

# Bible Journal of Better Living

#0367

Study Given by Dr. Hansen and W. D. Frazee—April 16, 1976

[Dr. Hansen] The subject that we have chosen for our dual presentation tonight is “The Bible, A Journal of Better Living.” And though the Bible does not profess to be a science textbook or confine or limit itself to a discussion in the field of health, it has a wealth of material on the better life. And this has impressed me greatly, even more, this week in studying the subject from this viewpoint.

I’d like to open with a text tonight from the Psalms, Psalm 16 verse 11:

“Thou wilt shew me the path of life: in Thy presence is fullness of joy; at Thy right hand there are pleasures for evermore” Psalm 16:11.

The Scripture records that God created the world for His pleasure. And back in the Garden of Eden, He put all living creatures, including the man and woman that He had made, in an environment best suited to preserve their health. Not only did the miraculous provision of the tree of life ensure that they would live forever as long as they plucked and ate of the fruit, but the other surroundings in the garden that had been created during those first days of creation provided for their optimum health.

The fresh air was there in the Garden of Eden, the sunlight, made on the fourth day, the green plants, the fruit, the grains, the nuts, all the vegetation that ministered to their needs was placed there by a loving Creator. The exercise in tending the garden and caring for the things God had made promoted life and health. The social life and companion, a help meet for him, all ministered to the happiness as well as the health of the first pair in Eden. There was even provision for the development of willpower, for the tree of knowledge provided for the development of self-control. That also was necessary to man’s ultimate happiness.

And so, in these conditions that God gave, He provided the very best possible for the created beings that, as He looked down on them, He saw that it was very good. In fact, Adam and Eve had been made in His own image, and God in His wisdom placed them in the ideal setting.

But in the third chapter of Genesis, the book of beginnings, is recorded the fall of man. And in verse six, we read:

“And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat” Genesis 3:6.

And so, the first pair looked for something else besides what God had made for them. They weren't quite satisfied. And they thought to be wise and ended up being foolish and had to leave the garden, the best home they could have had on earth, and they were forbidden to approach the tree of life spoken of in Genesis 3 verse 22 as a tree that if they would eat, they could live forever.

And as a consequence of that fall, our world was blighted with thorns and thistles, with death and cycles of nature, with eventual violence that caused God to destroy the whole earth and everything that He'd created, excepting Noah and all that were in the ark. And it's very interesting to notice, as we look at the first few chapters of Genesis, that the changes that were brought in as a result of the flood had quite an influence on their lives.

As we study the Scripture record, we find that after the flood, just as after the fall, the diet was changed to adapt to new conditions. And the principal reason for a dietary change after the fall was that man might not live so long and sin so much. And so, God added to man's diet the provision for flesh foods, clean meats that had been provided in the Ark in abundance, far more than the other animals.

I have a chart that I'd like to show that illustrates this fact. If you did a little statistical study and compared the lifespan before the flood in the first 10 patriarchs, Adam, Seth, Enos and so forth, down to Methuselah, Lamech and Noah (you would have to subtract one, for Enoch was translated and he never died), but if we took the others recorded in Genesis 5, and we added up all their ages and averaged them, we'd find their average life span according to Scripture record is 912 years. And their age to their first child is about a hundred years, their generation age.

If we just go on down through history, looking at the Scriptures, and average the ages of the next 10 patriarchs (whom we assume are living closer to God's plan than any other people on the earth, for God passed His law and His instructions through them), we go down from Noah's son, Shem, to Father Abraham and we find their average life span is 317 years, the shorter ones being at the last of the patriarchs. And their generation age also reduced by about one-third, being only 30 to 40 years.

And so, we see here in God's plan a long life. And He not only provided it in the tree of life in the Garden of Eden, but He provided it in another symbolic tree in the Scriptures, for the leaves of the tree are the healing of the nations. And in God's promises, we see promises for a long life.

You remember one of the commandments deals with this. Would you like to say it with me:

"Honour thy father and thy mother: that thy days may be  
long upon the land which the LORD thy God giveth thee"  
Exodus 20:12.

