

Health Message Given to SDAs

Sermon #0926

Study by W. D. Frazee—October 13, 1963

I am so glad that the God of creation is also the God of revelation. I am thankful for all that He has made, but I am glad for all that He has said too. Aren't you? What a shame it would be to live in this wonderful world without some word from the one that made it. And so this book that begins with the beginning, takes us on into the glorious future, that in the beginning God created, of Genesis 1:1 is echoed in the revelation as we see a new heaven and a new earth, and then on, and on, and on through the endless ages of eternity.

And in between lie the six-thousand years of the great controversy that have already passed, and just ahead lies the glorious appearing of the great God, and our Savior Jesus Christ.

You know this last book of the Bible, Revelation, is in some ways the most interesting of all the Scripture cannon. It is called specifically "The Revelation of Jesus Christ." That is the very first line of the book. It is given through Jesus. It comes from Him, and it leads to Him. It reveals Him.

In the fourteenth chapter of this wonderful Revelation, we have the wonderful message that is given to all the world just before our Lord's return. It is that message that I want us to notice especially tonight for a little while, for this is God's special message for this last generation.

As in Noah's day there was a message to get ready for the flood, so in our day there is a message to get ready for the judgment of God. Here is an announcement, a warning, and an invitation.

John writes:

"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters" Revelation 14:6-7.

I want to ask you a question friends. How did John, that dear disciple out there on the isle of Patmos, how did he know that in the last generation the world would need especially a message calling the attention of men to the Creator? Well, of course, the answer is John didn't know it, only as Jesus revealed it to him.

It is a paradox that in this age when scientific research has uncovered so many evidences of the great wisdom and the mighty power of the Creator, that millions believe that man came up from the mud, that he is a descendent of the monkeys. God knew it in advance, and He put in this book, this book of Revelation, a specific message calling the attention of this last generation to the fact that He, the Creator, made heaven and earth, and the sea, and the fountains of waters. And notice, it is the judgment hour. "The hour of His judgment is come."

Those who listen to this message and accept it will have a sense of judgment, and they will have a sense of God's creative power, and the importance of worshipping our Lord as Creator. And it is that, that I want to study with you especially tonight. And note how this fact of the present judgment, and this fact of Christ as Creator leads us to an appreciation of the importance of obeying all His laws, physical and spiritual.

Now as we have noted the Creator is Christ Himself. In the 40th chapter of Isaiah, the prophet says:

"Lift up your eyes on high, and behold who hath created these things" Isaiah 40:26.

Now who has created all these things? God? Yes. But let us never forget that it is through the active agency of His Son Jesus Christ that the universe was brought into existence. In the first words of John's Gospel we read:

"In the beginning was the Word, and the Word was with God, and the Word was God. The same was in the beginning with God. All things were made by him"
John 1:1-3.

The fourteenth verse shows us that Word is Jesus Christ, who came and tabernacle in our human flesh.

So when we think of these glories of creation, these wonders of creation, let us never forget, dear friends, that the hand that hung the worlds in space is the hand that was nailed to the cross for us. The heart that planned an infinite universe is the heart that was broken for us on Calvary. Isn't that a wonderful thing? Wonderful thing.

And so as we are called by the angel of Revelation fourteen to worship Him that made heaven and earth that is none other than Jesus Christ. The one through whom the Father has sought to reveal Himself in His power, His wisdom, and His great love. Oh, I am so glad for Jesus as Creator as well as Redeemer. Aren't you?

He says, "Worship Him that made heaven and earth." Now right in the heart of His law, He put a commandment to direct our attention especially to the fact that He did make heaven and earth.

Notice the Fouth Commandment.

“Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work...” Exodus 20:8-10.

And so forth. Now watch:

“For in six days the LORD made heaven and earth, the sea, and all that in them is” Exodus 20:11.

What did He do? He made heaven and earth, the sea, and all that in them is. The language of the angel of Revelation fourteen, you see. The message for this hour is echoing the law of God, and calling us back to the Creator and His memorial of creation.

