

God's Last Message 9 of 12

#0244

Study Given by W. D. Frazee—1958

Let us turn again to Revelation 14, this wonderful message of preparation for the coming of Jesus—of restoration—that will prepare a people, make them ready so that when Christ comes, they can welcome Him with joy.

“...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.

We’ve already studied this message. Let’s study it a bit this morning again. Noting especially again the expression, “and worship Him that made Heaven, and earth”—worship Creator. One of the most important things in worship is obedience. Without obedience, no form of worship can be pleasing to the Lord. So He says:

“If ye love me...”

Do what?

“...keep my commandments” John 14:15.

The child who says, “Oh, Daddy, I love you so much,” and yet doesn't obey is missing the point. I was reading of a little girl who was telling her mother how much she loved her. The mother said, “Well, I’m so happy, because I need some help this morning washing the dishes.”

And very frankly the little child said, “Well, Mommy, that isn't the way I love you.”

Jesus says:

“... in vain they do worship me, teaching for doctrines the commandments of men” Matthew 15:9.

True worship includes full obedience. Therefore this message to make ready a people for the coming of Jesus must include a program of full obedience, a full return to complete obedience to all the laws of God. This must include not only moral law but

natural law. Of all the works of the Creator, the most wonderful is man. Why? Because man was made in God's image. If God is working to restore man, will I want to work to destroy man? If He's working to build up, will I tear down? Not if I'm worshipping Him as Creator. To recognize that He is the maker of my body will include working with Him to restore that which He desires to be in His likeness. Is that clear?

So the message for this hour must include full obedience to the laws of health in mind and body. It must bring man back to the neglected laws of physiology which God has written in the body, as well as calling our attention to the long-neglected Sabbath which God has put into the heart of His moral law.

In the light of these great facts from the Bible, let us examine these visions, which I told you about in our last study, these wonderful revelations in these latter days which claim to be a message from Heaven. You remember that in our last lesson, we looked at the wonderful prophecy of Revelation 12:17, that the remnant of the seed of the woman would not only keep all the commandments of God, they would have what? The testimony of Jesus. The testimony of Jesus is the spirit of prophecy (Revelation 19:10). So the remnant will possess the spirit of prophecy. God will speak to them through a prophet. We have seen that that message is brought by an angel—the angel, Gabriel, Luke 1:19.

“I Jesus have sent mine angel to testify unto you these things... Revelation 22:16.

As the angel comes in these latter days, if he's really bringing a message from Heaven, somewhere along the line it must include, it *will* include a full message of physical restoration as well as spiritual restoration. If Christ is really speaking, He will bring a message on health and healing. I'm so glad to examine this gift in the light of those truths, those facts, for oh, it shines so bright in this area; let's examine.

If we look out upon the world about us today, if we think of the habits of the people, if we examine what's going on today in the light of what went on 100 years ago, we must be impressed by the fact that there is a little city in Michigan which has had a profound influence upon the lives and habits of millions of people. That is Battle Creek. What do you think of when you think of Battle Creek? Well, many people think of corn flakes, breakfast foods. It's true today that literally carloads of breakfast foods go out of Battle Creek every day. Really, the breakfast habits of America have been changed in the last 100 years by Battle Creek.

Some people, when they think of Battle Creek, they think of certain kinds of treatment—of water treatments. You see signs in various cities, “Battle Creek Treatments.” What does it mean? It means hydrotherapy. It means treating the sick with water. Why has that come? Because of the great Battle Creek Sanitarium which for the better part of 100 years has been following those lines of practice.

This morning I want to take you on a little trip with me to something that is back of Battle Creek. A few months ago, a friend of mine and I took the road out west and north of Battle Creek to the little town of Otsego. We followed the road that Elder and Sister James White took with their horse and buggy one Friday. We were seeking for the little farmhouse where they tarried that night—the home of Aaron Hilliard, some two miles southwest of Otsego. We found the little cottage, the simple farm cottage by a little farm road. There in that home on June 6, 1863, the angel Gabriel came to the side of Ellen G. White and gave her a vision on health reform, which is back of these wonderful influences which have affected the lives of millions of people.

