

Session 6: Lifestyle Medical Ministry Today²⁰³

God looks upon those who are sick with pitying tenderness. He wants us to minister to them in love that they may see Jesus' character of love and learn to obey His health principles as a preparation for His second coming. What are the guiding principles that we can use to perform such a ministry today?

*Learning to love others during the time of the end*²⁰⁴

As we take a long hard look into the face of Jesus,

- 1) We see His love and His enormous long-suffering for us.

God is love. God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love--not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins. - 1 John 4:8-10 NLT

Story of me running away as a teenager.

- 2) We see the moral standard God has for us, very high, very holy.

the law...is holy, and its commands are holy and right and good. ... So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin. - Romans 7:12, 14 NLT

- 3) We see the utter destitution of our own hearts.

"The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? - Jeremiah 17:9 NLT

"you are wretched, miserable, poor, blind, and naked" - Revelation 3:17

- 4) We come to Him as we are and cling to Him until He blesses us.

"I will not let You go unless You bless me!" - Genesis 32:26

²⁰³ By Greg Steinke, M.D.

²⁰⁴ The phrase is mentioned five times in Daniel chapters 8-12 and nowhere else in the Bible. It is to start at "the appointed time" (Dan. 11:35) which is connected to the time after the three and a half symbolic years by the antichrist (Dan. 7:25; 12:7). It is also connected to the time after the time of the 2300 days (Dan. 8:17) and is associated with "the divine judgment of the king of the north (11:40,45) and the final deliverance of the saints, including the resurrection of the dead (12:1-2)." LaRondelle, Hans. "The Time of the End and The Last Days." Journal of the Adventist Theological Society, 2/2 (1991):28-34. <https://digitalcommons.andrews.edu/cgi/viewcontent.cgi?article=1515&context=jats>

We are to come boldly to His throne of grace and not relent in our coming until He gives us the blessing that we ask of Him if it is according to His will. Claim His promises and do not relent until He accomplishes in You His good pleasure and answers the promise He has made.

- 5) He gives us a new heart, puts His love in us, sets us apart for a holy purpose, and beginning to execute His will in us.²⁰⁵

A new heart also will I give you, and a new spirit will I put within you; and I will take away the stony heart out of your flesh, and I will give you a heart of flesh. I will put my Spirit within you, and **cause you to walk in my statutes**, and you shall keep my ordinances, and do them. - Ezekiel 36:26-27 HNV

For you are a temple of the living God. Even as God said, "**I will dwell in them, and walk in them**"; and I will be their God, and they will be my people." Therefore, "'Come out from among them, And be separate,' says the Lord, 'Touch no unclean thing. I will receive you. I will be to you a Father. You will be to me sons and daughters,' says the Lord Almighty." - 2 Corinthians 6:16-18 HNV

- 6) Daily we cling to Him and abide in Him.

My soul clings to you; your right hand upholds me. - Psalm 63:8 ESV

For [Hezekiah] clung to the LORD; he did not depart from following Him, but kept His commandments, which the LORD had commanded Moses. - 2 Kings 18:6 NASB95

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. - John 15:7 ESV

- 7) He teaches us how to actively seek to love others.²⁰⁶ His commandments are the details of His love.²⁰⁷

²⁰⁵ "This is the promise of God. But when He says, "My Child, this way," and I choose to go another way, He does not cause us to walk in His way. He does not cause us to do contrary to our will in this matter. But when one says, Lord, show me the way (Ps. 119:33), He shows him the way, and causes him to walk in it. That is the way of His working." W.W. Prescott, "Abiding in Christ and Walking in Christ." October 20, 1895 Aramadale Camp Meeting Talk, transcribed and published in The Bible Echo, Dec 2 & 9, 1895.

²⁰⁶ When we first start to orient our lives on how to love others we may feel incompetent at it. We will make mistakes. God will help us. But as we keep making efforts love is increasingly shed in the hearts of those who we seek to love and help.

²⁰⁷ "If you keep My commandments, you will abide in My love; just as I have kept My Father's commandments and abide in His love. - John 15:10 NASB95. The two great commandments of His law, upon which hang all the Law and the Prophets (Matt 22:40), are based on love.

We know that we have passed from death to life, because we love the brethren. He who does not love [his] brother abides in death. - 1 John 3:14

Beloved, if God so loved us, we also ought to love one another. - 1 John 4:11

The Context of Lifestyle Medical Ministry Before Christ's Second Coming

Those various organizations who constitute Babylon will continue to trample upon one of the precepts of the Decalogue, until they are led to persecute those who hold it sacred.²⁰⁸

*Four Stages of The Sunday Law*²⁰⁹

Stage 1: Law prohibits work on Sunday

Stage 2: Law to honor & worship on Sunday

Stage 3: Law prohibits worship on the Seventh-day. If we do, we won't buy or sell.

