

How to Live 9 of 12

Healthful Living

#0259

Study Given by W. D. Frazee—1964

Let us turn to 1 Corinthians 6:19–20. This says that your body is what? The temple of the Holy Ghost. Then in the 20th verse, it says, you are what? Bought with a price.

I want you to think of this for a moment. Suppose that someone who had a great deal of money decided to build a beautiful building. Suppose he would spend a million dollars just building that beautiful building. And then suppose that he should decide to have a caretaker for that building who would be responsible for seeing that it was kept clean and kept in order, kept in a presentable state. Suppose you were selected for that. It would be quite a responsibility, wouldn't it? And then suppose that in order to make it easier for you to take care of it, he would let you live in it.

This is what He has done. He has let you live in this wonderful building. Your body is the temple of the Holy Ghost. Now, do you know why He has made you the custodian of it, the caretaker, the one responsible for it? I'll tell you why. You're the only one that's there all the time. That's right.

Infancy, childhood, and adolescence are periods of preparation for the full responsibility of adult life. And so as you grow from birth to maturity, more and more responsibility is yours as to what you do with your body, your mind, your life, your time. This is all in God's order.

And there is a beauty in each period of it. There is a beauty in babyhood, in childhood, in the teen years if in each of those experiences the individual is receiving all the help that God has made available to him in learning how to live, and in gradually assuming the responsibility of making decisions, himself.

Who washed you when you were six months old? Who washes you now? Who fed you when you were six months old? Who feeds you now? Who decided what you should eat when you were three years old? I hope somebody else did. I hope you weren't marking the menu. Who decides now what you eat? Well, you say, "The cook does."

I was with a friend of mine once, who was called to lecture at the United States Navy hospital, Mare Island, San Francisco bay. And before he lectured to the men on the relationship between food and efficiency, he went in to where the sailors were coming in and getting their food. There the food was and it had been planned by the government experts, the dietitians in Washington, D. C. for there's a master menu, you know, that goes out in the various places. There were the beans and the

meat and the potatoes, and the bread, dessert, and the salad, and all the rest. But, my friend who knew something about nutrition and also of human nature watched the men as they selected their food, and also, he watched them as to what they ate and what they just threw in the trash can.

And he came to the officer and medical doctors who were commissioned officers there on the base, with this interesting observation that what the government planned for them to eat and cooked for them to eat and what actually went into their stomachs and bloodstreams were two entirely different things.

Adults, one way or the other, make their own selection, pretty much, of what they eat. Am I right? Yes, and whether you go in a great cafeteria with literally hundreds of choices, or whether you sit at the family table where there are three or four dishes or maybe a half a dozen, there are no two of you that eat precisely the same every day, either in variety or quantity. No two of you have precisely the same ability in assimilation, the use of food. This is another great reason that God has made you the responsible one in everything affecting your health and life and efficiency, physical, mental, and spiritual.

The enemy would like to tell you and me that somebody else is to blame if we don't have the health we ought to have, or if we don't have the time to do this, that, or the other thing that we would like to have, or if we don't do as well in work or study as we would like. But my dear friends turn please to Roman 14:12, and you will see God's answer to that.

What's the name of this class? How to live. And my great wish for you is that you may truly live all the days of your life. And what we're studying today is vital to this. You must have a clear understanding of the fact that you are in charge. If you'll allow me to use an expression that I don't like at all, but it conveys the message. You cannot pass the buck. You cannot blame somebody else.

Now we're about to read Romans 14:12. All together:

"So then every one of us shall give account of himself to God" Romans 14:12.

Who's going to give account for you? You are.

The purpose of the Wildwood Medical Missionary Institute is not to take that stewardship out of your hands. In fact, it cannot. You're free. The purpose of the institute is to supply an opportunity for you and me to learn better how to live, and also to supply opportunities for us to engage in various phases of living. Every activity on this place is an opportunity for somebody to experience life at its best.

As I have pointed out in earlier classes, if you try to keep up with all of it, you will find it impossible. In the endeavor, you may wear out. You might even blame it on the program. But the program is not to blame.