The First Commandment with a promise. And so, God had provided for a long life. And as you read the Scripture, you'll see many references to this. But after the time of slavery in Egypt, when God brought His people out by a miraculous

deliverance, we call the exodus, He again laid down laws of health that governed their activities.

As we read in Leviticus and Numbers, we see the hygiene principles that governed the Israelites that have never been found in any other contemporary civilization. Moses didn't get them from Egypt. He got them from no library. He got them from God and gave them to the people.

And so, we see the hygienic principles, such as cleanliness. And if you read in Leviticus 13–15, you'll see many illustrations of times when they must wash their hands, wash their clothes, purify their camp, cleanse the environment and meticulously care for their health.

Today, we know about germs, don't we? And we see back then, God though He had not given them a microscope, had told them what to do with the microbes and kept them healthy as a consequence.

We see, also, God giving them a diet in the manna that helped in its simplicity to wean them away from the health hazards of luxury and indulgence. And as God's people were journeying along, you remember they became dissatisfied at times and longed for the fleshpots of Egypt. And He gave them their heart's desire, according to the Psalms, "but sent leanness into their soul" (Psalm 106:15). And yet, when Israel obeyed God, they prospered, "and there was not one feeble person among their tribes" (Psalm 105:37).

We see another provision in the laws Moses gave the ancient Israelites for their health. For the wise man says:

"A merry heart doeth good like..." Proverbs 17:22.

What?

"...a medicine..." Proverbs 17:22.

And three times every year there were feasts, or religious festivals, when the children of Israel were to gather together, at times camping out and living in booths, making canopies for themselves. At other times, journeying to Jerusalem. And in the social life centered in their religion, in the travel, in the outdoor living, and the rest from toil that these religious festivals afforded, God provided health measures that contributed to their happiness.

And then, along with that, He gave them promises, such as in Deuteronomy 28, a tremendous promise of health blessings:

"And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe and to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: And all these blessings shall come

on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God” Deuteronomy 28:1–2.

Reading down a little farther in verse 10:

“And all people of the earth shall see that thou art called by the name of the LORD; and they shall be afraid of thee” Deuteronomy 28:10.

And in verse 13:

“And the LORD shall make thee the head, and not the tail; and thou shalt be above only, and thou shalt not be beneath; if that thou hearken unto the commandments of the LORD thy God, which I command thee this day, to observe and to do them” Deuteronomy 28:13.

If Israel of old had profited by their advantages, they would have been the mightiest nation on the earth, blessed above all others with health and vigor of intellect. And yet, if we read on in Deuteronomy, we see that as they transgressed, definite results would come. As the wise man says:

“...the curse causeless shall not come” Proverbs 26:2.

And in verse 37 of the same chapter:

“...And thou shalt become an astonishment, a proverb, and a byword, among all nations whither the LORD shall lead thee” Deuteronomy 28:37.

And reading through this, we see practically every disease that is known to medical science today in some form or fashion mentioned in this section in Deuteronomy 28, as the direct result of disobedience.

Well, today we see the whole human race living under that curse:

“For all have sinned, and come short of the glory of God” Romans 3:23.

And disease is rampant today. A recent report from our government showed that if the current trends continue, by the end of this decade, nearly every person in the ages 18 to 24 will have some chronic disease, if current trends continue. We see suicides increasing annually. We see mental illness filling half of our hospital beds with sick people. We see alcoholism increasing, even taking its toll among the medical profession, who are supposed to be the guardians of health. We see disease of every kind baffling the greatest scientists of this age.

And I submit this evening that the only answer lies in prevention. We’re thankful for all that’s been done to cure the ills of society, to clean up our water supplies, and yet we continue to pollute them. To clean up the air, and yet the

factories keep belching out the smoke, and so do our automobiles sometimes. We're thankful for what medical science offers to prolong life, and yet we see oftentimes it's prolonging death or prolonging sin.

