

These Perilous Times
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"Revisiting Our Health Message"

Part II – Exercise

Besides adhering to a healthy diet God's people must incorporate adequate exercise in their daily routine to stimulate the blood flow which carries oxygen to all the body's vital organs; especially the brain. Daily exercise also aids in digestion, controlling weight, and promotes restful nights of sleep.

If you were to personally conduct a random survey, asking people the question; what gives you the most pleasure in life? I seriously doubt if the majority of them would reply, exercise.

However, God's remnant people know the positive health benefits of daily exercise, but in many of our lives we don't see it as being that important. We try to fit exercise into our busy schedules when we can find the time. There is just one Problem! We never find that time.

What does this mean for us?

Obvious Signs Do Tell The Season

Beloved, I wish above all things that thou mayest
prosper and be in health, even as thy soul
propereth." III John 2

A lesson from Antiquity

During Christ's time on earth most of the common people didn't own bicycles, motorcycles, cars, private jets, or any other type of transportation, {some of the privileged people did however own camels, donkeys or perhaps maybe a horse etc.}. Jesus, our Savior had to borrow a colt to make His triumphant entry into Jerusalem, eventually to be crucified.

He and his disciples walked everywhere; during those times walking was the main mode of transportation, and as a result most of them were

much more physically fit, and mentally alert than many of us today.

Counsel from God's inspired messenger

"Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity. He 'took our infirmities and bare our sicknesses,'¹ that He might minister to every need of humanity.' The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration, He came to give them health and peace of character;" {Emphasis provided}.²

"...when the brain is constantly taxed, and there is a lack of physical exercise, they should eat sparingly even of plain food..." You should avoid the use of drugs and carefully observe the laws of health.

If you regard your life, you should eat plain food ... and take more exercise Each member of the family needs the benefit of health reform!"³

Ellen White was addressing an individuals in her day who were over eating much of the wrong food,

¹ Matthew 8:17

² E. G. White. The Ministry of Healing, p. 11

³ White. Counsels on Diet and Foods, pp. 83, 83.

{that taxed the system} causing them not to think as clearly as one could if more simple foods, i.e., grains, fruit, nuts, seeds were eaten, along with adequate exercise, {"take more exercise"}

Physiologists state that as little as 30 minutes of aerobic exercise each day, {walking, jogging, cycling etc.} can lead to substantial health benefits. We can't afford not to exercise, remember, God's people are holistic Christians! Go ahead, enjoy a walk in the park while observing God's handy-work!

