



# CORE

A Life Transforming Experience

# What is CORE?

9-Month Mission Training School

Based In Pennsylvania

18-30(ish) Year Olds

Work Study Options

A Life Transforming Experience

**CORE**

# What is CORE?

Bible Work

Canvassing

Digital Media Evangelism

Health Evangelism

Organic Agriculture

Overseas Missions

**CORE**

# What is CORE?

Mental Health  
Practical Christianity  
Public Speaking  
Etc.

**CORE**

# Who Is Teaching?

Dwight Nelson-Preaching

James Rafferty-Revelation

Steven Grabiner-Daniel

Skip MacCarty-The Covenants

Don Mackintosh-TCI/Health

Randy Siebold-True Education/Leadership

**CORE**

# Who Is Teaching?

Nathan Renner-How To Study The Bible

Jay Rosario-Apologetics/Gaining Decisions

Israel Ramos-Campus Ministries

Steve Toscano-Church History

Rico Hill-Health

Paul Coneff-Mental Health

Chad Bernard-Bernard-Youth Ministries

**CORE**

Own Your Faith  
Find Your Calling  
Change The World  
[paconference.org/CORE](http://paconference.org/CORE)

**CORE**

The background is a landscape with mountains and a body of water. A large, dark, textured scribble is in the foreground, partially obscuring the text. The text is white and centered.

