

Way of Health

#0974

Study given by W.D. Frazee—August 19, 1966

[Recording started in progress.]

...put before the public here by the doctors and others who are interested in heart disease—preventing it—and I want you to notice them. If you'll just pass this along, and each of you take a look at it, and then pass it on to the next one, and that way, pretty soon you'll all have a look at it.

You know, heart disease is the number one killer in the United States today. I was thinking of it this morning—trying to visualize it—suppose we had all the men in the United States over 35, and we had them all lined up here in one great row, like a row of soldiers—millions of them.

And suppose we should ask every other man to step forward—every other man. In other words, half of that great army of men over 35—*over* half of all the men in the United States past 35 will die of heart disease or a related condition. Think of it, friends, and most of it can be prevented. The large share of it is altogether unnecessary.

Well, you say, what does that have to do with a sermon Sabbath morning? Let's turn to the 16th Psalm, the 11th verse. Boys and girls that are looking at that text, and the older ones, too, tell me what the eighth word in that verse is. What is it? Life. What's the opposite of life? Death.

Now, notice what God desires to do and *does* do for those that let Him. David says:

"Thou wilt show me the..." Psalm 16:11.

What?

"...the path of life" Psalm 16:11.

What's the path of life? Well, that's the *way* of life, the way we live. If it's a path of life, there's life in it and it leads to life. The world, of course (many of them) are going in the other way.

Let's take a look at that over in Matthew, the seventh chapter. Matthew 7:13 and 14. Here we see the two ways:

"Enter ye in at the strait gate..." Matthew 7:13.

Jesus says. That means the narrow gate.

“...for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait...” Matthew 7:13-14.

Narrow.

“...is the gate, and narrow is the way, which leadeth unto life, and few there be that find it” Matthew 7:14.

So, nearly all the people of this world are walking in which road? The broad road. And it leads where? To death, but there are some who find the narrow way, and it leads to where? To life, to life. And so, David says:

“Thou wilt show me the path of life...” Psalm 16:11.

Well, somebody says, of course, I know that most people are sick or get sick and most people have a lot of trouble and all that. Nevertheless, I don't think it would be much fun to be in that narrow way. It's too narrow.

There are people, you know, that would deliberately go ahead and do the things they're doing, even though they know those things would kill them. They'd rather be happy for a few years than be miserable for a longer period of time, but let's go back to that 16th Psalm.

What God offers us in His way of obedience is not just continued existence. It's real life. Psalm 16:11:

“Thou wilt show me the path of life: in thy presence is...”
Psalm 16:11.

What?

“...fulness of joy; at thy right hand there are pleasures for evermore” Psalm 16:11.

So, it's not only a path of life, it's a path of joy, it's a path of happiness. Everything that God tells us is to make us happy. Everything that He counsels us not to do, is to keep us out of trouble. No exceptions. That's it.

Now, this picture that I'm passing around that you're looking at—that wasn't painted or inspired by Seventh-Day Adventists. The doctors who had that picture drawn were trying to teach people what to do to keep from heart trouble, because as I said, heart trouble is the number one cause of death in the United States today.

But, as I was looking at that picture, I was struck with the fact that most of the steps that are pictured there are taken right out of the Adventist way of life—a way of life that those who follow this message have been following for a hundred years. It's just a hundred years ago now that God was leading this people into a great program

that we call health reform. It's a way of life, and it's only in recent years that some of these medical findings have confirmed the importance of these things.

God's children have been following this way of life simply because through revelation we were told of this way of life—did it by faith. After all, friends, you can't find a better reason for doing anything than simply that the Lord told us to do it, can you. That's the greatest reason in all the world.

But God has reasons for telling us. He doesn't tell us things just to tell us, just to get us to obey because He said to. Oh, no. He has reasons for it, and everything He has instructed us concerning, has a bearing upon our physical life, our mental happiness and our spiritual joy and contentment, so I'd like to notice some of them this morning.

