



Home Church Herald

"...To the church in thy house:" Philemon 1:2 "Behold, how good and how pleasant it is for brethren to dwell together in unity!" Psalms 133:1

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God's Ways to Wellness

by Todd Brown

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

As many of you know, we have been dealing with some sickness in our home. Thank you each one for your prayers! Consequently, I felt compelled to see what constituted God's ways to wellness. To start with, in looking in God's Word, I see four different ways God deals with illness, and I would like to begin by opening our Bibles and looking at these.

Method One – Instant Miracle

The first method is always the most "exciting", if you will – the outright, instant miracle. We will look at 3 passages, and these are just a few of the many examples we could use:

The Leper

"And, behold, there came a leper and worshipped him, saying, Lord, if thou wilt, thou canst make me clean. And Jesus put forth his hand, and touched him, saying, I will; be thou clean. And immediately his leprosy was cleansed." (Matthew 8:2-3)

Peter's Mother-in-Law

"And when Jesus was come into Peter's house, he saw his wife's mother laid, and sick of a fever. And he touched her hand, and the fever left her: and she arose, and ministered unto them. When the even was come, they brought unto him many that were possessed with devils: and he cast out the spirits with his word, and healed all that were sick: That it

might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses." (Matthew 8:14-17)

Syro-Phonecian Woman's Daughter

"Then Jesus answered and said unto her, O woman, great is thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour. And Jesus departed from thence, and came nigh unto the sea of Galilee; and went up into a mountain, and sat down there. And great multitudes came unto him, having with them those that were lame, blind, dumb, maimed, and many others,

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CAMPMEETING

JULY 27-30, 2011

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and cast them down at Jesus' feet; and he healed them: Insomuch that the multitude wondered, when they saw the dumb to speak, the maimed to be whole, the lame to walk, and the blind to see: and they glorified the God of Israel." (Matthew 15:28-31)

Method Two – Natural Remedies

The second method we will have a look at is the use of natural remedies:

Naaman uses water

"So Naaman came with his horses and with his chariot, and stood at the door of the house of Elisha. And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean." (2 Kings 5:9-10) Here we have a little time and a little hydrotherapy if you will.



Hezekiah uses a fig poultice

"In those days was Hezekiah sick unto death... And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered." (2 Kings 20:1,7)

Jesus uses clay

"When he (Jesus) had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, And said unto him, Go, wash in the pool of Siloam, He went his way therefore, and washed, and came seeing." (John 9:6-7) In these two passages we see a little time and a little poultice therapy.

Rest

"These things said he (Jesus): and after that he saith unto them, Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep. Then said his disciples, Lord, if he sleep, he shall do well." (John 11:11-12) Here, the disciples recognized a little time and rest would be beneficial to the sick. In these passages we are talking about natural remedies.

Now I want to read a quote from the *Ministry of Healing*, page 231.

"Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is *not a denial of faith to use such remedies* that God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to co-operate with God, and to place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of co-operating with Him, and asking His blessing on the means which He Himself has provided." (Incidentally, this section of the book deals with natural remedies.)

(to be continued)

Ponder...

"A minute of thought is worth more than an hour of talk." - Author Unknown

"When we are willing to show Him our weakness, He is more than willing to be our strength." - Author Unknown

"Every one, who with piety notices the providences of God, can know that our best blessings are often hid beneath our disappointments, as sweet flowers are concealed in bitter buds." - Anna C. Reed

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much or suffer much, because they live in the gray twilight that knows not victory nor defeat." - Theodore Roosevelt.

It is Not the Majority

by Elyssa Sims

It has never been the majority that God has used to accomplish anything substantial or revolutionary in the past, nor do I believe that he will use a majority now or in the future.

