventh-day Adventists Believe . . .* 2nd ed. (Nampa, Idaho: Pacific Press® Publishing Association, 2005), p. 318.

The General Conference Nutrition Council, in their Position Statement of 2006, titled *Vegetarian Dietary Guidelines*, states, “We recommend the generous use of whole grains, vegetables, and fruits; a moderate use of low-fat dairy products (or nutritional equivalent alternatives); legumes, nuts, and seeds; a very limited use of foods high in saturated fat, cholesterol, sugar, and salt.”

An Ancient Greek Philosophy

There are four ‘Golden’ words in Greek which reads, “*Pan kalon metron ariston*.” It translates as “Everything good in moderation is best.”

Chapter 27

Heart

Do you know anyone who suffers from?

- Coronary heart disease
- Heart failure
- Stroke
- Arrhythmias
- Heart valve disease
- Congenial hearth disease
- Stress
- High blood pressure
- Overweight
- Cholesterol
- Diabetes
- Smoking/drinking (alcohol)

If the answer is yes to any of the above you might find the contact points offered by the British Heart Foundation can help on:

The Cardiomyopathy Assn. 0800 018 1024 / www.cardiomyopathy.org

The Stroke Assn. 0845 3033 / www.Atrialfibrillation.org.uk

NHS Smoking helpline. 0800 169 0169. Or QUITLINE. 0800 00 22 00

Blood Pressure Ass. 0845 241 0989 / www.bpassoc.org.uk

Diabetes. 0845 120 2960

Alcohol. www.bhf.org.uk/alcohol

Stress. www.bhf.org.uk/stress

For other enquiries please contact The British Heart Foundation. 0300 330 3300 / bhf.org.uk/heartmatters

Their offices are located at: Greater London House, 180 Hampstead Rd, London NW1 7AW, U.K.

T: 020 75 0000. Fax: 020 7554 0100 / bhf.org.uk

Now read [Appendix III: Managing Stress](#)

Chapter 28

Avoiding Bad Habits

We can prevent ill health and promote health without necessarily spending more money. We just have to adopt a good daily lifestyle and eating habits. Maintaining good eating habits at a good time each day is very important for our bodies to absorb the maximum amount of nutrition and get rid of unnecessary chemicals according to 'schedule.'

Damaging Brain Habits

1. No Breakfast

People who do not take breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain degeneration.

2. Overeating

Causes hardening of the brain arteries, leading to a decrease in mental power.

3. Smoking

Causes multiple brain shrinkage and may lead to Alzheimer's disease. In short, smoking kills.

4. High Sugar consumption

Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

5. Air Pollution

The brain is the largest oxygen consumer in our 20 body. Inhaling polluted air decreases the supply of oxygen to the brain, bringing about a decrease in brain efficiency.

6. Sleep Deprivation

Sleep allows our brain to rest ... Long-term deprivation from sleep will accelerate the death of brain cells.

7. Head covered while sleeping

Sleeping with the head covered increases the concentration of carbon dioxide and decrease concentration of oxygen that may lead to brain damaging effects.

8. Working your brain during illness

working hard or studying with sickness may lead to a decrease in effectiveness of the brain as well as damage the brain.

9. Lacking in stimulating thoughts

Thinking is the best way to train our brain, lacking in brain stimulation thoughts may cause brain shrinkage

Damaging Liver Habits

1. Drinking alcohol

Tests have shown that even in small quantities, 'moderate/social' drinking is harmful to health.

2. Sleeping too late and waking up too late in the morning.

3. Not urinating in the morning

4. Overeating

5. Skipping breakfast

6. Consuming too much medication

7. Consuming too many additives (e.g. preservatives, food coloring, and artificial sweetener)

8. Consuming unhealthy cooking oil.

As much as possible reduce using cooking oil when frying, which includes even the best cooking oils like olive oil (for optimum health, olive oil should not be heated).

9. Do not consume fried foods when you are tired, except if the body is very fit, even then in moderation. Totally refrain from using lard.

10. Consuming too much raw or overly cooked foods.

Veggies should be eaten raw or cooked 3-5 parts Fried veggies should be finished in one sitting, do not store.

10. Talking Rarely

Intellectual conversations will promote the efficiency of the brain

Chapter 29

Top-Five Cancer-Causing Foods

I firmly believe a balanced vegetarian diet is preferable and beneficial for your health and well-being. Invest in your good health when you are young, because it pays rich dividends and generous bonuses which you will enjoy when you get old! The following short health guidelines were written by Gordon Elder:

Hot dogs

Because they are high in nitrates, the Cancer Prevention Coalition advises that children eat no more than 12 hot dogs a month. If you can't live without hot dogs, buy those made without sodium nitrate. Comment from Gary Keshishian. I firmly believe a vegetarian diet is preferable and beneficial for your health.



Meats and bacon

Also high in the same sodium nitrates found in hot dogs, bacon, and other processed meats raise the risk of heart disease. The saturated fat in bacon also contributes to cancer.

Doughnuts

Doughnuts are cancer causing double trouble. First, they are made with white flour, sugar, and hydrogenated oils, then fried at high temperatures. Doughnuts, says Adams, may be the worst food you can possibly eat to raise your risk of cancer.



French fries

Like doughnuts, French fries are made with hydrogenated oils and then fried at high temperatures. They also contain cancer-causing acrylamides which occur during the frying process..

Chips, crackers, and cookies

All are usually made with white flour and sugar. Even the ones whose labels claim to be free of trans-fats generally contain small amounts of trans-fats.



Chapter 30

Smoking: The Facts

The tutorials listed below are interactive health education resources from the [Patient Education Institute](#). Using animated graphics each tutorial explains a procedure or condition in easy-to-read language. You can also listen to the tutorial.

Chapter 31

Environment

The Creator spent the first five days of Creation week preparing the environment for the human beings who were to follow. He placed Adam and Eve in a garden (*Gen. 2:8, 15*) and gave them the oversight of all earthly creatures. This offered them the opportunity for study and enjoyment and the chance to develop as God's representatives on earth. The Sabbath would seal their relationship with Him.

Sin changed God's preferred plan. The environment became hostile. Hard toil replaced pleasurable work. Selfishness ruled. Exploitation of the earth's resources began and continues to this day. Forests have been cut down. Water courses have been changed, and pollution is rampant. The richness of the soil has been squandered thoughtlessly. Sunlight, though crucial for health, can become a foe of health if we are exposed to it in excess. Through all this, the world still supports our existence here, despite our endless abuse of the planet.