Stage 4: Death decree. Close of probation.²¹⁰

Babylon's sins reach heaven

Babylon's sins reach heaven²¹¹ when the **law of God is made void by legislation**. When the Sunday law is increasingly passed over a series of stages, as a whole it is an **emergency for our people of galactic proportions**. God's people are called to rise²¹² to it and protest against it sharing that God is to be honored by keeping the Seventh-day Sabbath²¹³,

²⁰⁸ White, Ellen. Great Controversy. p 603.

²⁰⁹ Babylon's sins reach heaven at the Sunday law. This is the prophetic catalyst that awakens a sleeping church. The Sunday law trouble that comes to God's people is the opportunity for God to clearly and finally show the world who is the true Governor of Heaven and Earth. McNulty, Norman. Last Day Events Explained, Part 3, The Four Stages of the Sunday Law. Audioverse. June 18, 2020. <https://www.audioverse.org/en/teachings/22007/03-the-four-stages-of-the-sunday-law>

²¹⁰ All people in the world will have permanently decided for or against God.

²¹¹ See Revelation 18:1-5 and White, Ellen, "Build the Old Waste Places". Signs of the Times. June 12, 1893. par. 14.

²¹² No longer pronounced as mere alarmists, we are finally believable, and the ears of the world give us an audience. GC 605.

²¹³ Questions about God's law will be front and center and will be agitated before the whole world. We are to preach the everlasting gospel that God in Christ has forgiven all our sins by His unmerited grace, and that He calls us to be reconciled to and abide in Him so that He can, through the power of His Holy Spirit, bring us to the high calling of keeping all God's commandments. For all His commandments are an expression of His character of love and those who keep them will see wonderful things (Psalm 119:18), and walk in liberty forever and ever (Psalm 119:44-45).

The Lord calls upon his people to rise to the emergency; the human agencies are to cooperate with the divine. It is always difficult to hold fast to the profession of faith, when a deadening, paralyzing influence is exerted in the religious world against loyalty to God. But because iniquity abounds, shall God's people permit their love to grow cold? Shall our hearts faint? Shall we not rather stand to our allegiance, and bear the noblest testimony that man can bear to the honor of God?²¹⁴

Getting and staying out of Babylon

The cultivation of active service to others to restore body and soul will do much to strengthen the convincing power of our testimony. It will reduce prejudice against us. A lifestyle medical ministry will act to **prevent our own hearts from growing cold** and will help us focus our minds off ourselves and on to helping others. Active engagement in this ministry will help to stay off the stress that both the religious and political world will bring to attempt to force us to defy God.

Missionary service a key aspect

The light given me by the Lord at a time when we were expecting just such a crisis as you seem to be approaching, was that when the people were moved by a power from beneath to enforce Sunday observance, **Seventh-day Adventists were to show their wisdom by refraining from their ordinary work on that day, devoting it to missionary effort.**²¹⁵

During Stage 1 of the Sunday Law, we are to engage in missionary effort on Sunday rather than working. Why not prepare for that day now?

When we devote Sunday to missionary work, the whip will be taken out of the hands of the arbitrary zealots who would be well pleased to humiliate Seventh-day Adventists. When they see that we employ ourselves on Sunday in visiting the people and opening the Scriptures to them, they will know that it is useless for them to try to hinder our work by making Sunday laws.²¹⁶

Make no demonstration on Sunday in defiance of law. If this is done in one place, and you are humiliated, the same thing will be done in another place. We can use Sunday as a day on which to carry forward work that will tell on the side of Christ. We are to do our best, working with all meekness and lowliness.²¹⁷

²¹⁴ White, Ellen, "Build the Old Waste Places". Signs of the Times. June 12, 1893. par. 14.

²¹⁵ White, Ellen. Testimonies, Volume 9. p 232.2.

²¹⁶ White, Ellen. Testimonies, Volume 9. p 232.4.

²¹⁷ White, Ellen. Testimonies, Volume 9. p 235.1

Requiring Sunday honor and worship

If seventh-day Sabbath worship is the sign of our allegiance to the LORD (Exod 31:13; Ezek 20:12, 20:20), the Creator of heaven and earth, then Sunday worship is the sign of allegiance to the beast (Rev 13:14-15).

And he deceives those who dwell on the earth by those signs which he was granted to do in the sight of the beast, telling those who dwell on the earth to make an image to the beast who was wounded by the sword and lived. He was granted [power] to give breath to the image of the beast, that the image of the beast should both speak and cause **as many as would not worship the image of the beast** to be killed. - Revelation 13:14-15 NKJV

When by law we are required to go to church or in some way honor Sunday, and we obey it, we are worshipping the image of the beast. Thus regardless of the severity of the consequence, whether by social pressure, by financial pressure, or by a death decree, we are called to stay faithful to the LORD by honoring His seventh-day Sabbath only. We are to reject worship or any kind of honor on Sunday.

God wants us to fill those days when we are being urged to worship on Sunday by doing medical missionary (lifestyle medical ministry) efforts. A debate may arise whether acts of healing on Sunday break the law to worship on and/or honor Sunday. We will look back on Jesus' experience of the controversies He went through when He healed on the Sabbath with much consolation.

