

From Best to Worst

- “The more nearly we come into harmony with God’s original plan, the more favorable for recovery and preservation of health.” 7T 87

- “...the more favorable will be our position to secure health of body, and mind, and soul.”

MH 365

# 1. Location:

“The Creator chose for our first parents the surroundings best adapted for their health and happiness.” MH 261

“The home of our first parents was to be a pattern for other homes as their children should go forth to occupy the earth. That home, beautified by the hand of God Himself, was not a gorgeous palace. Men, in their pride, delight in magnificent and costly edifices and glory in the works of their own hands; but God placed Adam in a garden. This was his dwelling.... In the surroundings of the holy pair was a lesson for all time — that true happiness is found not in the indulgence of pride and luxury, but in communion with God through His created works.” PP 49.

## 2. Occupation

The Creator of man knew that this workmanship of His hands could not be happy without employment. Paradise delighted their souls, but this was not enough; they must have labor to call into exercise the organs of the body." HR July 1, 1872.

“The Creator of man never designed that he should be idle.... It was the law of nature, therefore the law of God, that brain, nerve, and muscle, should be in active motion.... Exercise in useful labor will be carrying out the original plan of God, when He bade Adam and Eve to dress the garden.” HR May 1, 1873

### 3. Family Life

“Without companionship the beautiful scenes and delightful employment of Eden would have failed to yield perfect happiness. Even communion with angels could not have satisfied his desire for sympathy and companionship.... Eve was created from a rib taken from the side of Adam, signifying that she was not to control him as the head, nor to be trampled under his feet as an inferior, but to stand by his side as an equal, to be loved and protected by him.” PP 46



## 4. Education

“The system of education instituted at the beginning of the world was to be a model for man throughout all aftertime.” Ed 20

“The book of nature, which spread its living lessons before them, afforded an exhaustless source of instruction and delight. On every leaf of the forest and stone of the mountains, in every shining star, in earth and sea and sky, God’s name was written. With both the animate and the inanimate creation — with leaf and flower and tree, and with every living creature, from the leviathan of the waters to the mote in the sunbeam — the dwellers in Eden held converse, gathering from each the secrets of its life.”

Ed 21

“A portion of their time was to be occupied in the happy employment of dressing the garden, and a portion in receiving the visits of angels, listening to their instruction, and in happy meditation.” ISP 25, 1870

“The happy pair greeted with joy the visits of their Creator, as in the cool of the day He walked and talked with them. Daily God taught them His lessons.” MH 261

## 5. Diet

“In order to know what are the best foods, we must study God’s original plan for man’s diet.... Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing.” MH 295, 296

## 6. Dominion

“While they remained true to God, Adam and his companion were to bear rule over the earth. Unlimited control was given them over every living thing.” PP 50

# 7. Sabbath Rest

# 1. Location

“The people who were under His direction still pursued the plan of life that He had appointed in the beginning.... The men who held fast God’s principles of life dwelt among the fields and hills.” Ed 33



## 2. Occupation

“When he [Adam] was driven from his beautiful home, as the result of his disobedience, and was forced to struggle with a stubborn soil to gain his daily bread, that very labor, although far different from his pleasant occupation in the garden, was a safeguard against temptation and a source of happiness.” PP 50