And though I'm as a physician greatly interested in seeing people live longer and being relieved of pain and suffering, I'll tell you frankly tonight I'm a whole lot more desirous of seeing people overcome sin. For in one case, we're dealing with years added to this life, and in the other case, we're dealing with an eternity added to the life to come. And there's no comparison, is there, friends?

As we look in the Scriptures at the New Testament, we see Jesus coming on the scene as the "Lamb without blemish" (1 Peter 1:19). And the childhood of Jesus is again an example of how to be healthy. His heavenly Father picked for Him a life of simplicity. Though people were running to and fro in the cities, He chose for His Son a home in the country. Though people were in a world of money-making and power-getting, His life was a simple one as a carpenter's Son, working with His father. Traveling to and fro from day to day, communing with nature and with nature's God, at His mother's knee studying the Scriptures, ministering in simple ways to the natural world and to the sick and suffering, blessing others as He came in contact with them.

And the Scripture records:

"And Jesus increased in wisdom and stature, and in favour with God and man" Luke 2:52.

Could He have done any better than that? No. The life of Jesus was a balanced life, a perfect example for you and me. And as He began His ministry, He was so well fortified physically that He could endure the grueling fast of forty days, which according to medical science today, is the limit a human being can go without suffering irreversible metabolic changes.

As He fasted in the wilderness, His form and visage were changed, we know, so His disciples hardly recognized Him. But even there, His faith in God's Word was so strong as the Devil came to tempt Him, He could say:

"It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God"  
Matthew 4:4.

And I wonder how many of us really can say that honestly tonight. Are we living by every word that proceeds from the mouth of God? Or are we satisfied with bread and water, and even at times dissatisfied with that and wanting some other things? Every word is powerful and brings life to all that find it.

Jesus, as the Bread of Life (John 6:35), offers Himself not only as an example but as a Savior for us. And on many occasions when He healed the sick, He said:

"...Sin no more ..." John 5:14.

Or what will happen?

“...lest a worse thing come unto thee” John 5:14.

Showing clearly that the connection between sin and disease is a cause-and-effect relationship. And a worse sin or a continued sin brings continued disease or a worse malady.

And one doesn't have to live very long in the world today to see that it's still true. A child who lives on soft drinks, candy and ice cream will develop holes in his teeth. I imagine some people here have had them at times. If you're like the average American, 95 percent of the people in this room have had some type of dental work like that.

If a person smokes cigarettes for a long enough time, he will undoubtedly develop emphysema. It's a cause-and-effect relationship that's proven, an airtight case. There are many conditions that you might escape, and other people might succumb to, but the cause-and-effect relationship is sure. Transgression of the laws of health brings disease. And Jesus says to us:

“...sin no more, lest a worse thing come unto thee”  
John 5:14.

I'm thankful many times that there's little reminders, minor illnesses that come that can be connected with transgression—getting upset, eating the wrong food, staying up too late at night, insufficient exercise, and some of these simple health measures that can keep us well but if neglected will bring on sickness. And as I say, I'm thankful for these from time to time, as reminders of this cause-and-effect relationship. What do you say?

But I'm thankful that God in His mercy has put within our own bodies marvelous mechanisms that bring healing and to study these is wonderful. God in His wisdom has provided means to keep you and me in health.

And we're told that the love of Christ, as we focus our minds on this, is a vitalizing power. Every vital part, the brain, the heart, it touches with healing. And so, as we open our hearts to God's love, there's a vitality that comes in that refreshes, in answering the invitation of Jesus who said:

“Come unto Me, all ye that labour and are heavy laden,  
and I will...” Matthew 11:28.

Do what?

“... I will give you rest” Matthew 11:28.

We're told here's a prescription from the Great Physician for all mental and physical and spiritual ills. To the last church in this age of time, we have a prescription again from the True Witness, the Great Physician, who says:

“... buy of Me gold tried in the fire...and anoint thine eyes with eyesalve, that thou mayest see” Revelation 3:18.