Let's get the setting. For some 20 years, the Advent movement to carry this great message to the world had been in the process of formation. The doctrines of this wonderful message had been brought together by prayerful study of the Bible, accompanied by Divine revelations through these visions. An organization had been effected. In fact, just a few days previous to this, the General Conference of Seventh-day Adventist had been organized in Battle Creek, Michigan. Now, with a body of doctrine to carry to the world, and with an organization to do it, Heaven saw fit to come near and give to that people, that movement, a great program of health reform that the bodies of men as well as their souls might be brought in harmony with the laws of God.

The pioneers of this message, most of them, knew little about the laws of health. Like most people of that time, they were filling their bodies with meats of all kinds—even pork; using tea and coffee, and utterly ignorant of the many elementary principles of health, which are familiar with you and me today. Many of them became sick. Overwork was another contributing factor.

James White at this time was sick. And on this Friday evening, as they knelt together in the home of Aaron Hilliard at family worship, Sister White was moved to pray especially for her husband's health. She moved over to where he was kneeling and laid her hands upon him and prayed fervently. God saw fit, my dear friends, to give something better than an immediate miraculous healing which He had often done before with these pioneers. He came near and gave them a program of truth concerning health which has blessed not only those who were there that evening, but millions of others.

For some time, Ellen White was in vision that evening. And when she came out of vision, through the days that followed, she began to tell what God had shown her, and she began to write it out.

I have here with me the original visions as written out at that time and published. The first was a long article on health in the little book entitled, *The Facts of Faith*. This was published in 1864. Here, a little volume entitled, *How to Live*. This came out in 1865, the following year. It is very interesting to go back to these little books almost 100 years old now and read page after page of the clearest, simplest, most wonderful instruction concerning the laws of life and health.

Let me just briefly call your attention to some of these this morning, and compare the light that was given with what the habits of the people were at that time. Then you can think of how wonderfully they have been proved as time has gone on. As we do this, let us remember we're thinking of two things.

First, if this is really Jesus speaking, He will have something to say in restoring people to obedience to the laws of life and health.

Second, if this is really the wisdom of God, passing time will prove more and more clearly the wisdom of these statements. Both are so as we shall see.

For example, we find in these early visions which I hold in my hand, clear instruction concerning the importance of sunshine. If you were to go back 100 years ago, you would see parlors with heavy curtains and blinds; bedrooms where the curtains were drawn in order to keep out sunshine that might fade the carpets, you understand.

Also, night air was carefully avoided. It was important to be sure the windows were closed when night fell because night air was dangerous.

But here was a vision came out boldly and said, "Pull back those blinds, those heavy curtains. Let the sunshine in. Open the windows by day and by night. Let there be a free circulation of the life-giving air of heaven."

It sounds simple today, doesn't it? You'd wonder that an angel would need to come from Heaven to tell people that. But if we don't know we need help, don't we? And God in His mercy meets us where we are, my friends.

Then there was the use of water. Believe it or not, in those days many a fever patient cried for water and was denied it because water was supposed to be bad for a patient with fever—of all things! But here was clear instruction, claiming to be from Heaven that with cases of fever water was to be used very earnestly both inside and outside.

The free drinking of water both for people in health and for sick people was advocated. The use of water daily in cleansing the body for people in health, and the use of water in sickness in various ways was all advocated. That's what's back of this great program of hydrotherapy for which Battle Creek has become famous.

Do not misunderstand me. I would not suggest that there was nobody in all the world at this time who knew of these things. There were individuals as there always have been to who God had given the ability to look into the facts of physiology and natural science who advocated some of these very things. But they were as a voice crying in the wilderness.

The great majority of the people, both educated and uneducated, were following the practices that I have described. And a message from Heaven was given to call the attention of men to the simple laws of life and health.

Take the matter of diet. These visions which I hold here in my hand advocated a return to the original diet given to man at creation. How beautiful in the light of the worship of the Creator, and the preparation of the people to return to the lost Eden. That meant the elimination of those articles of diet that were dependent upon the slaughtering of animals. It meant a return to a vegetarian diet.

A gradual return was advocated. There was nothing extreme or fanatical about these counsels. But people were counseled to begin to take steps that would lead them away from the slaughterhouse, and rather to the garden. The importance of fruits and vegetables of the whole grains were advocated, decades before anybody ever heard of a vitamin. The importance of using foods in its natural state was advocated. It's all written down here.

Ah, my friends, it's wonderful to read these things, especially if you have some knowledge of the modern science of nutrition.

