

Self,
STUFF,
&
Stomach

A compilation

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Freely we have received, freely give.

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Dedicated to all who struggle
in one (or all) of these areas.

There's a saying:
"Teach what you need to learn."

So here I am ...
teaching by sharing ...
and learning along with you.

There is hope for each of us!

CAUTION

This booklet is meant to encourage and enlighten. Straightforward selections, however, may find you wincing or fidgeting. These are good signs that you are discovering areas for growth. Dare to read on.

INTRODUCTION

This booklet is a compilation of:

- *Passages from the best-selling Book of all time—the Bible*
- Selections from the prolific writings of E.G. White
- Compiler's Comments
- *Poetry & Prayer*

The counsel provided through these selected inspired writings can be life-saving. Each page was prayerfully and carefully designed with you, the reader, in mind—to provide you with helpful information about total health and restoration.

Though we are saved by grace alone through faith in Jesus, we are not to fail in doing our part in allowing that grace to transform our lives:

“The propensities that control the natural heart
must be subdued by the grace of Christ
before fallen man is fitted to enter heaven
and enjoy the society of the pure, holy angels.”
{God's Amazing Grace p. 250}

Through various and sometimes mysterious means, God is graciously endeavoring to fit the human race for a better (a far better) place. Will we allow Him to complete the transformation in us—in these three “titled” areas (and others)—so that we can one day (soon) call Heaven our home?

With high hopes,

Compiler

KEY TO ABBREVIATIONS

(of E.G. White writings cited)

2T	Testimonies, Volume Two
8MR	Manuscript Releases, Volume Eight
AA	Acts of the Apostles, The
AG	Amazing Grace, God's
AH	Adventist Home, The
CD	Counsels on Diet and Foods
CET	Christian Experience & Teachings of EGW
CG	Child Guidance
CH	Counsels on Health
ChL	Christian Leadership
COL	Christ's Object Lessons
CS	Counsels on Stewardship
DA	Desire of Ages, The
Ed	Education
Ev	Evangelism
EW	Early Writings
FLB	Faith I Live By, The
GC	Great Controversy, The
GW	Gospel Workers
HP	Heavenly Places, In
LHU	Lift Him Up
MH	Ministry of Healing
RH	Review & Herald
ST	Signs of the Times
TDG	This Day With God
UL	Upward Look, The

For more on the writings of E.G. White,
go to *www.whiteestate.org*.

CHAPTER 1

Self

Fittingly, this section titled “Self” is the *first* chapter, as Self typically strives for “first place.” The subject of Self is a delicate one. We don’t like to admit that we have a pride problem. But every living person battles with his own, as Self vies for the heart throne. But:

Self must be dethroned, pride must be humbled, if we would know the glory of the spiritual kingdom. {DA p. 56}

Promoting self-loathing is not the purpose of this publication. Rather, it is a warning against self-exaltation. My personal battle with Self, after finally admitting my pridefulness, is why I chose to publish this *anonymously*. (Now I have to be careful to not be proud of my moments of humility!) The decision to remain nameless is a testimony to the patient work of the Holy Spirit, for my previous objective was to “make a name for myself.” But mine is not the name we need to know.

Though we indeed live in a self-centered, self-worshiping society, the “I” disease is not a new ailment. The struggle with Self began long, long ago ...



Sin originated in self-seeking. Lucifer, the covering cherub, desired to be first in heaven. He sought to gain control of heavenly beings, to draw them away from their Creator, and to win their homage to himself. {FLB p. 68}

Lucifer said, “I will be like the Most High”; and the desire for self-exaltation had brought strife into the heavenly courts, and had banished a multitude of the hosts of God. {DA p. 435}

The "I" of Pride

*In pure and holy Heaven, where all angels did abide,
the first covering cherub took a place at God's own side.*

Then came pride.

*This angel, Lucifer, instead of taking things in stride wanted
Christ's position, His privileges he eyed.*

So he lied.

