

How to Live 7 of 12

Not by Bread Alone

#0257

Study Given by W. D. Frazee—1964

Matthew 4:4. Our study in this class is what? How to live. And this text tells us how to live. Let's read it together:

"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceeds out of the mouth of God" Matthew 4:4.

What do we live by? Do we live by bread? Oh yes, and what else? Every word that proceeds out of the mouth of God. If we want to know how to live then, we will accept and study the Word of God.

There are at least two things about living that we're dependent upon the Word of God for. One is instruction in how to live. The other is power to carry out the instruction. Both are important. When we take a trip to Chattanooga or Michigan or Texas or anywhere, we need to know where we're going, and how to get there. We also need some method of transportation that has power, maybe an automobile, a plane, whatever. The important thing is we have to have directions and power. The word of God furnishes both.

Let us notice something else in this verse:

"Man shall not live by bread alone, but by..."

What?

"...every word that proceeds out of the mouth of God"
Matthew 4:4.

In nutrition, we learn there's quite a bit of difference between whole wheat and refined flour, don't we? But the only difference is what's taken away, isn't it? That's the difference. So in depending on the Word of God for life, we need how much of it? All of it.

We're not only warned against taking away from the Word of God, but we are warned about adding to it. Let's go to Proverbs 30:5–6. All together:

"Every word of God is pure: he is a shield unto them that put their trust in him. Add thou not unto his words, lest he reprove thee, and thou be found a liar" Proverbs 30:5–6.

What are we warned about here? Adding to the Word of God. Every now and then I hear somebody refer to some statement in the Bible or the Spirit of Prophecy. I know they think they're quoting something, but they're putting into it some words that are not there at all. And sometimes, it changes the message of it entirely.

God wants us to be very careful to get all the word and then not add anything. We need to know what God has said in the Bible and in the Spirit of Prophecy, and then be careful that we don't mix in human opinions, our own or somebody else's. This is vital because remember we're getting two things from the word. First, we're getting what? Instruction, and the second? Power.

The instruction is accurate only so far as it represents the mind of God. Is there a single human that has been over the road of tomorrow? Nobody. Nobody here knows what's going to happen. The tallest son in the morning can't look over the hill, but God can. God does. He knows the road. He knows the way.

But we're getting not only instruction but power. And man cannot give us power to do this. Even if men could tell us what to do, they're powerless to enable us to do it. But the power is in the Word of God. And we don't want to weaken that power by taking away from the Word of God. We don't want to weaken it or nullify it by adding things of our own, or ideas of others.

All this calls then for a study. Let's turn to John 5:39. Notice again the connection between the Word of God and how to live life. All together:

"Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me"
John 5:39.

See, Jesus is the life. Christ is our life, as Paul says. And we find Him where? In the scriptures. And so Jesus says that we're to do what? Search the scriptures. Search to find out what we're to do, and search to find the power to do it.

Now, I want to ask you a question, friends. You think about it. You don't have to answer me. I want you to answer to yourself. Is the Word of God what guides your life? Let me put it this way, how many hours a day does this Book tell you what to do? One of my great goals in this class on how to live is to get us all fascinated with this thought; we can live every day guided by the Word of God. Eating and drinking and dressing, working and sleeping, praying and playing, everything in our lives can be the carrying out of these instructions in this Book.

This is life. This is living successfully. Now, this is true on every plane. Turn over to Exodus 15:26.

The world is full of irreligion, atheism, materialism today. But even of those who count themselves religious, there are very few that spend much time thinking about the Word of God guiding them in what they do on Tuesday and Wednesday. Now, they go to Sunday school. And they go to a Bible class and they hear a

sermon. They may expect the Bible to guide them in great things like avoiding murder or theft or something like that. But the idea of letting God, through His Word, get down into the minutia of our lives, this, my dear friends, is a rare concept.

But it is what makes this program worth coming to. This is why you are here. Some of you know that's why you're here. And oh, I hope every one of you will find it out. This is the purpose of every class on this campus, to find out how the Word of God can guide us in the particular area or phase of life. This is it. Oh listen, if God has spoken on any subject, wouldn't it be a wonderful thing to know what He has said? Wouldn't it? This is the purpose of true education, to find out what God has said on these various phases of life.

Now notice this in Exodus 15:26. Read with me:

“And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that heals thee” Exodus 15:26.

What business is the Lord in? The healing business. Now, most of you students are young. But I suppose there are very few of you here this afternoon that couldn't stand at least a little improvement in health. I suppose if the doctors would run some tests, try you out, test your muscles and your blood, and nerves, and all the rest, I imagine that there are very few of us that the Doctor would say, “Well, that fellow is just about perfect. He really has health. We don't see any way to improve him.” And probably a number of you could tell some things you'd like to have better health in.