God has not left us without witness. He’s given us remedies today that can keep us in health. But one of the most important in this age, this busy life when men run to and fro even though knowledge is increased (sometimes in pursuit of it), we see a principle brought out by the apostle Paul in 1 Corinthians 9 verses 24–27.

The apostle Paul writes more on health than any other New Testament evangelist or Bible writer, even including Dr. Luke. And also, the apostle Paul as recorded in the Scriptures set the example. One time he sent his companions by boat on a journey while he walked across the land himself. And he writes extensively on health and diet. He says:

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway” 1 Corinthians 9:24–27.

Isn’t it sad, friends, when someone who claims to have all the answers becomes sick himself? I feel that chagrin every now and then, though I certainly don’t have all the answers. But God wants for His people an exhibit that He can put before the world and the entire universe that in obedience to law there’s results; that the faithfulness to God’s plan today will produce the same results that would have been possible to ancient Israel had they obeyed. And the promise is sure for us today.

The promise to them was this one, and as I say, it’s for us today, Exodus 15 verse 26:

“And said...” Exodus 15:26.

That is, “And God 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 healeth thee” Exodus 15:26.

How many diseases? None. Total protection, total health. And this is God’s plan for His people.

A recent study was done and published in medical journals among men in California. And studying several thousand of these individuals, a report was published showing an interesting comparison of longevity.

Taking a middle age of 35 to 40, this study calculated the life expectancy in various groups of people. One was the population at large, with the habits of the average American. And they found that at age 35 to 40, averaging this group of men, about 5,000, they would live 36.1 years on the average.

Examining a group selected out of the population, namely the Seventh-day Adventist men, they found that they had a life expectancy of 42.3 years or 6.2 years longer, an advantage by being a Seventh-day Adventist.

But this study, though interesting, is far from complete, for God is waiting until He has a group of people that can be studied and expected to obey a total health program. Not only abstaining from smoking, which is probably the major ingredient giving this advantage, but also looking for a life of simplicity and adherence to His total pattern.

And do you believe there's going to be results in that? The results are going to be phenomenal, out of this world. And God has a life of eternity for a group of people that are willing to obey His laws. As He has said through the apostle John:

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”  
3 John 1:2.

[Elder Frazee] I'm so glad to find in this wonderful Book not only information but inspiration, not only counsel and instruction regarding how to live but motivation to enable me to *do* what I find both in the Bible and in medical science.

The truth of the matter is that while, as the ancient prophet says:

“My people are destroyed for lack of knowledge...”  
Hosea 4:6.

Even more, they are destroyed for lack of motivation. For example, if you'd go out on the street today and ask, you'd find that there are literally millions of people who are using tobacco who would *like* to quit. What is it they need? They need sufficient motivation.

And so, I might go on with these other things the doctor has just been speaking of. In other words, the whole health program, as outlined in the Bible and in medical science, calls for *action* on our part. An action requires motivation. In other words, we do things because we have some *reason* to do it.

I think most of us recognize that from time to time, we *want* to do something (or at least *think* we want to do it) that really isn't best for our health. Here comes the question then. How can a man have motivation? How can he have a reason in his



mind and heart sufficient to deny himself doing what he feels like doing and doing instead of what is best for his health and life?

I find that this wonderful manual of life and health is full of precious information which, understood and appreciated, supplies us with this motivation.

First of all, let us think tonight of what millions are celebrating this weekend, the death of Jesus Christ on Calvary. There on that hill outside the city wall, the Son of God gave His life upon the cross. What for? Well, that's the question. What did He die for? He died, my dear friends, that you and I might have life.

“...the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord” Romans 6:23.

This relates both to the present existence and to the future immortal life. This is the gift of God and is made possible for us through this sacrifice of Calvary.

But may I suggest this evening that that sacrifice which was made shows that there is a tremendous value in a human body.

“In a body,” you say?

