

Will Power Instead of Pill Power

#0983

Study given by W.D. Frazee—January 5, 1968

Another message; listen to this one. This isn't science fiction; this is the *medical* page of this week's *Newsweek*:

"Another method of storing organs now under test at the Navy's tissue bank in Bethesda is attachment to an intermediate host such as a baboon to keep it alive until the recipient has been prepared to receive it" *Newsweek*, January, 1968.

Take the heart out of one man, tie it up to a baboon for whatever length of time it takes to get the recipient ready to receive the new heart. Well, friends, do you think those are the answers. Do you now? Anti-freeze or baboons or artificial or mechanical hearts? The closing paragraph of this, when I got to this, friends, I took heart. Literally. This is the last paragraph. Listen to this week's *Newsweek*:

"But some health experts would like to hasten the advent of the post-transplant area by finding the causes of diseases and the means to prevent them. 'Our thrust,' says Dr. Phillip R. Lee, Assistant Secretary of Health Education and Welfare, 'is to find those things which prevent the conditions necessitating transplant. We cannot accept the attitude that everyone should be left to smoke and then given a heart transplant at the age of sixty-five'" *Ibid.*

Yes, I think 'Amen' is the word, friends. May I read that paragraph again? [Elder Frazee reads the paragraph again.]

Now do we already know what the habits are that are causing these conditions? Practically, the answer is yes, we do. Now it's true that you can go on and on and do more research work, but let me read you *this* from Dr. Wilhelm Robb, one of the leading sparkplugs in the preventive cardiology field at the University of Vermont Medical School. He says:

"There cannot be any doubt that continued research on all aspects of heart disease is desirable. However, the emphasis on new research should not interfere with the application of the knowledge that is available but is not being used. Nor should the often heard cry for more research ever

serve as a mere excuse for not doing something and soon about our grave national health emergency; for when a house is on fire those who live in it do not sit down amid the smoke and flames to discuss the need for more research into the chemical and physical laws of combustion. They call the fire department.”

My dear friends, there is already enough knowledge, *plenty* of knowledge, which if it were *applied* would prevent *nearly all* of these coronary heart attacks, *nearly all* of them. I hear an ‘Amen’ from the doctor. That’s right. [A doctor in the audience then makes an inaudible comment which Elder Frazee repeats.] “Yes,” the doctor says, “we’ve had it a long time.” He’s referring to the fact that the essential details of the practical way of life which would *prevent* these heart attacks was given to *this* people by revelation 105 years ago this coming summer.

Think of it, my friends! Seventh-day Adventists have had, I repeat, the essential details of a way of life which, when it is followed, *does* prevent these heart attacks. And what *are* they? Well, I could go back 105 years ago and read you from the visions given to Ellen G. White, the messenger of the Lord to this people. Or I can pick up this report from *Time Life* magazine, “The Healthy Life,” and let modern scientific research tell you what the four great causes are. You will recognize, if you know anything about the Seventh-day Adventist way of life, if you are acquainted with the writings of Ellen G. White, that what she wrote 105 years ago, if followed, would prevent *every one* of these.

There are four *great* causes. The first one here is emotional stress—worry, fear, anxiety. The second is the fat-rich diet, particularly of animal fat and rich pastries, rich sugar, leading to overweight and high cholesterol, atherosclerosis. The third is lack of exercise and the fourth is smoking. There they are.

I was talking with a man just today who’s been having just the last few days some experiences with his chest that make him realize he’s got to *do* something. I quickly went over these four causes. He said, “Well, *two* of them I’m out of gear on, *two* of them.”

Well, my point is, friends, any *one* of these four is enough to damage you. Then you get two of them *together* and each one helps the other put you down. When you get three or four of them together, then you *are* headed for trouble unless something else, like a speeding automobile run by a drunk man, gets you first.

Now I pointed out to you last Friday night that God has given this people, not merely a program of health so that you and I may *feel* better and avoid some of these plagues, but He has given us a program of medical *evangelism* to share this wonderful light with our friends and neighbors and everybody in this world. God intends, my dear friends, that you and I shall today have the privilege of being to this generation what Jesus and His disciples and the early church were 2,000 years ago. And if we are willing to dedicate our lives as fully and as unselfishly as Jesus and His disciples did, we

can have the joy of being the *channels* through which these streams of health and healing shall flow.

