



Health Ministries Prayer Call

Readings for April - June 2022

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Readings taken from The Ministry of Healing by Ellen G. White





April 1, 2022

Chapter 7—The Co-Working of the Divine and the Human (cont)

God's Promises

"Like as a father pitieth his children, so the Lord pitieth them that fear Him. For He knoweth our frame; He remembereth that we are dust." Psalm 103:13, 14. MH 123.1

"Only acknowledge thine iniquity, that thou hast transgressed against the Lord thy God." "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." Jeremiah 3:13; 1 John 1:9. MH 123.2

"I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins: return unto Me; for I have redeemed thee." Isaiah 44:22. MH 123.3

"Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. If ye be willing and obedient, ye shall eat the good of the land." Isaiah 1:18, 19. MH 123.4

"I have loved thee with an everlasting love: therefore with loving-kindness have I drawn thee."
"I hid My face from thee for a moment; but with everlasting kindness will I have mercy on thee."
Jeremiah 31:3; Isaiah 54:8. MH 123.5

"Let not your heart be troubled." "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:1, 27. MH 123.6

"A man shall be as an hiding place from the wind, and a covert from the tempest; as rivers of water in a dry place, as the shadow of a great rock in a weary land." Isaiah 32:2. MH 124.1

"When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the Lord will hear them, I the God of Israel will not forsake them." Isaiah 41:17. MH 124.2

"Thus saith the Lord that made thee": "I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour My Spirit upon thy seed, and My blessing upon thine offspring." Isaiah 44:2, 3. MH 124.3

"Look unto Me, and be ye saved, all the ends of the earth." Isaiah 45:22. MH 124.4

"Himself took our infirmities, and bare our sicknesses." "He was wounded for our transgressions, He was bruised for our iniquities: the chastisement of our peace was upon Him; and with His stripes we are healed." Matthew 8:17; Isaiah 53:5. MH 124.5





April 8, 2022

Chapter 8—The Physician, an Educator

The true physician is an educator. He recognizes his responsibility, not only to the sick who are under his direct care, but also to the community in which he lives. He stands as a guardian of both physical and moral health. It is his endeavor not only to teach right methods for the treatment of the sick, but to encourage right habits of living, and to spread a knowledge of right principles. MH 125.1

Need of Education in Health Principles

Education in health principles was never more needed than now. Notwithstanding the wonderful progress in so many lines relating to the comforts and conveniences of life, even to sanitary matters and to the treatment of disease, the decline in physical vigor and power of endurance is alarming. It demands the attention of all who have at heart the well-being of their fellow men. MH 125.2

Our artificial civilization is encouraging evils destructive of sound principles. Custom and fashion are at war with nature. The practices they enjoin, and the indulgences they foster, are steadily lessening both physical and mental strength, and bringing upon the race an intolerable burden. Intemperance and crime, disease and wretchedness, are everywhere. MH 125.3

Many transgress the laws of health through ignorance, and they need instruction. But the greater number know better than they do. They need to be impressed with the importance of making their knowledge a guide of life. The physician has many opportunities both of imparting a knowledge of health principles and of showing the importance of putting them in practice. By right instruction he can do much to correct evils that are working untold harm. MH 126.1

A practice that is laying the foundation of a vast amount of disease and of even more serious evils is the free use of poisonous drugs. When attacked by disease, many will not take the trouble to search out the cause of their illness. Their chief anxiety is to rid themselves of pain and inconvenience. So they resort to patent nostrums, of whose real properties they know little, or they apply to a physician for some remedy to counteract the result of their misdoing, but with no thought of making a change in their unhealthful habits. If immediate benefit is not realized, another medicine is tried, and then another. Thus the evil continues. MH 126.2

People need to be taught that drugs do not cure disease. It is true that they sometimes afford present relief, and the patient appears to recover as the result of their use; this is because nature has sufficient vital force to expel the poison and to correct the conditions that caused the disease. Health is recovered in spite of the drug. But in most cases the drug only changes the form and location of the disease. Often the effect of the poison seems to be overcome for a time, but the results remain in the system and work great harm at some later period. MH 126.3