Do not blame a cafeteria if they furnish two soups, four salads, three deserts, two or three entrees, and half a dozen vegetables. The cafeteria has a large number of customers, and how foolish it would be with a loaded tray, groaning with its varieties, to say, "Oh, I just hate to come in here. Look! Look what I have got on my hands."

Who is in charge? You are.

"Oh, but I see so much that looks so good."

Precisely, and the answer is not to put on blinders so you can't see so much. The answer is not to cut down the variety so you cannot get too much. The answer is to throw back your shoulders, throw up your head, be a man or a woman and say, "Thank God, I am in charge of this body temple. I control the hand that reaches for the bread or the butter. I control this body. Under God I am the custodian." And so with sleep, exercise, rest, study, recreation, missionary endeavor, the whole program.

I want to tell you something friends: I don't know of any place where people can get frustrated more than they can here, for the simple reason that those who come here, and I trust you are included in this, are anxious to get everything. Bless you, hearts, I'm so glad. And I have good news for you. You can get everything, but not all in one day. Everything wouldn't be very much if you could surround it in one day. You can have everything, but it will take eternity.

There'll always be something new when the sun goes down to look forward to tomorrow morning. It will be so a million years from now. It is so tonight. Tomorrow, God has something new and wonderful for you, but you can't get it all in today. You can't read all the books you'd like to read. You can't listen to all the music you'd like to hear. You can't take all the courses you'd like to, nor do all the work you'd like to, or make all the visits you would like to. You can't go on all the trips you'd like to—no, not all at once. Eternity is the answer.

It's a wonderful thing, friends, that God has filled us with so many desires. Do you know why? One of the greatest satisfactions in life is to want something and then get it, isn't it? Turn over to Psalm 37:4:

"Delight thyself also in the LORD: and he shall give thee..."

What?

"...the desires of thine heart" Psalm 37:4.

But not all in one day, because it takes more than one day to give you all you want. I know it does me. It has taken over 60 years so far to give me what I want, and I still want a lot of things I don't have yet. And the way things are working out, I think that a hundred years from now I'll want more than I do this afternoon. That'll be all right. My Lord is going to give them to me, but not all in one day or one week.

Will you read the verse with me again?

“Delight thyself also in the LORD: and he shall give thee the desires of thine heart” Psalm 37:4.

We were studying the other day that the great purpose of life is what? Service, ministry.

“The Son of man came not to be ministered, but to minister, and to give his life a ransom for many” Matthew 20:28.

And He says:

“...as my Father hath sent me, even so send I you” John 20:21.

But I want to ask you something. Can you conceive of a swimmer who knows how to swim well enough that it takes all he can do to keep swimming with his feet and one hand, but he has one hand that he could lay hold of somebody and rescue them? Can you think of a person with that degree of skill? Yes, can you think of somebody whose skill is such that all he can do is keep himself afloat? Are there people like that? Are there people that can't even do that? Yes, which one of those would you choose for a lifeguard? Not the last, right? Not the middle, but that first one might get started at it. And he might get to the place where he could in an emergency do even better than that.

My point is this, friends, in order to take on the problems of others, we need to achieve at least a good degree of success in solving, whose problems? Our own problems. We don't use babies for lifeguards. We don't even expect them to swim themselves. Somebody else is looking after them, caring for them all the time. And again I say, this process from babyhood to maturity is a gradual one.

Our opening text said that your body is what? A temple. And what are you? You're the caretaker. Turn please to page 310 of *Ministry of Healing*. I'm so glad for this book, *Ministry of Healing*. Oh, I am so glad that we have had the privilege these few weeks of special study of this book. All together:

“Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws, which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, 'What is the world's practice?'

but, 'How shall I as an individual treat the habitation that God has given me?'" *Ministry of Healing*, page 310.

Is this a habitation? What does that mean? A place where somebody lives. Who lives here? God lives here and you live here. You and Jesus live together if you let Him in. He says:

"...I stand at the door, and knock: if any man hears my voice, and open the door, I will come in to him, and will sup with him, and he with me" Revelation 3:20.

You know in some houses, it would make a difference if they saw Jesus at the door, what they put on the table for dinner, wouldn't it? Should it? Yes, it ought to. But the point is, have Him in all the time and then only serve what He will eat. Is that right? That's right. But remember even all the things that are good to eat, proper to eat, there is still such a variety that you and I must know what to do ourselves.