Now, here is a wonderful promise that says, just paraphrasing it and putting it in our language today, “If you just listen to what I tell you, and do it, you'll get well and have health.” Isn't that what He says here? That's exactly what He says. I'm not adding to His Word. I'm reading right out of it. What's that first word of what He says? If—a condition. There are four conditions, really two just repeated in different words, if you'll listen and do it. Did we have anything about that the other day?

“If ye know these things, happy are ye if ye do them”
John 13:17.

That's right. Well, here it is. “If you will listen to My commandments, and do them, then I won't put any of these diseases upon you that I have put on the Egyptians, for I am the Lord that heals thee.” Do you mean that God has given His people a way of life that includes instruction that bears on health? Is that the truth? That's why the doctors are giving us these wonderful things from day to day in how to live that bear upon our physical habits.

I want to ask you a question. I don't think this will embarrass anybody. I'm not going to get now to specifics probably. But I want to ask you a question. Is there

anybody here in this class this afternoon, that during the last week and a half as the result of something you have learned in this class and put into practice in your life, there has been some change in what you've done? May I see your hands? Anybody? Well, that's good. That is fine. Now the rest of you keep coming for the second half of the class, and maybe you'll get something.

Remember this, while there can be change without improvement, there is no improvement without change. Whenever there's improvement, there is change. And the only way your life can improve is for something that has been in it to come out or something that wasn't in it to be put in. Do you see?

In fact, the two go together. Life being made up as it is of time, time given to us a minute at a time. The things we do occupy periods of time, seconds, minutes, hours, days. And all of us have our suitcases filled. The only way you put anything in is to what?

[Audience] Take something out.

Did you know that? If you get hold of that, it'll keep you from a lot of frustration. You won't be forever trying to pack a gallon into a quart or a two-quart bottle. It just won't go. And no matter how much you would like to get this and this and this and this in, it won't do. What? There isn't room. And God never intended it.

So, my point is, making improvement means that we make certain changes. But remember, mere change is not necessarily improvement. Oh, no. But improvement involves change.

Now how are we going to learn what to change? We are going to listen, follow the Lord's instruction:

"If thou wilt diligently hearken to..."

What?

"...the voice of the LORD thy God..." Exodus 15:26.

May I tell you, dear friends, on this question of health, I don't know any area in human life where there are so many fads and fancies and human opinions floating around. And I had just as well tell you now as later, if you are interested in health, the enemy will see to it that you are exposed to all kinds of human ideas. They will be given to you in the name of health, something to do for some disease, or something to do to just have better health. The thing you want to do, will you allow me to use this illustration? Do you know what a dog has on the front of his head? A nose. Do you know what he does with it? He's smelling things right along. He uses that nose all the time. It directs him where to go. It directs him in what to eat, a lot of things, learn to use your nose. Don't swallow everything that people offer you. I'm not talking about the stomach, although it just as well include that. I'm talking about your mind.

There are people whose minds run in this way: if it's printed, if it's in a book or paper, especially if it's in a book, it must be so. I know a book this thick that tells all about all the herbs.

Somebody says, "Oh, I want to get hold of it. A book on herbs! I want to know how to use herbs."

Well, my dear friends, I would rather not know so much than know so many things that aren't so. That's right. This is important.

Isn't it an interesting thing, friends, that if a thing comes out of a drugstore, that's bad, but if it comes out of an herb store, that's good? Do you know what tea is? It's an herb. Do you know what coffee is? It's an herb. Do you know what tobacco is? It's an herb. Do you know what opium is? It's an herb. Marijuana, that's an herb too. Use your nose, a good, sanctified nose.

But somebody says, "Hasn't the Spirit of Prophecy talked to us about herbs?"

Well, I mustn't get into that subject this afternoon. There are some interesting statements in Ellen G. White's writing about herbs. But I want to tell you something, friends. This textbook that you and I are studying in this class is called what? *The Ministry of Healing*. Who wrote that? Ellen G. White wrote it. And she wrote over 500 pages on the science of human life. And she never once in all those 500 pages referred to the use of herbs. I wonder what was the matter?

I want to ask you something. Could you write 500 pages on health and leave out everything about herbs? Could you? There are some people that couldn't talk five minutes about health without getting into herbs. Sister White wrote 500 pages.

Don't misunderstand me. There's a place for herbs. That isn't my subject. What I'm discussing, dear friends, is the importance of taking the Word of God in the Bible and Spirit of Prophecy as it reads, and not bringing in a lot of human ideas that have no foundation either in revelation or science. This is very important.