But never think that *God* is interested, *men* may be interested, but *God* is not interested in a program of healing which simply causes men to get over the pains and the penalties and sends them home to continue their transgression. Repeatedly, Jesus said to those He healed, "Go and sin no more lest a worse thing come unto thee."

Well, how is a man to *know*? He must be *taught*. And so Jesus said to His disciples as He sent them forth to preach and heal, "Go *teach*. *Teach* all nations." Our work, my friends, is a *teaching* ministry. We may preach and we may heal, but along with all our preaching and along with all our healing there must be a steady, solid work of *teaching*, teaching the laws of physiology—how this body is made and how it runs.

Why, look here: suppose we're running a garage, and people are coming in all the time having their cars repaired, repaired, repaired. They may be wrecked, or they may be damaged because of the failure to put in oil or something else. If all we're interested in is making money, the more wrecks the better; the more damaged cars, the better. But if we are really interested in the *welfare* of our neighbors, will we not try to help them learn how to avoid so many repair jobs at the garage? And let me tell you, friends, the difference is this. You can get new valves for your automobile. You can get a new engine. You can buy a new car. But the parts of the body are not so easily replaced. And the body, as a whole, is not replaceable, period.

You have one life, just one, and oh, what a precious life it is, bought with the blood of Jesus! The cross of Christ is *stamped* upon you, as it were. Oh, how valuable you are, how valuable you are! God help us, my friends, to appreciate our privilege to be well ourselves, and to learn how to help others to keep well. And remember what I read you last Friday night—it is more important "...to know how to keep well than [it is to know] how to cure disease" *Medical Ministry*, page 219. Very few people actually *believe* that, but nearly everybody would admit if you would ask them, "Why sure, that makes sense." It *does* make sense, so you and I ought to be giving our *major* attention to where the major *need* is and where the major *opportunity* is and that is in prevention and health education, not neglecting the sufferers of course, but trying to help people to *keep out of* the wrecking yard.

Now I come back to this thing of this transplant surgery, taking out *old* hearts that are about ready to beat their last, and putting in another heart. I was interested in what this week's *Newsweek* says:

"The era of human heart transplantation is here. But is it a race to save human lives or to garner glory? Five such operations have now been performed in as many weeks with no assurance that any patients would survive" *Ibid*.

But people will go through it anyway, won't they? Ah, friends, if we could just get *half* the attention that *this* is getting in the newspapers and the magazines and the TV and the radio. If we could get just *half* that much attention directed on what will *prevent* it, we could benefit *millions* instead of five.

Now I want to show you *God's* plan for transplants. Turn to Romans, the 12th chapter, verses 1 and 2. *God's* in the business, but He doesn't put you under an anesthetic on the operating table to accomplish His purpose. Romans 12:1-2:

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service" Romans 12:1.

Present your what? Your bodies. He's dealing with physiology here. Notice, friends, what He is anxious for us to be is not a *dying* sacrifice, but a what? A *living* sacrifice. Now watch the next:

"And be not conformed to this world..." Romans 12:2.

What's 'conformed' mean? Made like it, shaped into that same program. Do you know *why* God does not want us to be conformed to this world? Because this world is on the death road, my friends, and God wants us to *live*. He says, "I want you to be a *living* sacrifice, not a *dying* or a *dead* one." The wages of sin is *death*. You can break the law by nervous tension. You can break it by overeating on a fat-rich diet. You can break it by lack of exercise. You can break it by smoking or taking other poisons. You can break it in any or all of those ways, the law of nature, which is the law of God. And in any case, friends, the wages of sin is what? Death.

"There is a way which seemeth right unto a man, but the end thereof *are* the ways of death" Proverbs 14:12.

Why yes. You know, I don't think of myself as very old, but when I started out as a medical evangelist, friends, a lot of people thought it didn't make any difference whether you smoked or not. And really science had very little in those days, compared to what it has now, to prove that tobacco would even shorten lives. I remember years after I was starting to give health lectures, when Dr. Raymond Pearl of Yale University came out with the first statistic showing that the use of tobacco had some effect upon the shortening of life. But today, practically *everybody* knows about it. The wages of sin is death.