"The earth is the Lord's, and everything in it, the world, and all who live in it" (*Psalms 24:1, NIV*).

Some theories today depict the creation of the earth, and life on it, as nothing more than an accident, nothing but the chance creation of amoral forces that over time and without thought brought the earth and all life on it into existence. In contrast, the Bible presents a radically different picture of our origin. The contrast between the godless and purposeless model of our origin, as expressed by the theory of evolution, and the Genesis Creation account could not be more distinct. These two views are, at their core, incompatible.

Read Genesis 1 and Genesis 2:1–7. How did God's acts of Creation week prepare the way for the crowning act of Creation—man and woman? How did creation of humans differ from the rest of creation?

Let us pause for a moment at the scene of the Creator God working on the creation of man and woman. First, He forms Adam from the ground; here is God, the Sculptor. Then, when all else is ready, He bends down and breathes His own breath into Adam's waiting form. God the Giver of life brings Adam to life. What a marvellous picture of our God at work!

But that is not all. He becomes God the Surgeon as He takes a rib from Adam and forms Eve to be the partner of Adam and the mother of the race.

She is also to stand by his side in this perfect setting (*see Gen. 2:18–24*). He then puts these brand-new beings into the place of beauty and wonder He had spent previous time preparing.

God provided the most healthful surroundings for Adam and Eve. The restful green of foliage, the color of flowers and fruit—all combined to make the ideal home for them. The Lord did not plan a life of idleness for our first parents. They were to work in the Garden and care for it. In this way they would find satisfaction and enjoyment. They would learn more of God in what we have come to call God's second book: nature.

We need to begin by reminding ourselves of the Lordship of God over the earth. We are not free of responsibility to Him and His created works. Not only the earth is His but the people also—we and everyone else. We are responsible to Him for other people, as well as the rest of the earthly creation. We can conserve resources.

One example is water. We can be thoughtful in using water. We can support efforts to provide clean water to those who do not have it. In certain parts of the world, lack of clean water is a very serious problem, leading to a tremendous loss of life.

We can follow the diet that the Lord has outlined for us. If more people were on a vegetarian diet, there would be more food to go around because it takes a lot more natural resources to sustain a meat-eating diet than to sustain a vegetarian one.

We can care for the plants and trees that we have responsibility for. This will assist in maintaining clean air.

To whatever degree we can, we should seek to reduce the level of carbon emissions, which is increasingly becoming a worldwide concern due to the potentially dangerous impact to the environment caused by carbon emissions.

By being good stewards of the earth, by seeking to take care of the environment, by not hoarding natural resources for ourselves, by being willing to share with others out of our own abundance (if we have it), we can improve the daily lives of those who need our help. As Christians, as those who profess to follow the Lord Jesus, we are obligated to help those in need.

Only in the light of eternity will we be able to grasp fully the negative impact of sin on the environment. It's hard for us to imagine what this world must have looked like and how perfectly suited for life the environment must have been for our first parents.

Of course, sin didn't just impact the earth. It impacted humans, as well. Among the negative impacts of sin on humans was their degeneration into idolatry, which was manifested in (among other ways) their worshiping and serving "created things" (*Rom. 1:25, NIV*) as opposed to the Creator.

One thing we can know for sure about the environment of the earth today is that sunlight, though very important for our health, can have exceedingly deleterious effects if we're exposed to too much. Thus, in a sense, modern sun worshipers are living in almost as much ignorance as their ancient predecessors.

We now know that too much exposure to sunlight increases the risk of various skin cancers.

On the other hand, sunlight exposure helps to produce vitamin D, which is essential for body metabolism and the building of strong and healthy bones. Adequate exposure to sunlight also helps to prevent certain types of cancer.

What, then, is the optimal exposure to sunlight? Light-skinned people in equatorial environments who rely on sunlight for their vitamin D require at least five minutes per day of direct exposure. Dark-skinned people in the same environment require about thirty minutes to make the same amount of vitamin D. In areas where the hours of sunlight are more limited, vitamin D should be supplemented under medical supervision.

It also is healthful to open curtains and windows to allow sunlight to enter our rooms, which helps destroy certain bacteria.

Studies show that folk without adequate sunlight exposure can be more prone to suffer from seasonal depression (known as seasonal affective disorder); this problem occurs especially in areas where the days are short in winter. The cure is very straightforward: more exposure to light, even if artificial, in the winter months.

The bottom line? As with so much else regarding healthful living, temperance and balance in regard to sunlight exposure are crucial.

“ ‘Since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead.’ Romans 1:20 [NKJV]. The things of nature that we now see give us but a faint conception of Eden’s glory. Sin has marred earth’s beauty. On all things may be seen traces of the work of evil. Yet much that is beautiful remains. Nature testifies that One infinite in power, great in goodness, mercy, and love, created the earth and filled it with life and gladness. Even in their blighted state, all things reveal the handiwork of the great Master Artist. Wherever we turn, we may hear the voice of God and see evidences of His goodness.”—Ellen G. White, *The Ministry of Health and Healing*, p. 234.

Chapter 32

Temperance

Temperance includes not only abstaining from what is harmful but also actively pursuing the development of positive habits and harmonious balance in all that is good for our health.

Key Text: [1 Corinthians 10:31](#)

Know: Recognize and reject all substances and practices that are injurious to health.

Feel: Nurture harmony and balance in every aspect of our lives.

Do: Practice self-discipline and temperance and support others as they strive for balance in their lives.

I. Know: Insidious Dangers

- Some substances and practices may seem relatively harmless in small quantities, but small steps may lead to large addictions. How can you protect yourself and your family from the dangers of alcohol tobacco and drugs?
- What other addictions are possible? What can you do to encourage and support those who are struggling to free themselves from these addictions?

II. Feel: Harmonious Balance

- Even normally healthful practices such as eating, working, and sex can become unbalanced. How can we recognize when some aspect of our lives is out of balance? What do we need in order to restore and ensure harmony and balance in the various aspects of our lives?
- Even religion can become addictive. How is this possible?

Moderation in All Good Things

- Self-discipline is a godly trait, a gift of grace. What areas of your life could benefit from more self-discipline?
- What steps can you take to avail yourself of God's gift of self-discipline?