It was Gideon's 300 that defeated the army of the Midianites and the Amalekites that were as "grasshoppers for multitude" and their camels in number as "the sand by the seaside". It was the youthful David, who smote the giant, that marked the beginning of victory. It was the orphan Esther, who stood alone before the king, that saved her people from death. It was the lowly Jesus, born in a manger, among the stalls of animals and wrapped in swaddling cloth, that turned the tide of history as no other. It was the 12 apostles, from fisherman to tax collectors, that turned the world upside down, or rather, right side up.

It wasn't the popular opinion that shook the monarch's crown, or the majority that teetered the pontiff's seat. No! it was but a few poor humble men of lowly birth, such as John Wycliffe, John Huss, Jerome of Prague, and Martin Luther, that brought the needed reformation to the benighted world.

It wasn't the majority or the renowned. No, it was the misfits, the cast-offs of society. It was the one's who were called "renegades", "traitors", "dissenters", "heretics" etc., that founded America and made it the land of the free and the home of the brave. The number of Americans fighting for liberty against the British and English were so few, and provisions so poor, that it was thought unthinkable for them to gain the victory; but that is how our God works!

Let the vault of history be searched, and the records shall reveal that it's not the majority, neither the great or the renowned of earth that God uses to defeat mighty enemies, or to turn the tide of history. Nay, but it is the tireless, committed, and courageous few who by him accomplish all that is good and lasting upon earth. It is the 'poor', the 'outcasts', the 'weak', the 'unpopular', the 'renegades' – the remnant: it is those who see their weakness,



their smallness and their helplessness; who cast themselves wholly upon God, and make him their strength, their dependence and their all in all, that God makes mighty. It is those who regard God's opinion above the popular, who love truth regardless of the consequences, and who stand for the right though the heavens fall: it is those who have a passion and a vision, and who fear not to stand alone in their convictions (if they must) that God uses. For it takes that kind of courage, that kind of love and that kind of faithfulness to turn the tide of history.

May we never be ashamed to be counted among the few, for though we be few, we are not weak!

“If God *be* for us, who *can be* against us?” (Romans 8:31)

“We *are* fools for Christ's sake, but ye *are* wise in Christ; we *are* weak, but ye *are* strong; ye *are* honourable, but we *are* despised.” (1 Corinthians 4:10)

"Daddy, I can't see you!"

by Elyssa Sims

One night a house caught fire and a young boy was forced to flee to the roof. Below, the father stood on the ground with outstretched arms calling to his son "Jump! I'll catch you!" He knew the boy had to jump to save his life. All the boy could see, however, was flame, smoke and blackness. As can be imagined, he was afraid to leave the roof. His father kept calling "Jump! I'll catch you!" but the boy protested, "Daddy, I can't see you!" The father replied "But I can see you, and that is all that matters!"

There are times when perhaps we can't see God, we can't feel God, we can't hear God; but He sees us, He knows us, He hears us, He is there. And dear friends, that is all that matters! We can believe and we must believe! Our unbelief could cost us our life! God is too good to betray our trust, will you have faith in Him?

“Now faith is the substance of things hoped for, the evidence of things not seen.” (Hebrews 11:1)



CALIFORNIA CAMP MEETING

JULY 27-30, 2011-

PREPARE TO MEET THY GOD

Wars and rumors of wars, chaos and disaster all around the globe, the hearts of men waxing cold, the open apostasy in the churches and the open hatred for godliness in the world are convincing evidences of the soon coming of the Lord Jesus Christ. Thus, there has never been a more urgent

time than now to solemnly consider the state of our own hearts. For this cause the theme of our camp meeting will be the needed preparation for the second coming of our Lord.

The apostle Paul admonishes, "Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. Let us hold fast the profession of *our* faith without wavering; (for he *is* faithful that promised;) And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some *is*; but exhorting *one another*: and so much the more, as ye see the day approaching" (Hebrews 10:22-25). That day is certainly approaching, and is even at the door. We earnestly pray, and joyfully await your presence there.

