
APPLYING THE RIGHT HAND

Jason Shives, MD



You are a chosen generation
A royal priesthood, a holy nation
His own special people that you may proclaim
The praises of Him who called you out of darkness
Into His marvelous light..

1 Peter 2:9

THE RIGHT HAND: TO THEIR HEART

The evangelization of the world is the work that God has given to those who go forth in His name. They are to be collaborators with Christ, revealing to those ready to perish His tender, pitying love. God calls for thousands to work for Him, not by preaching to those who know the truth, going over and over the same ground, but by warning those who have never heard the last message of mercy. Work with a heart filled with an earnest longing for souls.

Do medical missionary work. Thus you will gain access to the hearts of the people. The way will be prepared for more decided proclamation of the truth. You will find that relieving their physical suffering gives an opportunity to minister to their spiritual needs.

{CME 7.2}

**THE CONDITION OF YOUR
HEART: MATTHEW 9:35-38**

35 And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people.

36 But when he saw the multitudes, he was moved with compassion on them, because they fainted, and were scattered abroad, as sheep having no shepherd.

37 Then saith he unto his disciples, The harvest truly is plenteous, but the labourers are few;

38 Pray ye therefore the Lord of the harvest, that he will send forth labourers into his harvest.

WHAT IS MEDICAL MISSION WORK?

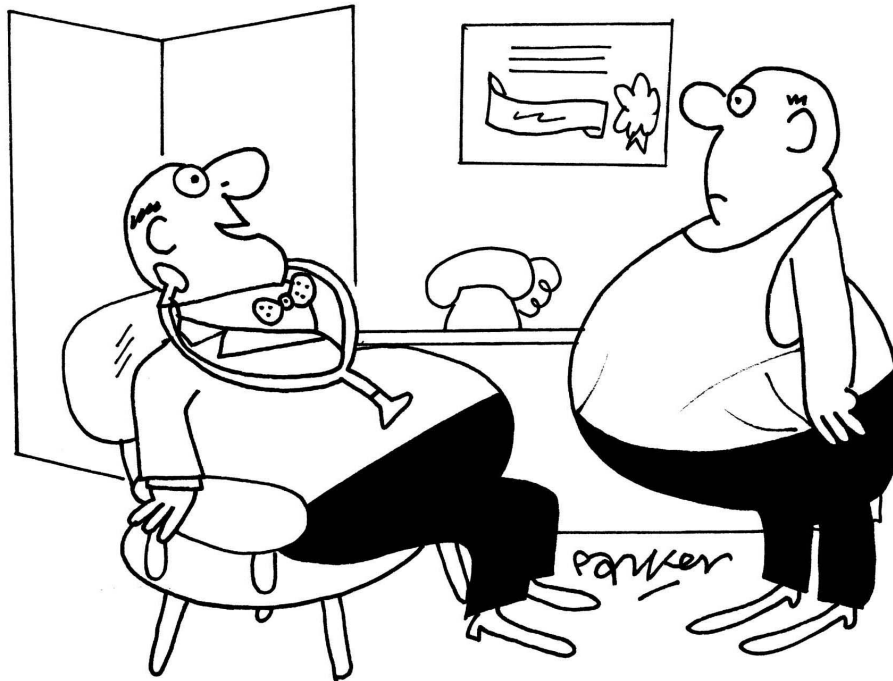
We should ever remember that the object of the medical missionary work is to point sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. MH
144

MY STORY

- Ate everything growing up
- Combination of active/sedentary
- Obese child
- Still struggle with weight if I don't stay active
- Became Adventist
- Vegetarian 2003
- Vegan 2004
- Relationship between health and spiritual?



LIVE IT, THEN SHARE IT



“You probably think I’ve got a nerve putting you on a diet!”

USING THE RIGHT HAND

Christ Used Various Methods—From Christ's methods of labor we may learn many valuable lessons. He did not follow merely one method; in various ways He sought to gain the attention of the multitude; and then He proclaimed to them the truths of the gospel.—The Review and Herald, January 17, 1907. — {Ev 123.1}

VARIOUS METHODS

1. Office-based consultations
2. Lectures with an appeal
3. Group Seminars
4. Health Fairs
5. Web based Health Assessments
6. In-home treatments
7. Lifestyle Centers
8. Media
9. Mission Hospitals
10. Short-term Mission Trips/Disaster Response



LIFESTYLE
MEDICINE

PUBLIC MEETINGS

1. CHIP
2. Nedley Depression Recovery
3. Wellspring Diabetes Program
4. CREATION Health
5. The Best Weigh
6. Healthy Cooking Classes
7. Breathe Free Stop Smoking
8. Your own health lecture...