By the use of poisonous drugs, many bring upon themselves lifelong illness, and many lives are lost that might be saved by the use of natural methods of healing. The poisons contained in many so-called remedies create habits and appetites that mean ruin to both soul and body. Many of the popular nostrums called patent medicines, and even some of the drugs dispensed by physicians, act a part in laying the foundation of the liquor habit, the opium habit, the morphine habit, that are so terrible a curse to society. MH 126.4

The only hope of better things is in the education of the people in right principles. Let physicians teach the people that restorative power is not in drugs, but in nature. Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then nature is to be assisted in her effort to expel impurities and to re-establish right conditions in the system. MH 127.1

April 15, 2022

Natural Remedies

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. MH 127.2

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind. MH 127.3

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed. MH 128.1

Training for Life's Conflict

We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or





carelessness, which weakens or cripples any organ or function of the body, would ensure defeat. MH 128.2

How much more important is such carefulness to ensure success in the conflict of life. It is not mimic battles in which we are engaged. We are waging a warfare upon which hang eternal results. We have unseen enemies to meet. Evil angels are striving for the dominion of every human being. Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat. MH 128.3

"They which run in a race run all, but one receiveth the prize." 1 Corinthians 9:24. In the warfare in which we are engaged, all may win who will discipline themselves by obedience to right principles. The practice of these principles in the details of life is too often looked upon as unimportant—a matter too trivial to demand attention. But in view of the issues at stake, nothing with which we have to do is small. Every act casts its weight into the scale that determines life's victory or defeat. The scripture bids us, "So run, that ye may obtain." Verse 24. MH 129.1

With our first parents, intemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than men realize. MH 129.2

Pointing to the self-denial practiced by the contestants in the ancient Greek games, the apostle Paul writes: "Every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: but I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." Verses 25-27. MH 129.3

April 22, 2022

The progress of reform depends upon a clear recognition of fundamental truth. While, on the one hand, danger lurks in a narrow philosophy and a hard, cold orthodoxy, on the other hand there is great danger in a careless liberalism. The foundation of all enduring reform is the law of God. We are to present in clear, distinct lines the need of obeying this law. Its principles must be kept before the people. They are as everlasting and inexorable as God Himself. MH 129.4

One of the most deplorable effects of the original apostasy was the loss of man's power of self-control. Only as this power is regained can there be real progress. MH 129.5

The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death. MH 130.1





The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives. MH 130.2

The requirements of God must be brought home to the conscience. Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit. They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service. MH 130.3

In that ancient ritual which was the gospel in symbol, no blemished offering could be brought to God's altar. The sacrifice that was to represent Christ must be spotless. The word of God points to this as an illustration of what His children are to be—"a living sacrifice," "holy and without blemish," "well-pleasing to God." Romans 12:1, R.V., margin; Ephesians 5:27. MH 130.4

Apart from divine power, no genuine reform can be effected. Human barriers against natural and cultivated tendencies are but as the sandbank against the torrent. Not until the life of Christ becomes a vitalizing power in our lives can we resist the temptations that assail us from within and from without. MH 130.5

Christ came to this world and lived the law of God, that man might have perfect mastery over the natural inclinations which corrupt the soul. The Physician of soul and body, He gives victory over warring lusts. He has provided every facility, that man may possess completeness of character. MH 130.6

When one surrenders to Christ, the mind is brought under the control of the law; but it is the royal law, which proclaims liberty to every captive. By becoming one with Christ, man is made free. Subjection to the will of Christ means restoration to perfect manhood. MH 131.1

Obedience to God is liberty from the thralldom of sin, deliverance from human passion and impulse. Man may stand conqueror of himself, conqueror of his own inclinations, conqueror of principalities and powers, and of "the rulers of the darkness of this world," and of "spiritual wickedness in high places." Ephesians 6:12. MH 131.2

In no place is such instruction as this more needed, and nowhere will it be productive of greater good, than in the home. Parents have to do with the very foundation of habit and character. The reformatory movement must begin in presenting to them the principles of the law of God as bearing upon both physical and moral health. Show that obedience to God's word is our only safeguard against the evils that are sweeping the world to destruction. Make plain the responsibility of parents, not only for themselves, but for their children. They are giving to their children an example either of obedience or of transgression. By their example and teaching, the destiny of their households is decided. The children will be what their parents make them. MH 131.3