*He told the other angels with whom he did confide
that Heaven was a galling yoke from which to be untied.*

A third of them agreed and thus defied.

*All the fallen angels received from God a "chide,"
because of hellishness, were granted their desired ride . . .
to a place where "Self" could be glorified.*

*In the earthly Garden of Eden, lived Adam with his bride.
At the only forbidden tree, they would their fate decide.*

Here, Eve was mystified.

*Lucifer-turned-Satan, disguised as a serpent-guide,
spoke, but was so stunning that Eve was not terrified.*

Again, he lied.

*He charmingly convinced her that they were being denied.
Forbidden fruit was tempting, appealing to human pride.
Believing God had lied, the fruit Eve tried.*

*Adam followed suit, not wanting to lose his bride.
Their sin was disobedience. Trust was pushed aside.
The Father's heart cried.*

*Along with the knowledge of good, came evil "clarified."
Knowing they were disrobed, they sought a place to hide.
For rebellion, Garden access was denied.*

*The first sign of their sin was when the first leaf died.
Not seeing death before, the man was horrified.
Now the results of sin are seen far and wide.*

*A heavenly plan was ready, should humans slip and slide.
God arranged for the human race to be fully justified.
So, Jesus came to earth and was crucified.*

*If we trust God's Son, to our lives His blood applied,
though it seems that Satan won, and good & evil collide,
Christ is our Savior and our Guide.*

*In pure and holy Heaven where His followers will abide,
there's no death or sorrow, all tears will there be dried.
Life . . . purified.*

*Though we wish to go there soon, with Jesus, unified,
we must surrender Self. He is coming for a bride
. . . whose pride has died.*

Anonymous

It is the little attentions, the numerous small incidents and simple courtesies of life, that make up the sum of life's happiness; and it is the neglect of kindly, encouraging, affectionate words, and the little courtesies of life, which helps compose the sum of life's wretchedness. It will be found at last that the denial of self for the good and happiness of those around us constitutes a large share of the life record in heaven. {AH p. 108}

The love of God and love for souls
triumph over selfishness
and love of the world.
{CS p. 315}

Christian worth does not depend on brilliant talents, lofty birth, wonderful powers, but on a clean heart—a heart purified and refined, that does not exalt self, but, by beholding Christ, reflects the long lost image of divinity. {Ev p. 135}

*When pride cometh, then cometh shame:
but with the lowly is wisdom.*
Proverbs 11:2



Let none suppose that they can live a life of selfishness, and then, having served their own interests, enter into the joy of their Lord. In the joy of unselfish love they could not participate. They would not be fitted for the heavenly courts. They could not appreciate the pure atmosphere of love that pervades heaven. The voices of the angels and the music of their harps would not satisfy them. To their minds the science of heaven would be as an enigma. {COL p. 365}

You who are resting your hope on self, are building on the sand. But it is not yet too late to escape the impending ruin. Before the tempest breaks, flee to the sure foundation. Thus saith the Lord God, ... "Look unto Me, and be ye saved all the ends of the earth; for I am God, and there is none else." {ST, September 8, 1909}

Love of self, pride, and self-sufficiency
lie at the foundation of the greatest trials
and discords that have ever existed
in the religious world.
{ChL p. 11}

The inward adorning of a meek and quiet spirit is priceless. In the life of the true Christian the outward adorning is always in harmony with the inward peace and holiness. {AA p. 523}

*A man's pride shall bring him low: but
honour shall uphold the humble in spirit.*
Proverbs 29:23



We can receive of heaven's light only as we are willing to be emptied of self. {DA p. 181}

Self must be dethroned, pride must be
humbled, if we would know the glory
of the spiritual kingdom.
{DA p. 56}

While we should not think of ourselves more highly than we ought, the word of God does not condemn a proper self-respect. As sons and daughters of God, we should have a conscious dignity of character, in which pride and self-importance have no part. {RH, March 27, 1888}