“For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it” Exodus 20:11.

Now I want to ask you a question. If in this last generation God is sending a message through the book of Revelation to every nation kindred tongue and people calling their attention to Christ as Creator, do you see how significant it is that in the very heart of that message is the Sabbath truth? Do you see how in that God is giving an answer to evolution? He is showing men in this scientific age that Christ the Redeemer is also Christ the Creator, and that to accept Him as the Bible reveals Him is to accept Him as the One that made this world in six days and rested the seventh.

So the One who created is the One who rested. The Sabbath was made, Mark 2:27, and without Him, without Christ, was not anything made, John 1:3. Christ is the author of the Sabbath. This is His day. The Lord's day. The seventh-day Sabbath.

Now another very important point. Can you see then, if this so, how appropriate it is that those who accept this message for this hour, and in the light of the impending judgment, accept God's plan to keep all His commandments including the Sabbath? Can you see how appropriate it is that they should also in a special sense be students of creation? That they should give special attention to the things that God has made, for tell me, how can we worship Him Who made heaven and earth, and the sea, and the fountains of waters if we are utterly ignorant of the things He has made?

The more we understand what He has made, the more we wonder and adore. And so this evening, friends, for a few minutes, I would like to have us think of some of the things He has made, and worship Him that made. If we take our journey over these wonderful highways into the mountains, and see the forests, if we go out in the spring and see the beautiful laurel with its very tints and shades of pink, or if we look into our own gardens in the spring and see the beautiful lilies coming up, everywhere

we are reminded that our Creator loves beauty, and that He made these things for us to enjoy.

But He also thought of our needs. On the sunlight hillsides, and the fields He grows the golden grain. And made up into bread it furnishes us indeed the staff of life. For in these grains He has put His very life.

But He was not content to give us merely nourishment; He wanted us to have pleasure. And He made the trees not only pleasant to the sight, but good for food. Oh, how His hand has been stretched out to give us one beautiful and delicious thing after the other. And then in the air about us He puts the little songsters to delight us with their flight, and with their songs of praise.

Who hasn't thrilled to the trill of the mockingbird? Who hasn't rejoiced to hear the song of the thrush? In it all we are discerning the love, as well as the wisdom and the power of the Creator who is Jesus Christ. And as we see these beauties, and hear these lovely songs, as we eat this delicious food, and as we take in the beauty of earth, and sea, and sky, is it not our privilege to worship Him, to adore Him. To say again, and again, Oh Jesus, I am so glad You made all these things for our enjoyment.

Why, He even makes the little squirrels to delight us with their antics. And closer home, He surrounds us without household pets. One after the other, things to make us happy, things to enjoy, things to help us enjoy life day after day.

But ah, my friends, there is something more wonderful than the squirrel and the kitten. Something more wonderful than the dog or the horse. Yes, the greatest thing that God made is the human being. Greater than the horse is the boy that rides the horse. Greater than any dog, however intelligent, is the little fellow that loves the dog. Isn't it? Yes, for man was made in the image of God, and made for a capacity to know his Creator. Isn't it a shame that all the boys and girls don't know Him, friends?

Haven't we a duty to spread the knowledge of His love to everybody around this world? That is a part of accepting this message, friends, is to accept that obligation to spread this message to every nation, kindred, tongue, and people.

But now friends, I want you to think of this marvel of the marvels, this most wonderful of all the things created in this world, the human body. And remember, He who made all these things for us to enjoy, made us to enjoy them. For it was necessary in the creative plan, not merely to make beautiful sunsets, but to make an eye that could see the sunset, and a brain to interpret it as beauty.

It was necessary, not only to make the delicious grains and fruits, but to make a tongue that could taste, and a nose that could smell, and a brain that could interpret those sensations. Ah, think of the marvels, marvels, marvels wrapped up in one human body, in on human brain.