# A Much Needed Reform

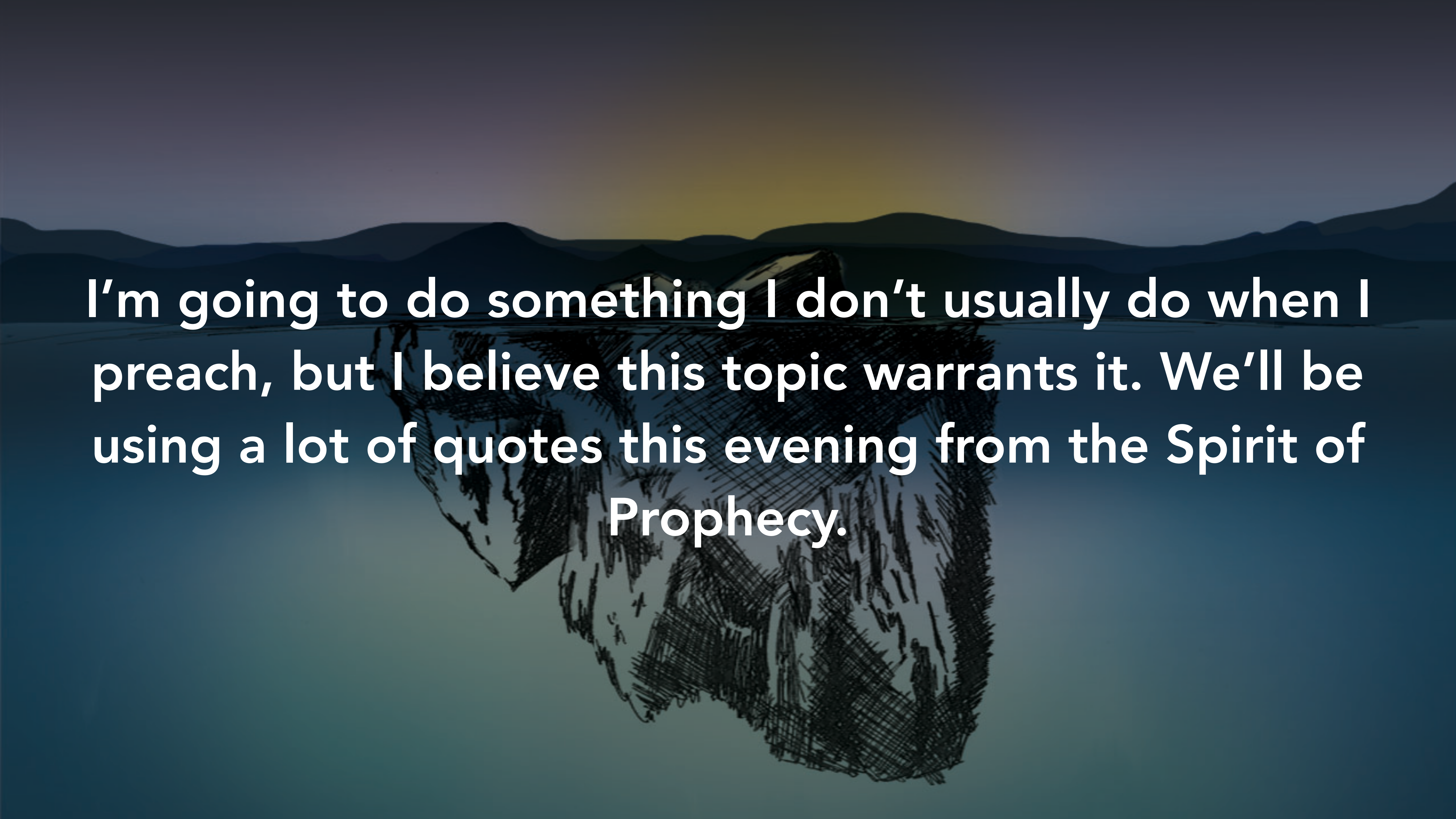
Dee Casper

[paconference.org/CORE](http://paconference.org/CORE)





**The are two reasons for this title and the message is  
broken in to two parts to address them.**



I'm going to do something I don't usually do when I preach, but I believe this topic warrants it. We'll be using a lot of quotes this evening from the Spirit of Prophecy.



The three primary sources for the quotes we'll be using  
are from:

Message To Young People  
Last Day Events  
Counsels On Diets And Foods

The background is a dark, atmospheric landscape. In the distance, there are silhouettes of mountains