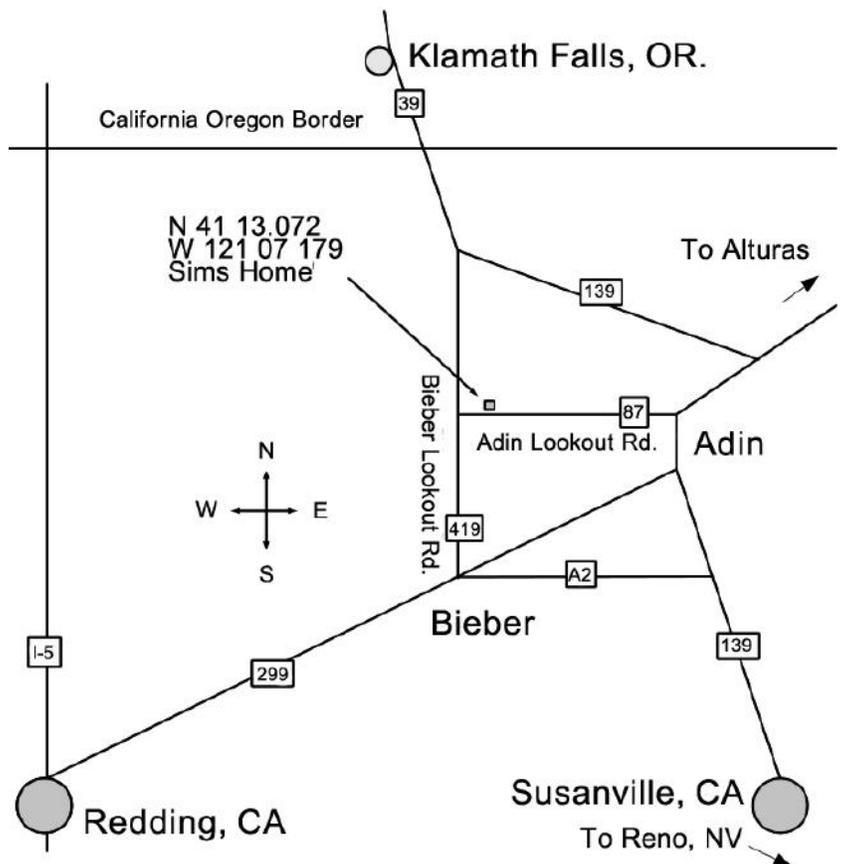
To attend you will need the necessary items for camping: such as a tent and sleeping bag or a self contained RV. There are also motels 7 and 10 miles away. Good healthy vegan meals will be provided for all, free of charge; but please let us know as soon as possible if you are coming, to better plan for food and other arrangements. We will be visiting a spectacular waterfall, which Theodore Roosevelt called the eighth wonder of the world, so don't forget your cameras to capture all the wonderful memories! We believe there will be much spiritual food, as well as sweet fellowship for all, both young and old.

We pray that you will be able to make it, and hope to see each of you there! Please let us know as soon as possible if you are coming, that we may better plan for food and other arrangements.

We pray that you will be able to make it, and hope to see each of you there! Please let us know as soon as possible if you are coming, that we may better plan for food and other arrangements.

It will start Wednesday at 7:00 p.m. and end Sunday at 12:00 p.m. Communion will be held on Sunday.

Location: Sims property
9548 County Rd. 87 (Adin Lookout Rd)
Lookout, CA 96054
(530) 294-1115
David@historyinfo.net



Directions: The city of Lookout is 100 miles north east of Redding, California and 90 miles southeast of Klamath Falls, Oregon.

From the South or West: From 299 at Red Barn in Bieber go north on Bieber-Lookout Rd. (toward Lookout). Go 6 miles and turn right on county Road 87. Go one mile and driveway is on the left. #9548

Becoming a Princess

Part 2 of 3

by Emily Walker



In the previous article, I listed a couple of the things that I am having to learn as I am studying godly principles for young Christian girls.