"And be not conformed to this world..." Romans 12:2.

In other words, as Phillip translates it,

"Don't let the world around you squeeze you into its own mold..." Romans 12:2, *J. B. Phillips New Testament*.

In smoking tobacco, in the way the world eats, in the way the world lives, in the way the world thinks, don't let the world shape you into its mold. Why? Because it leads to death. All right, now instead of that:

“And be not conformed to this world: but be ye transformed by the renewing of your mind...” Romans 12:2.

In other words, friends, get a heart transplant up here. That's where people need it, up here in the skull instead of down here in the chest. I'm telling you the truth, friends, this is where the change needs to be made. Be transformed by the renewing of your *mind*. Can that be done? Oh yes, thank God. But God's plan in doing it, watch the point, is not to wheel you into the surgery and put you to sleep and open up the skull and pull out the brain that's in there and stick another one in.

Now do you know a lot of people that would like to have that done? Yes, they would. Even if it costs them some pain and a lot of money, if they could just be wheeled in there and get *everything* adjusted in there so that they'd *never* have to worry about bad habits any more... Wouldn't that be nice? Wouldn't that be nice?

Well, that isn't God's program.

“...Be ye transformed by the renewing of your mind...” *Ibid*.

In other words, friends, the way we *think* has to be changed. The way we *think* has to be changed. Eventually, as I brought out to you a week ago, people will do what they *want* to do, what they *like* to do. And you know, with all this marvelous information available from the highest authorities on the effect of smoking and the effect of lack of exercise and the effect of this high fat diet, how many changes are being made in the American way of life? Some, to some extent, but *by and large*, have the tobacco stocks fallen very much? Oh no, they're going up. Has the cigarette consumption gone down? It did a little a few years ago and then climbed again and again and again and again until now every year there are millions more.

What's the matter, friends? The *mind* must be transformed. The *mind* must be transformed. And if your mind has already been changed, if it needed to be changed on this tobacco question, there's plenty left for you to work on! [Elder Frazee briefly laughs] Have you learned to love exercise? *Every* day, is it a part of your life? Have you learned to love a *simple* diet? Can you say when a proper amount has been taken and the hostess presses you to take some more when you know you've really had enough, can you say, “No, thank you” and smile and really *mean* it? Or is there just a little something about the way you say it that the hostess knows that you're hoping so much that she'll press you a little further so that, for courtesy's sake, you will *have to* accept?

Do you see what I mean, friends? I say that *nearly* everybody has *something* to work on in bringing his life in harmony *just* with these four things. This isn't all there is

to health, but these are four things that medical science has found bear directly on this coronary attack, this heart disease problem. Do you see what I mean? This is America's number one problem.

Well, now how do we get our minds changed so that we *love* to do the healthy way, and so that we don't *like* to do the way that leads to sickness and death, not merely because we're afraid we might get sick, but because we *love* the better way.

Let's turn over to 2 Corinthians, the 3rd chapter and the 18th verse, and I want you to see this *wonderful* statement. Here the scripture gives us a *fundamental* rule of human thinking and action. 2 Corinthians 3:18:

“But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, *even* as by the Spirit of the Lord” 2 Corinthians 3:18.

Who changes us? The Spirit of the Lord changes us. I want to tell you, friends, *all* the instructional efforts of *all* the different agencies, and God bless every one of them that is trying to change the habits of the American people to bring them where they ought to be, but *all* of them put together will never change the habits of this generation to any appreciable extent. There is nothing but the Spirit of God that can really change men so that they will act right when they have been under the control of the *indulgent* habits that we see all around. It takes the Spirit of God to do it.

But, notice that He does it as we *what*? As we *behold*. What does ‘behold’ mean? It means ‘to look at.’ If we will look at Jesus and His wonderful love for us, if we will see Him first of all as the Creator who made us in His image, then the Law-giver who directed how we should live, then the Redeemer who gave His life when we had broken that law, the interceding Priest who is praying for us at the mercy seat today, the coming King who is soon on His way to carry us to the land of eternal health, if we can see Him, friends, as Creator, as Lawgiver, as the sacrificial Lamb, the interceding Priest, and the conquering King, we shall be so *filled* with that vision of His love for us and His plan for us that anything that would interfere with His plan and disappoint His love will seem to us *unthinkable*.