Ultimately they will turn their attention to forbidding worship on the seventh-day Sabbath

Thus, the leadership of Babylon will be forced to make a case to the world to pass a law forbidding Sabbath worship.

We are not currently ready but God is getting us ready.

Occupy til I come:

- Abide in Jesus.
- Daily prayer and Bible study life.
- Seeking Him in the overcoming of sin.
- Reconcile with others
- Learn to teach people how to live healthfully (gardening, cooking, exercise, stress control, better sleep, country living, health effects of nature, etc...)
- Thoroughly understand physiology the best we can.

- Understand how to apply natural remedies for common conditions that will ultimately not be so dependent on buying and selling (powerful plant foods, herbs, physical therapy techniques, hydrotherapy, massage, prayer, sunshine, fresh air, standing on God's promises, deep breathing, etc...)

Sabbath Healing: Jesus's 1st versus His 2nd Coming

When Jesus was on earth the religious rulers hated Him. They used their skewed understanding of the Sabbath as a catalyst to persecute Him. The same process will occur again. The issue that neutralized and stayed off the persecution of Jesus for a time was the abundance of Jesus's healings, which He performed every day as well as on Sabbath. The Sabbath healing is what they had the major problem with. The same kind of thing is going to happen again at the end of time. The followers of God are going to increasingly fulfill the call to engage in simple lifestyle medical and health ministry work through cooperation with the divine.

When we are performing loving acts of service during the first stage of the Sunday law after we have been asked to refrain from work on Sunday, the authorities will take issue with this. We need to study closely how to prepare ourselves for this time.

Story of My Experience

My conversion. God called me to a humanitarian life. Then led me to medicine.

Principles for Adventist Lifestyle Medical Ministry (Working Document - Under Construction, Not Yet Completed, Feel Free to Add any Content and Share With Me at drgreg@lifemedclinic.org)

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 - A. Counsels on Diet and Foods 1938

- B. Counsels on Health 1923
- C. Ministry of Healing
- D. Medical Ministry. 1932. Mountain View, CA: [Pacific Press Publishing Association](#), 1963. 355 pp. [MM]
- E. Special Testimonies, Series “B”
- F. Testimony Studies on Diet and Foods. 1926. Loma Linda, CA: College of Medical Evangelists, 1926. 199 pp. [TSDF]
- C. EGW Books
 - A. Ministry of Healing
 - B. Healthful Living. 1897. Battle Creek, MI: Medical Missionary Board, 1898. 336 pp.
- D. EGW Pamphlets
 - A. Letters from EGW to Sanitarium Workers in Southern California
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 - A. [pubmed.gov](#)
 - B. [uptodate.com](#)
- D. Books/Stories/Historical/Experiences
 - A. John Tindall’s experience
 - A. The History of City Evangelism on Audioverse, by Kyle Allen²¹⁸
 - B. Book — D’Sozo : Reversing the Worst Evil, by Dave Fiedler
- B. Jesus Christ Our Example.
 - A. Jesus Christ is the Great Physician! Ps 103:3. Of all the cases He has taken up, where the patient put their confidence in Him, He has never lost a case.
 - B. Love the LORD your God with all your heart, mind, and soul
 - C. Love your neighbor as yourself
 - A. Jesus Christ came to this world as the unwearied servant of man’s necessity. MH 17.1
 - A. He was moved with compassion on the multitudes CH 13.
 - B. God looks upon those with intemperate habits with pitying tenderness. “He understands all the circumstances that have led them to fall under temptation.” Though some have viewed them as hopeless, God wants us to labor for them. CH 14.
 - C. Early in earth’s history even the angels thought that mankind was going to be a total write off and they were astonished at the level of Christ’s patience, sympathy & long suffering for us.
- C. Reasons to Have an Adventist Lifestyle Medical Ministry and/or Center
 - A. How is an Adventist lifestyle medical ministry different from other kinds of healthcare?

²¹⁸ The History of City Evangelism, by Kyle Allen. Speech on Audioverse. <https://www.audioverse.org/en/teachings/29965/the-history-of-city-evangelism>