If parents could be led to trace the result of their action, and could see how, by their example and teaching, they perpetuate and increase the power of sin or the power of righteousness, a change would certainly be made. Many would turn away from tradition and custom, and accept the divine principles of life. MH 131.4





April 29, 2022

Power of Example

The physician who ministers in the homes of the people, watching at the bedside of the sick, relieving their distress, bringing them back from the borders of the grave, speaking hope to the dying, wins a place in their confidence and affection, such as is granted to few others. Not even to the minister of the gospel are committed possibilities so great or an influence so far-reaching. MH 132.1

The physician's example, no less than his teaching, should be a positive power on the right side. The cause of reform calls for men and women whose life practice is an illustration of self-control. It is our practice of the principles we inculcate that gives them weight. The world needs a practical demonstration of what the grace of God can do in restoring to human beings their lost kingship, giving them mastery of themselves. There is nothing that the world needs so much as a knowledge of the gospel's saving power revealed in Christlike lives. MH 132.2

The physician is continually brought into contact with those who need the strength and encouragement of a right example. Many are weak in moral power. They lack self-control and are easily overcome by temptation. The physician can help these souls only as he reveals in his own life a strength of principle that enables him to triumph over every injurious habit and defiling lust. In his life must be seen the working of a power that is divine. If he fails here, however forcible or persuasive his words may be, his influence will tell for evil. MH 133.1

Many seek medical advice and treatment who have become moral wrecks through their own wrong habits. They are bruised and weak and wounded, feeling their folly and their inability to overcome. Such ones should have nothing in their surroundings to encourage a continuance of the thoughts and feelings that have made them what they are. They need to breathe an atmosphere of purity, of high and noble thought. How terrible the responsibility when those who should give them a right example are themselves enthralled by hurtful habits, their influence affording to temptation an added strength! MH 133.2

May 6, 2022

The Physician and the Temperance Work

Many come under the physician's care who are ruining soul and body by the use of tobacco or intoxicating drink. The physician who is true to his responsibility must point out to these patients the cause of their suffering. But if he himself is a user of tobacco or intoxicants, what weight will be given to his words? With the consciousness of his own indulgence before him, will he not hesitate to point out the plague spot in the life of his patient? While using these things himself, how can he convince the youth of their injurious effects? MH 133.3

How can a physician stand in the community as an example of purity and self-control, how can he be an effectual worker in the temperance cause, while he himself is indulging a vile habit?





How can he minister acceptably at the bedside of the sick and the dying, when his very breath is offensive, laden with the odor of liquor or tobacco? MH 134.1

While disordering his nerves and clouding his brain by the use of narcotic poisons, how can one be true to the trust reposed in him as a skillful physician? How impossible for him to discern quickly or to execute with precision! MH 134.2

If he does not observe the laws that govern his own being, if he chooses selfish gratification above soundness of mind and body, does he not thereby declare himself unfit to be entrusted with the responsibility of human lives? MH 134.3

However skilled and faithful a physician may be, there is in his experience much of apparent discouragement and defeat. Often his work fails of accomplishing that which he longs to see accomplished. Though health is restored to his patients, it may be no real benefit to them or to the world. Many recover health, only to repeat the indulgences that invited disease. With the same eagerness as before, they plunge again into the round of self-indulgence and folly. The physician's work for them seems like effort thrown away. MH 134.4

Christ had the same experience, yet He did not cease His efforts for one suffering soul. Of the ten lepers who were cleansed, only one appreciated the gift, and he was a stranger and a Samaritan. For the sake of that one, Christ healed the ten. If the physician meets with no better success than the Saviour had, let him learn a lesson from the Chief Physician. Of Christ it is written, "He shall not fail nor be discouraged." "He shall see of the travail of His soul, and shall be satisfied." Isaiah 42:4; 53:11. MH 134.5