Look at the heart, that marvelous organ that does the work of Niagara in a life time, that little heart about the size of your clenched fist beating away, beating away,

60, 70, 80 times a minute. From before birth on down to the very moment of death. Forty, 50, 60, 70, 80, 90 years perhaps. Never stopping for repairs. Never sent to the garage to have its valves ground. What a marvel of creative power, of infinite wisdom. And in Christ we see the Creator who made these hearts of ours.

And then the lungs, those marvels of creation that take in the breath. Fifteen, eighteen, twenty times a minute, day and night. With greater rapidity when we exercise, more slowly as we lie at night and sleep, but always night and day, summer and winter taking in the breath of life.

Listen friends, I want to ask you something. As we get acquainted with these marvels, do we not more intelligently and more fervently worship Christ as Creator? Now I want to ask you something else. If He loved us enough to make us with these wonderful bodies, the wonderful heart, the wonderful lungs and all the rest, is He interested also in maintaining? Is He doing it? Ah yes. In Him we live, and move, and have our being, Paul says.

Now I want to ask you something. If He is working to build up the body, and maintain it, and keep it in health and life, who is it that is working against the body to tear down? Who is that? It is Satan. Jesus refers to him in John 10:10, the thief comes but to steal, and to kill, and destroy, but ah, He says, "I am come that they might have life, and that they might have it more abundantly."

Tell me friends, oh tell me, if I am worshiping Him as Creator, will I work with Him to maintain life, or will I work with the enemy to tear down? Which will I do?

Why, you can see to worship then as Creator is to work with Him to maintain the health and life of the body. Shall I take those beautiful lungs and poison them with tobacco smoke, thus bringing on in thousands of cases that dreadful lung cancer? Wouldn't it be a terrible thing for one of those beautiful lobes to have to be cut out merely because I breathed in the poison smoke year after year?

Ah friends, can I worship Him as the one who made my body, and still poison myself with nicotine, or caffeine, or alcohol, or any other poison? Do you see then that wrapped up in the very heart of the message for this hour is the call to study the laws of life and health and follow them through faith in Jesus?

Ah yes friends, think of that marvel the human eyeball. A few evenings ago, you remember, we saw some wonderful scenes, wonderful experiments on the marvels of the human eye and the other sense organs, but remember friends, the One who made the eye is the One who is watching over us with His ever seeing eye. He is looking after us. He sleeps not, nor slumbers. Our eyes must shut at night as we take our rest, but He watches over us.

Tell me, shall I take that wonderful eye that He is caring for and poison it again with nicotine or alcohol, or any of the hundred and one poisons that are flooding the world today. If I worship the One who made my eye I will want to conserve its sight, and use its vision in seeing the beautiful things He has made, in reading His word.

Ah yes friends, to worship Him as Creator is very practical when it comes to using my eye, my ear, and every other organ. Is that right? Certainly. And the greatest marvel in this marvel of marvels of the human body is of course the human brain.

How many little brain cells do you suppose are packed up there? Ten billion they tell us. Ten billion tiny little cells and it is here that God talks to man. It is here that you and I think the Creators thoughts after Him. But those cells are all nourished by the blood. Everything I put in my mouth and swallow is going to affect that brain through the blood.

Everything that I pull into my lungs and take on into the blood is going to affect that brain through the blood. Ah, if I understand that, that here indeed is where the Spirit of God speaks to man as I worship Christ as Creator, will I be very careful what goes into that mouth, and into those lungs knowing that it all will affect the blood which in turn will affect the brain, will I be careful? Ah yes.

Do you see the force of Paul's statement in 1 Corinthians 10:31?

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God" 1 Corinthians 10:31.

Can I eat to the glory of God? Yes. Then I ask you, is it possible to eat not to the glory of God? Precisely. When Daniel got down there to Babylon, he found some things on the king's dining table that weren't for him as child of God. And he:

"... purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank" Daniel 1:8.