DEPRESSION
The
Way
Out

NEIL NEDLEY, M.D.

NEW START
Exercise Water Sunlight
Air Rest Trust God

PUBLIC MEETINGS

- *Allows for group motivation*
- *Allows for group interaction*
- *Allows for appeal*
- *Allows for audiovisual presentation/illustrations*



09/01/2007



12/05/2008

ONE ON ONE INTERACTIONS

28 The woman then left her waterpot, went her way into the city, and said to the men, **29** “Come, see a Man who told me all things that I ever did. Could this be the Christ?” **30** Then they went out of the city and came to Him.

- Audience is not distracted
- Instant feedback
- Answer questions immediately
- Many times, a bigger result

ONE ON ONE

Joe G – “keep the faith”

Janice – why are you afraid?

“Gibson’s” – Invited to Prophecy Seminar – Small group Bible study

“Esther” – 1 year long Bible Study, made her stronger in her faith

Pastor Bob – Gout x 7 times

Pastor Tim – Health series in his Methodist church

Pastor Bill – Weight Loss series in his Baptist church

TOOLS

- First meeting – Biblical health principles; +/- prayer
 - Discuss how lifestyle change can decrease meds
 - Discuss how God created these principles
- Invite him to another venue (Bible studies, Pastor, seminar, church)
 - Wait for God to develop the seed, but have regular checks

Dr. Shives' Healthy Living Tips

Studies have shown that at least 70% of our health is based upon our choices. That means whether or not we are in good health is based upon our decisions. Here are some tips from 2 reputable sources (Bible & Science) to help you make a NEWSTART (those who live by these principles live 10+ years longer than the rest of us):

N - NUTRITION

- Strive for a plant-based (fruits, nuts, grains, veggies, beans, etc.) diet with regular meals.
- Eat 5 servings of fruit & 5 servings of vegetables daily.
- Decrease meat, dairy, and eggs. These foods are HIGH in cholesterol = heart attack / stroke.
- Choose whole grains (rice, bread, pasta) rather than refined grain (chips, fries, cookies).
- Eat a large breakfast, medium lunch, small supper.
- To lose weight, no food after 5pm and try fasting 1 entire day/week (obese patients only).

E - EXERCISE

- Do SOMETHING everyday; try walking! It is simple and cheap and is very effective.
- 30 to 60 minutes of exercise where you sweat daily. Get a workout partner & log your goals.
- Purchase a pedometer (2,000 steps is approximately 1 mile)
 - 10,000 steps/daily for optimum health
 - 12,000 to 15,000 steps for weight loss

W - WATER

- Your body is 70% water & the brain is 80% water. Drink at least 8 cups of water daily.
- Decrease or eliminate fruit juices, coffees, teas and sodas which dehydrate you.
- If your urine is yellow or darker, you are dehydrated. If it is clear, you are doing good!

S - SUNLIGHT

- Sun exposure increases Vitamin D which improves mood & prevents many other diseases.
- Remember not to burn because that increases your skin cancer risk.

T - TRUST IN GOD

- Prayer, Bible study, & regular church attendance are linked to increase longevity.
- God created us and gives a sense of purpose in our lives. Strive to understand what yours is.
- Try reading one chapter from the Bible each day. Start in Proverbs or John.

A - AIR

- Clean, fresh air important for brain function and strength. Open a window or get outside!
- Good odors stimulate better performance, while bad odors make us agitated.

R - REST

- 8 hours of sleep each night & a weekly 24-hour "Sabbath" (rest) day from work is optimal.
- Resting is a command of God (Exodus 20:8-11). Recreation prevents exhaustion/breakdowns.
- Two hours of sleep before midnight has the same quality as 4 hours after midnight.

T - TEMPERANCE (self-control)

- Abstinence from harmful things such as caffeine, tobacco, alcohol, illicit relationships & drugs.
- Moderation (once in a while) in not so bad things like cakes, puddings, etc.

BEST TOOL IS YOU!

1. Experience God daily
2. Remove distractions
3. Remind yourself often of your goals
4. Live the 8 laws of health
5. Find ways to interact outside your core relationships
6. Be yourself
7. Pray that God would give you a passion for the lost
8. Make a point to bring up spiritual topics with everyone you meet
9. Look for signs of low-lying fruit
10. Develop church relationships with your contacts