

# Help Finish the Work

Sermon #0631  
1968

Study Given by W. D. Frazee—January 12,

“He that winneth souls is wise” Proverbs 11:30.

That is what the wise man says. The wise man is the one who chooses soul-winning. That is his lifework. It takes wisdom to win souls. To win some we must be winsome. “He that winneth souls is wise.”

“And that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars forever and ever” Daniel 12:3.

Hollywood stars soon fade. God’s stars shine through eternity. Now in our last vesper service we were studying about the high privilege, the exalted honor of being an ambassador for the King of kings. Tonight we will study it from a different angle, but it is the same subject. The glorious call of this hour to help heaven finish here on earth the great controversy, to have a part in the last work.

In that setting I would like to read a sentence from the book *Counsels on Health*.

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work” *Counsels on Health*, page 533.

Then if you get in on the last part of the last battle you will need to be what? A medical missionary.

But it is not only the length of service that is dependent upon being a medical missionary, the breadth is equally important. Even if all lines of service were to continue right up to the end, there are many people that can be reached today only in the way that Jesus reached them two-thousand years ago.

Dr. David Livingston put it this way:

“God had only one Son, and He made Him a medical missionary.”

Why? Because there are two things that man needs. He needs to be reached by the love of God. He needs God reaching down to him, and he needs to be lifted. There is nothing that reveals love more than meeting a need. Usually there is no need that men are conscious of more than their physical needs.

It is true that the spiritual needs are deep and desperate. But there are millions who are not to conscious of that need. They may have a restless feeling of dissatisfaction, weariness, or hopelessness, but when a man has pain, he knows that. He is very conscious of it, there is one thing he wants. He wants relief, release from pain. There are other physical symptoms besides pain of course, but my point is God saw fit in the work, and mission of His Son Jesus Christ to meet the needs of suffering humanity.

Christ was not content merely to cure disease. He spent much of His time as the Scripture relates in preaching and teaching. Why? Because He recognized that it is not enough to merely heal disease, it is necessary to restore man to harmony with God, obedience to His laws. So to many of the afflicted ones that He healed, He said, Go and sin no more lest a worst thing come unto thee. Thus He recognized that disease is basically the result of transgression of God's laws, both spiritual and physical, and that lasting health, and lasting happiness can come only by restoring the individual to harmony with God and His laws.

So His work was not only to reach men, but to teach men. That is our work today if we follow His example. In doing that we do well to give diligent heed to this statement.

“The distinction between prevention and cure has not been made sufficiently important. Teach the people that it is better to know how to keep well than how to cure disease” *Medical Ministry*, page 221.

Do you believe that? There is a distinction between prevention and cure, and which is the more important? Prevention.

Yet my dear friends, over ninety cents of the health dollar in America is spent, at least on what is supposed to cure. It doesn't always do it. Less than ten percent of the health dollar goes for prevention. There are various reasons for this, but whatever the reason the result is not good.

Going back to the time of Jesus, leprosy was a great curse, a great affliction at that time. We see Him often laying His hands upon the loathsome leper, healing that dread disease. We see Him touching the blind eyes and restoring the sight to the sightless. Why was He dealing with those conditions? Because those were some of the greatest needs my friends.

May I ask you a question? How many have ever saw one person with leprosy in your life? If you as Jesus' representative, as heaven's ambassador are to deal with the greatest need in America today, it won't be leprosy. That is my point.

Do you know what it will be? Let me tell you something interesting. Just a few weeks ago I was visited with a physician friend of mine in Colorado. He told me that just a few days before he had been at a national convention of the academy of general practice. It was held in San Francisco.

There the doctors from over the country were listening to an address by a research specialist from the university of California on America's great epidemic at the present time. It is not Asian flu that he was talking about. It was coronary heart disease. Twenty-five million people involved in one way or another.

Heart disease is America's number one killer. It is more than a coincidence that looking down to this last generation, Jesus said, in Luke 21:25 and 26, that in this last hour of human history men's hearts would be failing them for fear, and for looking after those things that are coming on the earth.

