

Survival 5 of 14

Physical Survival

#0429

Study Given by W. D. Frazee

Turn to Luke the 21st chapter. This is another of the great survival chapters of the Bible. Jesus was seated with His disciples on the Mt. of Olives. Luke tells some of the things that Matthew didn't write down. We'll notice in this chapter some very interesting predictions of the Savior, and also some warnings, and watch for the Savior's direction to those who wish to survive.

Before we read some verses here tonight, I would just like to have you briefly survey the future; some of the things that you and I are going to have to pass through. We are already seeing more and more calamities by land and sea. These will increase: Earthquakes, fires, floods, tornadoes, hurricanes, tidal waves, famines, diseases of various kinds, terrible epidemics that will sweep away millions of people. Violence has increased at a terrible rate the last few years. It will increase still more. Mobs will riot. You and I are to go through all these experiences, and we're to go through the seven last plagues. While there are some features of these that we will be spared from, nevertheless, we will be surrounded with the devastation and death pictured in Revelation 16.

Despite all these calamities and diseases and violence that we will be surrounded with the remnant church will be the mark of the special wrath of Satan and the object of persecution. Oppressive laws will be passed in this nation, and in all parts of the world. A boycott will be enforced against those that keep the true Sabbath. Commandment keepers will eventually be put into prison. Some will flee for their lives. But whether in prison cells or in lonely mountain hideouts, the remnant will go through some terrible times.

Then finally, as earth's last battle breaks, and the whole world is deluged with blood, the remnant church will see the blessed Savior coming in the clouds of heaven to rescue His waiting people. It shall be said in that day, "Lo this is our God. We have waited for Him."—And oh, what a waiting it will have been, my friends. What a patient endurance through these calamities, through the violence, through the plagues, through the persecution, through the anguish of the time of Jacob's trouble. Yes, survivors through these experiences will need to have the benefit of all the help that Heaven has provided.

Now, in Luke 21, you notice in the 7th verse, they ask Him about the sign of His coming, and in the 9th verse, He spoke of wars and commotions. The 10th verse: nation shall rise against nation. The 11th verse: Great earthquakes shall be in diverse places, and famine, and pestilences, and fearful sights, and great signs shall there be from the heavens. Then in the 25th verse:

“... there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring; Men’s hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. And then shall they see the Son of man coming in a cloud with power and great glory”
Luke 21:25–27.

Matthew says that Jesus at that time pictured all the tribes of the earth mourning as they see Jesus coming. You remember from last week we read from Revelation 6 that they’re all going to cry for the rocks and mountain.

But now in the midst of all these conditions, God is going to have a people who, instead of being terrified by what’s around them, will be inspired by what’s above them. Notice the 28th verse:

“... when these things begin to come to pass, then look up, and lift up your heads; for your redemption draws nigh” Luke 21:28.

We need not be terrified. We need not be filled with fear. You and I can be survivors. And so tonight, let us listen to the special words of verse 34–36. These are the verses we want especially to study.

“And take heed to yourselves...”

You my disciples, you my church, you my people that live through these times of calamity, and world fear and anguish, and perplexity and distress, take heed to yourselves.

“...lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare shall it come on all them that dwell on the face of the whole earth” Luke 21:34–35.

That word translated snare there has in it the thought of a trap that suddenly snaps down on the animal that has gotten involved in it. A terrible trap has been set by the Devil for the people of this world. The only survivors will be the remnant who listens to the warning of Jesus.

The 36th verse:

“Watch ye therefore and pray always that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man” Luke 21:36.

These are the survivors. They escape when all the world goes down. They go through instead of going under.

What is the program? There is a spiritual program here. “Watch ye therefore, and pray always.” Even to escape physically, we must have a spiritual experience.

“The angel of the LORD encamps round about them that fear Him, and delivers them” Psalm 34:7.

The 91st Psalm, which is indeed the Psalm of survival, is written for those who abide in the secret place of the Most High, under the shadow of the Almighty. I want to study that with you more especially in a future lesson—Perhaps tomorrow night.