If but one soul would have accepted the gospel of His grace, Christ would, to save that one, have chosen His life of toil and humiliation and His death of shame. If through our efforts one human being shall be uplifted and ennobled, fitted to shine in the courts of the Lord, have we not cause for rejoicing? MH 135.1

May 13, 2022

The duties of the physician are arduous and trying. In order to perform them most successfully he needs to have a strong constitution and vigorous health. A man that is feeble or diseased cannot endure the wearing labor incident to the physician's calling. One who lacks perfect self-control cannot become qualified to deal with all classes of disease. MH 135.2

Often deprived of sleep, neglecting even to take food, cut off in great degree from social enjoyment and religious privileges, the physician's life seems to lie under a continual shadow. The affliction he beholds, the dependent mortals longing for help, his contact with the depraved, make the heart sick, and well-nigh destroy confidence in humanity. MH 135.3

In the battle with disease and death every energy is taxed to the limit of endurance. The reaction from this terrible strain tests the character to the utmost. Then it is that temptation has greatest power. More than men in any other calling, is the physician in need of self-control, purity of spirit, and that faith which takes hold on heaven. For the sake of others and for his own





sake, he cannot afford to disregard physical law. Recklessness in physical habits tends to recklessness in morals. MH 135.4

The physician's only safety is, under all circumstances, to act from principle, strengthened and ennobled by a firmness of purpose found only in God. He is to stand in the moral excellence of His character. Day by day, hour by hour, moment by moment, he is to live as in the sight of the unseen world. As did Moses, he must endure "as seeing Him who is invisible." MH 135.5

Righteousness has its root in godliness. No man can steadily maintain before his fellow men a pure, forceful life unless his life is hid with Christ in God. The greater the activity among men, the closer must be the communion of the heart with heaven. MH 136.1

The more urgent his duties and the greater his responsibilities, the greater the physician's need of divine power. Time must be redeemed from things temporal, for meditation upon things eternal. He must resist an encroaching world, which would so press upon him as to separate him from the Source of strength. Above all other men should he, by prayer and the study of the Scriptures, place himself under the protecting shield of God. He is to live in hourly contact and conscious communion with the principles of truth, righteousness, and mercy that reveal God's attributes within the soul. MH 136.2

Just to the degree in which the word of God is received and obeyed will it impress with its potency and touch with its life every spring of action, every phase of character. It will purify every thought, regulate every desire. Those who make God's word their trust will quit themselves like men and be strong. They will rise above all baser things into an atmosphere free from defilement. MH 136.3

When man is in fellowship with God, that unswerving purpose which preserved Joseph and Daniel amidst the corruption of heathen courts will make his a life of unsullied purity. His robes of character will be spotless. In his life the light of Christ will be undimmed. The bright and morning Star will appear shining steadfastly above him in changeless glory. MH 136.4

Such a life will be an element of strength in the community. It will be a barrier against evil, a safeguard to the tempted, a guiding light to those who, amidst difficulties and discouragements, are seeking the right way. MH 136.5

Medical Missionaries and their Work

They "shall be in the midst of many people as a dew from the Lord."





May 20, 2022

Chapter 9—Teaching and Healing

When Christ sent out the twelve disciples on their first missionary tour, He bade them, “As ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.” Matthew 10:7, 8. MH 139.1

To the Seventy sent forth later He said: “Into whatsoever city ye enter, ... heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you.” Luke 10:8, 9. The presence and power of Christ was with them, “and the Seventy returned again with joy, saying, Lord, even the devils are subject unto us through Thy name.” Verse 17. MH 139.2

After Christ's ascension the same work was continued. The scenes of His own ministry were repeated. “Out of the cities round about” there came a multitude “unto Jerusalem, bringing sick folks, and them which were vexed with unclean spirits: and they were healed every one.” Acts 5:16. MH 139.3

And the disciples “went forth, and preached everywhere, the Lord working with them.” “Philip went down to the city of Samaria, and preached Christ unto them. And the people with one accord gave heed unto those things which Philip spake.... For unclean spirits ... came out of many that were possessed with them: and many taken with palsies, and that were lame, were healed. And there was great joy in that city.” Mark 16:20; Acts 8:5-8. MH 139.4