Yes, heart disease is America's number one health problem. But I have speaking, of course this last moment, of the physical heart, this organ that pumps the blood. But it is just as true when we deal with the mind, the spiritual heart of man. There are more hospital beds devoted to the care of mental and nervous patients in America than all the rest of the conditions put together.

Now let's look at these two things then, coronary heart disease, the physical heart, mental and nervous conditions, the spiritual heart. There we have two, and the two are more one than you might think. We have America's greatest need. If the great Physician, the great Medical Evangelist were here I wonder what He would be dealing with? No, I don't wonder friends, I know what He would be dealing with.

He would be dealing with America's number one problem, not to the exclusion of some of these other things like Polio, and Muscular dystrophy, and others that get the spotlight now and then, but my friends, these things are affecting millions where some of these other things hundreds or thousands, or tens of thousands.

Now Jesus never forgot, and we should never forget, that the great purpose of medical missionary work is to lead people at last to such an understanding of the character of God, such an appreciation of the love of God that they will long to live for Him and with Him, not only the brief span of earthly life, but forever. Soul-winning is the goal.

There are two great reasons friends, that in many cases ministry to the body must precede the complete salvation of the soul. One is prejudice must be broken down, stony hearts melted, and this is done through revealing love in taking an interest in what people's problems are. I have mentioned that. The second is equally important. You and I work with our hands, see with our eyes, hear with our ears, and we think with our brains.

The brain is a physical organ just as real as any muscle or gland. It is nourished from the blood just the same as the liver, and the kidneys, and the pancreas are. What we eat today will be in the brain tomorrow just as truly as it will be in the heart, or in the lungs, or any other organ.

So we are what we eat, and drink, and breathe, mentally as well as physically. I mean by that that the power of thought is dependent to a large extent upon how our body is functioning. Good blood makes good brain. Don't misunderstand me, I do not mean that we can lift ourselves to heaven by physical culture, not in the least.

But I do mean that thousands and millions of people are by their habits of life putting their bodies, and therefore their brains in such state, that it is difficult of impossible for the truth of God to make much impression on their brain cells. That is the point.

So if we love men enough to seek to minister to their health, we will love them enough to not only seek to relieve their pain, but to change their habits of life. So that their bloodstream, and their brain cells may be in harmony with the laws of nature which are the laws of God. So that they can think straight, instead of thinking crooked.

Recently the publishers of some of America's magazines of great circulation, Time, and Life, have gotten out this special report on the healthy life. This is dealing with America's number one health problem, coronary heart disease. It has contributions from some of America's greatest medical authorities dealing with these problem.

But I was struck with the first set of pictures dealing with the four great causes of this awful epidemic. What do you suppose they are? Well let's take a look. The first picture represents a man in emotional stress. Tensions, stresses. The second is a rather overweight lady surrounded with all kinds of goodies to eat. That is number two. A fat rich diet leading to overweight and high cholesterol, which in turns leads to atherosclerosis, deposits in the arteries, which help to bring on these coronary heart attacks.

The third is a man riding around on a riding lawnmower. This picture is supposed to represent the third great cause of coronary heart disease which is lack of exercise. And along with it he is puffing a cigarette, and that is the next one, smoking.

Now these just happened to be pictured in this order. The order is not of significance. But I want you to think of these four great causes as given here. Remember friends this isn't a church paper. This is a report dealing with the facts on America's number one health problem put out by the publishers's of Time magazine and Life magazine. There they are. Emotional stress, a diet rich in fats and sweets, lack of exercise, and smoking.

Now in spite of the fact that these things are known to be contributing causes to this great problem, do you know that most of the time, and effort, and money that is being expended today dealing with the heart problem is being focused on such things as catch the headlines, like an operation the other day in South Africa, and another out in California in which they took a heart our of one human being and put it in another one.

I want to ask you something friends. I am not trying to discourage the men that trying to do something along that line, and what I say is not going to discourage them anyway. But I want to ask you something. How much do you think that approach is going to solve the problem of twenty-five million people in the United States alone? Are they going to have to wait until twenty-five million other people

die, so good sound hearts can be put in them? You see the utter folly of thinking that anything in that direction offers very much hope to very many people.