This is the power, my friends. The Gospel is “...the power of God unto salvation to everyone that believeth...” Romans 1:16. Give health lectures? Yes, but remember, friends, there's got to be some *power* connected with our teaching or else much of it is just labor lost. There's got to be some *motivation*. The dear people who are struggling with these habits, whether it's the cigarette habit or the overeating habit or the eating-between-meals habit or the worry habit, all these people have got to know there is *power* in Jesus and that the Gospel is “...the *power* of God unto salvation to everyone that believeth” *Ibid*.

I read you last week this very interesting statement from this Life Time report. This one was from Dr. Wilhelm Raab of the University of Vermont Medical School:

“Prevention of heart disease requires will power to eat properly, exercise properly, and to abstain from smoking. As patients, however, we are generally more attracted to *pill* power than to *will* power.”

There you have it. Now, friends, I want to spend a little time with you tonight on this important matter of *will power* as it relates to this thing because I hope every one of you here tonight is already, or will be, a medical missionary, a medical evangelist; and if you like the term better, a health educator—somebody that is going to help somebody else.

Why, friend, if somebody were drowning in the lake here, there're many of you, you'd just *rush* right in there, even though the water is icy cold. You'd have your coat off and be down in there *wrestling* with that drowning person and getting him out, wouldn't you? This is not nearly so *glamorous*, so *spectacular*, but I want to tell you there are literally millions of people today, that unless somebody can get to them with the *Power*, they're going over the precipice along with these *millions* of others from coronary heart attacks, strokes, and all that goes with it.

Ministry of Healing, page 176. Oh, I love this book, *Ministry of Healing!* I appreciate it more and more. It was written just shortly before I was born. It's the only textbook I studied at the medical college that hasn't gone out of date, friends.

“The tempted one needs to understand the true force of the will. This is the governing power in the nature of man—the power of decision, of choice. Everything depends on the right action of the will” *Ministry of Healing*, page 176.

What was it Doctor Raab said most people want? *Pill* power instead of *will* power. And actually, friends, I'm sure there are millions of people tonight that are expecting that science is going to come out, one of these days, with some pill that you can swallow and keep on eating the high-fat, high-sugar diet, and it will keep you from getting atherosclerosis. Don't you know they are? There are millions of people that are going on smoking, hoping that science is going to discover some *pill* that can be taken and that will neutralize the effect of nicotine and all these other things.

God help us, friends! What a devil's world we're in. It's the same old lie that he started with back there in the Garden of Eden. “...Ye shall not surely die” Genesis 3:4. “Go ahead and eat what God told you not to eat. You won't die; you won't suffer; you'll be all right.” And on the radio and on the TV, “Eat what you want, drink what you want, and take some powders or pills or something; you'll be all right. You'll be all right.”

But what we need is not more *pill* power but more what? *Will* power. Do you know where that comes from? It comes from *God*. But friends, God has a way of *giving* you will power. Do you know what it is? I'll tell you what it is. It's letting Jesus come

into your heart by a full surrender and then believing in Him enough to use what will power He's already given you. Don't forget, He's not going to run a heart transplant. He's not going to put you on the operating table and open up your brain and put in a stronger will there instead of that weak will you have.

Anybody here tonight have a weak will? Well, if you've ever tried to break some of these habits, you've found out, most of you, that you have a weak will. Am I right? Whether you've tussled with cigarettes or eating between meals or eating late suppers or overeating or a lot of these commercial sweet things that make the blood sticky or if you've just been wrestling with the problem of worry, fear, anxiety...

Come now, friends, what are you going to do with that weak will? Listen. Give it to God. Ask Him to come into your life and fully take over, and then start *using* what will power you have. Do you know what will happen? It will grow by exercise.

"Oh!" you say, "but that's the trouble. It just hurts."