We need more Christ and less worldliness, more Christ and less selfishness. {AH p. 431}

None of Self and All of Thee

by Theodore Monod

*Oh the bitter shame and sorrow
that a time could ever be
when I let the Savior's pity
plead in vain and proudly answered,
"All of Self and none of Thee."*

*Yet He found me, I beheld Him
bleeding on the accursed tree,
heard Him pray, "Forgive them Father,"
and my wistful heart said faintly,
"Some of Self and some of Thee."*

*Day by day, His tender mercy,
healing, helping, full, and free,
sweet and strong, and ah! so patient,
brought me lower while I whispered,
"Less of Self and more of Thee."*

*Higher than the highest heavens,
deeper than the deepest sea,
Lord, Thy love at last hath conquered.
Grant me now my soul's desire,
"None of Self and all of Thee."*

Humble your poor, proud, self-righteous heart before God; get low, very low, all broken in your sinfulness at His feet. Devote yourself to the work of preparation. {2T p. 88}

There is a work before us to
subdue the pride and vanity
that seek a place in our hearts.
{LHU p. 233}

Those who have chosen Satan as their leader and have been controlled by his power are not prepared to enter the presence of God. Pride, deception, licentiousness, cruelty, have become fixed in their characters. Can they enter heaven to dwell forever with those whom they despised and hated on earth?...

Truth will never be agreeable to a liar; meekness will not satisfy self-esteem and pride; purity is not acceptable to the corrupt; disinterested love does not appear attractive to the selfish....

What source of enjoyment could heaven offer to those who are wholly absorbed in earthly and selfish interests? {GC p. 542}

Selfishness, self-love, self-esteem,
self-indulgence, reproduce themselves,
and the end is wretchedness and ruin. ...
Love, sympathy, and kindness yield
fruitage of blessing, a harvest
that is imperishable.
{Ed p. 109}

Seeds of Vanity—In many families the seeds of vanity and selfishness are sown in the hearts of the children almost during babyhood. Their cunning little sayings and doings are commented upon and praised in their presence, and repeated with exaggerations to others. The little ones take note of this and swell with self-importance. {CG p. 140}

Self-will and pride are evils that turned
angels into demons and barred the
gates of heaven against them.
And yet parents, unconsciously,
are systematically training their
children to be the agents of Satan.
{CG p. 178}

Children Should Not Be the Center of Attraction—
Parents should teach them lessons of self-denial
and never treat them in such a way as to make
them think they are the center, and that everything
revolves about them. {CG p. 132}

It is the love of self that brings unrest.
{DA p. 330}

So utterly was Christ emptied of self that He made
no plans for Himself. He accepted God's plans for
Him, and day by day the Father unfolded His plans.
So should we depend upon God, that our lives may
be the simple outworking of His will. {DA p. 208}

Be careful lest self-sufficiency come in, and you work in your own strength, rather than in the spirit and strength of your Master. Self is ever ready to take the credit if any measure of success attends the work. Self is flattered and exalted, and the impression is not made upon other minds that God is all and in all. {DA p. 493}

Heaven's golden gate opens not to the self-exalted. It is not lifted up to the proud in spirit. {COL p. 404}

*For where envy and
self-seeking exist,
confusion and every
evil thing are there.*

James 3:16



Some engage in vain and unbecoming conversation, and others give way to the risings of self. We must not expect to please ourselves, live and act like the world, have its pleasures, and enjoy the company of those who are of the world, and reign with Christ in glory. {EW p. 47}

When self is renounced,
then the Lord can make
man a new creature.
{DA p. 280}

That men may not take time to meditate, Satan leads them into a round of gayety and pleasure-seeking ... He fills them with ambition to make an exhibition that will exalt self. {Ev p. 26}

Let self be hid in Jesus.
{Ev p. 331}

Self-denial in dress is a part of our Christian duty. To dress plainly, and abstain from display of jewelry and ornaments of every kind is in keeping with our faith. ... Shun everything that gives sanction to this spirit which takes possession of the minds and hearts of those who live for this world only, and who have no thought or care for the next. {Ev p. 269}

