




*Health Ministry In
The End Time*



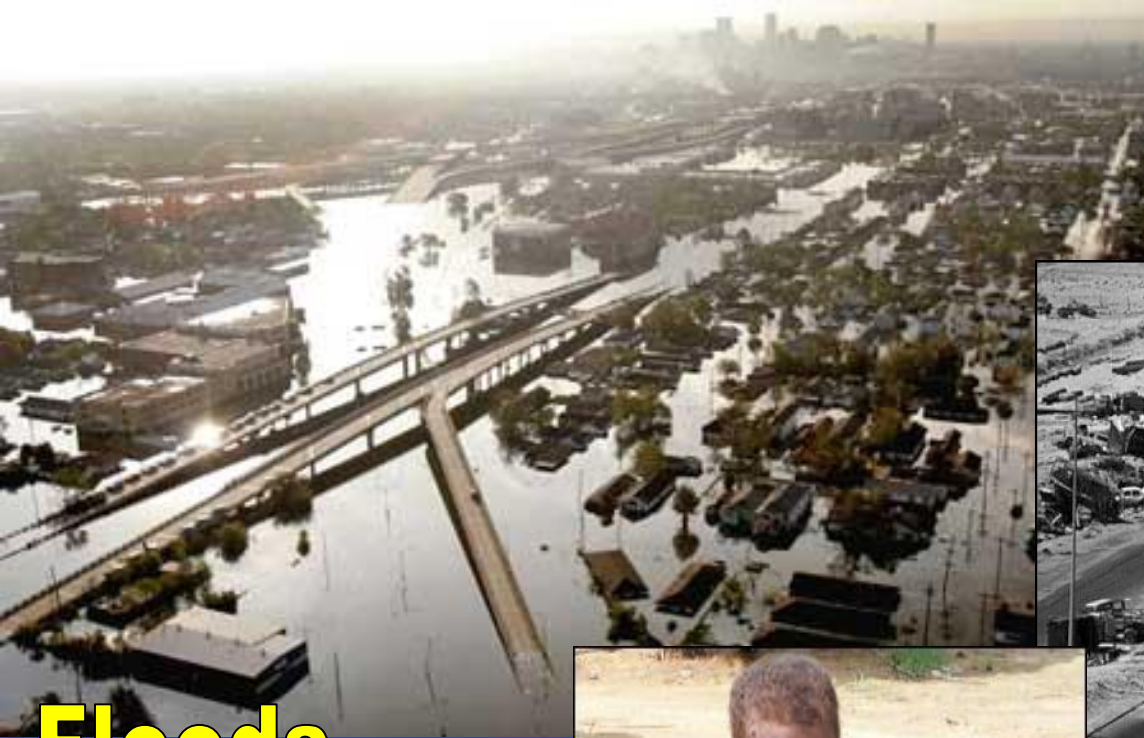
*The End is
Drawing
Near...*

An aerial photograph of the New York City skyline, showing a dense cluster of skyscrapers in the foreground and middle ground. In the background, the Hudson River is visible, along with the George Washington Bridge spanning across it. The sky is clear and blue. The text is overlaid in a large, yellow, italicized font.

*In The Meantime,
There are Many to
Be Reached and
Work To Be Done...*

A globe of the Earth is centered in the image, showing the continents of North and South America. The globe is set against a bright blue sky with scattered white clouds. The text is overlaid on the globe in a yellow, italicized font.

*There is a Worldwide
Plague of Sin, Sickness
Suffering, and
Violence...*



Floods



War



Hunger



Tsunamis



Bombings



Hurricanes



Earthquakes

Hypertension

Diabetes

Homicide

Heart Disease

Stroke

The Diseases of the End Time

Cancer

Obesity

Stress

Addiction

Depression

Dementia

Suicide

AIDS

The Worldwide Plague of Chronic Disease, Due to...