Yes. The text is 1 Corinthians the 6<sup>th</sup> chapter and the 19<sup>th</sup> and 20<sup>th</sup> verses. Note that there is a price that has been paid for man, and that price was paid for man's body as well as his spirit:

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's” 1 Corinthians 6:19–20.

So, this body has been ransomed by the death of Jesus Christ. But now note, it is not the ransom that made man all that valuable. When a father ransoms his son or daughter held captive by kidnappers, he is not *making* that boy or girl valuable. He is, rather, demonstrating the value already *in* that child. Are you with me? Yes.

And so, my dear friends, when God in Christ gives Himself as a ransom for your life and mine, He is demonstrating His evaluation of our worth, a worth that was demonstrated at Calvary, but it was not made there. Man was already worth an infinite ransom.

Are you worth that much? Yes, my friend, you are worth that much. Whether you know it or not, you are. And when a person begins to understand this, he has a tremendous motivation to *keep* valuable what God has *made* valuable; to preserve in its best and highest operation, in body and mind and soul, this wonderful reflection of the image of God.

Now, we have said that this value was not made by Calvary; rather Calvary demonstrated the value that God already placed on man. And what is it that makes

man valuable? To answer this, we go back to the very first page of this wonderful Book, the Bible. And we see that in creation week, as God made the light and air, the water and the earth, the food and all the other things that go to make up the environment of this world, He was planning for the creation of a *special* being to reflect His image. The record says:

“So God created man in his own image...” Genesis 1:27.

This is not true of any of the other forms of life in this world. We see wonderful beauty and perfection in the flowers, in the trees, in the animals and birds. But none of *them* was created in the image of God. Man alone of all the orders of creation in this world reflects his Creator’s likeness.

Let us think of this a moment from a scientific standpoint. You know, when the scientist analyzes the different substances here on this planet, he finds that they are, in most cases, combinations of elements. Take water, for instance. It’s a chemical union of hydrogen and oxygen, two gasses united together in chemical bonds that make this liquid water that we all enjoy so much.

We might go on with many other substances. Take iron rust. It’s a union of iron with oxygen. Take the foods that we eat, whether sugar or fat or protein. All of these are complex arrangements of various elements. Most of the food that we eat that’s used in the body is made up of carbon and hydrogen and oxygen, those two elements we spoke of that are found in water. And then, if it’s protein it has nitrogen in it. And then, of course, there are various minerals: lime and phosphorous and iron, and so forth.

My point is that the matter we see on this planet is made up of a few score of primary elements, and most of the matter we see is not in that primary form. You can find pure gold in some cases, or pure silver, pure iron. But in most cases, the elements are combined together to form these various compounds.

Now, interestingly enough, the same elements that are found in this human body are found in the soil on which we walk. The Bible makes a very scientifically-provable statement in Genesis 2:7 when it says that man was made from “the dust of the ground.” The iron, the lime, the phosphorous and the other elements that are found in the soil are found in the human body. Of course, it required the hand of the Creator to take that clay, shape it in the Creator’s image, and then breath into it the breath of life. Thus, the Bible says, “man became a living soul” (Genesis 2:7).

But now watch this point. I want you to see that when God took matter, the original elements, and formed those into a human being reflecting the Creator’s image, He exalted that matter to the highest point to which it would be possible to exalt matter.

Let me illustrate. Suppose that we think of an atom of iron out here in the ground. You can pick up iron, you know, with a magnet. Did you ever, when you were children take a magnet and run it through the dust and pick up some iron filings? How many of you ever did that? Let me see your hands. Well, the rest of you, try it. It’s interesting. You’ll find some iron there in the ground. All right.

Now, the iron is there just as metallic iron or as some oxide of iron. Very well. But now, suppose we have a strawberry plant. It reaches down its little roots and comes in contact with some of the iron compounds in the ground. And as those are brought in contact with moisture, the plant, as it were, sucks up some of that iron, along with the other things in the soil. And by and by, we see a beautiful red strawberry. I picked one day before yesterday. My, it looked nice smiling there on the vine. Well, it's got some iron in it.