Along with this return to a simple and healthful, nutritious diet, there was advocated a getting away from the poisons which had been filling the bloodstreams of men. You can read the clearest counsel against alcoholic beverages; not only whiskey and rum, but the lighter intoxicants such as wine and beer, and even cider—all brought out here.

Tobacco is warned against at a time when many physicians were recommending the smoking of tobacco for of all things certain lung conditions. This message came out clear on the point that tobacco is a slow, insidious and most malignant poison, and advocated that it should be entirely abandoned—no use for it whatsoever; that it was a health-destroying habit as well as a filthy habit.

Tea and coffee were singled out for attention as containing a poisonous drug. With these, even some of the drugs used by physicians in the treatment of disease were mentioned, such as arsenic, calomel, mercury, and others. In vivid terms, the effect of those drug poisons was described. So we see here was a program of return to natural methods of healing in contrast to those drug poisons which were so prevalent at that time.

The importance of physical exercise was brought out, especially for those in sedentary occupations. However, it was a balanced program, because the importance of rest was urged. It was pointed out that some men were shortening their lives by overwork.

It would be well for us who listen today, to understand that those people were working 12, 14, and 16 hours a day. It wasn't a call for a 7 or an 8 hour day. That

wasn't the great urgency. A hundred years ago, people were getting up before sunrise and working until after the sun had gone down—working, working, working. The damage of that overwork to health was clearly brought out.

Running through all these wonderful presentations of physical law and the relation of the physical habits to health, there was a golden thread of trust in God as the key not only to happiness but to health. At a time when most people thought that the body was one thing and the soul and spirit entirely another; at a time when most people thought that what you thought had nothing to do with your physical health; this writer boldly stated that there was such a connection between the mind and the body that nine-tenths of the disease for which men suffer have their origin, she said, in the condition of the mind in wrong mental processes.

Let us think today with the psychosomatic medicine researches how that measures up. The truth of the matter is that the last few decades have brought amazing confirmations of this connection.

Then in the field of nutrition, I have time in this lesson to call attention to just one authority. This is Dr. Clive M. McKay, Ph. D., professor of nutrition at Cornell University in New York. This is a lecture given by him at the Unitarian church, April 9, 1958, just a few months ago. The title of this is *Counsels on Diet and Foods in the Light of Modern Nutrition*.

What is *Counsels on Diet and Foods*? It is a Volume by Ellen G. White, this messenger who claimed to receive revelations from Heaven. And this Ph.D., the head of nutrition at Cornell University, speaking in the unitary church, says:

“Every modern specialist in nutrition must be impressed by the writings and leadership of Ellen G. White. Her basic concepts about the relation between diet and health have been verified to an unusual degree by scientific advances of the past century.

“In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better overall guide is available today.”

Isn't that wonderful? But let me say, it adds nothing to the truth of these books. The truth has been there all the while.

When you and I pick up these volumes today, *Counsels on Diets and Foods*, *Ministry of Healing*, *Counsels on Health*, and the many other volumes dealing with this wonderful subject, thank God we have the wisdom of the great Physician. And every passing day brings fresh evidence from the laboratories of medical-scientific research to confirm these simple statements.

Do you remember that wonderful statement in Jeremiah?

“...when the word of the prophet shall come to pass, then shall the prophet be known, that the LORD hath truly sent him” Jeremiah 28:9.

Has it come to pass? Yes. A thousand echoes around the world send back the answer, “Yes, and Amen.”

Concerning Samuel, the prophet, the word of those who knew him was that all he said surely comes to pass. And concerning these wonderful visions of Ellen G. White, those who study them the most can testify the best that here indeed is light from Heaven, a fulfillment of the Bible prediction that in the last days, God says, I will pour out My Spirit, and your sons and your daughters shall prophecy.

In our next lesson, I have some other most interesting and wonderful things in a different field, concerning these revelations that have come to us. Shall we bow our heads?

Our Father in Heaven, we thank Thee this morning that Jesus, looking upon the sick, sad, weary world has sent His angel in these latter days to lead us back into the path of health and joy and victory. We thank Thee oh so much for the light from Heaven. As we examine these wonderful books and compare them with the Bible, may we find abundant evidence that Jesus is speaking, and recognizing the voice of the Shepherd, may it be our joy as Thy sheep to follow, in Christ's name, amen.

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