He had been a respected judge, but he now lived in poverty, the victim of alcohol abuse. Because of this horrible addiction, which robbed him not only of his dignity but of his family and his livelihood, he had exchanged his robes of judicial office for the rags of a tramp. What a tragic ending to such a prosperous and useful life!

In 2007, newscasts were filled with the tragic news of the unnecessary death of a young woman who died from drinking too much water!

Water? Yes. As part of a radio contest, she drank an excessive amount of water and died later that day from water intoxication. Water, although essential for life and usually harmless, can kill when taken in excess.

The illustrations above show that unhealthy things ought to be completely avoided, and healthful substances and practices should be used in moderation. In so many cases, moderation is the key element so often missing.

Let's take a look at what true temperance is about and why the Lord wants us to be temperate.

The Bible's First Drunk.

What would you like your legacy to be? More specifically, for what would you like to be remembered after your death? That you were rich, popular, or politically powerful? What are the things that really matter?

All through the Bible we find characters who have left legacies. Some very good, some very bad, and some a mixed bag.

Look at Noah. Noah probably is remembered best as the first and not-so-successful evangelist. He preached for 120 years and only a handful of human converts chose to take refuge in the ark, and those were of his own immediate family.

God's view of Noah, however, was very positive. Amid the evil and wickedness of the antediluvian world, "Noah found favour in the eyes of the Lord" (*Gen. 6:8, NIV*).

Noah achieved the notoriety of being the first named drunkard in the Bible. How sad that a man who did so much good for the Lord, who had been given so much responsibility, and who had been so highly regarded would fall as he did.

The mind is the channel for most communication, and it must be kept free from toxins and substances that may cloud reason and judgment. Noah's experience is a warning and example for our instruction that even the "best" among us, even the strongest and most faithful, are not immune to temptation and even to outright sin. Drinking would have been bad enough, but it appears that Noah went on a binge. If Noah could fall like that, what about the rest of us?

Alcohol Today

In the first decade of the twenty-first century, alcohol has been implicated in almost 1.8 million deaths per year; this translates into 3.2 percent of total deaths worldwide. The amount of alcohol consumed is rising steadily. Binge drinking (the consumption of four to five successive drinks in males

and three to four successive drinks in females) is growing alarmingly among adolescents and young adults. This trend shows no sign of abating. Alcohol has consequences through intoxication, drunkenness, dependence (addiction), and other chemical effects on the body.

What instruction, experience, and warnings are found in the Bible that warns us against alcohol? *Judg. 13:2–8, Prov. 20:1, 23:31–35, Isa. 5:11, Eph. 5:18.*

Interestingly, long before any scientific description of the negative effects of alcohol on the foetus (fetal alcohol syndrome), Samson's mother was warned not to take alcohol during her pregnancy. Solomon also warns against the effects of alcohol, specifically wine and beer. From his observation and possibly even experience, he describes how alcohol changes and modifies behaviour, usually leading to regrets. Isaiah graphically describes how inappropriately priests behave when intoxicated, confirming the warnings given by the other writers. Paul, too, has words of caution regarding alcohol.

The biblical descriptions of alcohol consumption mostly reveal inappropriate and undesirable behaviours and warn against these.

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” (*1 Pet. 5:8*). We can be sure that the use of alcohol is one of the devil's greatest traps. How many millions of lives have been ruined over the centuries through use of this dangerous drug, which is poison to both the body and the mind. How much better for ourselves and our loved ones were we to avoid this dangerous trap completely, with no compromise at all.

Who does not know people whose lives have been hurt by alcohol, either through their own use or through the use of others. Why take a chance for yourself? What steps can you take to help ensure that you, or your loved ones, never start down this dangerous path, which promises nothing good but only sorrow and heartache?

“But Isn't Alcohol Good for the Heart?”

Since the early 1970s, debate has raged about the benefits of wine and alcohol on heart health. Much has been written in the lay and scientific press about studies done in France on this issue. In recent years, reanalysis of the data on the French population and further follow-up have cast significant doubt on the whole theory. Vested interests in the alcoholic beverage industry have kept the subject in public view. Many church members are wondering whether their health is suffering through their not drinking alcohol on a regular basis.

There is no literature at all to show any apparent or real benefit of alcohol to the health of young people. The claim of apparent cardio-vascular health benefits of alcohol in the middle-aged population has been successfully challenged in recent scientific literature.

According to Fred Attewill, just a couple of glasses of wine a day can pose a serious long-term threat to your health, new research has concluded. While the effects of heavy alcohol consumption have been well documented, it is the first time warnings have been attached to moderate drinking, said doctors. They said even light drinking can bring on heart palpitations or even heart attacks. ‘The consistent message is that there is little difference between heavy and moderate use of alcohol. between binge drinking, and inherent health risk,’ said Professor Curtis Ellison, of Boston University Medical Centre in the US. ‘The most important question would be: light to moderate drinking increase the risk of an irregular heartbeat? Our conclusion seems yes.’ His team reviewed research which monitored the health of nearly 50,000 people in Denmark and found men were more at risk from moderate drinking than woman. The pattern of alcohol consumption, including speed, time, and whether food is eaten, affects risk too.

In the studies that showed apparent benefit, individuals who had been previous alcohol drinkers were included in the control (nondrinking) groups; some of these had stopped drinking because of alcohol-related health problems. These same control groups, in general, were in poorer health than the drinkers. Re-analysis of the data, correcting for these defects in study design, showed no demonstrable health benefits to moderate drinking, compared to the non-drinkers. Further, more analysis of the groups studied showed that those in the moderate drinking group who originally had been thought to have better health outcomes differed in other ways from the control group. They had better diets, exercised regularly, were of a higher socioeconomic status, and had better access to healthcare. This set of circumstances is well-known to be associated with improved health and longevity. The benefits in these studies were not due to moderate drinking but to other lifestyle practices.

If alcohol is considered a poison, irrespective of the quantity taken, even two glasses of wine per day is too much. Surely if it is up to us choose what we eat and drink?' I choose to totally abstain, not only from alcohol, but tobacco and any other substance which is inimical to my health and well-being food!

How blessed we have been to have a health message that has warned us in detail of the ravages of these poisons, even before the epidemiologists did. How dangerous it is to seek what turns out to be a non-existent health benefit in exchange for a wide spectrum of dangerous effects of alcohol.

These range from impairment of motor skills and judgment to the potential destruction caused by trauma, violence, accidents, domestic violence, cirrhosis, cancer, addiction, and even dementia. Even just one measure of alcohol impairs neurological function and may even trigger alcohol dependence. Most important, alcohol impairs our ability to make sound judgments and respond to the Holy Spirit. Who hasn't seen people make utter fools of themselves, or even worse, through alcohol use?