- A. The goal of Adventist lifestyle medical ministry is to preach the gospel while engaged in health ministry and, should circumstances require it, engagement in other forms of work to provide an adequate income.²¹⁹
 - B. Christian service
 - A. Opens ways to reach suffering humanity with the glad tidings of healing through Christ. 9T 167-168.
 - C. Mending the Health Habits of Clients/Patients and Staff
 - A. When efforts are made to help people improve their health habits, the blessing comes back on the one making the effort to improve their own health habits. (Isaiah 58)
 - D. For the Glory of God
 - A. Do all to the glory of God (1 Cor 10:31)
 - B. God will richly reward those who engage in this work
 - A. Christ co-operates with those who engage in medical missionary work. Men and women who unselfishly do what they can to establish sanitariums and treatment rooms in many lands will be richly rewarded. 7T 51:3 [1902].
 - E. Winning people to Jesus.
 - A. The harvest is plentiful. The labors are few. Pray the LORD sends forth laborers. Matt 9:36-38.
 - F. As an example to others.
 - G. It is a key part of the gospel, the right hand, in fact. 9T 167-168
 - A. Medical missionary work is the right hand of the gospel. It is necessary to the advancement of the cause of God. CH 219
- D. Types of Adventist Lifestyle Medicine Ministry Centers
- A. Primary Purposes
 - A. Education about God and His love for mankind, winning people through the right hand of the gospel.
 - B. Healing of diseases and bad habits, developing an experiential knowledge of overcoming in Christ.
 - C. For training others. 4MR 375.1
 - B. Secondary Purposes
 - A. Can Host Weddings AH 101.4
 - B. Hotel room/Air BNB
 - C. Training seminars and conferences
- C. What are the Different Kinds of Lifestyle Medical Ministry?
- A. Clinic-based city ministry*²²⁰

²¹⁹ 1 Thess 2:9, 2 Thess 3:7-8

²²⁰ “*” denotes originally proposed centers of influence. “Centers of influence may be established in many places by the opening up of health food stores, hygienic restaurants, and treatment rooms.” 7T 234.3

- B. Home-based country lifestyle center
- C. Institutional lifestyle center
- D. Outpatient lifestyle programs
- E. Lifestyle medical services
 - A. Hydrotherapy
 - B. Massage
 - C. Nutrition Instruction, Food Prep Training
 - D. Exercise Services
 - E. Physical Therapy
 - F. Occupational Therapy
 - G. Speech Therapy
 - H. Counseling

- F. Food-related Services
 - A. Healthy food store*
 - B. Home food service
 - C. Healthy restaurant*
 - D. Agriculture

- E. Health Principles
 - A. Bible
 - A. Harmony in Creation
 - A. The harmony of creation depends upon the perfect conformity of all beings of everything animate & inanimate to the law of the Creator. PP 52.
 - B. Eden's Lifestyle
 - A. What is man? According to Gen, 2:7, he is a living being. Who made man? The LORD God. (Gen 2:7). From what substances was man made? He was made from the dust of the ground and from the breath of life. How was man made? He was made with God's hands and his breath was given him from God's breath.
 - B. Life in God's Garden
 - A. Who planted a garden? The LORD God (Gen 2:8). Who put man in a garden? The LORD God (Gen 2:8).
 - B. Where did God get the trees and plants? From the ground (Gen 2:9).
 - C. Levels of tree/plant excellence (Gen 2:9).
 - A. The Tree of Life.
 - B. Pleasant, goodly trees.
 - A. Trees that are pleasant to the sight
 - B. Trees that are good for food.
 - C. Enjoy the pleasant sight of the trees, plants and of the garden. Perhaps one of the greatest stress relievers of all time.
 - C. Tree of the knowledge of good and evil.
 - A. After the fall thorns and thistles
 - C. Diet in Eden Gen 1:29.

- A. Whole-plant based diet, simply prepared, cooked and raw, attractively seasoned, without excessive additives. Diet rich in legumes, vegetables (starchy & non-starchy), fruits, grains, nuts, seeds.
- C. The Fall - Gen 2.
 - A. It is not in man who walks to direct his own steps (Jer 10:23). The way that seems right to man is the way of death. Prov 14:12.
- D. Diet after the flood. Meat was allowed and the length of life shortened.
- E. The Pentateuchal Laws (moral, ceremonial, civil, health, etc). The extent of their applicability varies. Moral and health laws continue to have applicability due to, among other reasons, the fact that the moral and health aspects of the human experience continue to this day. The following are **several examples** that continue to have bearing at some level on our lives today:
 - A. Context — The Israelites were promised great health (Exod 15:26) and tremendous blessings (Deut 28) if they followed God's laws.
 - B. Germ Theory -
 - A. Don't touch those things that are unclean
 - A. Don't touch the dead (vs mummy wrapping done by Egyptians (Numb 19:11));
 - B. Don't touch lepers or those with skin sores (Lev 13:45-46)
 - B. Bury the dead quickly (Deut 21:23).
 - C. Don't eat that which is unclean (Lev 11) or has been touched by something that is unclean.
 - C. Cleanliness -
 - A. Medical historian Ralph Major described Moses as "the greatest sanitary engineer that the world has ever seen" because "Moses recognized the great principle that the prevention of disease is usually simpler and invariably more far reaching than the cure of disease... His doctrines [in the book of Leviticus] could be summed up by the objects of sanitation today—pure food, pure water, pure air, pure bodies and pure dwellings."²²¹
 - B. Pure food
 - A. Clean and unclean meats. Lev 11.
 - C. Pure water
 - A. Running water.
 - B. Bathing. Bathing reduces infection risk, reduces stress, improves the nervous system, the immune system, and the cardiovascular system.
 - D. Pure bodies
 - A. Sexual health. Exod 20:14, Lev 18.
 - A. Fornication
 - A. Don't look and lust at a woman. Matt 5:28
 - B. Avoid premarital or extramarital sexual intercourse/ uncovering of nakedness. Lev 18 and 20.