But note my dear friends in the words that Jesus has given us here, that there is not only a warning concerning our spiritual experience but concerning our physical experience. That’s what I want to study with you especially tonight—is physical survival. The program that God has given His people to get through the diseases, the plagues, the violence, the distress that is surrounding us now, and these things will increase more and more. God’s program for the whole man includes the whole man. Our whole body and soul and spirit are to be preserved blameless to His coming. (1 Thessalonians 5:23)

So notice in this 34th verse as Jesus puts His finger on a program that can make us survivors. “...take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.” It’s coming as a snare, a trap on the whole world. They’re going to go down. But you don’t need to be taken by surprise. You can be ready instead of being caught off guard. You can survive instead of going down. But there are three things He says you’ll have to watch.

The first is surfeiting. That’s eating too much rich food. The carousing, gormandizing, gluttony of this last generation can have no place in the life of the one who intends to be a survivor. Presently I’ll show you several reasons for that. Just now, note Jesus says to be careful, watch that point. In other words, have a simple diet and don’t eat too much if you want to survive.

The second is drunkenness. What is drunkenness? Well, if people drink wine, whiskey, rum, gin, or any of these other alcoholic beverages, they get drunk. Why? Because the alcohol in those beverages does something to the brain, it works especially on the forebrain, putting to sleep the centers that have to do with conscience, and reason, and judgment.

The great enemy has not confined himself to alcohol in order to make men drunk. May I tell you, friends? Any drug poison which changes the thinking in the forebrain may be for you just as dangerous if you want to be a survivor. That thing may be just as dangerous for you as any drink of whiskey or a bottle of wine. And the amazing thing is that there are thousands of people who wouldn’t think of taking a drink of whiskey who every day are putting into their stomachs or getting it into their bloodstream in some other way some drug poison which interferes with the thinking here in the forebrain.

Ah, but someone says, I don't know what I'd do if it weren't for this thing or that thing, or the other thing I take.

That's exactly what the whiskey slave says. He doesn't know what he'd do if he didn't have his bottle. He gets so worried, so anxious, so bothered, so defeated if he didn't have his bottle to turn to for solace. He doesn't know what he'd do. Well, more of that perhaps in another lesson. Just be thinking about it, friends.

My point is, Jesus puts His finger on one of the greatest snares of the Devil in this closing hour—drunkenness. In other words, affecting the forebrain, this front part of the brain by poison; be it alcohol, nicotine, caffeine, or a thousand others that are flooding the bloodstreams of people today. They're not all drunk out of a cup. They're not all smoke in a pipe or in a cigarette. Some of them may be taken innocently, or should I say ignorantly. Some of them may be taken with the idea that, oh, here is some wonderful thing that will make me feel better. A glass of whiskey makes a lot of people feel better. Jesus says take heed to yourselves lest at anytime your heart be overcharged with surfeiting and drunkenness. Any poison that will change the thinking of these brain cells, so the conscience sleep that is dangerous for the one who wants to go through this time of snares and perils.

Do you know something friends many of these drugs that I'm speaking of or at least referring to, the airplane companies won't allow a man who is taking them to pilot an airplane. Did you know that? Why? He has an important job. His decision must be made by a brain that's alert. Isn't it strange that the airplane pilot needs more brains than you and I need? Personally, the decisions that I have to face every day are more important than the decisions that that pilot in the airplane has to make. My soul is at stake. I need every brain cell I have working at the highest degree of efficiency, what about you? Oh, that God would keep us from putting into our bodies, through any channel, that which weakens the ability to discern between right and wrong; to discern between that which we should do and that which we shouldn't do. Take heed to yourselves, Jesus said, lest at anytime your hearts be overcharged with surfeiting and drunkenness, now watch, and cares of this life.

Overwork, over worry, fretting, stewing—What for? Why, to make a living. Do you know what it means to make a living today? Well, if you don't have a car, you must have a car; you can't live without a car. But if you have a car, you must have two cars. The neighbors have two cars. You must keep up with them. And then there's a long, long list which I'm not going to recite of things you have to have in order to live. You are well acquainted with them—the radio, the TV, the newspaper, the magazine, and your neighbor and your children keep you well informed on the things you have to have in order to live. Am I correct?

So father must work, and if possible, he must do something after hours. Thousands, tens of thousands of fathers are moonlighting today. What for? That he keep up. And mother probably must get a job too. What happens to the children? Well, some baby sitter will take care of that, or some nursery, something. But at any event, we must keep up with the Joneses.