Read 1 Corinthians 10:31. How could this apply to the topic at hand? On a more personal note, how can you take that principle and apply it to your own life? What changes might you need to make in order to better manifest what the Bible says here?

Temperance in All Things

Temperance sometimes appears to be an outdated word. We often equate it with movements and organizations that focus particularly on alcohol and tobacco. We think of the old songs promoted by these movements and sung by our early church, warning young women about the disgusting habits of those who chew and spit tobacco. We almost caricature the whole issue, and we avoid mention of the word in our sophisticated age.

It sometimes is thought easier not even to talk about temperance. While we fail to talk about and instruct in temperance, some in our church are being overcome by things that were once thought to be problems only of *the world*.

Read 2 Peter 1:5–9. How should these words be applied to all areas of our life, particularly when it comes to our health habits? How can we take this biblical admonishment and turn it into reality for ourselves?

Temperance is so much more than not smoking cigarettes, taking illegal drugs, drinking alcohol, or even tea, coffee, and soft drinks. And that is because even good things, when taken to excess, can cause problems.

What are your work habits? Do you keep reasonable hours? Is there time for God, family, recreation, physical fitness, and service to others?

How much time do you spend sleeping, or are you working all the time? Or, on the other hand, do you sleep too much? Too much sleep, as well as too little, can have negative health effects.

What about diet? Maybe you do not eat pork or even chicken, but are you piling your plate so high with food that you barely can get up from the table when done?

We know sunlight is good for us. But too much can be a cancer-causing agent. Exercise, too, is important. Many do not get enough, while too much can hurt your body. Even sexuality, while a gift from God, can be taken to excess, with negative side effects.

Ellen G. White caught the essence of true temperance with this simple statement: “True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful.”—*Patriarchs and Prophets*, p. 562.

Look at all areas of your life. How temperate are you? In what areas do you need to change? Might you even now be suffering some negative effects from wrong practices? Why not seek some help in making needed changes?

Bought With a Price

The philosophy of many today is that our bodies belong to us, and we can do with them as we please. Some may justify this approach even further by adding the argument that in so living they harm no one but themselves. We know, though, that this kind of reasoning is so wrong.

What are ways in which the intemperance of others has hurt you or someone you know? Or even more to the point, how might your intemperate actions hurt others?

The Bible talks of the importance of the body as a dwelling place. This abode is not only for our own benefit, thoughts, plans, and actions; our bodies are, in fact, temples of God. What a privilege and responsibility. Sometimes we are more caring of the houses in which we live than our own bodies.

Why should we take care of our bodies? What theme comes from the following texts that answers this important question for us? Why do these texts make sense only if God created us, as opposed to our being the chance results of purposeless cosmic forces? *John 2:19–21; 1 Cor. 6:19, 20.*

Despite the growing problem of obesity in many parts of the world, gluttony is encouraged and accepted. Type 2 diabetes is becoming more of a problem because of diet, obesity, and lack of exercise, affecting even teenagers. Addiction to Internet activities and pornography has fostered unthinkable cases of violence and sexual abuse. Tobacco continues to be the largest single cause of preventable death throughout the world—over five million deaths per year. There are warnings on the cigarette boxes; these go unheeded by many. Information is not preventive if we do not act on it.

God has given, through various sources, consistent guidance on how to be healthy, happy, and holy. Blessed we will be if we follow the counsel.

“ ‘Have faith in the Lord your God, and you will be upheld; have faith in his prophets and you will be successful’ ” (*2 Chron. 20:20, NIV*).

“There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body.”—Ellen G. White, *Child Guidance*, p. 398.

Key Concept for Spiritual Growth: Moderation and balance are keys to a successful life.

Some who study the Woman's Christian Temperance Union (WCTU), founded in 1874 to fight alcoholism, reach the conclusion that temperance must be defined by what someone is against. This definition misses the main point. The Greek word Paul uses, ἐγκρατεύομαι, translated by the word *temperate* in 1 Corinthians 9:25, means "to exercise self-control." Of course, this definition may include abstaining from harmful things, but it also means maintaining balance in every aspect of life.

An ancient Greek philosopher named Xenophon is quoted as defining temperance this way:

"Moderation in all things healthful; total abstinence from all things harmful."

(<http://www.wctu.org>)

. Athletes in training learn to maintain a balance between activity and rest, a balance in diet, even a balance in muscular development. A simple illustration of achieving this balance in muscular development is the duck walk (toes pointed outward) and the pigeon walk (toes pointed inward), used by runners. Both are used to avoid the overdevelopment of one group of muscles at the expense of another group: hence, balance. Paul's discourse in 1 Corinthians 9 urges the Christian to follow the example of the athlete in the pursuit of a greater prize—the eternal gold medal. Our central task is to explore ways in which we can create this balance in our lives and avoid the excesses that ultimately draw us away from God.

Bible Commentary

I. Alcohol Today (and Yesterday) *(Review Proverbs 20:1, 23:31–35 with the class.)*

Almost everywhere we look in Scripture we see fermented beverages linked with excess. Since the biblical era, many newer, mind-altering, inhibition-lowering substances have been discovered. In the future it may be that churchgoers also will call for toleration of "moderate cocaine use," "moderate meth use," or "moderate ecstasy use" in the same way that some advocate "moderate alcohol use." Does it not seem, however, that it is more important now than ever before to be in complete control of one's faculties? In Solomon's day there were no automobiles, airplanes, huge cargo boats bearing crude oil, express trains, and such, whose misuse, because of a split-second miscalculation, could cause untold damage and loss of life. If being sober was important then, how much more important is it now?

Temperance in All Things *(Review 2 Peter 1:6 with the class.)*

Knowing God leads to self-control (*see 2 Pet. 1:5, 6, NLT*). Once again we encounter the term Paul used (*1 Cor. 9:25*) of athletes. It is not far-fetched to say that "knowing God leads to *balance*." Activity is balanced by rest, thus avoiding overwork, fatigue, and laziness. Diet is balanced, thus reducing the risk of disease and enhancing the mind's capacity to embrace spiritual truth. Just so, balance is needed in the use of all of God's good gifts—exercise, sex, air, water, sunshine, money, and so on.

