

Thoughts on Reconditioning 1 of 2

The Missing Link

#0536

Study Given by W. D. Frazee—March 16, 1970

First of all, I want to say how much I appreciate you all entering into this class. You're going to be needed not merely today but tomorrow. This work that we call the health-conditioning work or reconditioning work is more up to date than this morning's newspaper. Of course, as you are well aware, it's simply carrying out the old-time sanitarium principles that God gave us a hundred years ago.

The wise man says there's nothing new under the sun. But when we discover something that's new to us, when the world sees something that for them is the first time, it's new to them, that these principles are not only a hundred years old, they're 6,000 years old. Really, what we are studying, what we are learning in health conditioning is how to live. And this is what God has been trying to teach people for the entire history of the world. But I'm very much impressed, dear friends, that in this total program there is with too many people and too many institutions a missing link, a missing link.

Now, you're familiar with the statement in *Ministry of Healing* 127 that gives us a list of the true remedies. If you have your *Ministry of Healing*, just turn to that. I'm glad you have this book. This is the handbook for all who are interested in being medical missionaries.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies" *Ministry of Healing*, page 127.

Now, I want you to look at this as I put it on the board, the true remedies. Tell me something. Could you spell that without "E"? No. Suppose you didn't have an "E," could you spell it? No. Could you spell it without "R"? Could you spell it without "D"? Well now, if you have enough "R"s, you could get along without the "D" or the "E," couldn't you?

In human nutrition, you have vitamin A, vitamin B, vitamin C, vitamin D, vitamin E. Now, if you have enough vitamin A you can get along without all the others, can't you? No. But if you have enough of all the others, can't you get along without vitamin A? No. What about it? Can any vitamin take the place of another? No. And so, there are ingredients in a health program, a life program, each one of which is important.

We might say it this way, the most important ingredient in the program for me to learn is the one that I don't know. The most important link in the chain for me to help my patient, or guest, or whatever I call the student I'm trying to help—the most

important link in that chain with him is the one that he's unaware of or the one that he's not doing. Do you see that?

Just as if I were a typesetter and I was trying to set that up "T-r-u-e R-e-m-e-d-i-e-s," and I have lots of "R"s and I have lots of "E"s but I don't have a "U," and I look all over the box for a "U." I'd give a lot for a "u," wouldn't I? Yes.

Suppose you had a typewriter that had 25 letters on it. Pretty soon, you'd come to a word that you couldn't spell, right? Well now, all these illustrations are to impress us with this fact. There are various ingredients that God has put in the health program. And no matter how enthusiastic we get about one of them, or two of them, or a half a dozen of them, until we have gotten each one in and all of them in, we're not going to get the full results.

Back to the question of nutrition, not only is it impossible for one vitamin to take the place of another, it's also true that you're getting more benefit from all the other vitamins when you have the last vitamin added to the diet, see? And so it is in this program of health. Whatever is the last one is going to produce spectacular results because it enhances all the rest. Shouldn't we be interested in that last one?

Any of you fellas ever unload a load of watermelons? Well, I've helped to unload.

And I've heard somebody say, as they picked up the last one and tossed it to the next one that took it and so on, "This is the one we've been looking for."

You get the picture? What were they looking for when they started to unload the watermelon? The last one. Because we're not unloaded till we get the last one. And we're not on a real health program until we put every ingredient in.

"Ah," somebody says, "that looks discouraging."

Oh, no. The load of watermelons doesn't have 10,000 in it. We have eight listed here in *Ministry of Healing* 127. I won't say there aren't some others that could be added, but I'll say these are the great major ones. And I'd like to have you look at them with me for a little while here. And I'd like to have you think as we're looking at them which one, or ones are most likely to be missing in the ordinary person's life. Of course, sad to say, there are people who need all of them.

But let's bring it a little closer home. Which one am I weak on? Which one do I need more of? Because in all this, remember that these are lessons that only he who himself has learned can teach. We have to know these things not merely in our heads but in our lives in order to effectively teach them.

Now, I'd like to have you look at those eight remedies that are listed here and see if you find any of them whose initial letter we can put up here with these. You notice how I have put these "True Remedies" vertically.

Brother Fields, maybe you'd be willing to help me, and as different ones discover some, we might just write that on the board.

T
R
U
E

R
E
M
E
D
I
E
S

What do you think of when you see “T” up there? Trust. All right. Just put that there, Brother Fields, “Trust in divine power.”

T = Trust in Divine Power.

Now, let’s go to the very last letter down there. What’s that? “S.” Do you find anything in your list that will go with that? Sunlight. All right. Let’s put that down there.

S = Sunlight.

Now, does somebody else see one that you’d like to put up there? “R” for rest. All right.

R = Rest.

“E” for exercise. Very well.

E = Exercise.

Anybody else? “D” for diet. All right.

D = Diet.

“U” for use of water.

U = Use of Water.