Why, of course it hurts! Any muscle that hasn't been used very much, if you start using it, do you know what will happen? It'll hurt. It'll hurt. But that's all right. Go right ahead. Oh, you may need to rest a little. Thank God, we don't have to keep our will power alert and using it 24 hours a day, do we? We can lie down and sleep at night. That's one thing sleep is for—it's to give the mind a rest.

But I want to tell you something, friends, if when we kneel down at night we kneel down in a full surrender with our sins confessed, we can go to sleep committing our will to the *great* Caretaker; for we'll need it the second we wake up, whether it's at midnight or at six o'clock in the morning. Every time the mind awakes, the *will* should be alert, right on duty. Am I right? Oh yes. There are a thousand temptations waiting for us night and day.

But Jesus says:

"For I the Lord thy God will hold thy right hand..." Isaiah 41:13.

"Call unto Me, and I will answer thee..." Jeremiah 33:3.

"Everything depends on the right action of the will" *Ibid.*

I like this wonderful statement in *Desire of Ages*, page 466:

"The expulsion of sin is the act of the soul itself. True, we have no power to free ourselves from Satan's control; but when we *desire* to be set free from sin, and in our great need cry out for a power out of and above ourselves, the powers of the soul are imbued with the divine energy of the Holy

Spirit, and they obey the dictates of the will in fulfilling the will of God" *Desire of Ages*, page 466.

Let me illustrate it for you if I may. I wonder if there's a little boy here tonight that's six years old. Is there any little boy here tonight who's six years old? I'd like a six-year-old boy if I can find him. Nobody here is six years old. Well, I'll settle for five years old. Is there a five-year-old boy here? Okay, would you come up here, son? Thank you. What is your name?

[Boy's reply is inaudible.]

Lineal. All right, Lineal.

Now let's see... Brother Long, will you come here please?

Now I want to ask you something. Can this little boy say *no* to this big man? Can this little boy drive this man away? Suppose this man were going to hurt this little boy, he isn't of course, but suppose he were, can this little boy stop him? What do you think? [Audience responds: No.] Why no, of course not.

Elder Frazee says to the little boy, "Don't be afraid. I'm stating what's obvious. I'm not going to catch you with anything."

To the audience: And now I want you to stop and think about it.

To the little boy: You stand right here, Lineal. Stand here and look at this man, will you?

To men in the audience: Brother Dahl, will you come here and stand with me? Doctor, will you come here and stand with me? Come, Wayne, stand with me. John, will you come here and stand with me? [There are now four men standing with Elder Frazee.]

We're going to back this boy up. If we need some more help, we can get *it* too.

Now Lineal, if you'd tell this man to go away and he knew that all of us were just right by here to help you, what do you think he'd have to do? [Elder Frazee repeats the question.]

"I don't know." [little boy's response]

You don't know. [Laughter] What does the audience think? What do you think he'd have to do if Lineal told him to go, with all of us backing him up? [Audience responds: He'd have to go.] Why, he'd have to go, wouldn't he? As we'd say, if he knows what's good for him. [Laughter] But listen, friends, every time some poor little

child of God down here in this world tells the enemy to go, he has back of him, not five *men*, but legions of *angels* and *all* the power of heaven. Am I right? Thank you.

But let me ask you something, friends, what do *all* those angels and *all* the power of heaven, what does it all *wait* for? It waits for the decision of the individual. That's why the will power is so important. It isn't that your will power by itself is big enough to meet the enemy or to overcome these habits that have gripped you all your life. Oh no, friends, no. But God in heaven *waits* for the decision of your will and if you will put your *will* on the side of God, then God is on *your* side and Satan *has* to give in. You're to go right ahead and say, "No, I'll not touch that cigarette. No, I'll not eat more than is good for me. No, I'll not lie in bed when I ought to be up exercising. No, I will not surrender to fruitless worry that just worries, worries, worries, worries. I will get down on my knees and *pray*, and believe that God hears my prayer."

We must learn in a practical way the force of the will in dealing with these four great problems of smoking, diet, exercise, and worry. These are the four great things in this heart problem. The *will* is vital in all four of them. Pill power won't solve any of them. *Will* power, sanctified by the grace of God, will solve all four of them, friends.