Chapter 33

More on Health

Now read [Appendix IV: Back Pain](#) and [Appendix V: Disease: Treatment & Prevention](#)

FREE HEALTH CORRESPONDENCE COURSE

Even at an early age, our lifestyle affects our future health. Lifestyle includes what we eat, how we get our exercise, how we cope with pressure, and how we spend our leisure time.

HEALTH a user-friendly free correspondence course is all about lifestyle. It takes only 30 minutes a week to complete the 12 lessons, nothing to buy, no obligation ... just the offer of a healthier lifestyle for you and your family.

Register today by visiting their website, www.discoveronline.org.uk or call 0845 458 2323 or 01923 672 606.

Health Correspondence Courses, Health Education Centre, Stanborough Park, Watford, WD25 9JU, U.K.

Management & Communication

Chapter 34

Hands-On Management

Give the world more than you take from it. Genuine, sincere, unselfish service always pays dividends in terms of personal success and achievement. The person who gives more is always rewarded in direct proportion to the service he renders to others. As you sow so shall you reap. Yes, your rewards in life are always in direct ratio (proportion) to the service you give to others. In order to enjoy more success you simply need to give more of yourself.

Effective Management Guidelines

The following represents a short-list of the essential characteristics required by a successful manager, which comes under two categories, ***Skills and Attitude***. Or to paraphrase, ***Ability and Willingness***.

Commitment. Good listener. Enthusiasm. Persistence. Good communicator. Getting along with people. Integrity. High ethics. Product knowledge. Self-motivated. Burning desire, an in-built need to succeed. Goal-driven. Ambitious. Self-confident. Good negotiator. Organised. Sense of humour. Problem solver. Emphatic. High recovery rate – bounce back, irrespective of roadblocks and obstacles.

Note: Attitude is more important than skills. It is based on high expectations. High expectations come from beliefs, in God, yourself and the benefits of the product or service you offer which success. The mathematical fact in relation to the law of averages guarantees that more people you serve professionally, you become more successful!

The Successful Executive

Start the day with prayer. Sort out the post. Dictation. Do the things that only you can do, by prioritising under Category 'A' & 'B'. Then delegate!

Always handle a piece of paper just once. The four 'golden' rules are: (1) Do it. (2) Delegate it. (3) Defer it. (4) Bin it.

Goal/Chart/Map

Some guidelines on Goals:

- A. Review this pie chart on a regular basis and revise as appropriate.
- B. Create your own objectives chart using the following categories:
 - tangible/intangibles
 - obstacles/roadblocks
 - solutions/rewards
 - progress-to-date/final evaluation

The Bible says God created the world in six literal days and rested on the seventh, Saturday, and asks us do likewise. He gave us the privilege to occupy planet Earth for a specific purpose. He has a 'Master Plan' for every person alive today. It is up to us to ask Him to reveal His Plan through prayer and study. You can achieve almost anything in life, if you think you can ... with His help.

Do you remember the principle of ABC? Here it is once again:

Ask God to help you

Believe that He can and will help you - because He cares about you.

Claim His promises. Remember, if you think you can you can!

Thank God for the success you have enjoyed thus far. Share your blessings, knowledge, talents and love with others; help them uplift their sights, in order to enjoy the benefits of a truly positive mental attitude. Let your whole life be a living demonstration of a deep felt love towards God and all creation. Demonstrating a positive mental attitude, proactive in life-style - PCDA (Planned Concentrated Daily Activities) will surely pay you rich dividends.

Nelson Mandela's Eight Lessons of Leadership

I do not know whether you may have noticed a special report by Richard Stengel about Nelson Mandela's eight Lessons of Leadership published in the 21 July 2008 issue of Time Magazine:

- Courage is not the absence of fear ... it's inspiring others to move beyond it
- Lead from the front ... but don't leave your base behind
- Lead from the back ... let others believe they are on the front
- Know your enemy ... and learn about his favourite sport
- Keep your friends close ... and your rivals closer
- Appearances matter ... and remember to smile
- Nothing is black or white
- Quitting is leading too

For a full report I strongly recommend you read the excellent report of the great man in the above mentioned issue of TIME magazine.

Chapter 35

Public Speaking and Communication

"Concentrate all of your thoughts on the task at hand. The sun's rays do not burn until brought to a focus." —Alexander Graham Bell

Have you heard about the 'SAB' formula?

Speak enthusiastically

Act enthusiastically

Be enthusiastic.

Your most precious resource is enthusiasm. It cannot be borrowed. It must come from within. All motivation comes from within, through the power of your mind coming directly from the throne of God - all you need do is simply ask for it! Nobody plans to fail, but fails to plan. Decide what you really want, and apply P C D A (Planned Concentrated Daily Activities) to help you achieve your objective. Think about your goals, review, adjust, and 'fine-tune' as appropriate. Pray for good health, mentally, physically spiritually. Goals: ***"A person without a goal is like a ship in a stormy sea without a rudder"***!

To overcome inertia, is to have the ability to carry out the resolution long after the mood has disappeared.

We can control our destinies, using our minds by thinking positively. Every adversity contains the seeds of its own solution. Note: if you wish to receive, free and with my complements an electronic version of Seminar Notes titled “**Public Speaking/Singing & Communication**” all you need do is simply ask by emailing me on: gary@advent.plus.com.

Chapter 36

Communication

It is said that we were given two ears and one mouth ... our Creator knew that listening was twice as hard as speaking. 80% of our waking hours is spent communicating, with at least 45% of that time listening? The author Ken Blanchard says, “Listening is as important as speaking.” Listening is a learned skill. It’s basic for good relationships, and good interaction with the community. Eye contact with the person talking to you says that they are important to you. Listening to what is not being said is also important, mannerisms, facial expressions, tone of voice; tell you a lot about the speaker and the message. Asking an occasional question helps the person speaking know that you are listening and genuinely interested. Note; if you wish to learn how to improve your own communicative skills please note that I will gladly e-mail you an attachment titled, ‘Public Speaking/Singing & Communication’ with my complements. It even contains suggestions on how to improve even your singing! Please ask for this seminar notes by e-mailing me on: gary@advent.plus.com

A young man asked Socrates to teach him oratory. Because he talked so much, Socrates asked for double fees. ***“Why are you charging me double?” the young man asked. “Because I must teach you two sciences: the one, how to hold your tongue, and the other how to speak. The first science is more difficult, but aim for proficiency at it, or you will suffer greatly and create endless trouble”.***

On a more serious note, I wish to say that in my opinion, the paramount, deep-felt need of all humanity is to realise the need to communicate with Creator God through prayer. Prayer enables you enjoy the benefit of receiving His life-giving blessings on both sides of eternity. Prayer provides everlasting, ‘forever food’.