Page 297 of *Ministry of Healing*, the middle of the page:

"God has given us an ample variety..." *Ministry of Healing*, page 297.

What does variety mean? Different kinds. What does ample mean? Plenty, sufficient.

"God has given us an ample variety of healthful foods, and each person should choose from it the things that experience and sound judgment prove to be best suited to his own necessities" *Ministry of Healing*, page 297.

Experience and sound judgment: I'm reminded of what someone said that good judgment is the result of experience, and experience sometimes comes from exercising poor judgment. Don't let that trouble you. If you eat something and it makes you sick, or you don't feel well, and you try it again a few days or a few weeks later, and it does the same thing, there are a certain number; I don't know how many it ought to be for you, of times that should finally convince you what? That's not for you.

The Lord's messenger, Sister White, said that to her beans were poison. Do you think God gave her a vision and told her that? How do you suppose she found it out? By eating beans. But when she found it out, what do you think she did? She quit. And then did she make it a rule nobody else should eat beans, nobody should cook them? Oh, no. And it didn't bother her to sit at a table where there were beans. She left them alone. And she didn't say, "Oh my, I just hate to have folks eating things I can't eat."

One of the great lessons in life is to do yourself the things that affect your health and your spirituality, what you have found is the best for you, and let others do the same, and not worry about it. Even when people are doing something you know

is not for their best good, it's best to be slow about chiding them about it. You find in *Counsels on Diet and Foods* (I don't have the book here with me, but here is what it says.):

“When sitting at a table where meat is provided, we are not to make a raid upon those who use it, but we should let it alone ourselves, and when asked our reasons for doing this, we should in a kindly manner explain why we do not use it” *Counsels on Diet and Foods*, page 462.

Isn't that nice, friends? The responsibility belongs to whom? The individual. It is my body that is affected. It is my body and who is the custodian? I am, personally. You are of yours. And who made you the custodian? God. And what is your value? Of infinite value. Remember what we read in that quotation in *Ministry of Healing* on page 310? Our bodies are what? Christ's purchased possession. Oh, what value.

Now, in the book *Medical Ministry*, page 80, we have some wonderful statements applying these principles that we've studied:

“The first duty of every student is to know himself. No one is to measure out what he supposes his fellow student is capable of doing” *Medical Ministry*, page 80.

How much can you take? How much work can you do? How much study can you do? How much sleep do you have to have? Do you know?

“Oh, I wish somebody would tell me.”

No, nobody is going to tell you. Oh, somebody might tell you, but they don't know.

But, somebody says, “But I don't know.” Well, then who does? That's your business to find out. And you are not an adult until you know. You're not educated until you know what you can take, what it takes to make you most efficient, in outdoor exercise, in study, in prayer, in sleep, in eating. This is of the essence when it comes to education and to life.

So the purpose of this class, and don't miss this, friends! It is not to give you in capsule form something which, if you follow, will automatically keep you adjusted in all these phases of life. Oh, no. The purpose of this class is to give us guiding principles, and to challenge us with the thought that if we are taught of God individually, He will teach us, personally, how to take care of the particular temple He has assigned us to care for, for you are an individual.

He is to know himself This is the first duty of every student—notice as I read on:

“No one is to measure out what he supposes his fellow student is capable of doing. Let every student reason soundly regarding what he can endure. Each has an individuality that no one can handle as successfully as himself” *Ibid*.

Did you get that? Nobody in this world can handle your individuality as successfully as you can. Say, that ought to make you feel important, shouldn't it? There's something you can do better than anybody in this world can do. What is it? Manager yourself, look after yourself, do a good job taking care of yourself. Let me read it again:

“Each has an individuality that no one can handle as successfully as himself” *Ibid*.

Oh friends, whatever it takes, make up your mind that on this campus, if you haven't learned it before, you're going to learn this lesson. Tell the Lord that by His grace, you're going to be a good student, and put into it all you have to learn from Him how to take care of the body temple He has made you the custodian of.