Isn't it wonderful to have them all lined up here like this? One bullet fired by the right man at the right time will shoot down all four of them at once. What we need to understand is the true force of the *will*. Ah, friends, talk about our weakness? Talk about the Devil's power? Not so! It's true the Devil is strong; it's true we are weak, but we have back of us *all* the armies of heaven. But they *wait* for us to give the word. They *wait* for us to make the decision.

Where is your decision tonight? Is it on the side of faith and obedience or on the side of weak-kneed indulgence? Where is your *choice* tonight? Is it on the side of law, physical and spiritual, or is it on the side of rebellion? Rapidly, every soul in this world is making his choice. This issue over heart disease and the things that cause it, this is merely one of *many* issues, *all* of which focus on the one thing of *loyalty* to our Creator, or rebellion, friends.

And so the message tonight is:

“...Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made...” Revelation 14:7.

...That made *you* and your neighbor and your friends. I'm so glad that the One that made us thought enough of us, friends, to give His *life*. When you and I, through our forbearers, had *sold out* to the enemy and this world was ranged on the side of rebellion, Jesus thought enough of it that He left His home in heaven and came down here to *give* His life so that you and I could have a chance to come back and join with Him in loyalty. Let's let Him know we appreciate it. What do you say?

Now we are to be transformed, not by having these hearts in our chests cut out and somebody else's heart sewed in; not by having an operation up here in our skull. We're to be transformed by what? The renewing of our mind. And that comes by what? By beholding. As we behold God's great plan, His life, His law, His love, our spirits are stirred to cooperate with Him. Let's give Him the time this week to make us more like Him. And remember, the thing that's got to be enlisted in this is *what?* The will. Not pill power, but *will* power. And the will is strengthened by *what?* Exercise. But remember, all the exercise in the world is not enough without God. The Devil will just laugh at all our gymnastics of the will unless we are connected up with the powerhouse of heaven.

So tonight the great question is, "Where is your will? Is it allied with God, with heaven, or is it allied with the enemy?"

May I ask you a question, friends? How many of you (don't look at anybody around you, but look at yourself), how many of you are determined, by God's grace, that God shall have *your* will, all there is of it? It may be little. It may be weak. It may be puny. You may think it's not big enough, but will you give God what you have? How many of you will say, "All my will is Yours?" Thank God, my friends! That makes Jesus happy. That makes Him *wonderfully* happy. Let us thank Him.

[Elder Frazee begins to sing, *All to Jesus I surrender*, and the audience joins in.]

Now before we dismiss, I want to speak especially to two classes of people here tonight. There's somebody here tonight that's struggling with some of the habits we've spoken of this evening or some other habit that's dragging you down. If tonight you see how you're going to get help, fine. But if there's somebody here that's troubled with some habit, whatever it is, and you need some special, personal help, we'll be glad to help you. I hope everybody leaves this chapel tonight as a conqueror.

Now the other question. There are people here tonight that if they open their ears, their hearts, they'll hear God calling them to put their lives into the work we've been studying about tonight. Suppose you knew that during the next five years, you could make a million dollars, and I should invite you instead to be a medical missionary. Would you be willing to leaving that million dollars to be a medical missionary? I say it would be worth it. I say it would be worth it.

And one of the greatest needs in medical missionary work today is to learn how to help people with the problems I've been studying with you tonight. And it's a science and an art, friends. You can learn it. No, I hope that in somebody's heart here tonight, there is awakened the thought, "I will put my life into this thing of trying to solve America's number one health problem. I'll put my life into this thing of working with God to solve the biggest problem of America today in health lines."

God has a program. He needs *you* to learn how to reach others with the program of prevention, health education, and problem solving that will keep them from an early death and give them, along with it, hope of eternal life. If that strikes an

answering chord in somebody's heart here tonight, come up and talk to Brother Wayne Dahl, our educational director, or with Dr. Weir. They'll be glad to talk with you.

Now, dear Father, dismiss us with Thy blessing. Keep our wills on the side of heaven, and as we go out from this meeting, may it be with a sincere love in our hearts for those around us who are struggling with these habits and may we reach out to them a helping hand and *assure* them that the Gospel is the power of God unto salvation. We ask it in Jesus' name, Amen.

God bless you, every one. See you next Friday night.

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