Now, tell me. If you were an atom of iron—you're not, of course, but if you were and you could think, would you rather just lie there in the cold earth, or would you rather be a part of a beautiful, red, ripe strawberry? I think I know your answer. Certainly, a beautiful strawberry is a higher form of existence than merely being down there as an element in the earth. Are you with me? All right.

But now, let's go a little further. Suppose some animal comes along and eats that strawberry. It *has* happened. Then, what happens to the iron that was in the earth and has been in the strawberry? What happens? Oh, that iron becomes a part of the bloodstream of that animal. If a man eats that strawberry, then that iron that was in the strawberry and before that in the earth becomes a part of the man.

The hemoglobin, the red coloring matter of the blood, is dependent on iron, you know. The scientists tell us there's enough iron in your body to make about a sixpenny nail if all the iron in your body were put together. Not very much on the scales, but very important in nutrition and metabolism.

Now, my point is this. There is iron in the soil, there is iron in the strawberry and the other trees and plants and foods, and iron in the various forms of life, birds and animals, iron in man. But as the iron in the vegetable kingdom we may think of as on a higher plane, a higher scale than that iron down in the earth, and as the iron in the animal kingdom has come up a step in the scale over the vegetable kingdom, so that, in man, has reached the highest point that can be reached on this planet. There is no way that that iron can get into anything higher than to be a part of a human being.

Now, back to the original creation, do we see then, that when God took the earth and organized it into a human being reflecting the likeness of his Creator, He had exalted matter, I repeat, to the highest point to which it can be raised. Nothing could be done to exalt matter and honor matter more than to shape it in the form of its Creator.

Now, let's look a little further. He gave to man something that He gave to no other creature on this earth. He gave man a choice as to whether man would continue to reflect that image and be like his Creator or whether man would refuse that and lose that image. This was a great risk, shall we say, that God took. Why did God do that? He did it because love is expressed in choosing that which pleases the one it loves.

God loved man and sought to please him by making him the highest creature on this planet, the reflection of God's image. God longed to receive from man the

response of appreciation. And what is the greatest appreciation man can give of that honor?

It is to say, "Oh God, if you loved me enough to take the earth and shape me and make me in Your image and give me the power to think as You think, to reason, and then give me the power to choose whether or not to continue to reflect Your image, or whether to pervert and destroy that image, Oh God, if you gave me that power, then my response will be, 'I appreciate what You've done, and I *will* choose to work with You to maintain, to preserve, to keep that image.'"

Thus, an understanding of God's purpose of man's creation is the greatest motivation to you and me to care for this body He has given us and to preserve it in His image. The greatest honor you and I can bring to God is to preserve this body the way He made it in health and efficiency, for His glory.

But now, on the other hand, the greatest insult that man can hurl at his Maker is to say in word or in action, "I don't like the way You made me. I don't like the way You've organized things. And I'm going to take this choice that you have given me, and I am going to use it to tear down instead of to build up. I'm going to use it to deface, to deform, to destroy."

And to accomplish all this has been the work of the great enemy these 6,000 years. But he does it always with the idea of introducing something to human beings that is supposed to give them more fun, more satisfaction, more sensation of some kind. This is the appeal of all the habits that break down health.

Men do not deliberately go in and say, "Please give me this, this, this that will make me sick and make me miserable and kill me."

No, no. Rather, the appeal is supposed to be, "Here is something that will tickle your nerve endings. Here is something that will give a thrill, a kick," or whatever word may be used. "Something that will introduce you to an experience beyond what you have had."

At Calvary, the Creator showed that He values you and me so much that, having made us in His image, He would stop at nothing in the endeavor to convince us of His love and assure us of the goodness of His heart thoughts toward us.

When sin had so perverted man that he was lost, God in Christ gave Himself that we might be redeemed and brought back to union with Him and cooperation with Him, observing the laws of life and health, and living with Him through all eternity.