Now, somebody that's now looking at that picture, tell me what the first step on that stairway of preventing and dealing with heart trouble—what's the first thing? Periodic health examinations. I want to tell you something very interesting, friends. This message—the Seventh-Day Adventist message—is peculiar, it's unique, among the religions of the world in that it unites in a special way medical science and divine revelation.

Now, most religions pay little or no attention to health. You know that. Most religions are concerned with heaven, with God, and they're not concerned with what people eat or drink or how they live. I suppose one big reason for that is that most religions believe that man is an immortal soul and that this body is just a sort of a little house we live in for a while and we leave it and soar off in space to be with God. That's what popular religion teaches. Isn't it? And so, naturally, they think that what happens to this body doesn't make very much difference.

But you and I, studying the Bible—we find that when God made man, he made him of the dust of the earth:

“...and breathed into his nostrils the breath of life; and man became a living soul” Genesis 2:7.

We find that man himself is made of the dust of the ground—not merely his muscles, but his brain. The very brain cells we think with were made from the food we eat, which in turn came from the soil. Is that right? Well, that shows, dear friends, then, that what we eat, what we drink and how we live are going to affect how we think.

Now, my point is, as I say, Seventh-Day Adventists for a hundred years have been combining medical science—the study of the body, how the body works, how to take care of it—they've been combining that with their religion. In fact, it's been a part of their religion. I say, that is quite unique.

Now, there are a few denominations which maintain hospitals. The Catholic Church maintains many hospitals. The Baptists and Methodists and other denominations maintain hospitals, but those hospitals are primarily concerned with

the treatment of sick people, not primarily with teaching health as a part of religion. That's what I'm talking about.

Again, we have certain religions that have a great deal to say about health, but they're a long way from medical science. Christian Science is an example of that. Mary Baker Eddy, about a hundred years ago, was teaching what's now called Christian Science, but those who follow those teachings, while they have a combination of religion and health, as I say, it has nothing to do with medical science.

The people who follow Christian Science—they won't go to doctors, they're not interested in hospitals, they're not interested in medical science. They say that disease and sickness are all imaginary—they're not real. And so, they do not study anatomy and physiology, as you and I do and as is done in a medical college.

I might deal with other religions that have something to say about health, but not from a scientific standpoint. I repeat, we have in the Seventh-Day Adventist movement something unique in that medical science—the study of physiology—is actually combined with and is a part of the religion, and that is a most important thing, my dear friends.

I'll come back to that later, for it has a direct bearing on the ability to climb every one of those steps. But the first step, dealing with medical examinations, pinpoints what I'm speaking about—our attitude toward medical science.

We, as Seventh-Day Adventists—we respect medical science, not that we necessarily agree with what every medical scientist comes out with. They don't agree among themselves, many times, because they don't have all the facts. They're changing their ideas about things from time to time.

But *true* medical science is of this type. It is discovered—the knowledge of medical science—is discovered in the laboratory with experiments, sometimes on animals, and those experiments can be tried again and again and, if it's true science, they have the same results. Very well.

Now, what's that second step there? No cigarettes. Imagine that. Here's the American Heart Association coming out with this picture—this cartoon—sending out for the millions of Americans to see, and the second step is, No cigarettes.

Now, do you suppose the tobacco companies liked that? No, they didn't like that, no. They're spending millions—billions of dollars—to try to get people to smoke less? No. More. No. But here comes the medical science, and it says, If you want to avoid heart trouble, no cigarettes, and they weren't bringing that in as a part of religion. That's just a matter—do you want to live longer? Do you want to avoid a coronary—a heart attack.

But now, for over a hundred years, Seventh-Day Adventists have been teaching, in harmony with the Bible and in harmony with the wonderful revelations that have come to this people, what? No tobacco, no cigarettes, yes. Interesting isn't it? Yes.

And so, today, dear friends, there are thousands, I repeat thousands of people that owe their lives to the fact that they heard and accepted the Seventh-Day Adventist message, because the statistics show that hundreds of them, thousands of them, would have been dead already if they hadn't—on that *one* point of tobacco.