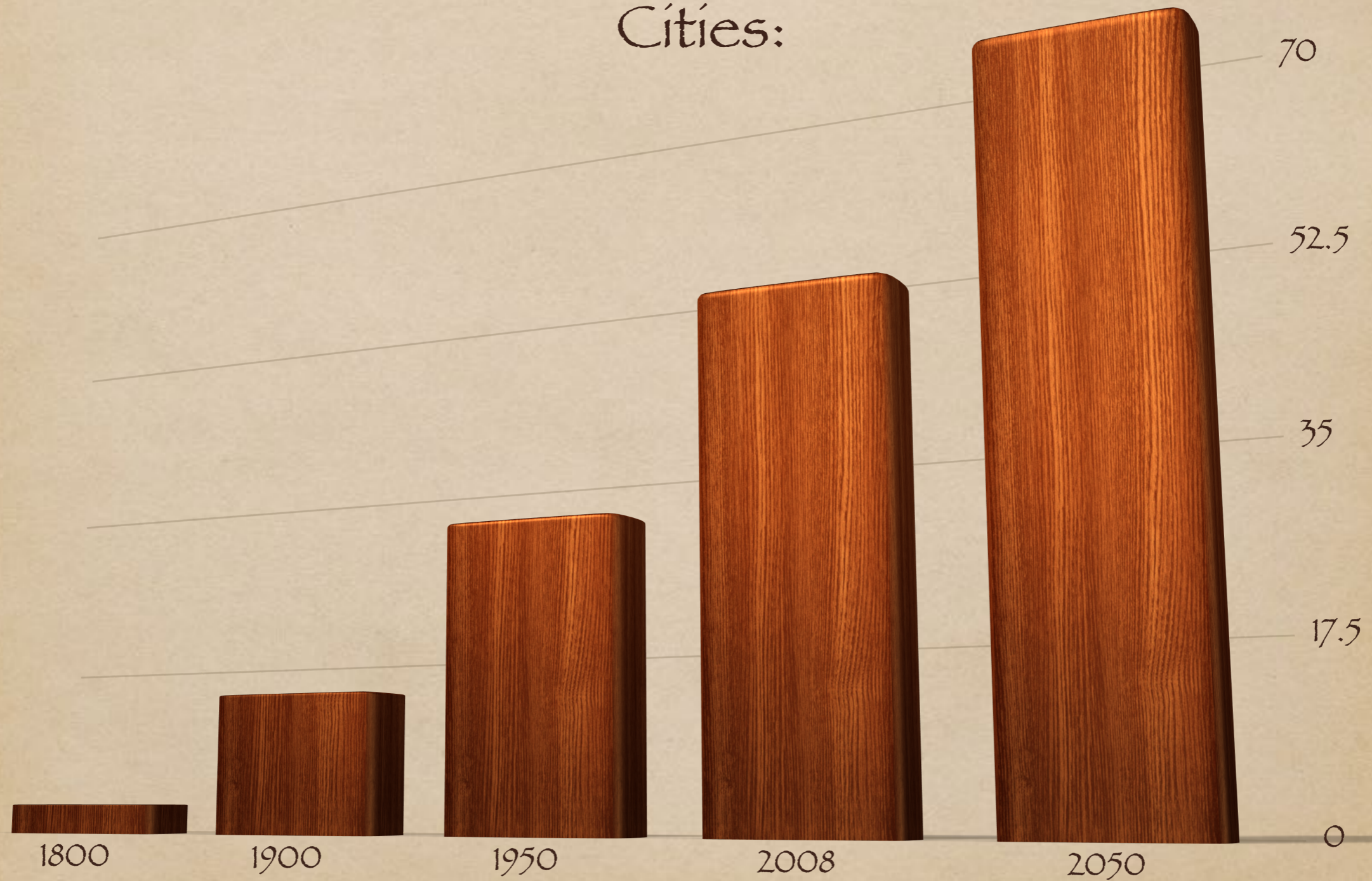
“By the distribution of the land among the people, God provided for them, as for the dwellers in Eden, the occupation most favorable to development — the care of plants and animals.” Ed 43