My dear friends, if you and I are to be medical missionaries we must have something simpler than that, and something more efficient, and effectual, and efficacious than that. What do you say? What is it? Why the answer is a plain, as the man says, as the nose on your face. It is to help people change these habits of life.

In other words, to quit smoking, to breathe pure air instead of polluted air, to change the diet so that it keeps the cholesterol and the blood pressure down instead of raising them. To change the habits of life so that time is spent out of doors in exercise instead of in doors all the while. And to enter into to an experience so that the tensions and stresses of life do not drive one to despair. That is all it takes.

But my friends here we are confronted with the great mystery. That is this. That millions of Americans that know the facts that I have just presented are continuing to smoke. Millions of Americans that know these facts are continuing to refrain from exercise. There is a picture of a man in here that uses his automobile every day to drive from his house to the mailbox. You wouldn't do that would you?

Millions of Americans that know the facts that I have presented are continuing to eat the diet which will pile up the cholesterol, build up the blood pressure, and make them coronary attack prone. Why my dear friends? Let me read it to you in the words of Dr. Wilhelm Roff of the University of Vermont, one of the greatest name in preventive cardiology today.

“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.”

Here you see is the struggle. Here is the problem. What can we do to help our friends and our neighbors want to change their habits of life so that they will live and not die so that they can run the race of life with joy instead of fainting by the way. To present the facts is not sufficient. There must be motivation supplied. This is where the medical missionary has his greatest opportunity.

There is just one facet of this great problem and its great answer that I want to focus your minds on for a few minutes this evening. It is very simple, my friends, but it is very important. People do at last what they want to do, what they enjoy doing.

Unless you and I can demonstrate in our own lives that there is joy in being free of tobacco. Unless we can demonstrate in our own lives that there is joy in a simple diet instead of the rich complicated diet that is making the heart attacks. Unless we can demonstrate that we enjoy outdoor physical exercise.

Unless we can demonstrate that we have found a way of life that even amid stresses and problems keeps us lifted above the level of nervous breakdowns, and stomach ulcers, I say unless we can demonstrate a way of life that has the right

answer in these four areas, we shall not be very successful in changing the habits of our friends and neighbors, and thereby lengthening their lives.

In other words, people will look at us and say, very well, do you do this yourself? They may not say it, but they watch you. They will. They are interested in two things. First, are you happy. You know to most people to be happy is more important even than being healthy. In a way I don't blame them, for after all, what is the point of being healthy? Is it not that we may be more happy? At least that is one important result.

So friends the first question is are you happy? And second, what makes you happy? There are a lot of people in America that think the way to be happy is to get some whiskey, or wine, or beer so that they can forget their troubles. There are many people that associate what relief and release they get with a cigarette. Do you really find a happiness, a pleasure in the way of life that is the opposite of what is causing these heart attacks?

I want to read you an interesting sentence.

"If walking is to become a habit there should be pleasant places to walk"

I got to thinking about that. I got to thinking of three ways to get people out of doors in physical exercise. One is by competitive athletics. If you can get people interested enough in beating somebody else it is surprising what kind of weather you can get them out in, and how long and earnestly they will use their muscles. Witness the battles on the football fields, and even the cheering fans who jump up and down in the grand stands, and use at least the muscles dealing with voice. They get a little exercise out of it don't they?

But you know, here is something interesting. In the very exercise involved in all that competitive athletics the tensions and stresses are going up, up, up. That is one way to get people out of doors.

Another way of getting people out of doors is just to appeal to their desire for physical development so that they will get out, and if walking is the thing, walk, walk, walk, what for? Well, for exercise. What is that for? Well so I will be in better health. A few people will do that, but I want to tell something friends, there is something better than either one of those.

There are two great wonderful reasons for getting out of doors and exercising. One is work, and the other is recreation. One is the accomplishment of a job, the enjoyment of mowing a lawn, or cutting down a tree, or hoeing corn when the right time of year comes.