And, you know, here's the wonderful thing. We're living in the hour when the world is coming to Seventh-Day Adventists to hear the truth about tobacco and how to quit it. Our Elder Elman J. Folkenberg, now the head of our temperance department, with Dr. Wayne McFarland and other of our doctors—they have been invited to come here and there and yonder in various parts of the world to give this message on tobacco.

One of the most interesting examples—I heard of it and Elder Folkenberg himself was telling us about this. Up in Washington, D.C., the Roman Catholic Church Monsignor, one of the leading Roman Catholics up there, called on the telephone to our general conference office, and he asked to speak with Elder Folkenberg.

And when he got him, he told him who he was. He said, I have called to ask you, would the Seventh-Day Adventists come down to the Roman Catholic Church and help a group of Roman Catholics to quit tobacco, and Brother Folkenberg said, Sure. We'd be glad to help the Catholics on this point.

And so, they arranged a time, and for five nights, Sunday night, Monday night, Tuesday night, Wednesday night, Thursday night, the great social hall in connection with the Roman Catholic Cathedral was just jammed with hundreds of Roman Catholics, a number of priests were there, and they were all taking this five-day course in how to quit tobacco—how to quit tobacco—taught by the Seventh-Day Adventists, introduced as Seventh-Day Adventists. Wasn't that wonderful? Yes.

Well, why did they come to Seventh-Day Adventists? Why, they recognized that this people have a program—a way of life—that's different from that broad way that's leading thousands down the road to heart disease. Do you see, friend? Wonderful.

The Jews up there in New York City—they came to Elder Folkenberg and they said, We'd like to make arrangements for you to go to our women's clubs all over the country and put on this program in every one of our women's clubs all over the country. That's one of the Jewish women told him that.

So, you see, the Catholics, the Jews, and other groups that I might mention—they are respecting Seventh-Day Adventists because God's remnant church have the light on this tobacco question. Do you see, friends? Isn't that wonderful. All right.

Now, let's see, where's that picture again? What's the third step, Ralph? Normal weight. Oh, normal weight. That's interesting, isn't it. Well, some people would say, What's that got to do with the heart, and what's it got to do with religion? Well, it has quite a bit to do with both—quite a bit to do with both.

You see, folks, the heart has to pump all the while to keep the blood flowing all through our bodies, and the more we do, the more it has to pump. Now, a certain amount of exercise is good for the heart, but every time we add a pound of surplus weight, we increase by several miles—miles, I said—the amount of work that the heart must do in pumping blood. Besides that, we increase the weight that the body must carry around.

Let me illustrate it this way. Suppose that you're going to walk home today—some of you live just a few hundred yards, and some of you live several miles, but suppose we're all going to walk home today, but suppose that just as you're about to start out, I give you a 50-pound sack. Might be a sack of flour or a sack of sugar or a sack of potatoes, but anyway, it's a sack of 50 pounds, and I put that on your shoulder and I say, Please carry this home.

So you start out walking with that 50 pounds. Does it make any difference? Oh, yes—oh, yes. It makes a lot of difference—a lot of difference. Even a 25-pound sack carried on your shoulder a few miles would increase the effort and the strain necessary, wouldn't it. Yes.

Now, imagine carrying around 25 pounds, 50 pounds, 75 pounds, all the while—all the while. So, for the two reasons I've mentioned, this is an important thing—dealing with the heart.

Now, what does the Bible say on this subject? I wish you'd turn to Philippians and see something very interesting here in this little book of Philippians. Philippians, the fourth chapter, and the fifth verse. Philippians 4:5—and will the boys and girls please tell me what the third word is. What? Moderation. I wonder what that means.

Well, moderation means to know when to stop and do it. That's the thing. Moderation means we don't drive down the highway 80 miles an hour. That wouldn't be moderation. And on the point we're studying right now, moderation means that we can sit at a table filled with all kinds of good food and know when to what? To stop. That's moderation—that's moderation. So, the Bible teaches moderation. All right.