## 3. Family Life

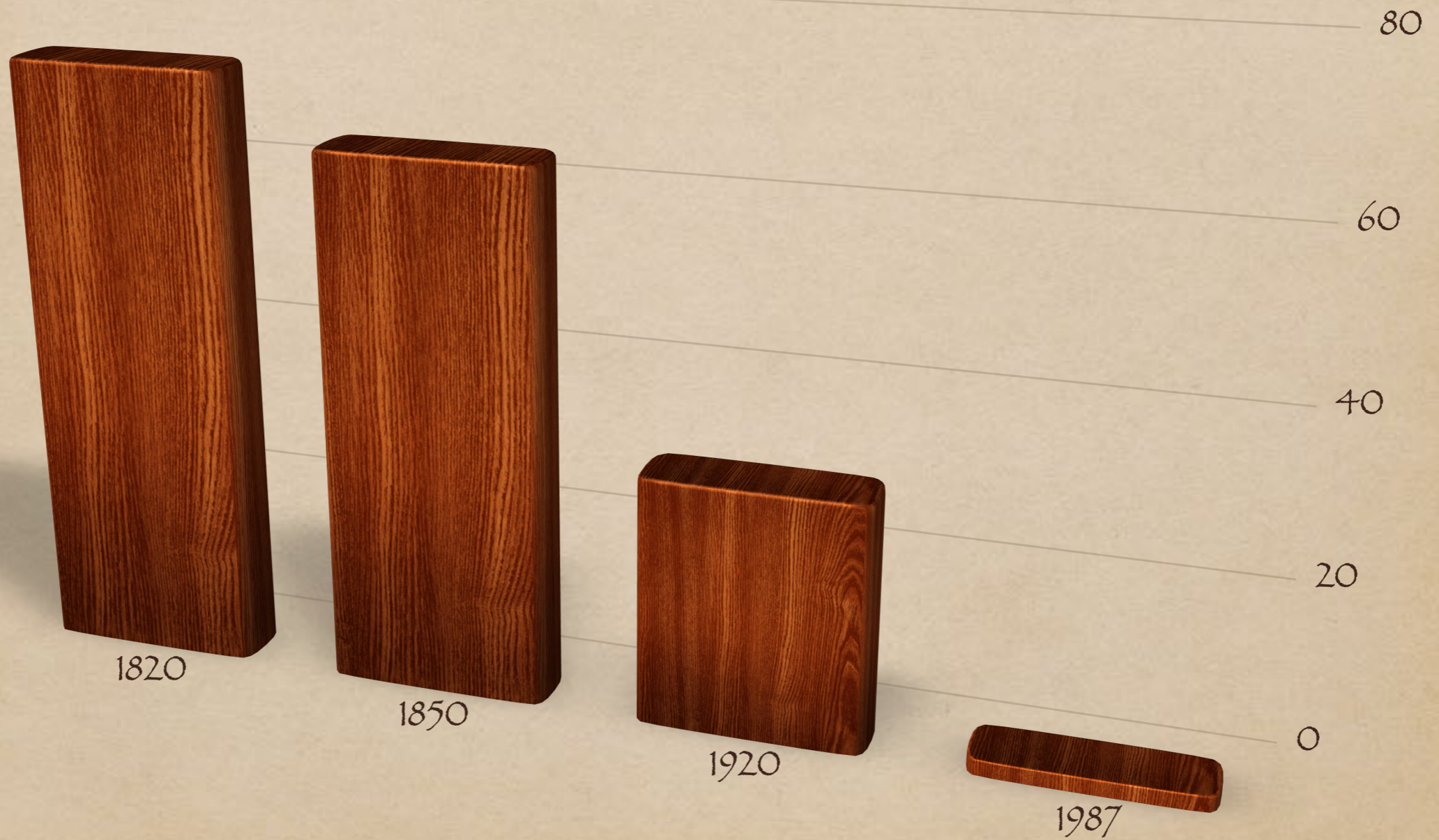
“In the creation God had made her the equal of Adam. Had they remained obedient to God—in harmony with His great law of love—they would ever have been in harmony with each other; but sin had brought discord, and now their union could be maintained and harmony preserved only by submission on the part of the one or the other. Eve had been the first in transgression; and she had fallen into temptation by separating from her companion... she was now placed in subjection to her husband.” PP 58

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# Percentage of World's Population Living in Cities:



# Percentage of Americans in Farm-related Occupations:



“The angels had cautioned Eve to beware of separating herself from her husband while occupied in their daily labor in the garden; with him she would be in less danger from temptation than if she were alone.” PP 53

“And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.” Deut. 6:6,7



“Our past life with its mistakes is not a pleasant picture to look upon. But it must be held up to our view, that we may desire something better.”

Ms8-1914