under a twilight sky with a faint yellow glow on the horizon. In the foreground, a large, dark, textured shape, possibly a rock formation or a large shadow, is visible. The overall tone is somber and contemplative.

The first part of our message will be addressing the  
“why” of the health message.

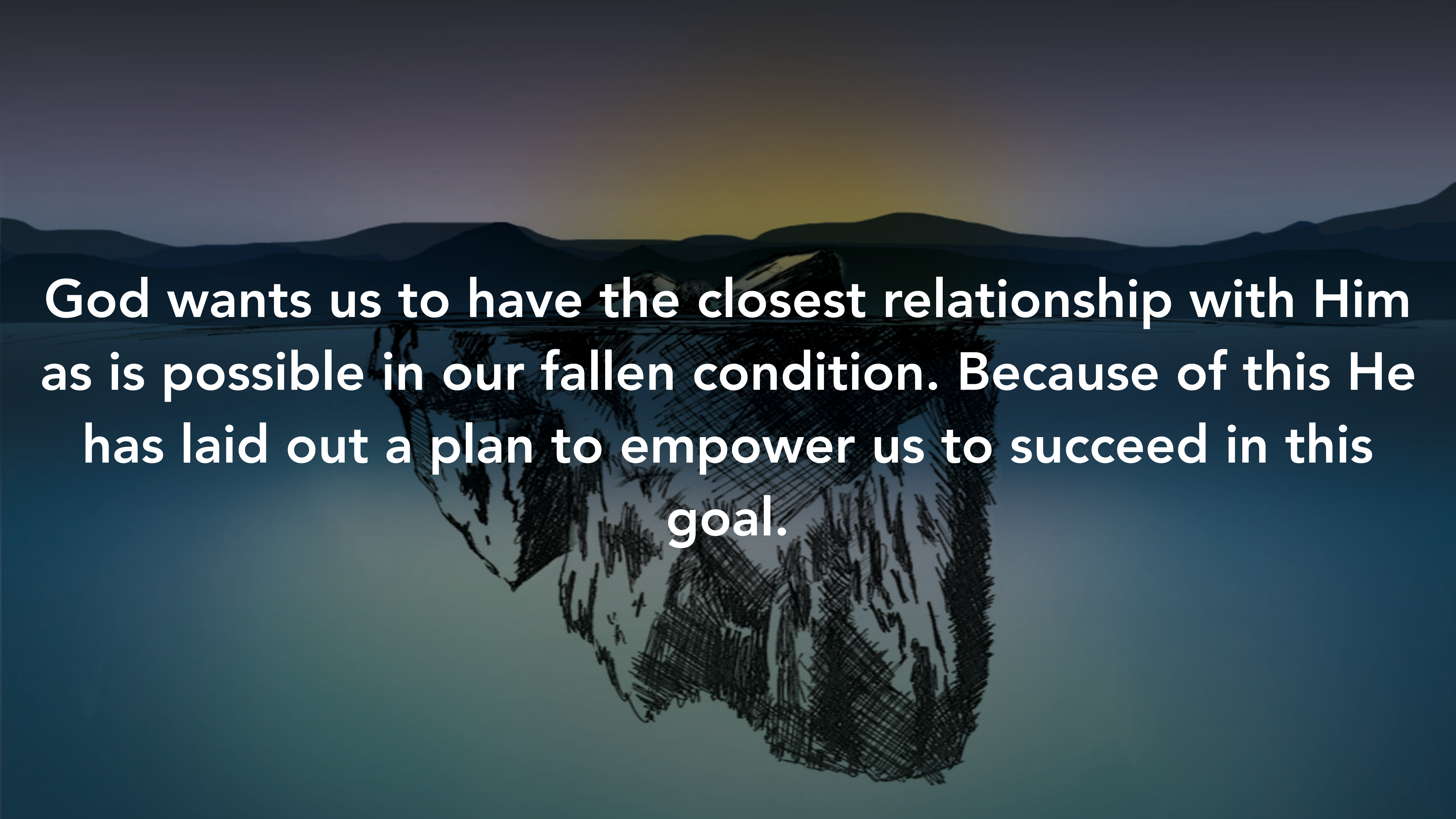
The background is a dark, atmospheric landscape. In the distance, there are silhouettes of mountains under a twilight sky. In the foreground, a large, dark, textured shape, possibly a rock or a piece of wood, is partially submerged in water, creating a reflection. The overall mood is serene and contemplative.