Now, let's go over to the Gospel of Luke—the 21st chapter of Luke—and we'll see what Jesus' advice to the last generation is. That's where we are. Jesus is about to return again, and let's see what He says, and you'll notice He's talking in the 25th and 26th verses about our time, as a time when men's hearts are failing them, and here He puts His finger now, in the 34th verse, right on the point:

“And take heed to yourselves, lest at any time your hearts be overcharged with...” Luke 21:34.

What?

“...surfeiting...” Luke 21:34.

What's surfeiting? Why, surfeiting is overeating. That's all it is—just overeating. And so, the doctors have put their fingers right here on this point—normal weight, if you want to avoid heart trouble. Jesus told it to us 2,000 years ago, and if we follow the Adventist way of life, we're going to have health insurance that, instead of costing money, saves us money, for doesn't it cost less to eat moderately than it does to overeat? Doesn't it? Sure, every way. All right.

Now, what's this fourth step here? Oh, by the way, I had another verse I wanted to give you on this last point. Turn over to Ecclesiastes, the 10th chapter, and the 17th verse. This is wonderful—Ecclesiastes 10, verse 17:

“Blessed art thou, O land, when thy king is the son of nobles,
and thy princes eat in due season, for strength, and not for
drunkenness!” Ecclesiastes 10:17.

Now, here's the way to be blessed—and that means happy. Here's a way to be successful. What is it? Well, eat when? In due season. What does in due season mean? At the right time. Now, one of the great causes of overweight today is that people are eating all the time—these snacks, as they call them—just eating.

And many of the things that people eat in between meals have the direct effect, if a person has a tendency in that direction, to put on weight—candy, peanuts, soda pop, ice cream—just to hear that makes some people hungry right now I'm sure, but it's the way appetite gets educated, you know.

Now, this says the way to be happy is to eat when? In due season, but if you're not used to that, you say, Oh, my, I couldn't be happy saying no. When I see something—when I see a piece of candy, when the candy's going around, why, I couldn't resist it. I want it. Yes.

So the way for me to be happy is to eat any time I feel like it. No. The Bible says that isn't the way to be happy. The way to be happy is to eat when? In due season. There it is, right in the Bible. And to eat, what for? For strength. Oh, yes. There's a way to eat for strength. When is it? To eat at the right time, and not for what? Drunkenness.

You know what eating for drunkenness is? Eat just for the effect. That's the reason people drink, isn't it. They just drink because they say it gives them a good feeling. Well, it's a make-believe good feeling, but a man that's had a few beers or a glass of wine—he thinks he's wonderfully happy. Other people that are sober look at him and listen to him—they think he's wonderfully foolish, don't they. Yes. But he's having a good time, so he thinks.

Well, my point is, Solomon says you can get that effect by eating, as well as by drinking, and that's the truth, if we were going into all the physiology and chemistry of it this morning. My point is this. The Adventist way of life, the Bible way of life, is to eat for strength, not for drunkenness, and to eat at the right time. All right.

Now, what's our fourth step here in the doctor's list of steps? What does it say? Anybody can see it? What? Something about exercise, that's right, Don, and it says, Regular exercise—regular exercise. What's that got to do with the heart? Why, it's this, my dear friends. Watch this point. This is most interesting.

The heart pumps the blood out, but how is the blood going to get back? It has to make a circuit. It's coming in and going out, coming in and going out. Watch. The heart can pump the blood up to my heart. Then pumps it clear down to my toes. But how's that blood going to get back from my toes, way back up the legs and clear back up here to the heart?

[Audience: Blood vessels] Yes, there are blood vessels there, but what's going to supply the power to push it back up? Exercise has a stroking, pumping action on all those blood vessels, and in the veins there are little valves that have—if the blood goes a little ways, then it can't get back, goes a little farther, another valve takes it. Well, what's going to push it up from one valve to the other? Why, every time you take a step walking, your muscles contract, expand, contract, expand, contract and expand, and that's just stroking those blood vessels and pushing the blood along.