As far as communication on this side of eternity is concerned, in addition to communication with God, I’m sure you agree it is essential to also communicate with fellow human beings successfully. Most misunderstandings and quarrels occur due to the lack of it!

Among the prerequisites in personal fulfilment includes our ability to enjoy a happy relationship with our Creator, family, workplace and society in general.

One of the most prolific authors of the 19th century, Ellen G White, wrote: ***“Try to live harmoniously with all of God’s creation. Surrender yourself to God, and cease to manifest a disposition to find fault. You should yield your own spirit, and take in its place the spirit of your Creator. Reach up and grasp His hands and the touch may electrify you, and charge you with the sweet properties of His own matchless character. You may open your hearts to His love, and let His power transform you, and His grace is your strength. Then you will have a powerful influence for good. Your moral strength will be equal to the closest test of character. Your integrity will be pure and sanctified. Then and only then your light will break as the morning”.*** 85% of joy and satisfaction comes from happy interaction with others. Only 15% are attributed to all other sources, e.g. the joy of personal achievement. Yes, 85% of all the pleasure we enjoy comes from our ability to get along with others. If

you choose to communicate and interact with others lovingly and positively, you begin to develop superior human relationships.

Your action will help you achieve your desired objective, the enjoyment of real, long-lasting satisfaction, happiness and fulfilment. Yes, you can achieve success with your relationships simply by altering your attitude towards all God's creation. If we cannot get along with each other now, how can we expect to survive in eternity?

The philosopher Aristotle said, ***"Happiness is not a destination. It is a process"***.

We enjoy happiness by engaging in valuable and worthwhile activities daily. How? By getting along not only with our peers, but relating to everybody. This can be achieved by demonstrating a genuine sincere interest in their affairs and well being ... it can be mutually therapeutic!

If you want people to like you, you must first like them! Emerson said, ***"If you want to have a friend ... you must be a friend"***. He also said, ***"An individual has a healthy personality to the exact degree to which he has the propensity to look for the good in every situation ... including people"***. The tendency to look for the good in every situation is a direct measure of how good your personality is. The unhealthiest and unhappiest people are those who look for the bad in every situation ... including people. Conversely the healthiest, happiest, productive and most positive people are those who look for the good in others!

When editors of a magazine offered a prize for the best definition of a friend, they received thousands of responses. One person wrote, ***"A friend is one who multiplies joys and divides grief"***. Another suggested: ***"A friend is one who understands our silence"***. Another said: ***"A friend is a volume of sympathy bound in cloth"***. The definition that won the prize read: ***"A friend - the one who comes in when the whole world goes out"***. In short, we need to develop a social awareness, so we might reach out in friendship to people where they are and minister to their needs. Reaching out to others is a privilege and a responsibility!

I would like to share with you the following quotation from Tim McGraw which reads, ***"We all take different paths in life, but no matter where we go, we take a little of each other everywhere"***.

Fellowship. As humans we were created for community, fellowship, for human interaction. An interaction arising out of a community, who love God, have covenanted to love and care for and help each other. People sharing common views, common goals, common dreams, and a common purpose ... but most of all, people who care, and are dedicated to helping each other regardless of needs. That is what the community spirit is all about!

Kurt Vonnegut said and I quote, ***"What should young people do with their lives today? Many things obviously. But the most daring thing is to create stable communities in which this terrible disease of loneliness can be cured."***

[Click here to read my Public Speaking, Singing & Communication Seminar Notes](#)

Chapter 37

Success Mottos

“Three sentences for getting success: (a) know more than others (b) work more than others (c) expect less than others.” – William Shakespeare

Furthermore, Dr Stone had the following dynamic, positive statements placed on the walls surrounding the auditorium:

“If it is to be, it is up to me. What you are starts with what you want to be. Failure is temporary. Success is lasting. Words are OK if there is action to back them up. Nothing in the world is as powerful as an idea whose time has come. Me? I'm nature's greatest miracle. Dream your dreams ... awake in action. Habit is a cable, we weave a thread of it every day, why not weave it with PMA (Positive Mental Attitude). Start and finish each day with a Positive mental attitude - pray for divine guidance, and thank Him for everything. You are your most valuable asset. Worn shoes can walk in new directions. To advance, you must first stick your neck out. A good action starts with a good reaction. Success is a progressive realisation of a worthwhile goal. It is a journey, not a destination.”

Now read [Appendix VII: Bank of Philosophy](#)

Quality Living

...even for over 50's

Chapter 38

20 Perks of Being Over 50

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 P.M.
9. Your supply of brain cells is finally down to manageable size.
10. You enjoy hearing about other people's operations.
11. You get into heated arguments about pension plans.
12. You have a party and the neighbors don't even realize it.
13. You no longer think of speed limits as a challenge.
14. You quit trying to hold your stomach in, no matter who walks into the room.
15. You sing along with elevator music.
16. Your eyes won't get much worse.
17. Your investment in health insurance is finally beginning to pay off.
18. Your joints are more accurate meteorologists than the national weather service.
19. Your secrets are safe with your friends because they can't remember them either.
20. You can't remember who sent you to this particular web page.

Chapter 39

On Getting Older

You know you're getting old...

...when you feel like it's the morning after, and you didn't go anywhere the night before.

...when you look forward to a dull evening.

...when a little old lady helps you across the street, and it's your wife.

...when you get winded playing chess

...when you sink your teeth into a thick steak, and they stay there.

...when everything that doesn't hurt doesn't work

...when the gleam in your eyes is the sun hitting your bifocals.

...when your children are older than you remember your parents being when you were young

...when your mind makes contracts that your body can't keep.

...when you finally know all the answers, and no-body's asking you any questions

...when the favorite part of the newspaper is the section under the heading "25 years ago today."

...when you sit down in a rocking chair and can't get it going.

...when your knees buckle but your belt won't

...when your back goes out more often than you do.

...when you get excited and your pacemaker makes the garage door go up.

...when your house is too big, and the medicine cabinet is too small.

...when you wake up and realize that the best part of the day is over

...when you figure that if God wanted you to touch your toes, He would have put them on your knees.

...when your spouse says, "Let's go upstairs and make love," and you say, "Honey, we can't do both."