Work of the Disciples

Luke, the writer of the Gospel that bears his name, was a medical missionary. In the Scriptures he is called “the beloved physician.” Colossians 4:14. The apostle Paul heard of his skill as a physician, and sought him out as one to whom the Lord had entrusted a special work. He secured his co-operation, and for some time Luke accompanied him in his travels from place to place. After a time, Paul left Luke at Philippi, in Macedonia. Here he continued to labor for several years, both as a physician and as a teacher of the gospel. In his work as a physician he ministered to the sick, and then prayed for the healing power of God to rest upon the afflicted ones. Thus the way was opened for the gospel message. Luke's success as a physician gained for him many opportunities for preaching Christ among the heathen. It is the divine plan that we shall work as the disciples worked. Physical healing is bound up with the gospel commission. In the work of the gospel, teaching and healing are never to be separated. MH 140.1

The work of the disciples was to spread a knowledge of the gospel. To them was committed the work of proclaiming to all the world the good news that Christ brought to men. That work they accomplished for the people of their time. To every nation under heaven the gospel was carried in a single generation. MH 141.1

The giving of the gospel to the world is the work that God has committed to those who bear His name. For earth's sin and misery the gospel is the only antidote. To make known to all





mankind the message of the grace of God is the first work of those who know its healing power. MH 141.2

When Christ sent forth the disciples with the gospel message, faith in God and His word had well-nigh departed from the world. Among the Jewish people, who professed to have a knowledge of Jehovah, His word had been set aside for tradition and human speculation. Selfish ambition, love of ostentation, greed of gain, absorbed men's thoughts. As reverence for God departed, so also departed compassion toward men. Selfishness was the ruling principle, and Satan worked his will in the misery and degradation of mankind. MH 142.1

Satanic agencies took possession of men. The bodies of human beings, made for the dwelling place of God, became the habitation of demons. The senses, the nerves, the organs of men were worked by supernatural agencies in the indulgence of the vilest lust. The very stamp of demons was impressed upon the countenances of men. Human faces reflected the expression of the legions of evil with which men were possessed. MH 142.2

What is the condition in the world today? Is not faith in the Bible as effectually destroyed by the higher criticism and speculation of today as it was by tradition and rabbinism in the days of Christ? Have not greed and ambition and love of pleasure as strong a hold on men's hearts now as they had then? In the professedly Christian world, even in the professed churches of Christ, how few are governed by Christian principles. In business, social, domestic, even religious circles, how few make the teachings of Christ the rule of daily living. Is it not true that "justice standeth afar off: ... equity cannot enter.... And he that departeth from evil maketh himself a prey"? Isaiah 59:14, 15. MH 142.3

May 27, 2022

We are living in the midst of an "epidemic of crime," at which thoughtful, God-fearing men everywhere stand aghast. The corruption that prevails, it is beyond the power of the human pen to describe. Every day brings fresh revelations of political strife, bribery, and fraud. Every day brings its heart-sickening record of violence and lawlessness, of indifference to human suffering, of brutal, fiendish destruction of human life. Every day testifies to the increase of insanity, murder, and suicide. Who can doubt that satanic agencies are at work among men with increasing activity to distract and corrupt the mind, and defile and destroy the body? MH 142.4

And while the world is filled with these evils, the gospel is too often presented in so indifferent a manner as to make but little impression upon the consciences or the lives of men. Everywhere there are hearts crying out for something which they have not. They long for a power that will give them mastery over sin, a power that will deliver them from the bondage of evil, a power that will give health and life and peace. Many who once knew the power of God's word have dwelt where there is no recognition of God, and they long for the divine presence. MH 143.1





The world needs today what it needed nineteen hundred years ago—a revelation of Christ. A great work of reform is demanded, and it is only through the grace of Christ that the work of restoration, physical, mental, and spiritual, can be accomplished. MH 143.2

Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me." MH 143.3

There is need of coming close to the people by personal effort. If less time were given to sermonizing, and more time were spent in personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and the bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those that weep, and rejoice with those that rejoice. Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit. MH 143.4