²²¹ Major, Ralph. A History of Medicine, vol. 1, Publisher: Charles C. Thomas. 1954. pp. 62–64.

- C. Masturbation is a selfish act of obtaining personal pleasure through lust. Avoid the lust of the flesh. 1 John 2:16.
- D. Avoid promiscuous and immoral women. They will destroy you. - Prov 6:24-29
- B. Don't cheat on your husband or wife.
 - A. Lev 18:20
 - B. 1 Corinth 6:9, 18
- C. Avoid incest. Lev 18.
- D. Avoid homosexual sex. Lev 18:22
- E. Avoid bestiality Lev 18:23
- F. Gender norms. God created humanity as male and female (Gen 1:27); avoid acts that may violate gender norms, such as cross dressing (Deut 22:5) or violating hair length norms (1 Cor 11:14-15). In other words, a man should look and dress like a man and a woman should look and dress like a woman. Anything else is confusion.
- G. Human secretions.
 - A. A man who emits semen, or a woman exposed to semen, or any clothing or leather exposed to semen were unclean. Wash body and clothing (Lev 15:16-18).
 - B. A menstruating woman (Lev 15:19, 18:19) or a man who has sexual relations with a menstruating woman (Lev 15:24) were "unclean" for seven days. If she bled longer or any other time she was unclean (Lev 15:25).
 - C. Modern day implications: Human secretions have an infection risk. Wash clothes, bathe bodies, and clean any surfaces that have been contaminated. Avoid sex during a woman's period or anytime she has vaginal bleeding. No sex for a week is a good rule of thumb for most women during their period.²²²
- B. Childbirth laws (Leviticus 12:2-5).
 - A. Give a woman rest from sexual intercourse for about 6 weeks or 40 days after she gives birth.
- C. Circumcision (Gen 17:12)
 - A. The thrust of significance was religious, but it also promoted penile cleanliness.
 - B. Promotion of penile cleanliness should be continued, despite the force of the requirement of circumcision as a religious institution being lost at the cross (Gal 5:6, 6:15).
- E. Pure dwellings and environment

²²² Vaginal sexual intercourse during or shortly after the period increases risk of contracting HIV and other STDs. Mazokopakis EE, Samonis G. Is Vaginal Sexual Intercourse Permitted during Menstruation? A Biblical (Christian) and Medical Approach. *Maedica (Bucur)*. 2018 Sep;13(3):183-188.

- A. Precursor to Sanitation - Covering up bowel movement with dirt (Deut 23:9-14)
 - B. Quarantine - Leprosy, discharge, and corpse defilement (Num 5:2-3; Num 19:11)
 - C. Mold remediation - Leviticus 14:33-53. Remove, Scrape, if it returns, tear down the house.
 - D. A regular procedure for cleansing, and a procedure for cleansing for one who cannot afford the regular procedure. Lev 14
- F. Healthy Living in Scripture
 - A. "The fear of the LORD leads to life." Prov 19:23.
 - B. Avoid drunkenness. (Deut 21:20- 21, Prov 20:1 & 23:29-35, Isa 5:22, Luke 21:34, Rom 13:13, 1 Cor 6:10, Gal 5:21, Eph 5:18, 1 Tim 3:3).
 - C. Avoid gluttony (Deut 21:20.) and keeping company with gluttons (Prov 23:19-21).
- G. The laws of God will be kept when God establishes His kingdom on this earth - Is 2:2-4.
- B. Ellen G. White
 - A. Do Not Serve Flesh food to patients CD 3.
 - B. Seek to Ascertain Cause
 - A. "Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then, nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system." Ministry of Healing p. 127
 - C. Wise Use of Nature's Remedies
 - A. "Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power, - these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge. The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." Ministry of Healing p. 127
- F. Guiding Principles
 - A. Purpose is to bring the blessings of the knowledge of God to humanity.
 - A. Compare what Joseph was in Egypt & what Daniel and his friends were in Babylon.
 - B. To be one of the most effective agencies for giving light to the world.
 - C. "Prove to the world that an institution conducted on religious principles, as an asylum for the sick, could be sustained without sacrificing its peculiar, holy