There must be no exaltation of self, nothing should be attributed to self; the work is the Lord's, and His precious name is to receive all the glory. {Ev p. 331}

Everyone who enters the
pearly gates of the city of God
will enter there as a conqueror, and
his greatest conquest will have been
the conquest of self. {AG p. 31}

Each one will have a close struggle to overcome sin in his own heart. This is at times a very painful and discouraging work; because, as we see the deformities in our character, we keep looking at them, when we should look to Jesus and put on the robe of His righteousness. {AG p. 31}

We cannot retain our own self and be filled with the fullness of God. We must be emptied of self. If heaven is gained by us at last, it will be only through the renunciation of self and in receiving the mind, the spirit, and the will of Christ Jesus. {HP p. 155}

*Trust in the Lord with all thine heart;
and lean not unto thine own understanding.
In all thy ways acknowledge him,
and he shall direct thy paths.
Proverbs 3:5-6*



Danger of Applause—It is not safe to speak in praise of persons ... In the day of God, very many will be weighed in the balance and found wanting because of exaltation. ...

I would warn my brethren and sisters never to flatter persons because of their ability; for they cannot bear it. Self is easily exalted, and in consequence, persons lose their balance. ... If you would have your souls clean from the blood of all men, never flatter, never praise the efforts of poor mortals; for it may prove their ruin. ...

It is unsafe, by our words and actions, to exalt a brother or sister, however apparently humble may be their deportment. If they really possess the meek and lowly spirit which God so highly esteems, help them to retain it. This will not be done by censuring them, nor by neglecting to properly appreciate their true worth. But there are few who can bear praise without being injured. {GW92, p. 275}

Flutterby

*A caterpillar can't fly in the sky
until he's willing to give up his life.
Gone to rest in his cocoon,
he'll be flying soon.*

*With the Spring, comes openings.
The caterpillar now has wings.
Changed into a butterfly,
free to flutter by.*

*As it is with all of us.
To fly, we die to self we must.
When Jesus comes, all Heaven sings.
Then we'll all have wings.*

Anonymous

Let selfishness and pride die. Let none continue to expend means to multiply pictures to be sent to their friends. Let us save every dollar that can be saved, that the matchless charms of Christ may be presented before the souls of the perishing. {CS p. 298}

When we are born from above, the same mind will be in us that was in Jesus, the mind that led Him to humble Himself that we might be saved. Then we shall not be seeking the highest place. {DA p. 330}



Because we're graciously granted free will, the choice is ultimately ours: Self or Saved. God doesn't force us; He simply guides us to the wise choice.

Our tender Savior left His perfect home in Heaven to give His perfect Self to us. Let's give up this imperfect planet and our imperfect Selves for Him. Christ's selfless death paid the price for the sins of every person, but His sinless life showed us the manner in which we too are to live. In human form, Jesus personified the true character of God—loving, compassionate, unselfish.

Trust the Lord. He loves you. Let go of the shallowness of Self and enter the depths of God's grace and forgiveness. When you are baptized into Christ and born anew, true joy and freedom await you.

CHAPTER 2

STUFF

“Only \$30 a month” sounded like a great deal at first—“only a dollar a day”—until I multiplied the monthly fee by 12. But I was stuck; I had to store my “stuff,” for I was soon to leave the United States for a one-year missionary assignment.

So I took a deep breath, wrote the check, handed it to the clerk, forced a smile, waved goodbye, and left—thinking I would be reunited with my cherished possessions 365 days/dollars later.

I thought wrong. My one-year call turned into three. For this I was happy. But as I contemplated keeping my stuff in storage for two more years, the cumulative dollar figure quickly cured me of the notion. I simply couldn’t justify paying over a thousand dollars to store “things” (things I obviously didn’t really need, as I had survived quite well without them for 12 months).