3. A third thing I am learning as a young lady purposing to pattern my life after God's principles, is the importance of modesty in dress and deportment, as well as my need of appropriate Christian reserve.

When we think of modesty, we often think of necklines and hemlines, and these are very important; but I have come to see that true modesty includes far more than following a particular code of dress.

In the book *Beautiful Girlhood*, which was written around the turn of last century, I read this explanation;

“One of the first evidences of a real lady is that she should be modest. By modesty we mean that she shall not say, do, nor wear anything that would cause her to appear gaudy, ill-bred, or unchaste. There should be nothing about her to attract unfavorable attention.”

Don't be fooled by the literary style of the day, although the wording is a little quaint and old-fashioned, the principles are as fresh and up-to-the-minute as when the book was first published.

Ellen White puts it this way:

“If a young girl just entering her teens is accosted with familiarity by a boy of her own age or older, she should be taught to so resent this that no such advances will ever be repeated. When a girl's company is frequently sought by boys or young men, something is wrong. That young girl needs a mother to show her her place, to restrain her, and teach her what belongs to a girl of her age.” (TYL 134)

Mrs. White reminds us that there should not be one departure from reserve. As I am growing up I have found that I *really* need the wisdom, insight and counsel of my parents to help me navigate these uncharted waters. I cannot rely on my own feelings or discernment to guide me.

I'd like to be vulnerable with you, and share a couple of examples of what I mean.

A few years ago our family was visiting in the home of another home-school family. We children were chatting together in their front yard whilst our parents visited on the verandah.

I was really having a great time with these other youth, who were just a little older than I. I didn't realize it at the time, but in the excitement of the moment I began to act in a very jovial, bold or forward way. Don't get me wrong, I wasn't doing anything terrible, I had just overstepped the mark, so to speak, and was talking a lot, and joking, and enjoying making myself the center of the group.

I am so grateful for attentive parents, who understand the wisdom of giving little adjustments often. One of my parents excused themselves from the conversation, and came, and joined our group. It was a blessing, because just having a parent there stabilized my conduct.

Later, when we left our friends home, my parents helped me to see that I had not been conducting myself with appropriate Christian reserve.

I am thankful for parents who are willing to risk offending me, and who persevere with my stubborn heart as we work through these things together! This experience in my earlier teens helped prepare me to handle another situation that I faced a few months ago.

One day I received an unexpected call from a friend of a friend. He is an acquaintance of our family, but not someone that I would have expected to phone me. We exchanged polite greetings, and then, just as we were saying goodbye, he said he had my mobile phone number. (Now, I don't really have my own phone, but I usually carry mummy's, because she is so "low-tech" that she often forgets to take it with her! In our family we often refer to it as "my phone".) I explained to him that it is really my mother's phone.

Anyway, he said that he had my number, and that he would text me sometimes. I told him not to bother, because where we live we don't get mobile service, and I would only be able to get messages once a week when we go to music lessons. He was very persistent, and said he would text me anyway. I didn't know what else to say, so we said goodbye, and I hung up.

As you might have expected the next week, as we were on our way to music lessons, "BEEP BEEP BEEP," and I had a text message. I wrote a polite response, checked it with mummy, and hit send, and then . . . back bounced a reply! What to do? Under my mother's counsel, I decided not to reply immediately, and just let time show him that now isn't the time for me to be interested in building a close correspondence with boys.

A couple of weeks passed before I wrote another polite response, checked it with my parents as we traveled, and hit send, and . . . *back* bounced another reply!

It was nothing much really, he just asked about the weather, and told me about his day: how much school work he had to do, and that he was working full time; but I felt uneasy with his familiarity.

My parents encouraged me to pray about how God would have me respond. We all wanted to be sensitive toward this young man, and yet it was important to me that I manage this situation according to God's principles. I prayed a lot, and later that day

I suggested that I would like it if daddy replied. In his reply, Daddy simply told him about the weather, and encouraged him to press on with his studies, and commended him for working hard. He finished that text message with "God bless", _____(my father's name).