We should ever remember that the object of the medical missionary work is to point sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. By beholding Him, they will be changed into His likeness. We are to encourage the sick and suffering to look to Jesus and live. Let the workers keep Christ, the Great Physician, constantly before those to whom disease of body and soul has brought discouragement. Point them to the One who can heal both physical and spiritual disease. Tell them of the One who is touched with the feeling of their infirmities. Encourage them to place themselves in the care of Him who gave His life to make it possible for them to have life eternal. Talk of His love; tell of His power to save. MH 144.1

This is the high duty and precious privilege of the medical missionary. And personal ministry often prepares the way for this. God often reaches hearts through our efforts to relieve physical suffering. MH 144.2

Medical missionary work is the pioneer work of the gospel. In the ministry of the word and in the medical missionary work the gospel is to be preached and practiced. MH 144.3

In almost every community there are large numbers who do not listen to the preaching of God's word or attend any religious service. If they are reached by the gospel, it must be carried to their homes. Often the relief of their physical needs is the only avenue by which they can be approached. Missionary nurses who care for the sick and relieve the distress of the poor will find many opportunities to pray with them, to read to them from God's word, and to speak of the Saviour. They can pray with and for the helpless ones who have not strength of will to control the appetites that passion has degraded. They can bring a ray of hope into the lives of the defeated and disheartened. Their unselfish love, manifested in acts of disinterested kindness, will make it easier for these suffering ones to believe in the love of Christ. MH 144.4

Many have no faith in God and have lost confidence in man. But they appreciate acts of sympathy and helpfulness. As they see one with no inducement of earthly praise or compensation come into their homes, ministering to the sick, feeding the hungry, clothing the naked, comforting the sad, and tenderly pointing all to Him of whose love and pity the human worker is but the messenger—as they see this, their hearts are touched. Gratitude springs up.





Faith is kindled. They see that God cares for them, and they are prepared to listen as His word is opened. MH 145.1

Whether in foreign missions or in the home field, all missionaries, both men and women, will gain much more ready access to the people, and will find their usefulness greatly increased, if they are able to minister to the sick. Women who go as missionaries to heathen lands may thus find opportunity for giving the gospel to the women of these lands, when every other door of access is closed. All gospel workers should know how to give the simple treatments that do so much to relieve pain and remove disease. MH 145.2

June 3, 2022

Teaching Health Principles

Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health. The people need to see the bearing of health principles upon their well-being, both for this life and for the life to come. They need to be awakened to their responsibility for the human habitation fitted up by their Creator as His dwelling place, and over which He desires them to be faithful stewards. They need to be impressed with the truth conveyed in the words of Holy Writ: MH 146.1

"Ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people." 2 Corinthians 6:16. MH 146.2

Thousands need and would gladly receive instruction concerning the simple methods of treating the sick—methods that are taking the place of the use of poisonous drugs. There is great need of instruction in regard to dietetic reform. Wrong habits of eating and the use of unhealthful food are in no small degree responsible for the intemperance and crime and wretchedness that curse the world. MH 146.3

In teaching health principles, keep before the mind the great object of reform—that its purpose is to secure the highest development of body and mind and soul. Show that the laws of nature, being the laws of God, are designed for our good; that obedience to them promotes happiness in this life, and aids in the preparation for the life to come. MH 146.4

Lead the people to study the manifestation of God's love and wisdom in the works of nature. Lead them to study that marvelous organism, the human system, and the laws by which it is governed. Those who perceive the evidences of God's love, who understand something of the wisdom and beneficence of His laws, and the results of obedience, will come to regard their duties and obligations from an altogether different point of view. Instead of looking upon an observance of the laws of health as a matter of sacrifice or self-denial, they will regard it, as it really is, as an inestimable blessing. MH 147.1





Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it. MH 147.2

Everywhere there is a tendency to substitute the work of organizations for individual effort. Human wisdom tends to consolidation, to centralization, to the building up of great churches and institutions. Multitudes leave to institutions and organizations the work of benevolence; they excuse themselves from contact with the world, and their hearts grow cold. They become self-absorbed and unimpressible. Love for God and man dies out of the soul. MH 147.3