The Bible shows us that through the 6,000 years of human history, the great controversy has been in progress, giving each individual an opportunity to choose whether to cooperate with Christ the Life-Giver, or Satan, the enemy of God and man who is seeking to destroy man. This controversy involves each one of us here tonight. Each one of us day by day is choosing whether to cooperate with the One who gave us life or to cooperate with the one who is seeking to destroy us.

Isn't it a strange thing that anybody would have any choice other than "Yes" to God? Isn't it strange that anyone would choose to engage in those habits of eating, drinking, dressing, working, anything else that tear down man's health? But thank God, no matter what habits have forged their steel links about us and involved us in slavery, there is liberty in Christ Jesus.

The Savior, who died for us nearly 2,000 years ago, burst the bonds of death and came forth from the tomb, victor over death and the grave. And the victory over sin and death which He accomplished He offers to each of us. He came:

"...to proclaim liberty to the captives, and the opening of the prison to them that are bound" Isaiah 61:1.

And whether it be the habit of alcoholism or tobacco using, whether it be the tendency to overeat, especially of those foods that add excess weight and thereby cut down the life prospect, whether it be the tendency to avoid exercise that's so essential for life and health, whatever the tendency in our lives that is working away from God's ideal, Jesus offers us in the gospel the good news of liberation.

And may I say, friends, we need that. Theology sometimes gets so ivory-towered that men think of religion as dealing only with what they call "religious questions." But this Bible, as we read it with open minds, is found to present a message dealing with every aspect of life.

God is just as interested in religion on Monday and Wednesday as He is on any day that is holy. We are to be holy men, keeping the holy Sabbath, but keeping ourselves through the power of Jesus as sanctified to Him every day of the week. This brings joy to our Lord. This brings glory to His name.

And so, this evening I'm thankful for a Book, as I say, that not only tells us much in the way of information on how to live, but it furnishes us the most powerful motivation: it reveals our origin, made by the Creator in His own image, it shows our high destiny, that we may be restored to that image and brought back to perfection and it reveals the method by which this is done, through the offering of Jesus Christ upon the cross.

And so, this weekend, as millions are thinking about the death He died and the resurrection that He experienced, oh let us bring Him the offering of thanksgiving, bringing Him this offering of our bodies, our spirits, for which He died.

And saying, "Lord, if You love me this much, I will give You the response of my choice. If you've given me the opportunity to decide whether to vote with You or vote with your enemy and mine, I will use that choice to vote with You for life and health here and hereafter, because You love me.

How many would like to send Him the word tonight that we're with Him in this? May I see your hands? May the Lord add His blessing.

"My Jesus, I love Thee, I know Thou art mine;  
For Thee all the follies of sin I resign;

My gracious Redeemer, my Saviour art Thou;  
If ever I loved Thee, my Jesus 'tis now."  
*Seventh-day Adventist Hymnal*, #321, first stanza.

As we look to our Lord in this closing prayer, I want to give an opportunity to anyone that has a special problem that you're needing help with. Jesus is the great helper. He has invited us:

"...come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need" Hebrews 4:16.

If there's somebody standing here in divine presence tonight that came in these chapel doors with a burden upon your heart, I invite you to leave that burden with Christ. I invite you to give yourself, your worry, your burden, your concern, to Him. If there's somebody struggling with some habit that you know is damaging your health, I assure you that you can have help in Jesus tonight.

So, whatever the burden or problem, if there's somebody here tonight that would like to have your need especially remembered in prayer, would you raise your hand at this time. Our Lord sees every hand, and He loves to grant the desire of every heart.

Let us pray.

Heavenly Father, we thank Thee tonight for a Book that tells us where we came from and where we're going and how to get there. We're thankful for a Savior who made us in his image and died that that image might be restored and rose again that we might with Him have the life that never ends.

See each hand, we know Thou dost, and we pray that just now Thou wilt grant the desire of every heart. Lift us by Thy mighty power. We thank Thee in Christ's wonderful name. Amen.

Good night and God bless you all.

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