That takes a terrific amount of work off the heart. By the same token, the person who simply sits at a desk or sits at home or sits in school or just sits anywhere—just sits—you know, just sits—sits in a car, in an automobile, or an airplane—wouldn't make any difference where—the person that spends most of his time sitting—you can see he isn't getting very much help from exercise, and the heart has to take the brunt of it, you see.

And so, the doctors are giving us a fact of physiology here—and remember, these folks weren't Seventh-Day Adventists—they're doctors that know how the human body works—regular exercise. And why regular? Well, the heart has to beat regularly, and if all I do is play golf on Sunday morning, what's my poor heart going to do the rest of the week? I need regular exercise several times a day and every day—every day.

Billy Graham—a few years ago, he was having sickness trouble. He had to cancel one of his big evangelistic campaigns because he wasn't functioning well. His heart wasn't acting just the way it ought to. And a good doctor got hold of him and put Billy on a program of regular exercise, and now Billy Graham, every day you can see him, if you're around where he is, running around like a race horse practicing on a track, you understand. Yes. Billy Graham.

And some people say, you know, I just don't have time to exercise. Well, if you didn't have any more to do than Billy Graham, you'd have time, wouldn't you. Some folks would think they were busy if they had to follow him around.

He has a lot to do, but he knows the busier he is, the more he needs to be in good health and strength. And so, for the sake of his work, for the sake of his mission, he's taking the time to exercise.

There is no gimmick yet been invented that can take the place for you and me of using our muscles. There's no pill you can take that will do for us what just walking briskly down the road or up a mountain path will do for us. So, let's rejoice in the way of exercise that God has given us.

And is that a part of the Adventist way of life? Oh, yes. You can read *Ministry of Healing*, *Adventist Home*, *Child Guidance*, half a dozen other books, and there you'll find that *long* before these things were studied out and written out, like we're studying here this morning, we were told of the benefits of getting out in the garden and exercising, and parents taking their children with them on nature walks, like Wayne told us a little while ago. We're getting physical blessings, in the garden and out on nature walks, and outdoor exercise has far more benefit for us than indoors.

Now, I want to show you something very interesting about the relation of these two points here of normal weight and regular exercise. The more people exercise, the more it's easier to keep a normal weight. On the other hand, the more overweight people get, the less inclined they feel to what? To exercise. You see, the two things go right together, either uphill or downhill, on the good side or the other side.

Well, now, here's this next one, and what does that say? Less saturated fats. I wonder what that means. What in the world do doctors put that in there for? Less saturated fats. That's a chemical term. But the saturated fats, when they're eaten in larger amounts, they put a coating in the blood vessels that brings atherosclerosis—the cholesterol in those saturated fats produces that effect.

Now, the important thing that you and I want to remember—we may not know all that chemistry—is that those saturated fats—they come largely from animal sources. The people that eat pork, bacon, ham—they're getting plenty of it—it just runs right out. And the people that eat any kind of animal fat—beef fat, mutton fat, any kind of fat—do you remember the Bible told us, long before any of this was discovered, that people, even that eat meat, shouldn't eat what two things about the meat? The blood and the fat.

And some people would think, Well, why not eat the fat. That's good—that's good. Eat the fat. That's wonderful. No. It's responsible for a lot of the atherosclerosis that narrows down the size of the blood vessels and makes the blood sticky, harder to move through it, so the heart has smaller vessels to pump the blood through and the blood is harder to push through it. No wonder the poor heart gives up under the strain.

Well, we could spend a lot of time on diet this morning. My point is, the Adventist way of life settled that a hundred years ago for people that would listen, and so Adventists that follow the Adventist way of life—they're not going to have a lot of atherosclerosis. All right.

What's the next one? Control blood pressure. Yes. Control blood pressure. And most of these things we've already studied have a bearing on blood pressure,

but I want to tell you this morning, friends, one of the great things that has to do with blood pressure, and the doctors will tell you the same thing, is the state of mind.

Go here to Luke 21 again. Jesus puts His finger right on it. Luke, the 21st chapter, and the 26th verse. What does this say makes heart failure?

“Men's hearts failing them for...” Luke 21:26.