Where are the Joneses going? They are going to all these problems and troubles and snares. The trap is going to shut like that. Are you going with them?

Are you a part of that rat race? Jesus says to take heed to yourselves lest at anytime your heart be overcharged with surfeiting, and drunkenness, and cares of this life.

Then what will happen? That day will come upon you unaware. Oh friend, that we may know the warning.

Let me tell you of an experiment that took place in one of our great university research centers not long ago. They were experimenting with monkeys, seeing what the effect of tranquilizers would be on the brain of a monkey. They had these monkeys in a cage, and they had it arranged that they could shock the monkeys at any time that the monkeys were in the cage. But there was a wooden pole in the center of the cage. They had it fixed up so that a warning light would go on just before they shocked them. The monkeys learned that when the red warning light went on, if they would jump for that wooden pole, they wouldn't get shocked. So what do you suppose the monkeys did? Why, they jumped whenever that warning light went on. They learned to do that.

But then they gave the monkeys tranquilizers. Do you know what they did? They did not jump when the red light went on. They jumped after they got shocked.

Ah friends, it matters not what it is that affects your brain, whether it is the stupefying effect of overwork, whether it is the effect of overeating—eating rich food or whether it is the drug action of alcohol or any of these other poisons. May I repeat it, and repeat it, and repeat it? Whatever weakens the action of the brain cells in the forebrain is destroying your ability to discern and to act. It's putting your conscience, your reason, your judgment to sleep. Take heed to yourselves Jesus says lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. For as a snare, as a trap shall it come on all them that dwell on the face of the whole earth. Watch ye therefore and pray always.

Now He tells us the three things to avoid—The surfeiting, the drunkenness, the cares. Now He tells us what to do—watch and pray. But may I tell you, something friends? If we fail to obey the 34th verse, we shall find it impossible to carry out the 36th verse.

People whose stomachs are full of rich food, and their bloodstream is overfull of sugar and cholesterol; they don't watch and pray as they should. People whose bloodstream has alcohol in it or caffeine or nicotine, or these other drug poison, they cannot watch and pray as they should. People who are burning the midnight oil in the endeavor to get ahead and make in this competitive business world, and make a fortune for themselves or their children, they cannot watch and pray as they should.

So turn from the way the world is doing and enter into a program of simplicity, and watch and pray always that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man. Do you want to be a survivor? Are you willing to train for it? This is training time.

Now go back to the 25th and 26th verses. Jesus says following the signs in the heavens there will be a period when there will be distress of nations with perplexity, the sea and the waves roaring, men's hearts failing them for fear and for looking after those things which are coming upon the earth. I suppose most of this audience tonight are acquainted with the fact that the leading cause of death in America today is heart failure, heart attack.

I was talking with a physician not long ago, a member of the academy of general practice. He had just been to a convention where the speaker, a doctor from one of the leading medical colleges in this country, spoke on the subject of America's greatest epidemic in America today, coronary heart attack. Twenty-five million people either have already been affected, or are on the road to it. Do you know that Heart disease causes more deaths among middle-aged and elderly people than all other causes combined? Heart disease is on the increase; heart attack.

Jesus put His finger on it in this last generation—Men's hearts failing them. I know He's talking primarily about the, shall we say, the mind, the mental heart, and I shall say more about that, the Lord willing, tomorrow night. But the interesting thing is that when people's minds are full of fear, it affects the physical heart.

Recently two of America's magazines of great circulation—*Time* and *Life*, put out a book called *A Special Report on a Healthy Life*. The entire book deals with this number one threat to America's health and life—coronary heart attacks. In the opening spread of photographs that graphically display the basic causes, we see four pointed out.

The first of these is emotional stress. Jesus put His finger on it nearly 2,000 years ago, looking down to this generation—Men's hearts failing them for fear, and for looking after those things which are coming on the earth. My dear friends, if looking at the things that are going on and are coming on this world has that effect, how much time do you want to spend with your eyes glued on the TV screen? Tell me, it's giving people heart attacks just trying to keep up with all the trouble and the crime and the vice in this world. With the war and the riots, and all the rest, it's doing something to the very bloodstream, to the nerves, the brain cells, the hearts of people—Men's hearts failing them for fear. So the first cause here is this one.