You know there's a lot of self-supporting work, so called, and there's a lot of reformatory work, so called, that is just weakened by human ideas on so many phases of life. Listen, if you come in contact with anybody and I don't care if they're on the faculty at Wildwood, (in fact, more than ever if they're on the faculty at Wildwood) that listening to what they say would mean some change in your life before you make that change be sure that you have a thus saith the Lord for it. And beyond that, if it's in the area where the Bible and the Spirit of Prophecy have said nothing, be sure before you make any change in your life on that point, that there's some good, accepted, scientific authority that, that thing has been proved and can be proved.

Oh, I wish this campus could be cleansed forever of all these fads and fancies. I wish it, my dear friends. I wish it so much.

But now, do you know why God lets a certain amount of this be on a campus like this? So you can learn to use your nose. That's right. You have run into many different ideas on many subjects like diet and health and association and reading and music and dress and a lot of things. Learn to listen to the Word of God. Learn to have respect for what God says, and be very slow to run off with some fad and fancy.

Now turn to 2 Chronicles 20:20, the last three lines:

“...Believe in the LORD your God, so shall ye be established...” 2 Chronicles 20:20.

That means settled, not moved around.

“...believe his prophets, so shall ye prosper”
2 Chronicles 20:20.

This is successful living. In the Bible and in the modern revelations given to this people through the Spirit of Prophecy, we have divine guidance. And I'll tell you what you'll find in 99 cases out of 100. If it's really important for you to know something, 99 times out of 100, you'll find the answer, if you'll hunt for it, in these inspired pages. And 99 times out of 100, if you can't find the answer in these books, it really doesn't make enough difference to worry about.

You notice that I've left myself a little room. I said 99 times out of 100. There are a few things that are important to life that God hasn't put in plain English, even in the Ellen White writings. There are a few things He has left us to find out from scientific authority. But most of the things we find out from scientific authority are things that we can prove from the Bible and the Spirit of Prophecy.

Take for instance, these things we've been learning on the value of sunlight and fresh air and proper diet, exercise and rest. Scientific research can throw a flood of light on how those things work, and why they're important. But a person that didn't know anything about any of that scientific research, that would just go and do what the *Ministry of Healing* says, what would he have? He'd have health. Wouldn't he? Yes, he'd have health. So let's do what God says, and let's learn all we can from scientific authority to collaborate that and explain it and how it works and all that.

Now, quite a number of you I'm not acquainted with. I'm getting acquainted with you in these classes. We'll get better acquainted through the days to come. But I'd like to give you this suggestion. I don't know what your background is in thinking about the Spirit of Prophecy. It's easy for me to take for granted that anybody who comes to a place like this is fully sold on the authority and inspiration of the Ellen G. White's writings. But that's not necessarily so. I don't know what your background is.

May I recommend this to you? If you have any question in your mind about the inspiration of this book *Ministry of Healing* and *The Desire of Ages* and *Steps to*

Christ, Testimonies to the Church, Counsels on Diet and Foods, and all the rest, if I were you, I'd make it one of the first priorities to get that question settled. You see, to me when I read this book, *Ministry of Healing*, that's Jesus is speaking to me. Now, if that's true, I'm at an immense advantage. I not only have the guidance of Jesus, I know I have it. That makes me rich.

So let me illustrate what I mean about the importance of being certain. Here's a \$5.00 bill. Am I rich? Yes, I'm \$5.00 rich. But now suppose Brother Cansler comes over to me and says, "Brother Frazee, have you really looked at that bill?"

And he looks at it and says, "You know Brother Frazee, I think that's a counterfeit."

And I say, "What makes you think it is a counterfeit?"

He begins to show me, and compare it with another \$5.00 bill. And I come to the place—Watch this!—I may not be entirely sure it's a counterfeit, but I'm not sure anymore that it's genuine. Am I rich? Well, I'm not as rich as I was three minutes ago. Is that right?

Do you know that the Bible is the Word of God? It's just possible that someone here has some doubts about that? Friends, don't feel ashamed if you have doubts. People have doubts. There may be reasons. You may have never examined the evidence either for the authority of the Bible or the Spirit of Prophecy. So if you've never had an opportunity to examine the evidence, you're not to be blamed.

I say to you if there's one of you that has any doubt about accepting the Bible as the final authority in your life; give us an opportunity to study that with you. Don't go on week after week and month after month studying in these classes and hearing in the vesper services the Bible presented as the Word of God if back in your mind there's the thought, "I wonder, is the Bible really something we can count on?"

Why friends, I'm just as settled, and I say it humbly but thankfully, that, that Bible is talking to my soul what the God of Heaven presents to me as though I could go to Heaven and be up there and hear God Himself speaking. I'm just as settled in that. You can be. I hope you are. If you're not, get that settled.