“No one can submerge his identity into another. He must know himself, and give himself a favorable chance to come forth with an unbroken constitution, with a clear mind, with well-balanced nerves, and a good digestion. With these, he will be fitted to do the work he has qualified himself to do. The first and highest and most acceptable missionary work that the student can do is to obey God in all He undertakes in every action of the wonderful machinery God devised in the formation of man. He is not to treat himself indifferently. He is to know himself and work with an intelligent knowledge of what he can do, and do safely, and what he can avoid in eating and in working” *Ibid*.

But somebody says, “I don't know what's the matter with me. Other people seem to keep up with this, that, and the other thing.”

Well, my dear friend, I'm sure that if we would all start out here this afternoon to the top of Raccoon Mountain that some would get there twice as fast as others if everybody was doing his best. It could be there is somebody here this afternoon that could never get there. It's possible that some people could get up there and back three times before they go to bed tonight, all in-between.

This is true with every phase of life. It is the Devil that introduced this idea of measuring ourselves by other people. Divine wisdom is manifest in individuality.

Go out in the woods and see the dogwood. If they were forever trying to reach the height of the pine trees, think how frustrated they would be, and think how

their beauty would be spoiled in a foolish and fruitless endeavor to become like this instead of like this.

So don't worry if you can't eat as much as somebody else. Maybe you weren't meant to. Don't worry if you can't learn as much as somebody else. The important thing for you to learn is how to take care of yourself so you can help somebody else.

You know it's not always big things that solve big problems. Someone was telling me only a few weeks ago about a dozen strong men that were trying to load an elephant in a trailer to transport him from one zoo to another. They were having a frustrating time. The elephant wasn't interested in getting into that trailer at all, and a dozen strong men couldn't get him to go in.

And along came a girl and she had some fresh turnips with greens on the end, you know the turnip leaves. That interested the elephant. And the little girl just took her basket of turnips into the trailer, and what do you suppose the elephant did? He loaded himself without any further trouble.

And my dear friends, we smile. And it is interesting. But listen, God has problems for you to solve that you may solve by not being big; it may be just with some turnips. If you're the person that God sends along with the turnips at the right time, a dozen frustrated men may live to bless your name that you came along at the right time.

"Delight thyself also in the LORD: and he shall give thee..."

What?

"...the desires of thine heart" Psalm 37:4.

So let us have done with the frustrating endeavor to compass everything. What do you say? Let us let God give us eternity to let us in on an infinite variety. Let us be content today to let Him lead us into the experiences that belong to today. And in this, let us remember that it is in the time we spend alone with Him in prayer and the study of His Word, and listening to His Spirit, that we are guided and directed and prepared for the problems that He assigns us.

Now, let me say a word. Most of you don't need what I'm about to say, but it will be all right for you to hear it. But if there's just one person here that needs it, I wouldn't want to slight that individual. And so you can listen in and think whether you need it or not.

I want to be helpful. That's the purpose of this class. I covet for you all that there is in this daily program for you. If you are getting it in the group where you are, I want you to go to that group today and participate and enter into it with all your heart. If whatever the reason, whether it's the group leader's fault or your fault or

anybody else's fault if you're not finding that, then I want you to come to me and not go to your group and I'll be glad to help you.

Remember, I have a responsibility as the teacher of this class to help you get the most possible out of this program. Is that right? I have that responsibility. And we have felt that the best way to do it was for part of the time for you to listen to Dr. Hansen, and part of the time to listen to Brother Cansler and part of the time listen to me as we study together from the Bible and *Ministry of Healing*, and part of the time to have these group discussions. As far as I know, it is working nicely with most, but if there's even one or two or three, whatever it is, you know if you are getting something really good and helpful out of this and enjoy participating in it. You just stay in that group this afternoon where you have been assigned. If you're not, don't go. You come and see me as soon as you are dismissed.

All right, let us stand and have a word of dismissal.

Heavenly Father, we are so glad that you have given us such precious instruction on how to live. And as we see that this isn't just to keep us well and happy, but it is to take care of these wonderful body temples you have given us, Thy property, bought with the blood of Jesus, we pray that you'll make us faithful custodians. And since we are all so different, teach us, each one personally. And we thank Thee for it, in Jesus' name, amen.

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