Christ commits to His followers an individual work—a work that cannot be done by proxy. Ministry to the sick and the poor, the giving of the gospel to the lost, is not to be left to committees or organized charities. Individual responsibility, individual effort, personal sacrifice, is the requirement of the gospel. MH 147.4

“Go out into the highways and hedges, and compel them to come in,” is Christ's command, “that My house may be filled.” He brings men into touch with those whom they seek to benefit. “Bring the poor that are cast out to thy house,” He says. “When thou seest the naked, that thou cover him.” “They shall lay hands on the sick, and they shall recover.” Luke 14:23; Isaiah 58:7; Mark 16:18. Through direct contact, through personal ministry, the blessings of the gospel are to be communicated. MH 147.5

June 10, 2022

In giving light to His people anciently, God did not work exclusively through any one class. Daniel was a prince of Judah. Isaiah also was of the royal line. David was a shepherd boy, Amos a herdsman, Zechariah a captive from Babylon, Elisha a tiller of the soil. The Lord raised up as His representatives prophets and princes, the noble and the lowly, and taught them the truths to be given to the world. MH 148.1

To everyone who becomes a partaker of His grace the Lord appoints a work for others. Individually we are to stand in our lot and place, saying, “Here am I; send me.” Isaiah 6:8. Upon the minister of the word, the missionary nurse, the Christian physician, the individual Christian, whether he be merchant or farmer, professional man or mechanic—the responsibility rests upon all. It is our work to reveal to men the gospel of their salvation. Every enterprise in which we engage should be a means to this end. MH 148.2

Those who take up their appointed work will not only be a blessing to others, but they will themselves be blessed. The consciousness of duty well done will have a reflex influence upon their own souls. The despondent will forget their despondency, the weak will become strong, the ignorant intelligent, and all will find an unfailing helper in Him who has called them. MH 148.3

The church of Christ is organized for service. Its watchword is ministry. Its members are soldiers, to be trained for conflict under the Captain of their salvation. Christian ministers,





physicians, teachers, have a broader work than many have recognized. They are not only to minister to the people, but to teach them to minister. They should not only give instruction in right principles, but educate their hearers to impart these principles. Truth that is not lived, that is not imparted, loses its life-giving power, its healing virtue. Its blessing can be retained only as it is shared. MH 148.4

The monotony of our service for God needs to be broken up. Every church member should be engaged in some line of service for the Master. Some cannot do so much as others, but everyone should do his utmost to roll back the tide of disease and distress that is sweeping over our world. Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged. MH 149.1

Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath-school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. Let the teachers lead the way in working among the people, and others, uniting with them, will learn from their example. One example is worth more than many precepts. MH 149.2

Let all cultivate their physical and mental powers to the utmost of their ability, that they may work for God where His providence shall call them. The same grace that came from Christ to Paul and Apollos, that distinguished them for spiritual excellencies, will today be imparted to devoted Christian missionaries. God desires His children to have intelligence and knowledge, that with unmistakable clearness and power His glory may be revealed in our world. MH 149.3

June 17, 2022

Educated workers who are consecrated to God can do service in a greater variety of ways and can accomplish more extensive work than can those who are uneducated. Their discipline of mind places them on vantage ground. But those who have neither great talents nor extensive education may minister acceptably to others. God will use men who are willing to be used. It is not the most brilliant or the most talented persons whose work produces the greatest and most lasting results. Men and women are needed who have heard a message from heaven. The most effective workers are those who respond to the invitation, "Take My yoke upon you, and learn of Me." Matthew 11:29. MH 150.1

It is heart missionaries that are needed. He whose heart God touches is filled with a great longing for those who have never known His love. Their condition impresses him with a sense of personal woe. Taking his life in his hand, he goes forth, a heaven-sent, heaven-inspired messenger, to do a work in which angels can co-operate. MH 150.2

If those to whom God has entrusted great talents of intellect put these gifts to a selfish use, they will be left, after a period of trial, to follow their own way. God will take men who do not appear to be so richly endowed, who have not large self-confidence, and He will make the





weak strong, because they trust in Him to do for them that which they cannot do for themselves. God will accept the wholehearted service, and will Himself make up the deficiencies. MH 150.3