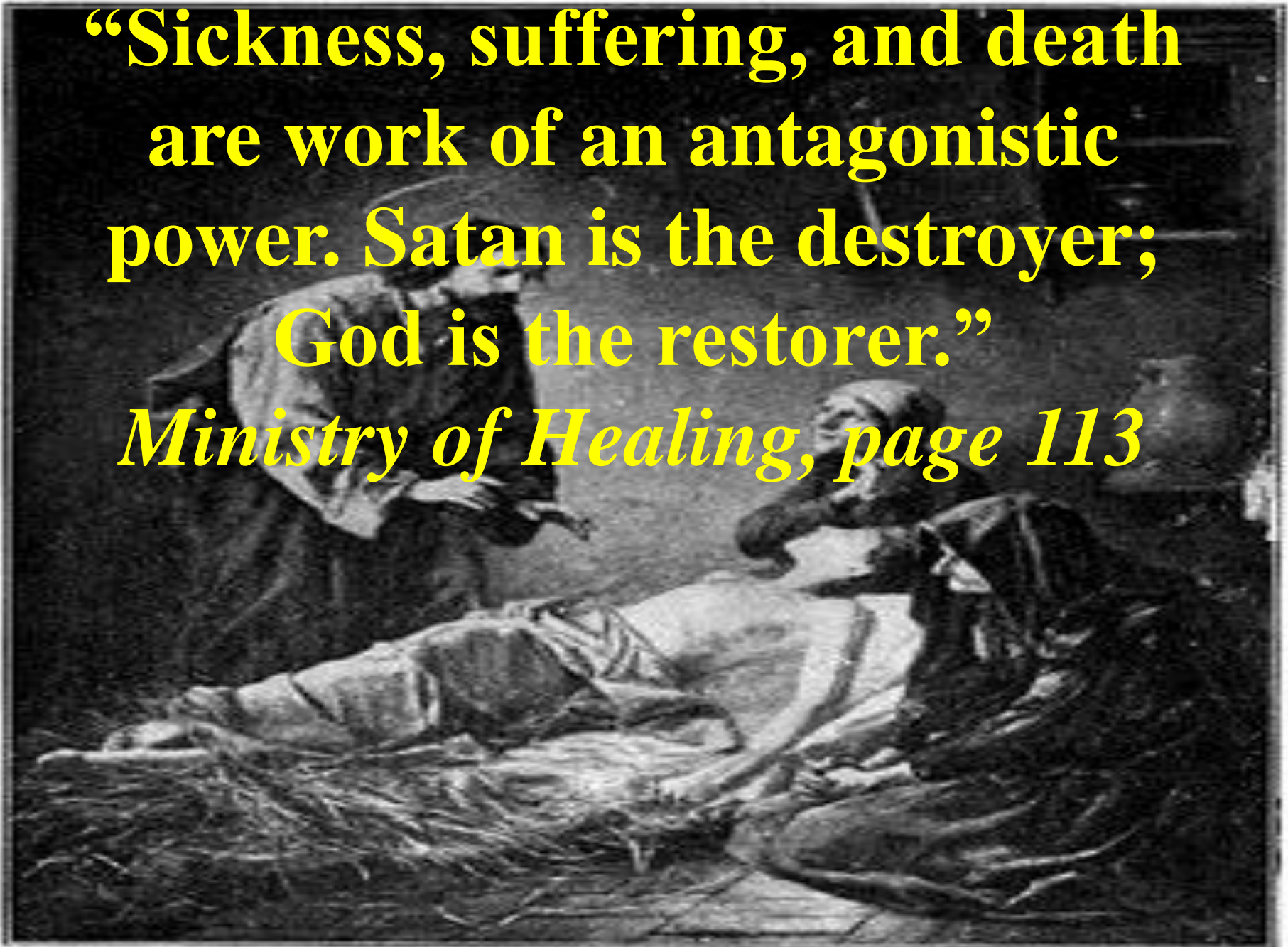
- Hypertension
- High blood sugar levels
- Tobacco use
- Physical inactivity
- Obesity
- Elevated cholesterol



Chronic diseases
account for 60% of
all deaths worldwide

**“Sickness, suffering, and death
are work of an antagonistic
power. Satan is the destroyer;
God is the restorer.”**

Ministry of Healing, page 113



Is there no balm in Gilead?



What Would Jesus Do If He Was Here?

“And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and disease among the people.”

Matthew 4:23



**We Should Do A
Similar Work!**

Some Compelling Reasons To Do Health Ministry

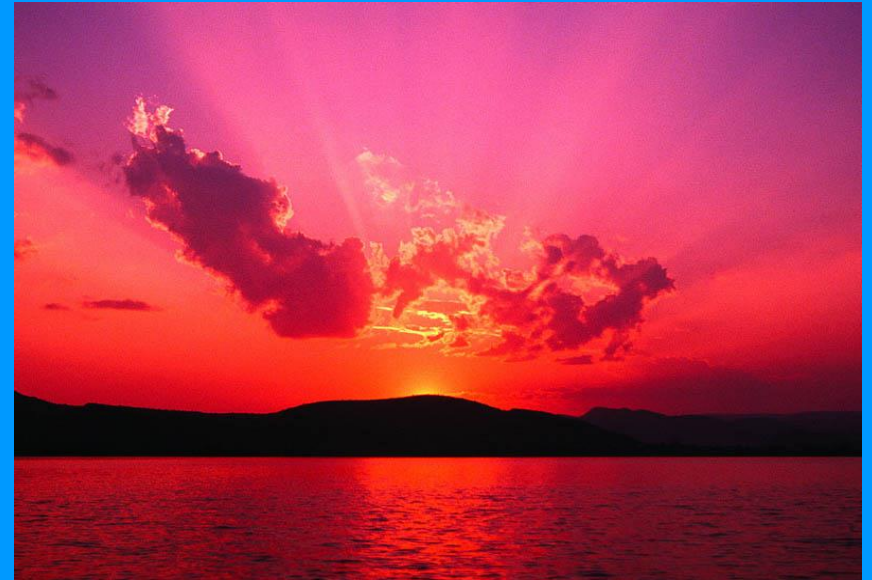
- **We have a mandate from the Scriptures and the Spirit of Prophecy to do this**
- **Churches can have a large impact on reducing health disparities, as our health care system has failed to do this**
- **A healthy lifestyle has been shown to improve the length and quality of life**
- **Churches are often located in or near inner city and impoverished communities**