What?

“...fear, and for looking after those things which are coming on the earth...” Luke 21:26.

Tension, worry, strain, and there never has been a generation in all 6,000 years that had as many tensions and worries and fears as this generation, and nearly everything in life has that effect.

A doctor was talking to some patient that he was trying to bring his blood pressure down, and he told him about his diet—to cut out these animal fats—and he told him about cigarettes—he must quit that—and that he must get some exercise.

And so, the fellow—he went out and played golf and the doctor was getting after him about it, and he says, Yes, you get out there on the golf course and you place a bet with your partner and you come in now with a higher blood pressure than you went out with because you're under that strain.

Even in recreation today, people want something that peps it up. They want competition, they want eating and gambling or in some way that makes it exciting. But listen. Do you know what excitement is doing? Excitement is raising the blood pressure—raising the blood pressure.

Some medical research men went into the grandstands at a big football match. Now, you know, down there on the football field, those fellows that are working there and tussling with one another—their blood sugar rises to give the body the necessary fuel with which to produce the energy to do the work.

But these researchers went into the grandstands, and there they took blood samples from these young people that were watching the football match. They weren't out there actually doing anything. They were just up there all excited watching the football match.

What did they find? Their blood sugar was up, too. Sure. Excitement. Well, somebody says, Sure. That's the way to have fun. Is it? Is that the way to have fun—to put the whole body in a tension, tension, tension, tension? Somewhere along the line, my friends, something happens. A friend of mine clipped this from the *Saturday Evening Post* and gave it to me.

“This is the age of the half-read page, and the quick hash and the mad dash, the plane hop, and the brief stop, and the heart strain and the heart pain, till the spring snaps, and the fun's done” *Saturday Evening Post*.

That's what's happening in the world today. Quick, exciting things, one after the other [snapping fingers], and finally, a coronary and another statistic. All right.

Control blood pressure. How you going to do it? Instead of trying to make everything exciting, learn how to get peace in your life so you're not panting and hungry for excitement all the while.

Do you know why people are hunting for excitement? They are unhappy. That's why. That's what Jesus says:

"Men's hearts failing them for fear..." Luke 21:26.

Now, let's see—let's see the Adventist way of life, the Christian way of life, on this. Turn to Matthew, the 11th chapter, and the 28th verse—Matthew 11:28. Now, you boys and girls, tell me what the last word of this verse is. What is it? Rest. That's the opposite of tension, worry, fear, anxiety:

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

And this is not necessarily inactivity. This doesn't necessarily mean lying down on a bed and doing nothing, because His very next words are:

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light" Matthew 11:29.

God is not running a taskmaster program. If you work *for* God and *with* God, He's not going to have you under the lash, and just be spurring you on all the time, do more and more and more and more and more and more, until you wear out. Oh, no. He says:

"My yoke is..." Matthew 11:29.

What?

"...easy, and my burden is light" Matthew 11:29.

That doesn't mean being lazy. It just means being restful and happy, and we'll get more done that way because the dear people sleeping in the cemetery aren't accomplishing very much, my dear friends. And the people that are lying in the hospital because their doctor has said, You've had one coronary and if you get another it's good-bye. You just lie there. They're not getting very much done. Are they? Ah, no, friends.

The way to be happy is to learn God's program—His way of life. So in eating and drinking, working and resting, and especially in this matter of freedom from worry and tension, we show that we are the children of the King—the children of the King.

Now, this work—how are we going to do this? How are we going to live out these things? Somebody says, Oh, that's easy. Just do it. Some of you have tried it and you have found that, if these important things cut across established habit and at the same time cut across the customs and habits of the people around you, it is very difficult to change. Am I right? Yes—yes.

Here is where the help of Jesus and the power of Jesus come in in a wonderful way. Turn over to 1 John, the fifth chapter, and the 4th verse—1 John 5:4:

“For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world...” 1 John 5:4.

What?

“...even our faith” 1 John 5:4.