Friends and family were the glad recipients of most of the stored items—a painful-but-necessary step in the Lord’s patient “de-stuffing” of my life.

The beautiful cleansing process continued over the next several years until I could fit almost all of my possessions in my car. Eventually, I sold the car.

By living lightly, God has shown me just how little “stuff” we really need. Besides, as they say,

“You can’t take it with you.”



"Stuff"

S-T-U-F-F is stifling. Who really needs more stuff?
It robs our wallets, moks our homes, and gathers gobs of dust!
We've gone astray, we need to say, "No more! That's enough!"
Let's spend our time and money saving souls instead of stuff.

There is more and more . . .

Stuff in the cupboards, stuff in the closets, stuff under the bed,
stuff in the attic in boxes and we're further "in the red,"
by stuffing every nook and cranny, any empty space,
then going out to get yet more . . . as though it were a race.

Each holiday, it's sad to say, the focus is on fluff.
The reason for each season is forgotten in a huff.

The bunny hops while Satan hopes that we'll forget Christ bled,
by filling baskets full of junk and hunting eggs instead.
Thanksgiving Day is rarely spent in humble giving thanks,
but in turkey and the trimmings, stuff-ing our tanks.
Greed continues winning taking Christ out of our Christmas
leaving us with just a cluttered muss, and fret from all the fuss.
On birthdays, love or hate them, we acquire still more stuff.
Why don't we celebrate them helping those who have it rough?

Instead, there's even more . . .

Stuff in the cupboards, stuff in the closets, stuff under the bed,
stuff in the attic in boxes never opened 'til we're dead,
stuff we think we need because the television said . . . so
we go ahead and get more stuff . . . while others have no bread.

We've gone astray, we need to pray that we can truly say,
Enough's enough! We don't need stuff . . .
. . . while there are lives to save."

We can't take stuff to Heaven anyway.

*Lay up for yourselves
treasures in heaven,
where neither moth nor
rust doth corrupt...
Matthew 19:21*



No man is valued for his possessions; for all he has belongs to him only as lent by the Lord.
{COL p. 263}

A good character is more precious than
worldly possessions, and the work of
forming it is the noblest in which
men can engage.
{CG p. 165}

When a young man came to Jesus and said to Him, "Good Master, what good thing shall I do, that I may have eternal life?" Jesus gave him his choice, to part with his possessions and have eternal life, or retain them and lose it. His riches were of greater value to him than the heavenly treasure ... and he went away sorrowful. {CET p. 164}

*Take heed, and beware of covetousness:
for a man's life consisteth not in the
abundance of the things which
he possesseth. Luke 12:15*



Christ beholds the world full of activity in seeking for earthly treasures. He sees many eagerly trying first one thing and then another ... while in their eager pursuit they pass by the only path that leads to the true riches. He offers to lead them to the riches that are as enduring as eternity. He points them to the narrow path of self-denial and sacrifice. Many think to find security in earthly riches.... They are mistaking phantoms for realities, and have lost sight of the glories of the eternal world. Christ calls upon them to extend their view beyond the present, and add eternity to their vision. {UL p. 355}

*For we brought nothing into this world,
and it is certain we can carry nothing out.*
1 Timothy 6:7



The things of temporal interest have power to engross the thoughts and affections, and it is important that we should be constantly educating and training our minds to dwell upon things of eternal interest. Will this make us unhappy? Will it cause us to have a hard time here? No, indeed. . . .{HP p. 307}

You have a mighty struggle before you to separate your affections from this earth's treasure. Where your treasure is, there your heart will be also. Watch, pray, work, are the Christian's watchwords. Arouse yourself, I implore you. Seek for those things which are enduring. The things of this earth must soon pass away. Are you ready to exchange worlds? Are you forming a character for everlasting life? {2T p. 241}



And that brings us back to the subject of Chapter 1—Self—the persistent, oppressive dark cloud under which reside many sins and struggles.