The Lord has often chosen for His collaborators men who have had opportunity to obtain but a limited school education. These men have applied their powers most diligently, and the Lord has rewarded their fidelity to His work, their industry, their thirst for knowledge. He has witnessed their tears and heard their prayers. As His blessing came to the captives in the courts of Babylon, so does He give wisdom and knowledge to His workers today. MH 150.4

Men deficient in school education, lowly in social position, have, through the grace of Christ, sometimes been wonderfully successful in winning souls for Him. The secret of their success was their confidence in God. They learned daily of Him who is wonderful in counsel and mighty in power. MH 151.1

Such workers are to be encouraged. The Lord brings them into connection with those of more marked ability, to fill up the gaps that others leave. Their quickness to see what is to be done, their readiness to help those in need, their kind words and deeds, open doors of usefulness that otherwise would remain closed. They come close to those in trouble, and the persuasive influence of their words has power to draw many trembling souls to God. Their work shows what thousands of others might do, if they only would. MH 151.2

June 24, 2022

A Broader Life

Nothing will so arouse a self-sacrificing zeal and broaden and strengthen the character as to engage in work for others. Many professed Christians, in seeking church relationship, think only of themselves. They wish to enjoy church fellowship and pastoral care. They become members of large and prosperous churches, and are content to do little for others. In this way they are robbing themselves of the most precious blessings. Many would be greatly benefited by sacrificing their pleasant, ease-conducting associations. They need to go where their energies will be called out in Christian work and they can learn to bear responsibilities. MH 151.3

Trees that are crowded closely together do not grow healthfully and sturdily. The gardener transplants them that they may have room to develop. A similar work would benefit many of the members of large churches. They need to be placed where their energies will be called forth in active Christian effort. They are losing their spiritual life, becoming dwarfed and inefficient, for want of self-sacrificing labor for others. Transplanted to some missionary field, they would grow strong and vigorous. MH 152.1

But none need wait until called to some distant field before beginning to help others. Doors of service are open everywhere. All around us are those who need our help. The widow, the





orphan, the sick and the dying, the heartsick, the discouraged, the ignorant, and the outcast are on every hand. MH 152.2

We should feel it our special duty to work for those living in our neighborhood. Study how you can best help those who take no interest in religious things. As you visit your friends and neighbors, show an interest in their spiritual as well as in their temporal welfare. Speak to them of Christ as a sin-pardoning Saviour. Invite your neighbors to your home, and read with them from the precious Bible and from books that explain its truths. Invite them to unite with you in song and prayer. In these little gatherings, Christ Himself will be present, as He has promised, and hearts will be touched by His grace. MH 152.3

Church members should educate themselves to do this work. This is just as essential as to save the benighted souls in foreign countries. While some feel the burden for souls afar off, let the many who are at home feel the burden of precious souls who are around them, and work just as diligently for their salvation. MH 152.4

Many regret that they are living a narrow life. They themselves can make their life broad and influential if they will. Those who love Jesus with heart and mind and soul, and their neighbor as themselves, have a wide field in which to use their ability and influence. MH 153.1

Little Opportunities

Let none pass by little opportunities, to look for larger work. You might do successfully the small work, but fail utterly in attempting the larger work, and fall into discouragement. It is by doing with your might what you find to do that you will develop aptitude for larger work. It is by slighting the daily opportunities, by neglecting the little things right at hand, that so many become fruitless and withered. MH 153.2

Do not depend upon human aid. Look beyond human beings to the One appointed by God to bear our griefs, to carry our sorrows, and to supply our necessities. Taking God at His word, make a beginning wherever you find work to do, and move forward with unfaltering faith. It is faith in Christ's presence that gives strength and steadfastness. Work with unselfish interest, with painstaking effort, with persevering energy. MH 153.3

In fields where the conditions are so objectionable and disheartening that many are unwilling to go to them, remarkable changes have been wrought by the efforts of self-sacrificing workers. Patiently and perseveringly they labored, not relying upon human power, but upon God, and His grace sustained them. The amount of good thus accomplished will never be known in this world, but blessed results will be seen in the great hereafter. MH 153.4