- character; that it could be kept free from the objectionable features found in other health institutions.” CH 205.
- D. LM/LC’s shall be object lessons showing the results of obedience to right principles.
 - E. Promulgation of health principles is to be a great work in order to prepare a people for the Lord’s second coming. CH 206. Instruct people about what the human body needs and that there is value in what the Scriptures teach about healthy living, especially what is taught about our bodies being created by God to be presented to him as a living sacrifice, which we are to fit to serve Him in a way that is acceptable to Him.
 - A. Use natural agencies that God has provided
 - B. Teach the regulation of appetites and passions in order to prevent sickness
 - C. Teach the truth in physical and spiritual lines.
- B. Founded on Bible principles.
- A. It is not in humanity to know how to direct their steps. Jer 10:23, Prov 14:12, 16:25.
 - B. “The human family is suffering because of transgression of the laws of God.” CH 206.
 - C. “transgression of the laws of nature is transgression of the laws of God.”
 - D. “The LORD desires that men shall be led to understand the cause of their suffering and the only way to find relief. He desires them to see that their wellbeing, physical, mental, and moral, depends upon their obedience to His law.” CH 206. (6T 225)
 - E. “Show me Your glory.” Exod 33:18.
 - A. Transforming power of the gospel.
 - A. Christ in you, the hope of glory. Col 1:27.
 - B. Partaking of divine nature. 2 Pet. 1:4.
- C. Follow God’s Leading
- A. The Lord instructed us that this was the place in which we should locate, and we have had every reason to think that we are in the right place. We have been brought together as a school, and we need to realize that the Holy Spirit, who is as much a person as God is a person, is walking through these grounds, that the Lord God is our keeper, and helper. He hears every word we utter and knows every thought of the mind. MR 7:299.
- D. Thrust of Purpose Different than the World’s Institutions
- A. Purpose is to share the everlasting gospel, and through loving service apply natural remedies to their minds and bodies for their recovery of illness. Once we have won their confidence, we show them a new way to live in Christ thus

bringing them out of the world's systems²²³ and preparing them to receive the seal of God and avoid the mark of the beast²²⁴ as part of the God's last message of mercy to the world.

E. Characteristics of Leadership and Staff

A. Representatives of God - CH 203-204.

A. God is to be recognized

A. Bear as a special honor their religious faith and name as worshippers of the living God.

B. God to be honored.

C. Represent the character of God to the world.

A. In the lives of His people. 2 Corinthians 5:21.

B. God's name to be glorified.

D. What God revealed to Moses is what He wants manifested in His people. Exod 33:18, 19; 34:6, 7.

B. We are to represent the truth for this time with convincing power.

C. We are to demonstrate that "the law of the Lord is perfect, converting the soul." Psalm 19:7

D. God-given moral and spiritual power.

A. Reformed to follow health and Bible principles

E. Warning and reproof.

F. Angels will go before us opening the way as we unite with Christ having the accompanying power of the Holy Spirit in order to wage war against the powers of darkness. AA 90.2

B. Avoid compromise with idolaters.

A. We are to be different from the institutions in the rest of the world.

C. Self-discipline essential

A. A lack of self-discipline prevents fitness for proper management. ChL 63.3

D. Dependent on God, not man, not physicians, not executives, not managers. But rather dependent on God, and God alone.

A. It's prosperity is dependent on the favor of God.

B. It's strength is that it makes God first and last and best in everything.

C. God, not any physician, is acknowledged as the Monarch of the universe.

D. The institution actively places itself under the special supervision of God.

F. Getting Practical

A. Establishment principles

A. Definitions

²²³ The Bible calls the world's systems Babylon in Revelation 18:2. The world's systems are pervasive and increasingly setting themselves up to violate God and His law. Examples - Religious (merit-based and controlling, Sunday worship versus unmerited favor and grace only, Sabbath worship); Political (freedom of speech/religion, church-state separation, representative democracy versus state-controlled speech/religion, church-state union, oligarchy). Here is a great article showing how America is increasingly becoming an oligarchy: <https://www.newyorker.com/news/john-cassidy/is-america-an-oligarchy>

²²⁴ See Revelation 14 on the three angels messages.

- A. Treatment room - An indoor room where natural remedy treatments can be applied to the one in need. Most often in the city but occasionally she speaks of treatment rooms as existing in a sanitarium, which was usually outside the city.
- B. Sanitarium - a place usually outside of the city where those with medical problems get treated largely with natural remedies.
- B. When at a new center of population begin in the city first. Place treatment rooms in the city “so the people become acquainted with methods of rational treatment and with the success that attends the use of these methods.” Once the treatment rooms are in place then proceed with a “sanitarium” outside of the city. The treatment rooms will act as a feeder for the sanitarium. “These two places, properly managed, will become a power of influence in medical missionary lines. PH055 25.3.
- C. City Ministry — Centers of influence: three pieces originally outlined
 - A. Treatment rooms, health food stores, hygienic restaurants
 - A. Treatment rooms or clinics in churches
 - B. Health food stores
 - C. Hygienic restaurants
 - A. To be closed on Sabbath. 7T 121.1. For more info on this see 17LtMs 108.
 - B. “One of the principal reasons that hygienic restaurants and treatment rooms should be established in the centers of large cities is that by this means the attention of leading men will be called to the third angel’s message.” 17LtMs 108.1.
- D. Lifestyle Centers/Sanitariums
 - A. Sanitariums to be established out of the city. CL 29.3. W
 - A. “We are not to erect in the cities large buildings in which to care for the sick, because God has plainly indicated that the sick can be better cared for outside of the cities.” 7T 60.1
 - B. “in places where the youth may be taught most effectively what is the truth.”
 - C. Not to use EGW writings to justify large business interests in the cities.
 - D. No large business firms in the cities, due to adverse conditions in cities. CL 29.4 (M76 1905)
 - A. Great mistake to invest money in establishing business interests in the cities. CL 29.4 (M76 1905)
 - B. Start humbly, consecrating abilities to His service. 7T 59.3
 - C. Home-like preferred. SpTB03c 20.2
 - D. Avoid large institutions. COL 239
 - A. Why? Unable to maintain a high standard of spirituality.
 - A. The buildings erected are not to be large or expensive. 7T 59.3.
 - E. Those institutions that are already established will be given the opportunity to cooperate with Him in assisting newly established plants. 7T 59.2