Apparently he wasn't interested in corresponding with daddy. He hasn't sent another text message since!

4. Fourthly, as a Christian young lady, it is my greatest privilege to be available to God to be used as a light to the world.



"I saw that many souls might be saved if the young were where they ought to be, devoted to God and to the truth;" (MYP 206)

"Let those who desire to work for God begin at home, in their own household, in their own neighborhood, among their own friends. Here they will find a favorable missionary field. This

home missionary work is a test, revealing their ability or inability for service in a wider field." (MYP 207)

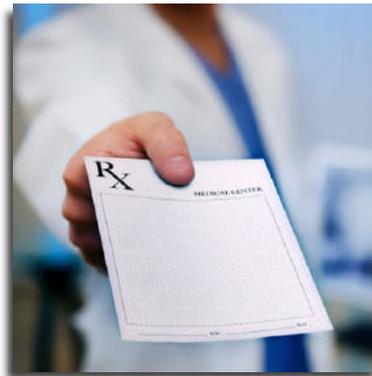
In closing this part of the article, I'd like to share a quote from Messages to Young People, which says:

"Remember, dear young friends, that each day, each hour, each moment, you are weaving the web of your own destiny. Each time the shuttle is thrown, there is drawn into the web a thread which either mars or beautifies the pattern. If you are careless and indolent, you spoil the life which God designed should be bright and beautiful. If you choose to follow your own inclinations, unchristlike habits will bind you with bands of steel. And as you walk away from Christ, your example will be followed by many who, because of your wrong course, will never enjoy the glories of heaven. But if you make brave efforts to overcome selfishness, allowing no opportunity to pass for helping those around you, the light of your example will guide others to the cross." (MYP 212)



God wants us to be good stewards of all that he has given us, even our bodies and health. There are lifestyle principles that have been providentially given, and upon which the body must abide in order to remain in its optimum health. These principles have been simply defined in eight words: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust (in Divine power). They are known as the *Eight Laws of Health*; for certainly they are laws, even as the law of gravity. If anybody tries to break the law of gravity by jumping off a roof, there are obvious consequences, which cannot be avoided. The same applies to any of the eight laws of health; if any are broken, the body will suffer from disease. Now all of these are important for the maintenance of the immune system, but I wish to discuss five of these particularly in relation to protection from colds and the flu.

Water- Drinking enough water, especially during a cold, is very important. It is recommended to drink about half of one's weight (lbs) in ounces, but, if sick, it is better to drink even more than that; for the body cannot flush out 100% of its toxins and waste without enough water. If only a little water is drunk, then only a few toxins are flushed out by the body. Another reason for high water intake, is that every day and moment of the day our bodies are using up water for its many functions, and unless our reservoir of water is maintained, dehydration will eventually ensue, and with it will come sickness and disease. Yet another area that is to be considered with regard to water is our diet. If a balanced diet is not maintained of whole and fresh foods, we deprive the body of one of its needed sources of good water. Concerning to the food we eat, we should avoid over processed and refined foods, as they are a strain to the body, and most of them contain some type of sugar or sweetener. Refined sugar, in whatever form it may come, is a very acidic substance to the body, and has been proven to suppress the immune system, and to hinder its defenses against infections. Refined sugar should never enter the body, especially when one is sick; for the reason that sugar will dehydrate your body; depriving it of its much needed supply of water. Another area in which water plays an important part in our bodies immune system is its function as a cleanser. It is important to keep both the inside and the outside of the body clean,



and water is the divinely provided agent for the cleansing of the body.