All right, what's the next one in this spread of pictures? A fat rich diet. Here in this photograph is a lady who is overweight, adding some more weight to it, with the rich deserts, and fat rich, and sugar rich food that she has before her. What did Jesus say? Take heed to yourselves lest at any time your hearts be overcharged with what? Surfeiting. She's right into it, friends. That builds up the cholesterol, makes those fatty deposits in the blood vessels, and pretty soon there's a heart attack or a stroke or some other symptom which means incapacity or death in many cases. Jesus said, "I'm going to give you a program of life, so you don't have to go through a lot of things that the world goes through."

And now, what's the third one? Smoking. There he is puffing away at his cigarette. I want to ask you something friends Has Jesus given His people a way of life to keep them away from alcohol, and smoking, and tea and coffee, and a thousand other poisons? Thank the Lord.

Now, the fourth and last is lack of exercise. See this big overweight fellow? Sitting on a lawn mower. The grass is getting cut, but it's not helping the man very much.

Now here are the four great causes of this terrible epidemic of coronary heart attacks and associated conditions: Emotional stress, fat rich diet, smoking, and lack of exercise. If we just listen to Jesus, He'll keep us from all those conditions.

Take the book, *Ministry of Healing*, or as it's been republished in, *Life at its Best*. That was written just about the time I was born. As a young man, I studied it as I was training to be a medical missionary at Loma Linda. It's the only medical textbook I've studied that hasn't gone out of date long ago. It is an inspired book. Those who will read and study *Ministry of Healing* will be kept. Those who have done it have been kept from every one of these four great predisposing causes to coronary heart attack.

Some of you noticed an article in the *Review* a few months ago. The average Seventh-day Adventist man in the state of California lives six years longer than his non-Adventist neighbor. This is on the average, you understand. Much of it is due to the fact that he doesn't smoke, but part of it is due to all these other things. And may I say this dear friends, if a partial carrying out of health reform has done that much for the rank and file of our people, what would a full carrying out of health reform do? God wants his people to shine and stand out as signs and wonders in this generation where fear and disease and death are stalking people everywhere.

God wants His people to be like Daniel in Babylon, like Joseph in Egypt, standing out from the crowd. Do you want to be a survivor? What a wonderful way of life God has given His people. What do you say?

Well, I had some more things to give you tonight, but I'm going to give them to you tomorrow night. I want to hear from you now. I want to hear what you have to say. How does God's way of life look to you? Does it look to you like a yoke of bondage, or a way of escape? Does to follow the program that God has given His people, the remnant church, look like putting you into jail, or getting you out of jail? Which is it? Are these instructions that God has given us through the Bible and the Spirit of Prophecy, are they to be hard or easy on us? Are they to get us in trouble, or keep us out of trouble? What do you think, which do you believe?

Well, I'll tell you friends, you vote not only with your lips. You vote with your knife and fork and spoon, and several other things. Our actions speak louder than our words.

I beseech you, in Jesus' name, get into a program of physical fitness. And I'm not talking about meat-eating; I'm talking about getting away from a lot of sweet eating. Excessive amounts of sugar are doing thousands of people more harm even than meat would do. I tell you true.

And don't forget this point about exercise. Outdoor exercise we're told gives you ten times more benefit than indoor exercise. Outdoor exercise is important. It's

vital if you want to be a survivor. Some of the great executives of the county, men who stand at the top of big banks, big commercial concerns, they're out jogging every morning, literally running for their lives. But ah, my friends, I say what I said about the airplane pilot, the decisions I have to make, the life that I must live, is more important than General Motors, Standard Oil, Ford Motor, or any commercial concern in this country. What do you say?

Oh, how good God is to give us a way of life. I'll tell you more about it tomorrow night. But now, shall we just bow our heads a moment?

Precious Lord, we thank Thee so much for opening up a way of escape from these snares and traps of the enemy all over this world. We know You want us to go through the time of trouble, and not go down in it. We know You want us to stand before Thee at Thy coming with joyful faces, welcoming Thee with gladness. We pray in the blessed name of Jesus that we may be among the survivors, for His sake who died for us, amen.

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