Let’s see what we’ve got there now. We need air. Well, what do we call the use of air in the body? Respiration. Shall we use that, then, for that second “R”? All right. Let’s put that down. Then, we’ll have air taken care of. Air’s no use to you unless you breathe it, is it?

R = Respiration.

Now, what do we have missing yet? Abstemiousness. All right. Turn to Philippians the fourth chapter and see if we can find another word that is very similar. In fact, it will probably mean more to most of the patients or guests. That's right. What is it? Moderation. All right.

And what does moderation mean? Temperance. Abstemiousness, moderation, temperance, each has its own shade of meaning, but this is the thought. In other words, don't overdo anything. Quit before you've got too much. Is this important? Oh, yes. All right.

M = Moderation, abstemiousness.

Now, we have all eight up there, don't we? All right.

T = Trust in divine Power

R = Rest

U = Use of Water

E = Exercise

R = Respiration

E

M = Moderation, abstemiousness

E

D = Diet

I

E

S = Sunlight

Now, what letters do we have left? We've got an "I" there, haven't we? Yes. And we've got some "E"s. All right. Now, I'll tell you what I'd like to do with every one of those "E"s.

Brother Fields, if you'll just put it down there, I'd like to have you put it down in capital letters this time, the rest of them. Just make every one of them "exercise" because that's what I want to emphasize. I think this is the missing link in many a health program.

There's many a member of the remnant church that calls himself a good health reformer and wonders why it doesn't accomplish more in his life. This is the missing link. It's exercise. He's very careful about his diet. He'll spend hours arguing about this little detail of diet and that one, but weak on exercise. All right.

R = Respiration

E = Exercise

M = Moderation, abstemiousness

E = Exercise

D = Diet

I

E = Exercise

S = Sunlight

Now, let's see. All we have left is that "I." Now, I want you write down there, just leave the "I" and write "W-I-L-L," "I will," "I will." Unless you have this, none of the rest will help very much.

R = Respiration
E = Exercise
M = Moderation, abstemiousness
E = Exercise
D = Diet
I = I Will
E = Exercise
S = Sunlight

Unless you have this none of the rest will help very much. As Dr. Wilhelm Ross, who has been the pioneer in this health conditioning program in America says, "The question is which is stronger, pill power or will power?"

T = Trust in divine Power
R = Rest
U = Use of Water
E = Exercise

R = Respiration
E = Exercise
M = Moderation, abstemiousness
E = Exercise
D = Diet
I = I will
E = Exercise
S = Sunlight

Now, this whole program depends upon which one of those? Will power, see. Just start right up there at first, "I will trust." The Bible says that two or three times, "I will trust." That's the way to trust, isn't it? Yes.

And "I will rest." We have to decide to rest. We're not supposed to go until overloaded nature just takes over and we fall in our tracks. There's a time to say, "I will rest." Is that right?

And "I will use water." "I'll take a drink when I get up in the morning and at proper times through the day. And I'll learn to use and will use water in other ways."

And "I will" what? "I will exercise." Will you? Do you know one of the greatest muscles or sets of muscles that most people are exercising? These right in here. They use them in talking, and they use them in eating. Those two things are the biggest exercises that a lot of people are doing, just talking and eating, talking and eating. Am I correct? Yes.

But the Lord gave us a good many more muscles than that, right? And on every one of them is written the law of what? What's written on every muscle? The law of what? Which one of God's laws are written on every muscle? Exercise. Why, of course. Isn't it?

The curious mind and the obedient mind asks of every organ, "What is this for, dear Lord?" And every muscle speaks to the listening ear and the willing heart. What does it say? Exercise, exercise, exercise, exercise.

I wonder how many muscles we have in the body. Do you happen to know, Brother Foote? Would it be more than a dozen? Yes. Would it be more than a score? Yes. Would it be more than a hundred? Yes. Think of it! And every one of them is telling us what? Exercise. But in order to exercise, what must I do? I must will, I must will. Of course, there are some muscles that are not under the control of the will, thank the Lord, yes. I'm glad my heart isn't dependent on my willpower. But oh, these voluntary muscles all over and all through the body, "I will, I will, I will." "I will use my muscles to exercise."

All right. Respiration. Now, part of respiration we can do whether we will or not. But to learn and practice deep breathing calls for what? The will, "I will." Here's an excellent habit if you haven't formed it already. Whenever you think about it, take a deep breath.

You say, "But I forget."

Well, don't worry about that. Just do it when you remember, see. And if you'll do it every time you remember, you'll be remembering more often, and you'll be doing it more when you don't even think about it. "I will, I will, I will."

And now comes that what again? Exercise. And what do we say? "I will." All right.

And then what? Moderation. Many of these others we use the will in starting, but in moderation, we use the will in what? Stopping. Does an automobile need a brake as well as a motor? Yes. The brake here is what? Moderation. "I will not go so fast." "I will stop when the time comes to stop." There are stop signs all along the highway of life. "I will slow down." "I will stop." All right.