“Stuff-ish-ness” is indeed linked with selfishness. If “stuff” has become your god (or is, in any way, hindering your walk with the Lord), two words again apply: Let go.

Is there another category of stuff weighing you down—a different type of baggage: guilt, fear, anger, and the like? Perhaps you’re not fully aware of them, as they’ve been carefully “stuffed” deep inside.

Regardless, any and all burdens can be turned over to Jesus. Only He knows how to properly dispose of them. Christ wants to truly set us free from every form of bondage. It only makes sense to let Him.

CHAPTER 3

Stomach

Some people view food as the means of maintaining life—"an enjoyable necessity." A select group might even be labeled "finicky." For these, appetite control is not an issue.

Others, however, are slaves to stomach. These slaves may become masters by practicing moderation. But fad diets allure many. Some people get caught in the deadly cycles of bingeing and purging or even self-starvation in desperate attempts to conquer issues far deeper than food obsession. Sadly, and just as dangerously, many others give in to gluttony.

Again, the problem is not new. In the Garden of Eden, the devil was able to deceive Eve by appealing to her appetite. Granted, the underlying problems were a distrust of God and an appetite for exalted knowledge, but the enemy easily used food to entice her into swallowing lies.

When he knew that Christ was hungry after He'd fasted 40 days, Satan hoped that He too would surrender to appetite.

Satan: *"If thou be the Son of God, command that these stones be made bread."*

Jesus: *"It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."*

Thankfully, our Savior did not succumb to any of the devil's temptations. He trusted His Father in Heaven for the strength to resist all evil. We can rely on the same power—*God's power*—to resist whatever temptation comes *our way*.



From the book *Counsels on Diet and Foods*

All the laws of nature ... are designed for our good. Obedience to them will promote our happiness in this life, and will aid us in a preparation for the life to come. {p. 23}

Health is a treasure. {p. 20}

We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet. {p. 126}

The Original 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. They impart a strength, a power of endurance, and a vigor of intellect, that are not afforded by a more complex and stimulating diet. {p. 81}

Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. {p. 380}

God has given an ample variety of healthful foods. {p. 93}

Time and Timing

At mealtime cast off care and anxious thought; do not feel hurried, but eat slowly and with cheerfulness, with your heart filled with gratitude to God for all His blessings. {p. 109}

At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day. {p. 173}

After the regular meal is eaten, the stomach should be allowed to rest for five hours. Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. {p. 179}

If a third meal be eaten at all,
it should be light, and several hours
before going to bed. {p. 158}

Physiology

What influence does overeating have upon the stomach? It becomes debilitated, the digestive organs are weakened, and disease, with all its train of evils, is brought on as the result. ...

If persons were diseased before, they thus increase the difficulties upon them, and lessen their vitality every day they live. They call their vital powers into unnecessary action to take care of the food that they place in their stomachs. Often this intemperance is felt at once in the form of headache, indigestion, and colic. ...

A load has been placed upon the stomach that it cannot care for, and a feeling of oppression comes. The head is confused, the stomach is in rebellion. But these results do not always follow overeating. ... In some cases the stomach is paralyzed. No sensation of pain is felt, but the digestive organs lose their vital force. The foundation of the human machinery is gradually undermined, and life is rendered very unpleasant. {p. 101}

The habit of overeating, or of eating
too many kinds of food at one meal,
frequently causes dyspepsia.
{p. 110}

Overtaxing the stomach is a common sin, and when too much food is used, the entire system is burdened. Life and vitality, instead of being increased, are decreased. This is as Satan plans to have it. Man uses up his vital forces in unnecessary labor in taking care of an excess of food. {p. 131}

A disordered stomach
produces a disordered, uncertain
state of mind. Often it causes
irritability, harshness, or injustice.
{p. 138}

What a pity it is that often, when the greatest self-denial should be exercised, the stomach is crowded with a mass of unhealthful food, which lies there to decompose. The affliction of the stomach affects the brain. ... The food he has eaten has benumbed his brain power. {p. 53}

A clogged stomach means a clogged brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. {p. 46}

All that is taken into the stomach, above what the system can use to convert into good blood, clogs the machinery; ... The stomach is overworked in its efforts to dispose of it, and then there is a sense of languor, which is interpreted to mean hunger, and without allowing the digestive organs time to rest from their severe labor, to recruit their energies, another immoderate amount is taken into the stomach, to set the weary machinery again in motion. {p. 103}

How Many Loads?

