

If Ye Know These Things

#0485

Study Given by W. D. Frazee—July 9, 1976

The text with which we begin this evening is in the third epistle of John, the second verse. And then, we'll turn to 1 Thessalonians 5:23. What's the first word of that opening text? "Beloved." Isn't it nice to know that God loves us, that we're dear to Him?

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

You remember *Ministry of Healing* in commenting upon this says that these words express:

"...the desire of God for every human being"
Ministry of Healing, page 113.

God wants us to be successful, to be happy, to have health.

Now, in our next text, 1 Thessalonians 5:23, we see that this purpose is to be realized especially in the remnant:

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ" 1 Thessalonians 5:23.

Jesus is looking for a people who in body and mind and spirit reflect the prosperity and success that obedience to God brings.

Now, in the light of these Scriptures, I suggest to you two great reasons for being healthy and happy and successful spiritually. One reason is to please our Lord. If this is His great desire for us, surely we want to make Him glad, don't we? And second, this is one of the best ways to influence others for His kingdom.

We see from time to time a motto, "The satisfied customer's our best advertisement." And this is true in the work of God.

Let us turn now to John 13:17. What's the first word? "If"—God's big, little word.

"If ye know these things, happy are ye..." John 13:17.

Does the verse end there? No, there's that "if" again. Here is an interesting verse, a short verse, with two "ifs." And what's that last "if"?

"...if ye do them" John 13:17.

Now, *if* ye know them and *if* ye do them, you are what? Happy. Then, all we've studied in our first two texts that all can be ours if we know God's directions and if we follow them.

This evening, without seeking at all to go through a comprehensive list, I would like to suggest to you five things that you might want to check up on. And I can tell you this. If you are doing these five things, you are happy. I'm sure of it. If even one of these is omitted, you lack something.

You know, it's an interesting thing in nutrition how many essential items there are. In the experimental laboratories, they feed animals various diets. And they find that Vitamin C, for example, is essential for a guinea pig to keep him from getting scurvy. He may be getting plenty of protein, calories, minerals and all the other vitamins, but he has to have Vitamin C. And just a few drops of tomato juice or orange juice can supply that in the otherwise deficient diet. And so, we might mention many other illustrations.

My point is that one element cannot take the place of another. And so it is in the way of life that God has given us. No amount of one thing can take the place of another. The first thing that I want to mention is sleep, S-L-E-E-P, sleep. I mention it at this season because with the sun setting as late as it does and rising as early as it does, it is easy to fail to get enough sleep.

Am I touching anything that's helpful to somebody? Yes. All right. Now, most of us sleep at night, but there are those who in their ministry to the sick, or for some other good reason, have to be on duty when others are sleeping. And for them, the Lord has a blessing in sleep during the daylight hours. But most of us find our blessing in getting sleep at night.

In fact, that's what the night is for, isn't it? That's right. Man thinks it's wonderful because he can turn the switch and turn night into day. One of the nicest things about those switches is that they can be turned off! In fact, the Lord has been good enough to suggest a deadline for turning out the lights in our schools. If you don't know when that is, you'll find it in the book *Counsels to Teachers*. And if you don't locate it, ask somebody who knows.

How many of you know when it is? Well, most of you know, and you who don't, ask some of the ones that raised their hands. Don't take their word for it. Look it up. And it isn't in round numbers, either. It's very specific.

My point is sleep is a wonderful blessing. God must have thought it important, for perhaps there is no other part of the daily program in which one experience takes so much time day after day, week after week, month after month, uninterrupted.

And what does sleep do for us? Well, it recharges the battery. It is nature's way of restoring us, refreshing us. Here in the brain are cells that literally must be recharged, and sleep is the time when those get recharged. And there's somebody here tonight that, because we've had this little study, will get a bit more sleep tonight than you did last night. And as the result, you'll come to your labors, your burdens, your opportunities, your problems tomorrow better equipped, ready.

"If ye know these things..." John 13:17.

What?

"...happy are ye if ye do them" John 13:17.

The next item on our little checklist of five tonight is exercise, exercise. And the One who knows has told us that labor performed in the open air gives us 10 times the benefit of indoor exercise. So, if you insist on getting yours indoors, you can see how many hours you'll need to devote to even up. Let us then not be cheated out of the blessings of outdoor exercise by the suggestion that we have so much to do indoors.

Of course, all of us do not carry responsibilities that carry us outdoors during all the daylight hours. Some are fortunate enough to be working on the farm or in other activities that take them out of doors. You who are, thank God. We don't envy you. We rejoice with you. But for those of us whose labors, whose burdens, whose responsibilities keep us indoors, let us rejoice that God has been good enough to give us suggestions of how we can get out of doors.

You know, I've been so glad to see the gardens growing under the blessing of God and the work of His servants, from one end of this place to the other. Hasn't it been beautiful? And I know that there are times that pests or other problems interfere. But thank God, He has blessed and is blessing.