Now about the Spirit of Prophecy, I'm not going to try to give in this class a series of Bible studies on the Spirit of Prophecy. But I'll just say this, dear friends: Seventh-day Adventists don't take the Bible and Sister White. We don't take Sister White instead of the Bible. The volumes of the Spirit of Prophecy are not in addition to the Bible. We take the Bible and the Bible alone.

"You do?" The Bible and the Bible alone. That's right. That's our rule.

But we find in the Bible, don't miss this! Clear predictions in Acts 2, Revelation 12:17 and other places in the Bible that in the last days God will have a church in which He pours out His Spirit and the gift of prophecy will be manifest. If

any of that is not very familiar to you, give us a chance to put information in your hands that you can study for yourself. Give us a chance to sit down and study it with you.

Now watch. If the Bible itself says that in the last days the last church will have this gift of prophecy, then if we believe the Bible, how much of it? All of it, what will we expect to find? A church with the spirit of prophecy. That isn't something outside the Bible, but the Bible itself calls for that. We'd have to cut out some of the verses of the Bible if we'd leave that out.

So we take the Bible and the Bible alone as the rule of faith and doctrine. But we listen along with all the rest of the Bible to those verses that tell us that in the last days God pours out His Spirit in this wonderful gift of prophecy. And we have tasted and found it's true. We have tested and found that it's accurate.

I want you all to have that experience for yourself because I'll tell you, dear friends, pretty soon, maybe you've already done it, you're going to ask a question, "Why did they do this way here? Why do they have this thing and don't have this over here? Why?" And the answer, if the one you ask knows the answer, may be in *Volume 4*, page so and so, or *Volume 5*, page so and so, or *Ministry of Healing*, page so and so, or *Counsels to Teachers*, page so and so. I suppose if you wanted to, you could make a list of at least a hundred things on this place that a person visiting here might say, "Why do you do it this way?" that the answer to is in those, somebody has called them the red books.

If you want something fascinating, begin to make yourself a notebook or a little section of your notebook, on definite things that are done or not done in your life and program that the answer as to why is a certain page.

How many of you know that there is a page in Ellen G. White's writings that tells when to turn out the lights in our schools? How many of you know that there is a statement like that? Well, quite a number of you do. A number of you don't. Would you be interested in that?

How many of you know that there is a page in Ellen G. White's writings, just one in fifty-thousand pages, where we are given a recommendation as to a suitable temperature in a room? How many of you know that there is a page like that? Yes, would the rest of you be interested in finding out about it? Of course, if it's just the opinion of a woman who wrote it down there a hundred years ago, and she has been dead now these many years, it really is not worth that much finding out about it. It isn't. No. But if the Lord Jesus sent His right hand covering cherub, the angel Gabriel down the skies and gave the prophet light from the sanctuary on how to live successfully, and included in it this instruction on the proper temperature of the room, that would be worth finding it out, wouldn't it?

Some of you are already wanting to know, aren't you? Yes. Well, that isn't my subject this afternoon. But you can find it. But I've given you these two just as a sample. There are literally hundreds of details in diet, in dress, in music, in reading,

in association, in recreation, in child training, in education, and in what we do with our time, our money, and friends, and it is fascinating.

Do you know what the Lord put into my heart when I was 16 years old? He put into my heart to make a little notebook, and copy into it, by hand, different quotations from the Spirit of Prophecy that would help me in how to live. I have still got that little book. Of course, I've had some larger notebooks since, but I value that little book. It has at least a hundred pages hand-printed material copied out when I was 16, 17 and 18 and 19 and 20, 21, 22. Oh friends, that did something for me. I recommend it to you.

Now, listen. The important thing isn't for you to get my book and copy it. Oh, no. The important thing is not for you to get somebody else's. I remember a friend several years ago, said, to me, "You now, Brother Frazee, what I think would be a wonderful thing? I wish somebody would go through all the Spirit of Prophecy writings and just pick out the most important things and get it all together in one book." I had to smile. Yes, why, friends, every person would have a different list. Do you know why? The Spirit of God is going to guide you as to what is needed to guide you. Sure, He will, and so in the Bible and the Spirit of Prophecy, you're going to find your instruction, and not only instruction but what? Power.

"Man shall not live by bread alone, but by...

What?

"...every word that proceeds out of the mouth of God"
Matthew 4:4.

Let's live by that, friends. What do you say? That's the way to be happy. Just find out what to do from headquarters, go ahead and do it, and claim the blessing.

Shall we stand?

Have Thine own way, Lord!
Have Thine own way!
Thou art the Potter;
I am the clay.

Mold me and make me
After Thy will,
While I am waiting,
Yielded and still.

You're dismissed.

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