...when your friends compliment you on your new alligator shoes, and you're not wearing shoes.

About Growing Older

Eventually you will reach a point when you stop lying about your age and start bragging about it.

The older we get, the fewer things seem worth waiting in line for.

Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

When you are dissatisfied and would like to go back to youth, think of Algebra.

You know you are getting old when everything either dries up or leaks.

I don't know how I got over the hill without getting to the top.

One of the many things no one tells you about aging is that it is such a nice change from being young.

One must wait until evening to see how splendid the day has been.

Being young is beautiful, but being old is comfortable

Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf

And, finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you are old.

Chapter 40

Faith and Love of God

What is faith?

A simple definition could read something like this: "Faith is a confident and obedient trust in the reality, power, and love of God as revealed in His acts and in His promises to us."

What a wonderful gift to have in a terribly fallen and broken world such as ours. No wonder many believe that faith is the most wonderful of all gifts humans could have.

Have you ever tried to discover where your faith originated? Why is it that you have faith in God and in others you know don't? Was it your upbringing? Did you have believing parents?

Have you always attended church? Did your study of the Bible, and your reading of books about the Bible, convince you that there is a God who loves you? Did you find satisfying philosophical arguments that prepared you for the "leap" of faith? In the final analysis, faith is a miracle, a gift from God.

Our faith will be strengthened by the experience of seeing God at work in our own lives and in the lives of others, but our faith often will precede God's interventions in our life. Faith will expect God to show His hand. God has promised that He will act through us and on our behalf if we have faith in Him. In that trusting faith we must take Him at His word.

Faith is more than a feeling; it's a principle that transcends the fickleness of human emotions. Faith is doing what we know God asks us to do even though we don't feel like doing it.

Summary: Faith is experience. It has to do with certainty. And with trust. The Scriptures play a role in the awakening, the strengthening, and the sustenance of faith. But faith isn't just belief; it is a principle that guides how we live our lives before God and others.

Faith is a deep-rooted assurance that affects the entire person. Faith is a principle that governs the life. Faith is the means by which we reach out and grab hold of the promises of a God we can't see yet we know is there.

Hebrews 11:1 speaks about the "substance" of our faith. William G. Johnsson, an expert on Hebrews, suggests that the best translation is, "Faith is the title deed to what we hope for, the certainty of what we do not see."—*Hebrews*, The Abundant Life Bible Amplifier (Boise,

Idaho: Pacific Press® Publishing Association, 1994), p. 204.

God loves us unconditionally. If we in turn love God we need to love *all* of His creation. God's will is wrapped up in the Ten Commandments, the first four representing our love of God and the last six each other which incidentally including our enemies!

Ellen G White wrote in her book titled, *The Desire of Ages*; "***Genuine faith is life. A living faith means an increase in vigour, a confiding trust, by which the soul becomes a conquering power.***"

Act with belief, and your action will reinforce your belief. Nothing is impossible for the person who believes he can, and shall achieve.

Say, I can and shall succeed, by achieving my objectives with God's help. We only grow to the degree we believe we can. Success is nothing but making our dreams come true!

"Consecrate yourself to God in the morning; make this your very first work. Let your prayer be, 'Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service.

Abide with me, and let all my work be wrought in Thee.' This is a daily matter. Each morning consecrate yourself to God for that day. Surrender all your plans to Him, to be carried out or given up as His providence shall indicate. Thus day by day you may be giving your life

into the hands of God.' "—Ellen G. White, *The Ministry of Healing*, p. 72.

The Lord would have His people happy and at peace. Physical and spiritual wholeness are obtained by loving obedience to His laws of life, kind relationships with spouse and neighbours, and daily consecration of the will to the Father. This doesn't mean that life is always easy in this sin-cursed earth, but it can be improved greatly if we seek to walk in His paths. The Creator, who fine-tuned

the natural laws that allow life, has not abandoned us to our own devising but has given laws that, when followed, maximize the experience of life.

Chapter 41

Promise

Last but certainly not the least here is the fulfilment of my promise.

About sixty years ago, I discovered the timeless wisdom of the Bible, comprising 66 books-in-one, which was written 4,000 years ago by some forty men over a period of 16 centuries. It stakes its eternal worth on the basis that it is the revealed Word of God. All scripture is given by inspiration of God. The Bible has the origin in the mind of God. The creative energy that called the worlds into existence is the Word of God, which imparts power; it begets life. In Psalms 119:105 says and I quote, “***Your Word is a lamp to my feet and a light to my path.***” The Bible provides enduring and satisfying answers to humanity’s persistent questions: Who am I? What am I doing here? Where am I going? Among other treasures it contains includes the following inspiring text; “***one day, the redeemed will meet one great throng around the throne of God, where they shall hunger no more, neither thirst any more; neither shall sun light on them, nor any heat. For the Lamb which is in the midst of the throne shall feed them, and shall lead them unto living fountains of waters. God shall wipe away all tears from their eyes. And the ransomed of the Lord shall return, and unto Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.***”

Logos. The Greek Word *Logos*, one of the names of our loving and caring heavenly Father Creator God is something that all philosophy, science and logic could never. Instead God used His Apostle John to communicate the true meaning of *Logos* as found in John chapter 1 and verse 1. The Word, referred to Word as God who created the world, as well as His teachings, or law that guides us we should enable us live our lives in love and total harmony with all creation. Also *Logos* or the Word is a way of life force that keeps the universe together.

The symmetry of the leaf, the harmony of the seasons, the stars in the sky ...all are kept in balance by *Logos*, the Word ... God. The Greek philosophers Heraclitus, Plutarch, Philo, Plato and many other great thinkers’ academics and philosophers wrote about what they understood as *Logos*. For both Jewish and Greek readers John makes a startling claim: *Logos* is a person. *Logos* became flesh, and broke into human history in a specific place at a specific time, with a specific purpose, to bring salvation to all humanity.

Yes, it will be a new world order but not one of human invention. A planet transformed with nature in total balance. Can you imagine perfect temperature, perfect climate. No mosquitoes, pollen or ‘hay fever’. No allergies, pain or sickness. No divorce, broken families, no orphans or widows. No disappointment, no wars, no guns or land mines. No muggings, terrorists or killings. No police or crime. No jails, hospitals or racism. No poverty, prostitution or perversion. And best of all: no more death! Anchored upon the unshakable Word of God and His promises, we shall enjoy everlasting joy and happiness forever! I am talking about *the* source of all *power* and *wisdom*, emanating ... directly from the throne of God. Indeed the Bible is laden with *real*, tangible and *everlasting success philosophy*, the contents of which guarantee to give the reader a bright and certain future on both sides of eternity.