My point is on that item which we're studying right now, one of the greatest blessings that comes through the gardens is they get us outdoors in happy exercise, working with God.

Man's first assignment was in the garden, and still in the garden, we may walk with God and work with God. Others may find opportunities for outdoor exercise in walking to and from their office or institutional responsibilities.

Aren't we thankful for the roads, the trails, the paths on these 600 acres? Thank God. And not alone upon the Sabbath, with its opportunities for communion with nature, but throughout the week in the early morning hour, or on our way to work, or on

our way to some appointment, we may get the double blessing of communion with the created works and exercise of the muscles.

Happy outdoor exercise in its various forms, this is one of the items. Are you getting your benefits? If you are, you're thankful. Am I right? If you're not, this is something to check because:

"If ye know these things..." John 13:17.

What?

"...happy are ye if ye do them" John 13:17.

The next item on our checklist tonight is soul-winning, soul-winning. Now this, like exercise, can take many forms. But everyone needs a personal experience in personal burden for some soul. The least that can be numbered is one. And so, we sing:

"Lord, lay some soul upon my heart,
And love that soul through me.
And may I humbly do my part,
To win that soul for Thee."

"Lord, Lay Some Soul Upon My Heart," by Leon Tucker.

May I tell you, dear friends, while it may mean eternal life rather than eternal death for some soul, if you do that, there is another reason for engaging in it. You need it for your own physical, mental and spiritual wellbeing. The One who made you made you in such a way that you need the drawing out of yourself that takes place in feeling a burden for some lost one, somebody to pray for with all your heart, somebody to love, somebody to work for, as God shall put into your mind and give you the opportunity.

Many of you know what I'm talking about, and as many of you know the benefit of outdoor physical exercise, so many of you know the benefit of special, personal labor for souls.

"Ah," somebody says, "Brother Frazee, I wish I could get it all in."

Well, I want to ask you something. How many of you know how to make bread? May I see your hands? Thank you. I hope the rest will learn. Did you ever leave out the salt because there wasn't enough room in the bread pan? Did you ever leave out the yeast because there just wasn't enough room in the pan to put it in?

"Oh, no," you say, "I wasn't foolish enough to try that!"

Well, don't try it in what we're talking about. The pan is 24 hours big. And whatever the size of the batch of bread you're making in that pan, be sure there's some salt in, be sure there's some yeast in, as well as the flour and the water and whatever

else goes in to make a good loaf of bread.

My point is no amount of one component can take the place of another. And you and I in the program we're on cannot spend all our time simply working for souls, in the sense of giving Bible studies, or praying with people, or making personal appeals. But my thought is every one of us needs *some* time in that, *some* time. And I'm not so burdened this evening about how *much* it is. I am suggesting on your checklist be sure you have *some, some*.

May we sing that little chorus?

“Lord, lay some soul, upon my heart,
And love that soul, through me.
And may I humbly do my part,
To win that soul for Thee.

To win that soul for Thee,
To win that soul for Thee.
And may I humbly do my part,
To win that soul for Thee.”

Ibid.

This is the joy of the Lord. And:

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

And now, number four on our little checklist tonight. I'm going to use the word “faith” for this, but I'm going to focus our concept of faith tonight in this checklist on this point—the matter of accepting the assignment of God's providences. A settled attitude, a fixed habit, to let God manage things in our lives, and to receive with joy and thanksgiving what He arranges, whether it be sunshine or rain, whether it be what we like, or what we don't like, whether it's what we're wishing would happen, or what we didn't want to happen. To believe what Paul says in Romans 8:28 that:

“...All things...” Romans 8:28.

Do what?

“...work together...” Romans 8:28.

And they not only work together, but they also work together:

“...for good to them that love God...” Romans 8:28.

And we love Him, don't we? The General Manager of the universe is running the whole thing just for my benefit!

So, it's not only ungrateful to complain. It's foolish. *He* is working all things together for my good. He is arranging the circumstances of life, not (don't miss this point), not that that means that I should be like a leaf upon the river, driven by wind and current. Oh, no. He may allow certain circumstances to call forth reaction. If somebody gives me a cold mitten friction, I'm going to react. What do you say? Yes. I'm not going to get chilled. I'm going to get warmer.

And so, many of the circumstances of life are for the purpose of developing in us the ability to react. Temptation, for example, is God's providence to test us, to develop in us that reaction, so that we resist the Devil, saying "Yes" to God and "No" to Satan.

But whatever the circumstance, whether the circumstances are good or bad, favorable or unfavorable, they all are doing what? Working together. For whose good? For my good and your good, if we both love the Lord. Oh, that's a wonderful thing to know, isn't it? So I can cultivate (this is what I'm talking about), I can cultivate the habit of recognizing God's providence and accepting it, and thanking Him for it.