*A washing machine and a body
have a few things in common
(though one eats socks,
and the other eats Ramen).*

*Each have "lids" that
are opened wide for "loads."
The cycle then begins,
"dials" set to proper modes.*

*But if our lids are opened
before the cycle's end
and more food is introduced,
our "dial" resets again.*

*Often it's not once but rather
many times per day
that we open our "lids"
and add more food.
But is that really okay?*

*Physiologically, "No" is the answer to that question.
We must respect the length of the cycle,
the system of digestion.*

*Not gum, not juice, not a nut, nor a mint
should pass, between meals, our lids (our lips),
but only pure water. See for yourself!
These aren't just weight-loss tips!*

*The moral of the gory story? ...
To keep away ills and intestinal quandary,
do less (and lighter) loads of "laundry."*

Anonymous

Over-abundance

Our danger is not from scarcity, but from abundance. We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe strict temperance ... as well as total abstinence from every injurious or debasing indulgence. {p. 29}

Frequently you place in your stomach double the quantity of food your system requires. This food decays; your breath becomes offensive; ... your stomach is overworked; and life and energy are called from the brain to work the mill which grinds the material you have placed in your stomach. In this, you have shown little mercy to yourself. {p. 137}

Even if you are strict in the quality of your food, do you glorify God in your bodies and spirits which are His, by partaking of such a quantity of food? ... The animal part of our nature should never be left to govern the moral and intellectual. {p. 47}

Gluttony is not the only stomach iniquity.
Malnutrition is not moderation.
Abusing our bodies by starvation or a careless
lack of variety are sins of the other extreme.

An impoverished diet will
impoverish the blood. {p. 199}

Never cheat the stomach out of that
which health demands ... {p. 176}

In order to maintain health, a sufficient supply of
good, nourishing food is needed. {MH p. 299}

Other Tips

Food should not be eaten very hot or very cold. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. {p. 106}

The more liquid there is taken
into the stomach with the meals,
the more difficult it is for the food
to digest; for the liquid must
first be absorbed. {p. 106}

The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system. {p. 342}

The time will come when there will be no safety in using eggs, milk, cream, or butter. {8MR p. 384}
(Written in 1901)

If milk is used, it should be thoroughly sterilized [not merely pasteurized]; with this precaution, there is less danger of contracting disease from its use. {p. 357}

Butter is less harmful when eaten on cold bread than when used in cooking; but, as a rule, it is better to dispense with it altogether. Cheese is still more objectionable; it is wholly unfit for food. {p. 368}

Cheese should never be introduced
into the stomach. {p. 368}

The free use of milk and sugar taken together should be avoided. {p. 113}

Those who use flesh meat disregard all the warnings that God has given concerning this question. They have no evidence that they are walking in safe paths. ... Many times when meat is eaten, it decays in the stomach, and creates disease. {p. 383}

Cancers, tumors, and pulmonary diseases are largely caused by meat eating. {p. 383}

Mustard, pepper, spices, pickles, and other things of a like character irritate the stomach and make the blood feverish and impure. {p. 345}

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. {p. 327}

Never take tea, coffee, beer, wine, or any spirituous liquors. Water is the best liquid possible to cleanse the tissues. p. 420}

*Wine is a mocker, strong drink is raging:
and whosoever is deceived thereby
is not wise. Proverbs 20:1*



Spirituality

If we would have peace among ourselves, we should give more thought than we do to having a peaceful stomach. {p. 112}

