

THE PRESENT TRUTH

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The Two Walk Together

There is an intimate relation between the mind and the body, and in order to reach a high standard of moral and intellectual attainment, the laws that control our physical being must be heeded. {Patriarchs and Prophets Pg. 601}

Mental Effort Affected by Physical Vigor. We should seek to preserve the full vigor of all our powers for the accomplishment of the work before us. Whatever detracts from physical vigor weakens mental effort. Hence, every practice unfavorable to the health of the body should be resolutely shunned. {2Mind Character and Personality Pg. 380}

"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." We cannot maintain consecration to God and yet injure our health by the willful indulgence of a wrong habit. Self-denial is one of the conditions, not only of admission into the service of Christ, but of continuance therein. Christ Himself declared, in unmistakable language, the conditions of discipleship: "If any man will come after Me, let him deny himself, and take up his cross, and follow Me."

Yet, how many who call themselves Christians are unwilling to exercise self-denial, even for Christ's sake. How often the love for some pernicious indulgence is stronger than the desire for a sound mind in a sound body. Precious hours of probation are spent, God-given means squandered, to please the eye or to gratify the appetite. Custom holds thousands in bondage to the earthly and sensual. Many are willing captives; they desire no better portion. {Signs of the Times, June 1, 1882}

Anything that lessens physical strength enfeebles the mind and makes it less capable of discriminating between right or wrong. {Christ Object Lessons Pg. 346}

The brain is the citadel of the being. Wrong physical habits affect the brain and prevent the attainment of that which the students desire--a good mental discipline. Unless the youth are versed in the science of how to care for the body as well as for the mind, they will not be successful students. Study is not the principal cause of breakdown of the mental powers. The main cause is improper diet, irregular meals, a lack of physical exercise, and careless inattention in other respects to the laws of health. When we do all that we can to preserve the health, then we can ask God in faith to bless our efforts. {Counsel to Teachers Pg. 299}

The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind or body, we unbalance the nervous system.

Those who thus shorten their lives and unfit themselves for service by disregarding nature's laws are guilty of robbery toward God. And they are robbing their fellowmen also. The opportunity of blessing others, the very work for which God sent them into the world, has by their own course of action been cut short. And they have unfitted themselves to do even that which in a briefer period of time they might have accomplished. The Lord holds us guilty when by our injurious habits we thus deprive the world of good. {Christ Object Lessons Pg. 346-347}

The reason the youth have so little strength of brain and muscle is because they do so little in the line of useful labor. "Behold, this was the iniquity of thy sister Sodom, pride, fullness of bread, and abundance of idleness was in her and in her daughters, neither did she strengthen the hand of the poor and needy. And they were haughty, and committed abomination before Me: therefore I took them away as I saw good" (Ezekiel 16:49, 50) {Testimonies Volume 4 Pg. 96}

The whole system needs the invigorating influence of exercise in the open air. A few hours of manual labor each day would tend to renew the bodily vigor and rest and relax the mind. {Testimonies Volume 4 Pg. 96}

Whether a person is sick or well, respiration is more free and easy if bathing is practiced. By it the muscles become more flexible, the mind and body are alike invigorated, the intellect is made brighter, and every faculty becomes livelier. {Testimonies Volume Pg. 70}

We should devote more time to humble, earnest prayer to God, for wisdom to bring up our children in the nurture and admonition of the Lord. The health of the mind is dependent upon the health of the body. As Christian parents, we are bound to train our children in reference to the laws of life. In Christ they will obtain strength and hope, and will not be troubled with restless longings for something to divert the mind and satisfy the heart. They have found the Pearl of Great Price, and the mind is at peaceful rest. Their pleasures are of a pure, elevated, heavenly character. They have no painful reflections, no remorse. Such pleasures do not enfeeble the body or prostrate the mind, but give health and vigor to both.... The inhabitants of heaven are perfect, because the will of God is their joy and supreme delight. {Und Manuscript Pg.93}