Faith is believing God's word. That's what Paul tells us in Romans 10:16 and 17:

“So then faith cometh by hearing, and hearing by the word of God” Romans 10:17.

If God says something and we believe it, that's faith:

“...and this is the victory that overcometh the world, even our faith” 1 John 5:4.

Thank God, friends, we're not dealing just with a list of things to do that the doctors have found out. That's fine. We're dealing with an almighty Savior who loved us so much that He left heaven and came down to this world, lived the life of obedience and died a sacrifice for us, and rose and went back to heaven to plead at the mercy seat in our behalf. What for?

“...he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them” Hebrews 7:25.

Let me tell you something, friend. The greatest thing about this way of life is not the no cigarettes and the normal weight and the regular exercise and the less saturated fats. The greatest thing about this way of life we're studying this morning is the *power* to do all those things—that's the thing—and that power is Jesus.

When a man meets Christ, when he sees that here is the Creator of the universe that loved him so much that He came down and took our place and died for us, and that that Savior is willing to give all His power to you and me so that we can win in this battle—ah, friends, we have an incentive, a reason, for doing these things, not in just to avoid heart trouble. We want to please Him. We want to make Him happy. We don't want His investment to be lost. We don't want Him to come up with

a failure, as far as we're concerned. We want to bring joy to His heart by winning with Him.

Friends, every day, in prayer and in Bible study, you and I can get the power to live the happy, successful way of life, and here is the wonderful secret. What is good for the heart is good for the stomach, the lungs, the liver, the bones, the muscles, the brain—every organ of the body. That's right.

“Keep thy heart with all diligence; for out of it are the issues of life” Proverbs 4:23.

The way to be healthy is the way to be happy. It's the way to be holy. It's one great program of living for this world and for the next. It brings hope instead of despair. Self-control? Yes. Self-denial? Yes. The ability to say, No? Yes.

I was struck with what I heard somebody say the other day. Young people, think about it. This is what I heard a speaker say—You're never quite a man until you have proved that you can say, No, when everybody around you is saying, Yes—and I thought that was put pretty good. Don't you? But the power to do that comes from Jesus Christ.

May I ask you a question this morning. Is there somebody here that says, Brother Frazee, this is the power I need. I'm face to face with a battle in my life on some point where I need more than human help—more help than I've got so far. I want help, and I want it now. Would you like to just stand. I'm going to have prayer for you—to somebody that says, I need help, and I need help from Jesus, I need more help than I've got.

Ah, my dear friends, there is help in Jesus. As we sang in that opening song:

Pass me not, O gentle Savior,
Hear my humble cry,
While on others Thou art calling,
Do not pass me by.

Savior, Savior, hear my humble cry.
While on others Thou art calling
Do not pass me by.

Will He hear us, friends? Oh, yes, He will, and as we stand here with bowed heads this morning, we're going to look to our Lord and He's going to hear us. There's no question about it, friend—He's going to hear us. He's going to bless us. He's going to deliver us, for it is written in this book:

“...whosoever shall call on the name of the LORD shall be delivered” Joel 2:32.

Our Father, we thank Thee with all our hearts that Thou hast not given us merely a book of rules, not merely a set of instructions. Thou hast furnished in Jesus the power of God unto salvation to everyone that believeth. Lord, we believe. We're

standing here with bowed heads in Thy presence this morning to tell Thee that we believe and that we want the help. We're sorry we've ever grieved Thee, but oh, we thank Thee for victory in Christ.

And this morning, we pray Thou wilt help every one of us to walk the way of obedience, to make Thee happy by letting Thee demonstrate in our lives how good it is to serve God. We ask it for Christ's sake.

Now, will you remain standing just a moment. If you want something wonderful, sometime this afternoon or tonight before you go to bed, read the 58th chapter of Isaiah, and you'll find that one of the important ingredients in a full health and life program is to do things for other people.

I'm so glad that so many of you have tasted that already and you're reaching out to help others, in a physical way or in a spiritual way. That's part of this great program of health and healing.

And so, we look forward to the week ahead, confident that as we walk with God, He will walk with us.

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