The gratitude we offer to God for His blessings is greatly affected by the food placed in the stomach. Indulgence of appetite is the cause of dissension, strife, discord, and many other evils. Impatient words

are spoken and unkind deeds are done, dishonest practices are followed and passion is manifested, and all because the nerves of the brain are diseased by the abuse heaped upon the stomach. {p. 53}

The diet has much to do with the disposition to enter into temptation and commit sin. {p. 52}

We cannot love the Lord with all our heart, mind, soul, and strength while we are loving our appetites, our tastes, a great deal better than we love the Lord. ...By our wrong habits we are lessening our hold on life, and yet professing to be Christ's followers, preparing for the finishing touch of immortality. {p. 44}

Unhealthful food placed in the stomach strengthens the appetites that war against the soul, developing the lower propensities. {p. 382}

Let no one think that he can do as he pleases in the matter of diet. But before all who sit at the table with you, let it appear that you follow principle in the matter of eating, as in all other matters, that the glory of God may be revealed. You cannot afford to do otherwise; for you have a character to form for the future immortal life. Great responsibilities rest upon every human soul. Let us comprehend these responsibilities, and bear them nobly in the name of the Lord. {p. 34}

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



Social gatherings

Fashionable visiting is made an occasion of gluttony. Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion, and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system. {p. 88}

There is real common sense in health reform. People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person may be hurtful to another. {CH p. 154}

Some are digging their graves with their own teeth. {TDG p. 123}

Do not feel it necessary to load down your table with unhealthful food when you have visitors. The health of your family and the influence upon your children should be considered, as well as the habits and tastes of your guests. {p. 176}

Let not any more Thanksgiving days be observed to please and gratify the appetite and glorify self. ... If a feast is to be made, let it be for those who are in need. {AH p. 475}

The Challenge

Cultivate self-control. Restrain appetite; keep it under the control of reason. {p. 176}

The simpler your diet, the better
it will be for you. {p. 102}

The Lord calls for volunteers to enter His army. Sickly men and women need to become health reformers. God will cooperate with His children in preserving their health, if they eat with care, refusing to put unnecessary burdens on the stomach. He has graciously made the path of nature sure and safe ... He has given for our sustenance the wholesome and health-giving productions of the earth. {p. 39}

*Whether therefore ye eat, or drink,
or whatsoever ye do,
do all to the glory of God.
1 Corinthians 10:31*



As we see the wretchedness, deformity, and disease that have come into the world as the result of ignorance in regard to the proper care of the body, how can we refrain from giving the warning? {p. 40}

Appetite must not be your god. {p. 25}



As with many areas of life, balance is key. The positive slogan we hear regarding food is:

“Eat to live” (rather than “Live to eat”).

We can choose to eat for strength rather than for gluttony. We can find peace of mind when we treat our bodies as what they truly are: miracles, gifts, and precious temples of God's Holy Spirit—deserving of much respect.

Perhaps you have an appetite for worldly fame, fortune, or supremacy, each falling under the umbrella of Self. These cravings must not be fed. Again, our only solution is to:

“Let go” ... and let God.

I pray that you've found amidst these pages the reason(s) for which this booklet is before your eyes. Indeed, the Holy Spirit deserves all the credit for anything good these counsels may accomplish both in your life and in the lives of those with whom you share them. (This booklet may be freely shared electronically or in printed form.)

May God continue to lavishly provide help, hope, and healing as He lovingly forms us into conquerors of Self, Stuff, & Stomach.

Compiler

You may send Questions & Comments to:
anonymous4Him@gmail.com

The Lord's Prayer:

Our Father
which art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done in earth,
as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil:
For thine is the kingdom,
and the power,
and the glory,
for ever.
Amen.

See Matthew Chapter 6

The world is given up
to self-indulgence.
“The lust of the flesh,
and the lust of the eyes,
and the pride of life”
control the masses
of the people.
But Christ’s followers
have a holier calling.
{A New Life p. 18}