Diet. Do we need willpower there? Oh my, think of the dear overweight folks who come to the health conditioning program. And there'll be more coming from time to time. What do they need? Will power. And the will grows just as the muscle grows. It grows by what? By using it, by exercise. All right. "I will."

And I will do what, again? Exercise.

Sunlight. Do we need some willpower to get out into it? Some people do. Yes. "I will." "I will go where the sun is shining." "I will," all the way through.

All right. Now, that may help you, at least help you to remember some things. And you may use it to help others at different times. But now, I want you to share

with me and let me share with you what, as I say, I think is the great missing link in the whole program. It's exercise, all right, but it's exercise in a package that includes two other things along with it. One is nature appreciation, and the other is spiritual lessons from nature, and of course, from the Bible, too.

Now, let's think of those three things as put together in one package. You know, a triangle is one of the strongest arrangements that an engineer can make. And I want you to think of the three sides of this triangle—exercise, nature, spiritual life. Can we get those all in one package? Where? On the trail, on the trail.

Turn in your book *Ministry of Healing* now again to this chapter on the use of the remedies that we're studying today, today's remedies, page 237, top of the page. There are some sentences that, when you get to looking at them, stand out on the page like they'd been written in letters of gold.

Now, it's talking about a particular class of patients, but when you read the paragraph, you'll see it includes millions of people. But it's this last sentence I want you to notice:

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery”
Ministry of Healing, page 237.

What's the last word? Recovery. What's the first word in the sentence? Roaming. And all that's in between is to connect those two things. Recovery is the goal; roaming is the road to get there. Roaming where?

“...through the fields and the woods...” *Ibid.*

Do we have any fields around here? Yes. We have a hundred acres of them. Do we have any woods? Yes. We've got about five hundred acres or more. And I want to tell you something, folks.

If we didn't have that, the fields and woods, I'd say, “Let's move fast. Let's get a different location.”

I would no more try to take care of people on the program you and I are studying without these essential facilities than I would try to take care of appendicitis and gall bladders and broken bones without a surgery. These are our facilities, the fields and woods.

But now, may I by contrast, call attention to this. It doesn't say, “Walking up and down the hall.” Now, that's better than lying in bed, and that's all some people can do. But no amount of indoor exercise can in itself accomplish what this sentence is talking about. All right.

Will you read it with me:

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery” *Ibid.*

Toward their what? Recovery. Now, perhaps we’d better get the setting of it because this is not talking about the way to cure a broken bone. Roaming through the fields isn’t the way to set a broken bone. This is the way to deal with a broken heart, a wearied mind. And we know that those things lie at the foundation of nine-tenths of all the diseases from which men suffer.

Now, you notice, back to 236:

“Some make themselves sick by overwork. For these, rest, freedom from care, and a spare diet...” *Ibid.*, page 236.

What does a “spare diet” mean? Yes, simple, restricted.

“...are essential to restoration of health. To those who are brain weary and nervous because of continual labor and close confinement, a visit to the country...” *Ibid.*

Can’t you just hear the sounds? Eden Valley, Wildwood, a few more.

“...a visit to the country, where they can live a simple, carefree life, coming in close contact with the things of nature, will be most helpful” *Ibid.*

Now, our sentence, all together:

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery” *Ibid.*, page 237.

You know, folks, if to do that cost a thousand dollars, more of it would be going on right now than there is. That’s correct. Now, we hear people mourn because there isn’t more hydrotherapy. My dear friends, it’s easier to get hydrotherapy even in this backslidden day than it is to get this. Do you know what’s the matter? It’s too simple. That’s number one. That’s the biggest thing. Number two, it takes time. And the human mind is looking for the complex instead of the simple and for a shortcut instead of that which is time-consuming.

But there’s no capsule, either in the form of a pill or any other kind of capsule. There are no time capsules that can do this. It takes time, time, time. That first word suggests that. How would you take a three-minute roam? How would you?

“Roaming through the fields and the woods, picking the flowers, listening to the songs of the birds, will do far more than any other agency toward their recovery” *Ibid.*

Listen, this is my closing thought. The book of nature, like the Bible, for most people needs an interpreter. That Ethiopian that was riding in the chariot was reading one of the most wonderful chapters in the Bible, the 53rd of Isaiah.

But when Philip asked him, “Do you understand what you’re reading,” what did he say?

“...How can I, except...” Acts 8:31.

What?

“...some man should guide me...” Acts 8:31.

And it isn’t enough for a lot of people to just give them the Bible and say, “Read that. That’ll tell you everything.”

If that were so, what would be the need of soul-winning?

“...How can I except some man should guide me...”
Acts 8:31.

But the book of nature, like the Bible, needs somebody to come along and help people to learn to read and to understand and appreciate. That’s your job. That’s what a coach is, somebody who out on the trail can make exercise and nature study and spiritual life three parts of one experience. May God bless you in it. This is the missing link. This is the missing link. And when it is supplied, it gives meaning to all the rest of the program.

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