- A. Each new institution is to be regarded as a sister helper in the great work of proclaiming the third angel's message. 7T59.2
- F. A Few Examples.
 - A. Paradise Valley Sanitarium as an example — equipped with treatment rooms, kitchen room, helpers' dining-room, bedrooms, operating room, physicians' offices, bathrooms. SpTB03c 21.1.
 - B. Nashville Sanitarium work, Doctors treatment-rooms, health food store, and physicians' offices in a large house in the city were purchased by the church to work in conjunction with a rented house out of the city where nurses and patients stayed for medical assistance. SpTB18 11.1.
- B. Starting up the Clinic
 - A. PLLC/LLC versus non-profit
 - A. Considerations
 - A. Easier to work with the local churches if you are a nonprofit.
 - B. A non-profit has the ability to expand ministries through donations that go beyond membership & fee for service. They can access ministry-minded donors, grants from foundations, grants from organizations like ASI & VersaCare. This is a model that could be replicated with other churches and locations. Wealthy SDAs would be interested in donating to non-profit to replicate this model in other locations.
 - C. Non-profits are able to have an accountable ministry mission that guards against real challenges and perceived views of a PLLC for profit entity.
 - D. The same non-profit that oversees a medical clinic could also oversee lifestyle center with a secondary role of renting out empty rooms for over night stay (Air B&B). As long as the main purpose of the lifestyle center would be to fulfill the stated mission of the non-profit entity (example mission statement: extending the healing ministry of Jesus), you could rent out "extra rooms not being used" for overnight stay (Air B&B style). Just like SDA Academies and Colleges are non-profit with a mission to provide Christ-centered education with dorm rooms to meet this mission, these schools regularly rent out extra rooms to outside people as secondary purpose. Currently, SAU advertises on Air B&B multiple rooms & apartments for rent.
 - E. Non-profit would only need three board members. It's best to keep it small for effective operations, missional purity and control. Five board members is what we chose so as to meet ASI's guidelines for an Adventist supporting ministry.
 - F. Start-up capital by donors more likely for nonprofit versus likely would need loan or investors if PLLC and forming members lacked capital.
 - G. Non-profit has a more natural structure that promotes increased generosity to those who have greater need.

- B. If you choose the non-profit option
 - A. Talk to entrepreneurial people and local SDA Conference for buy in.
 - A. They would know which lawyers to recommend who are experts in non-profits.
 - B. Where to locate the clinic
 - A. When considering to locate within or on the grounds of a local SDA church and/or renting space from church:
 - A. A non-profit health ministry entity can successfully synchronize with SDA mission as a supporting ministry (especially when joining ASI as a supporting SDA entity) while maintaining entirely separate organizational identities. The local church and health non-profit entity have a common mission (health ministry) that works in tandem. If a PLLC tries to lease space from a local church, it becomes very difficult to explain legally and mission-wise to church leadership and to local church members of why rent to a for profit entity.
 - B. A PLLC/LLC renting from local church poses a tax challenge to local church.
 - C. Non-profit has better chance of overcoming zoning restrictions when leasing from SDA church with a mission that is in tandem with SDA church.
 - D. When leasing space from local church, a separate dedicated lease space is a must. Most ideal if it was a separate building because an attached building would give a physical appearance/perception that the local church and clinic are one and the same organization.
 - E. Excellent opportunity for both entities to work together.
 - B. When considering to locate church services in the clinic.
 - A. A church can meet inside a clinic. Offers a unique structure for which the community and patients may already be familiar.
 - B. Each organization should maintain separate organizational identities while working together. Maintaining the clinic as a nonprofit entity would pose substantially less difficulty in working with the church than running as a PLLC.
 - C. Church and Clinic side by side.
 - A. LifeMed Clinic.
 - C. Clinic set-up and structure
 - A. Mission, vision
 - B. Business plan
 - A. Direct care vs taking patient's health insurance.
 - A. Direct care is the best option
 - A. Monthly membership
 - B. Fee-for-service
 - B. Team Member Handbook
 - C. Bringing in wise counselors, consultants, and key helpers
- G. When you have a health-food ministry.