Sunshine-It has been noted that the sun's rays are one of the best antimicrobials. So make sure your house is receiving the full benefit of the sun's cleansing rays by keeping the windows open to sunlight during the day, especially your bedroom. Another benefit that God has given us through sunshine is vitamin D. Our body starts the process of making vitamin D as soon as a sun ray hits our skin, where much of the cholesterol that our body makes is found. This cholesterol is turned into pre-vitamin D, which then later turns into vitamin D by the normal heat of the body. Vitamin D is known to help the body in the absorption of calcium for good bones, but it does more than this. Studies have shown that vitamin D plays a good role in boosting the immune system, and helping the body overcome immune diseases like cancer and many others. It produces in your body 200-300 different peptides to kill viruses and bacteria and fungi. Sunlight is the only natural way to get vitamin D, and there is no concern in overdosing in vitamin D by sun bathing, because once the body has made enough vitamin D, the rest of the pre-vitamin D is turned into other products instead of vitamin D.

Exercise- For good circulation, a healthy heart and lungs, strong muscles and bones, and overall good health, exercise plays a very crucial role. The more one exercises on a regular basis, the better the lungs, and the better the blood is oxygenated and purified; circulation in the body is enhanced, as well as the immune cells' ability to kill bacteria. It's best to exercise in the morning, and much, much better outside in the fresh air, even if it's cold; just dress up warm enough, and do some exercises or stretches with deep breathing. Walking at a good pace has been found to be a good source of exercise, so find some time during the day for it. The lymphatic system greatly depends upon the movements of the body to make its transportation of fluids possible. Therefore, exercise is a direct booster to the immune system.

Rest- Our bodies depend upon their sleeping time to repair and refresh themselves for the next day's work. It matters little if everything else is done right, without a proper amount of sleep the immune system will not function properly. The sleeping time for adults is from 7-8 hours, but for children and babies it is much more, 15-16 hours for babies (newborns 16-20 hours) and for children 10-12 hours. It is during the night that much of the bacteria and viruses are being taken care of. Also the best hours of quality sleeping time are the hours between sundown and midnight.

Trust-Trust in God is the only true remedy for stress. Stress causes various health problems, and espe-

cially inhibits healing in the body. When the body is stressed, it causes itself to secrete high amounts of cortisol, which has been found to alter immune system tissues, and suppress immune system responses. In every account of miraculous healing in the Bible there was faith and trust in God: from the Israelites that looked upon the brazen serpent in the wilderness to the Syrophenician woman who looked upon Jesus, and so it is to be with us. Whenever we find ourselves becoming overwhelmed, we should turn to our Lord Jesus Christ for strength, and as the psalmist, exclaim, "The LORD is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower." (Psalms 18:2) And there is a sure promise for us in the Word of Life, "Thou wilt keep *him* in perfect peace, *whose mind is stayed on thee*: because he trusteth in thee." (Isaiah 26:3)

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Bible Challenge

We have a challenging question for young and old, and we invite you to share your responses with us. We will publish the best answers in the newsletter, and will give the DVDs entitled "The Chiefest Among Ten Thousand" and "The Three Angel's Message" series by brother Nader Mansour to the one with the best response. We hope to hear from you.



Are you ready?

And he shall wash his flesh with water in the holy place, and put on his garments, and come forth, and offer his burnt offering, and the burnt offering of the people, and make an atonement for himself, and for the people. Lev 16:24

After the high priest makes an atonement with the blood of the sin offering in the most holy place, and the scapegoat is sent away, he was required to immediately offer a burnt offering to make an atonement for himself and the people. This was an important part of the proceedings of the Day of Atonement, along with having a holy convocation, doing no work, and keeping a Sabbath of solemn

rest. (see Lev 23:27-32) This was not the last feast of the sacred year. There was another, the Feast of Tabernacles, which was celebrated as a feast of joy and gladness, because it came just after the great Day of Atonement, when the people had a knowledge that their sins had been blotted out.

Question

Why was a burnt offering necessary to make atonement, immediately after the "final atonement" had been made?

Seventh Day Home Church Fellowships is an association of Sabbath-keeping groups. Through teleconferencing, it provides possibility for study, fellowship, and jointly organizing missionary projects.

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