The other friends is the joy of getting out on the trail and getting acquainted with the trees, the flowers, the birds, the mountains, the valleys, the springs. Those who have tasted and found that joy friends, they can forget all about how much good it is doing them, and they still want to be out there. After all friends, apples are wonderful medicine, but I don't eat them for medicine.

So tonight I am bringing you this challenge to study your own life experience. Look at yourself in the mirror, and ask yourself, do I really enjoy the way of life which would prevent ninety percent of the heart attacks in America today? Am I experiencing the benefits and the blessings? Do I enjoy fresh pure air instead of smoke? I suppose most people could pass that quickly and say, oh yes.

Do you enjoy the simple diet which keeps the cholesterol and the blood pressure down, and doesn't require you to get a new suit every year because the waist line is increasing? And third, do you really enjoy physical exercise out doors?

Every now and then when errands that I have to perform make it necessary for me to drive an automobile, I stop and I ask somebody on the campus if they want a ride. Sometimes they need a ride. But you know I get a real pleasure when somebody smiles and waves me along. I had the joy myself today of walking there from where I live on the Tennessee side of the place down to the sanitarium and back again. Beside that I had the joy of using the axe and the saw a bit. These things my friends, I know personally bring satisfaction and pleasure.

Yesterday we buried a dear friend. It was my joy shortly before the funeral to climb the cliffs, and there in the clefts of the rock find the spring flowers, and with them some beautiful leaves still lingering of the fall beauty. We put those together in a little bouquet and laid them on the casket. The beauty of the year that was. The beauty of the year that is to be.

Oh my friends, there are all kind of wonderful and beautiful things out there in nature calling us, beckoning us. So I suggest that if you have not already had your full of exercise, get it. If you must get it as medicine it will do you good. If you must walk merely to keep fit, walk. It will save your life probably. But oh, why miss the joy of it?

Why not have errands, somebody to go to help, or some place in nature on these cliffs or mountains that you want to get better acquainted with, trees, birds, flowers, as the seasons come and go. Or useful work in your yard with flowers or vegetables or trees. Something friends that engages not merely the muscles, but the mind. Something that links you with God, either in labor, or in relaxation of acquaintance and fellowship with nature.

Now some of you may think that this is a queer kind of sermon. But my dear friends, I think that this is very practical. I repeat that if Jesus, the Great Physician, the Great Medical Evangelist were here, I believe He would be dealing with America's number one health problem. We have come to a time when every one of His followers should take hold of medical missionary work.

Hydrotherapy is important, but I want to tell you something friends. Where you can help one person with hydrotherapy, you can help fifty with what I am talking to you about. That is not to minimize hydrotherapy at all. Remember it is better to know how to prevent disease, than how to cure sickness.

But do you know how to get people to do it? Do you know the habits that ought to be changed? But can you get people to change them? Incentive, motivation is the great thing, and your life, your experience is the thing that will determine it.

Now in closing. What was that first picture? Stress. Emotional stress. I want to tell you something friends. You can change the diet so that it is just right. You can take away a man's cigarette and pipe and give him the purest air to breathe. You can get him to exercise, and if his mind and soul are burdened and distressed, if he is in the rat race of worry and fear, he is still a long way from either health or happiness.

So the work of the true medical missionary is largely a spiritual work. The great prescription for the healing of all physical, mental, and spiritual ills is found in Matthew 11:28 where Jesus says:

“Come unto Me, all ye that labour and are heavy laden,  
and I will give you rest” Matthew 11:28.

I will give you rest.

Before we close, I want to ask you a question. Will you do something about what we have studied here?

You know friends, it is one thing to give your heart, when you know you are going to die, to be taken out of your body, sewed into somebody else's body so he can live a few days longer. It is not nearly so spectacular, but it is a lot more practical and helpful to give your heart in loving service in the lines we have talked about tonight day by day. What do you say?

Will you do it? Will you do it?

“He that winneth souls is wise” Proverbs 11:30.

“And that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars forever and ever” Daniel 12:3.

Thank God for the glorious privilege. You can have a part in it. There is a great need, the door is wide open. Your whole life can be devoted to this, and it will bring wonderful returns, here, and throughout the ages of eternity.

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