Oh that every modern Daniel will, as Daniel did, purpose in his heart that he will not defile himself. For my friends, the food and drink of this modern generation is defiling millions. It is fixing their brains so that they cannot think the thoughts of God. These drunk and half-drunk drivers that drive down our highways leaving death and desolation in their track, what is the matter? Ah, they have put their vision, and their thinking power out of commission through poisons.

But alcohol is not the only poison friends, there are a hundred and one others today. The careful student will want to find out what things are poisoning the blood stream and put them out of his life, friends, whatever the cost. The careful student, the devout worshiper of Christ as Creator will desire to know what the best foods are to put into that stomach so that the blood can be at its tiptop best as it goes to the brain. Remember, from the brain the nerves go out to the entire body so that the whole man is controlled by the capital there at headquarters.

Thus in the brain and nervous system, we have a wonderful telephone of telegraph system through which the Creator seeks to control the entire body. And friends, how vital it is that Christ be enthroned in the throne room. What do you say?

So today in this final hour, this judgment hour, as the world plunges on to its final day, Jesus is calling all who will listen to turn aside from that mad rut. And in this judgment hour let Jesus write these laws of life and health for time and eternity in these minds and hearts of ours.

It was for this that He created us. Those who in heaven tonight, redeemed from this world, that ascended with Jesus when He went back—they sing this song. You can read it in Revelation 4:11.

“Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created” Revelation 4:11.

Isn't it wonderful friends, that you and I can live to bring pleasure to our Creator? To bring joy to our Redeemer? To make Him happy? And when we live for life, and health, and efficiency, it makes Him happy. But when we eat, and drink, and do other things in such a way as to make ourselves sick, it makes Him sad, my friends. He wants to work with us for the restoration of life and health. He, who loves us enough to have given His life for us on the cross that we might have eternal life in the world to come, is greatly interested in this present life. Oh yes, friends, godliness is profitable for all things. For the life which now is, and that which is to come.

So we see in His commandments, not merely thou shalt nots, but we see in them promises of joy, and health, and happiness to the obedient. And we discern that Calvary made possible, not merely eternal life in the future, but more abundant life in this present hour. And we see that God's law includes, not merely the moral, but also the physical. And we see that the message for this hour must lead us to worship Him as Creator, and in doing so, we want to become acquainted with these bodies of ours.

Do you see then why Seventh-day Adventists have a health program as a part of the gospel message for this last generation? We didn't invent it friends. It wasn't some bright mind among us that thought it up. God put it right here in the heart of this last day gospel message in Revelation.

And it is our privilege to discover it, and to share it with others. This is the reason that Christ spend so much of His time in healing the sick. He desired men to know that He was interested in their health, and happiness, as well as their holiness. He wanted to hope for the present, as well as for the future. And as the great Medical Missionary, He entered into the homes of the sick and the dying that He might reveal heaven's love by bringing healing and hope. And today in the person of His physicians and nurses, the great Medical Missionary is still carrying on that work of healing, pointing men to the Creator, who gave them life, who give them life today, and who desire above all things that we prosper and be in health even as our souls prosper.

Jesus says, Come unto Me and I will give you rest. So tonight, whatever our sickness or infirmity of body, of mind, or soul Christ says, Come to Me. He wants to

heal us friends. And He wants to do it in such a way as to point us to obedience to His laws.

If our sickness be that which is caused by mental conflict, He says, Come unto Me, and I will give you rest. If it is caused by physical transgressions, He says, Come, and listen, and obey and I will heal you, and go, and sin no more lest a worse thing come upon you.

Tonight in closing, for the children, and all who are willing to become as little children to appreciate the love of our Creator, I have brought this little song, Jesus Loves me this I know, for the Bible tells me so.

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W.D. Frazee Sermons
PO Box 129, Wildwood, GA 30757
1-800-WDF-1840 / 706-820-9755
www.WDFsermons.org
support@WDFsermons.org