Further reading:

[Appendix VIII: Positive Bible Statements for Overcoming Problems](#)

[Appendix IX: Practical Bible Anecdotes for Overcoming Problems](#)

[Appendix X: Fundamental Beliefs of Seventh-day Adventists](#)

[Appendix XI: A Personal Invitation](#)

[Appendix XII: Is There Any Hope for Humanity?](#)

Chapter 42

The Power of Choice

Study: Gen. 2:16, 17; 3:1–13; Deut. 30:10–19; Ps. 119:11; Col. 3:2; Heb. 11:8–10.

Freedom of choice is not automatic. True freedom may be considered unusual. Sin produces fear and breeds insecurity. In attempting to resolve our insecurities, we attempt to control our environment, including other people. The result? Billions of people limit others' choices so that they themselves can feel secure. Parents seek to control adult children, nations want to control neighbors, husbands and wives try to control each other. Humans are enslaved by sin. We are not born free. We have tendencies toward evil that cannot be overcome by inherent human power. We need a Rescuer. God offers the only true freedom. He alone calms fear, destroys insecurity, and gives victory in the battle with self.

Jackie and Carol (not their real names) were sisters, separated by two years, who grew up together in a loving home. By the time she reached adolescence, Jackie was applying herself diligently to her studies. She did well and, after graduating from high school, went to university to study business. Today she has a position with an investment company, is married, and lives in her own home.

Carol chose to party and enjoy herself. She dropped out of high school and began to experiment with tobacco, alcohol, and other drugs. Today she is a single mother, living on government assistance, in rehabilitation for her drug dependency, and remains slightly jealous—though grudgingly proud—of her sister's success.

Both girls had the same opportunities, chances, and set of choices. Each is living with the consequences of those choices.

Choices—we all have them, we all have to make them, and we all have to live with the consequences of the ones we make.

What will those choices be, and how can we know how to make the right ones? We will look at the power of choice.

In God's perfect world there was freedom. This gift did not mean that Adam and Eve could do just anything. God warned them of their danger. When they trusted Satan more than God, they suffered the consequences. Sadly, when the devil collects payment for sin, he bills more than the sinner. He bills family, friends, and community. When, in 2008, New York's governor was linked to a call girl, his wife, parents, children, government, and political party suffered. The consequences of Adam and Eve's sin reach even further, imperilling an entire planet. After the couple surrendered earth to Satan, their children were no longer free.

During the Falkland Islands War, the British stated two issues: liberty and sovereignty. As Argentina had invaded the Falklands, residents were no longer free to choose their government. As the British saw it, the first task was to liberate the islanders so *they* could decide the second issue—how they would be ruled. This parallels our human dilemma. When Adam sinned, we became captives of a hostile ruler. God liberated us and restored choice. Now we are free to settle the second question—sovereignty. Whom will we serve?

The consequences of life choices affect not just ourselves but often our children, as well. Our influence is so much greater than we imagine, especially on our children.

One example is that of drinking alcohol. A whole lot of hoopla has been made of the supposed *benefit* of one glass of alcohol per day. This promotion, empowered by liquor industry lucre, has fooled

many. Few people, though, are aware that these studies are seriously flawed and when corrections for these flaws have been applied, it is found that these touted benefits are non-existent.

Alcohol remains what it always has been, one of the great scourges of humanity; and with all the warnings we have been given about it, how foolish to let our guard down now.

It is known that about seven per cent of persons who take a first drink will become alcoholic or problem drinkers. The choice to introduce alcohol into our homes, even just a little here and there may or may not have repercussions on us individually. We may not be damaged greatly by it. But what of our children? What about the example you leave? If you drink, it's much more likely your children will, as well. Is it worth choosing something that may steal the life of your child? Studies clearly have shown that children raised in homes where alcohol is present are much more at risk of alcohol problems than are children raised in homes where alcohol is not consumed. That simple fact alone should make us even more cautious about the examples we set.

Read again Deuteronomy 30:10–19. Your choices impact not just yourself but your children too. And if you don't have children, why risk making a choice that, in the end, presents so many hazards? God gave us these health principles for our good. Do we have the faith to trust Him at His word?

Who has not seen examples of the devastation brought by alcohol use? Why be foolish and risk that for yourself or, even worse, why do something that influences others in the wrong direction?

Consider This: Why do people believe that the freedom to choose is beyond their grasp? How are we liberated spiritually? (*Note Romans 7, 8.*)

Chapter 43

Why Does God Allow Suffering?

This is one of the best explanations of why God allows pain and suffering that I have seen...

A man went to a barbershop to have his hair cut and his beard trimmed. As the barber began to work, they began to have a good conversation. They talked about so many things and various subjects. When they eventually touched on the subject of God, the barber said: "I don't believe that God exists." Why do you say that?" asked the customer. "Well, you just have to go out in the street to realize that God doesn't exist. Tell me, if God exists, would there be so many sick people? Would there be abandoned children? If God existed, there would be neither suffering nor pain. I can't imagine a loving God who would allow all of these things." The customer thought for a moment, but didn't respond because he didn't want to start an argument. The barber finished his job and the customer left the shop. Just after he left the barbershop, he saw a man in the street with long, stringy, dirty hair and an untrimmed beard. He looked dirty and unkempt. The customer turned back and entered the barber shop again and he said to the barber: "You know what? Barbers do not exist." "How can you say that?" asked the surprised barber. "I am here, and I am a barber. And I just worked on you!" "No!" the customer exclaimed. "Barbers don't exist because if they did, there would be no people with dirty long hair and untrimmed beards, like that man outside." "Ah, but barbers DO exist! That's what happens when people do not come to me." "Exactly!" affirmed the customer. "That's the point! God, too, DOES exist! That's what happens when people do not go to Him and don't look to Him for help." That's why there's so much pain and suffering in the world."

Be blessed & be a blessing to others!

Chapter 44

Per Aspera ad Astra

A Roman citizen once asked a wise philosopher “*Quo vadis?*” (*Where are you going?*)

His response was, “*Per aspera ad astra*” (*through rough ways to the stars!*)

Now read [Appendix XIII: Quotable Quotes](#) and [Appendix XIV: A Thousand Sayings](#)