- A. Why you should have a health-food ministry
- B. Do not build a health food factory right next to where patient's are cared for. CCh 16.3-16.6
- C. Healthy Food Store
- D. Healthy Restaurant

H. Alphabetical List of Sanitariums, Adventist Lifestyle Centers and Lifestyle Medical Ministries

1. A Pattern Health Retreat, Bourbon, MO, USA
2. Ardmore Institute of Health (formerly Lifestyle Center of America), Sulphur, OK, USA
3. Battle Creek Sanitarium, Battle Creek, MI, USA (Historical)
4. Bella Vita Lifestyle Center, Victor, CA, USA
5. Birmingham Sanitarium (Historical)
6. Black Hills Health and Education Center
7. Camp Verley Sanitarium aka House of Blessing Lifestyle Center²²⁵
8. Canoas Lifestyle Center, Montemorelos, Mexico
9. Casa Campestre, Armenia, Colombia. La Delicias Foundation.
10. Castle Medical Center, Kaneohe, HI, USA
11. Cedarville Lifestyle Retreat, NSW, Australia
12. Center for Health in Banya, Bulgaria
13. Centro Misionero De Salud, Galeana, N.L., Mexico
14. Centro de Vida Sana, Libertador San Martin, Entre Ríos, Argentina
15. Cevisa Lifestyle and Training Center, San Paolo Brasil
16. Country Life Institute, Austrian village of Feldkirchen
17. Desert Spring Therapy Center, Desert Hot Springs, CA, USA (Historical)
18. Eden Valley Institute of Wellness, Loveland, CO, USA
19. East Paso Medical Center Wellness Challenge, Zephrhills, FL, USA
20. Enton Hall Lifestyle Center in England (Historical)²²⁶
21. For Your Heart Lifestyle Center, Talsu Raj., Latvia

²²⁵ <https://centralja.org/news-items/camp-verley-sanitarium-will-fulfill-a-desire-that-ellen-g-white-had-for-the-work-in-jamaica/>

²²⁶ Ended due to struggle with socialized medicine and convincing people to pay for health services. <https://www.entonhall.co.uk/>

22. Fredheim Lifestyle Center, Kongsberg, Norway
23. Glendale Sanitarium, Glendale, CA, USA (Historical)
24. Hartland Lifestyle Center, Rapidan, VA, USA
25. Herghelia Lifestyle Center near Tirgu Mures, Romania
26. Island Terrace in Middleboro, Mass
27. Kura Lifestyle Retreat, Int Willibrordus, Curaçao
28. La Promesa, Minegerais, Brasil
29. LifeMed Clinic, Chattanooga, TN, USA
30. Loma Linda University Health (Lifestyle Medicine Fellowship), Loma Linda, CA, USA
31. Loma Linda Sanitarium, Loma Linda, CA, USA (Historical)
32. Los Aromos Wellness Center, Chillan, Chile
33. Los Pampanos, Mendoza, Argentina
34. Madison College, Madison, TN, USA (Historical)
35. MEET Ministry and Our Home Health Center
36. Oak Haven Health at Country Life Foods, Pullman, MI
37. Our Daily Bread Lifestyle Center,
38. Paradise Valley Hospital, National City, CA, USA
39. Paradise Valley Sanitarium, National City, CA, USA (Historical)
40. Parkview Hospital, Health Education Department, Brunswick, ME, USA
41. Pacific Health Education Center, Bakersfield, CA, USA
42. Pine Grove Sanitarium (Historical?)
43. Vita Salus Lifestyle Center, Penela, Portugal
44. Podis Lifestyle Center in Bacau, Romania
45. Poland Spring Health Institute, Poland, ME, USA
46. Retiro Do Saude Lifestyle Center, Jarinu, Brasil
47. Roosevelt Ridge Retreat, Rice, WA, USA
48. Riverview Wellness Center, Kafue, Zambia
49. Riverside Sanitarium, Nashville, TN, USA <https://encyclopedia.adventist.org/article?id=6CDX> (Historical)
50. Riverside Lifestyle Center in Zambia
51. Rock City Sanitarium, Nashville, TN, USA (Historical) <https://encyclopedia.adventist.org/article?id=6CDX>
52. Sanitarium in Belize
53. San Roque, San Paulo, Brasil
54. Shady Grove Adventist Hospital, Prevention and Wellness Departments, Takoma Park, MD, USA
55. South African Sanitariums
56. St. Helena Center for Health, Take-Ten Lifestyle Program and others, Deer Park, CA, USA
57. Son-Lit Acres, Sweet Home, OR, USA.
58. Sydney Sanitarium. EGW Encyclopedia 1206-1207.
59. Taiwan Adventist Hospital, NEWSTART Program, Taipei, China
60. Takoma Park Sanitarium, Takoma Park, MD, USA (Historical).
61. Uchee Pines Lifestyle Center, Seale, AL, USA
62. Unochenta, Armeria, Spain