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you" 1 Thessalonians 5:18.

"And if ye know these things..." John 13:17.

Oh, indeed you're happy if you do them.

And now, the fifth and last in our list tonight, something that every person needs some time in the 24 hours from sunset to sunset—time to be alone, time to be alone, alone with yourself, alone with God. My favorite text on that is Isaiah the 50th chapter and the 4th verse:

"The Lord GOD hath given me the tongue of the learned,
that I should know how to speak a word in season to him
that is weary: He wakeneth morning by morning, He
wakeneth mine ear to hear as the learned" Isaiah 50:4.

Day by day, Jesus is arranging time for us to be alone with Him, to listen while He speaks. Oh, I'm so glad that He also listens while we speak. And thus, through prayer and the study of His Word, through nature and meditation, we're drawn close to the heart of God.

"Ah," somebody says, "Brother Frazee, that's a wonderful list, but who can find time to get it all in? Who can find time to get it all in?"

Dear ones, *unless* you find time to get in these five things, you are suffering from malnutrition, either physically, mentally, or spiritually. And the biggest thing that you can learn at Wildwood is how to get all these in.

But may I suggest some practical things about it. There are those who are forever longing for *more* time for some of these things. When Dr. Hardinge was here, you remember he pointed out that some people in the matter of nutrition seem to think that the motto is, “If a little is good, a whole lot is better.”

And so, if a little vitamin is good, why let’s have some more, double the dose. If the oranges don’t have enough, get some pills and so on. Thank God, if we are willing to bring our lives to Jesus and let Him help us, He can take the five barley loaves and two small fishes and multiply them to meet every need.

And so, I would suggest, do not waste time and energy in useless longing for great long periods of doing nothing but meditating and praying. Do not waste time dreaming about some way of life in which you’re outdoors in exercise all day long every day. I’m sure none of you will waste time wishing for someplace where you could sleep all the time. Nobody’s looking for that, are they?

Do you see what I’m getting at, dear friends? Let us cultivate the attitude of doing the best we can with what we have. What do you say? Let’s be sure that we’re getting *some* time in each of these, *some* time. Let’s study how to combine some of them.

I’ve mentioned the joy of combining walking to work with communion with God and with happy outdoor exercise. There you’re doing at least three things at once, aren’t you? I don’t suggest that that take the place of kneeling down in prayer. But it all blends, and it multiplies the benefits.

And so, each of us, of course, is an individual. Each must let God guide him. And it is written in His book:

“...And they shall be all taught of God...” John 6:45.

God is your teacher, as He’s mine. But I just was impressed tonight that we might share with you these five points as a little checklist. Look them over, and as I said at the beginning, I’ll repeat. If you are experiencing all five of these, you are happy. I know it, and if even one of them is missing, then something is missing in your satisfaction. And if you’re not careful, you’ll blame *somebody* for it. Oh, yes. I know the symptoms. But thank God, friends, there is something *you* can do about it.

Be sure, be sure, that you’re getting your sleep. Be sure that you’re getting some exercise, happy outdoor exercise every day—the more systematic and regular, the better. But do the best you can with what you have. And then, the soul-winning. And this matter of faith, accepting the assignment of God’s providences. Cultivating the spirit of thanksgiving. And finding time day by day to be alone, alone with God and with yourself.

“And if ye know these things...” John 13:17.

What?

“...happy are ye if ye do them” John 13:17.

I'd like to take just a few minutes and hear from you. This evening, you just stand up where you are and just give your word of response. There are two kinds of people I'd like to hear from tonight, those that have found by experience that this is true. You don't need to go into a lot of detail, but if you'd like to say, “Yes, I know this is so,” to the glory of God, fine.

There's somebody else that will speak and say, “By God's grace, I've decided to do it.”

[Testimony meeting follows]

[Comments by Elder Frazee during testimony meeting.]

And remember, dear ones, it isn't the quantity. When we sit at the table, and we have a lovely meal, if we're intelligent, we don't say, “Oh, I just wish I could sit here all day long and eat.”

No, no.

...Well, tonight we're not way up in some cloudy heights of theology, are we? We're right down to earth in practical application of religion to the daily life.

...Good.

“If any of you lack wisdom, let him ask of God...” James 1:5.

“If every moment were valued and rightly employed, we should have time for everything...” *Ministry of Healing*, page 208.

All right. We're going to close now. A few weeks ago when I had the meeting, I forgot that the choir meets right after meeting, and I let it run over a little. Now, I'm going to stop early tonight and pay back what I inadvertently took. So, the choir will get a little extra time to meet tonight.

Shall we stand?

“Praise God from whom all blessings flow,
Praise Him all creatures here below,
Praise Him above ye heavenly host,

Praise Father, Son and Holy Ghost. Amen.”
Seventh-day Adventist Hymnal, #694.

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