The Biblical Mandate

- **“And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?” John 5: 5&6**
- **“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.” Matthew 9:36**

Caring For The Temple

“What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s”
I Corinthians 6:19&20



The Spirit of Prophecy Mandate

- **“I saw that it was a sacred duty to attend to our health and arouse others to their duty.”**

The Great Visions of Ellen G. White. Page 93

- **“I was again shown that the health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel’s message as the hand is with the body.”**

Counsels on Diet and Foods, Page 69

The Spirit of Prophecy Mandate

“When properly conducted, the health work is an entering wedge, making way for other truths to reach the heart.”

Counsels on Diet and Foods, Page 73

“I wish to tell you that soon there will be no work done in ministerial lines but medical missionary work.”

(Counsels on Health, page 533)

“The health reform, I was shown, is a part of the third angel’s message and is just as closely connected with it as are the arm and hand with the human body”

(First Vol. of Testimonies to the Church, pg. 486)

“Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ. Health reform is to do among our people a work which it has not yet done.”

(Review and Herald May 27, 1902)

“And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.”
Matthew 24:14

“God has permitted the light of health reform to shine upon us in these last days, that by walking in the light we may escape many of the dangers to which we shall be exposed.”

(Counsels on Diet and Foods, pg. 22)

“I have been instructed that we are not to delay to do the work that needs to be done in health reform lines. Through this work we are to reach souls in the highways and the byways.”

(Counsels on Diet and Foods, pg. 76)

“I can see in the Lord’s providence that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached.”

(Counsels on Diet and Foods, pg. 76)

**Prophecy and the Health
Message**

A Simple But Powerful Message

True Remedies

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies”

***The Ministry of Healing, Page
127***

NUTRITION

EXERCISE

WATER

SUNLIGHT

TEMPERANCE

AIR

REST

TRUST IN GOD

It Started With A Vision

In June, 1863 Ellen G. White received her first major health reform vision. She received other visions on health and wrote an extensive body of information that serves as the framework for our health ministry today.



“I saw that it was a sacred duty to attend to our health, and arouse others to their duty” Ms 1, p 6

Lifestyle and our health



Ellen White taught that much-perhaps most-of disease and illness originated with the “violation of the laws of health” (Today we call this lifestyle)

The Great Visions of Ellen G. White,
pg. 93



**Scratch Where
It Itches!!**

Goals For Health Ministry

- To promote total wellness: spiritual, physical mental. Empower people to live longer here and also receive eternal life
- To play a significant role in church growth
- To help reduce disparities
- To give culturally competent care—minister to everyone despite their ethnic group, social class, and culture

Getting Started

- **Develop a health team in your church**
- **Get your pastor's support**
- **Recruit and train church members to take part in health ministry**
- **Make a yearly calendar for health ministry**
- **Be familiar with the Scriptures, the Spirit of Prophecy, the Adventist Health Study, and the medical literature with evidence based information**
- **Network with other churches, community organizations, and health care facilities**
- **Minister also to your own congregation**



Health Screening

- **Hypertension: Use battery powered blood pressure cuffs placed on the arm. Give out health brochures.**
- **Diabetes: Use simple glucometers**
- **Cholesterol: Cholestec machines the best to use.**
- **Weight: Use BMI charts**
- **Prostate Cancer: requires medical providers and a professional lab**
- **Breast Cancer: Need a mammogram access and medical providers**
- **Health Risk Assessment Forms: Useful to have people assess themselves**

Seminars

- **Diabetes**
- **Hypertension**
- **Weight Management**
- **Weight Control**
- **Exercise**
- **AIDS/HIV, STD's**
- **Child obesity**
- **Prenatal care**
- **Teen health issues**
- **Senior citizen health issues**
- **Healthy cooking**
- **Addiction recovery: alcohol, drugs, tobacco**



Protecting Your Health

- **Avoid preventable illness**
- **Take care of chronic health conditions**
- **Encourage people in your family to care for their health**
- **Get screening tests as needed-see your doctor!**



In Control, With God's Help

“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.”



I Corinthians 9:24&25

The More Abundant Life

“The thief cometh not, but for to steal, and to kill and to destroy: I am come that they might have life, and that they might have it more abundantly.”

John 10:10

- **Live longer/better here, plus enter into eternal life**
- **Enjoy total health: Physical, Mental, Spiritual, Social**



**A Better Quality of
Life**



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