Recommended reading for this is Section 2 of Counsels  
on Diets and Foods "Diet and Spirituality"

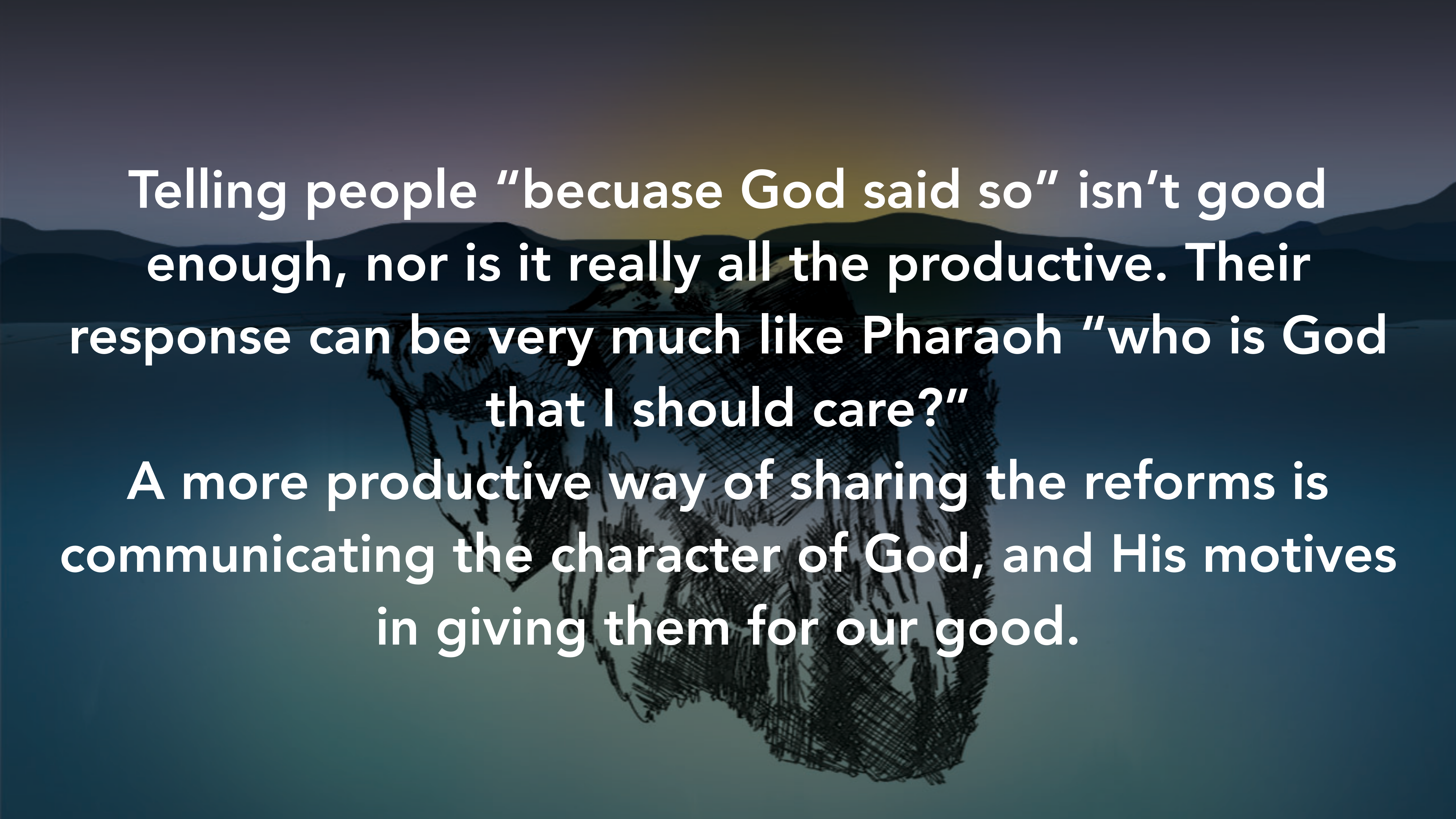


The whole purpose of God giving us reforms is relational in nature.

God is seeking to improve relationship, not regulate behavior.

A landscape photograph showing a range of mountains under a twilight sky, with a body of water in the foreground. A large, dark, textured scribble, resembling a pencil or charcoal drawing, is overlaid on the water and the lower part of the mountains. The text is overlaid on the image in a white, sans-serif font.

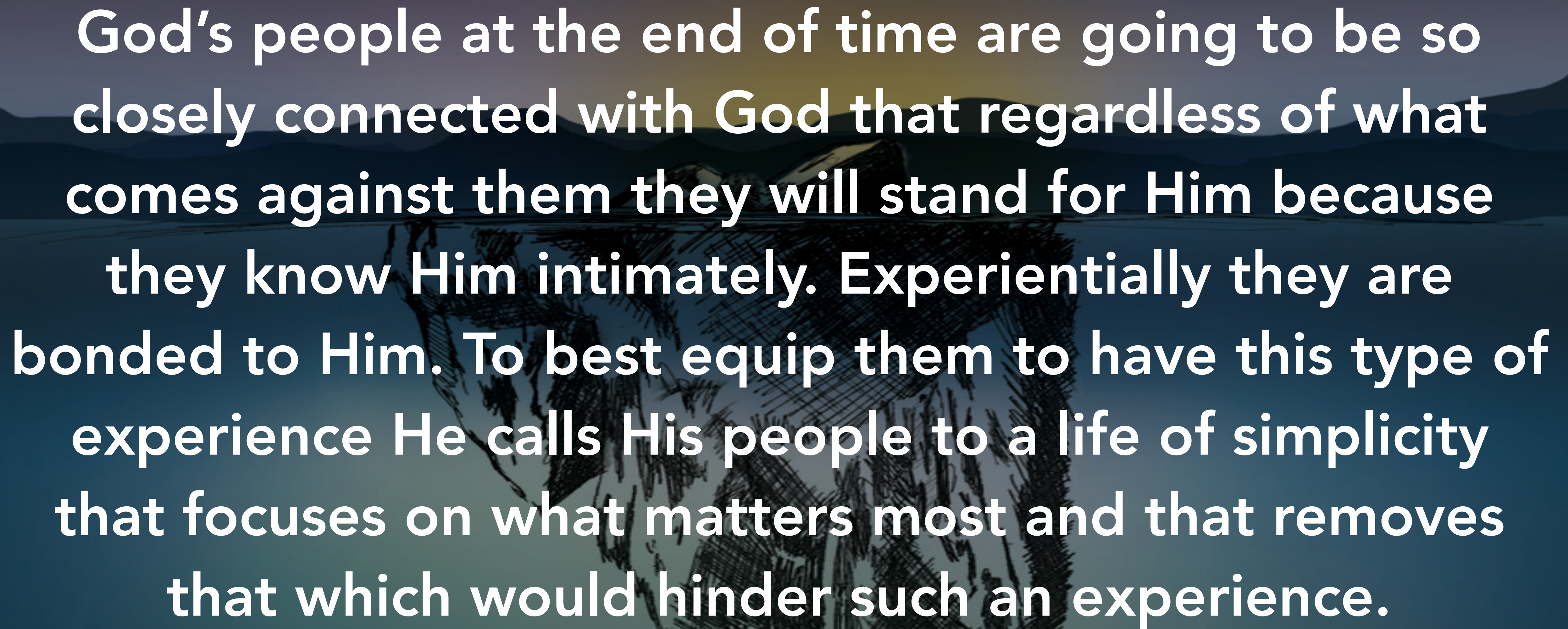
God wants us to have the closest relationship with Him as is possible in our fallen condition. Because of this He has laid out a plan to empower us to succeed in this goal.



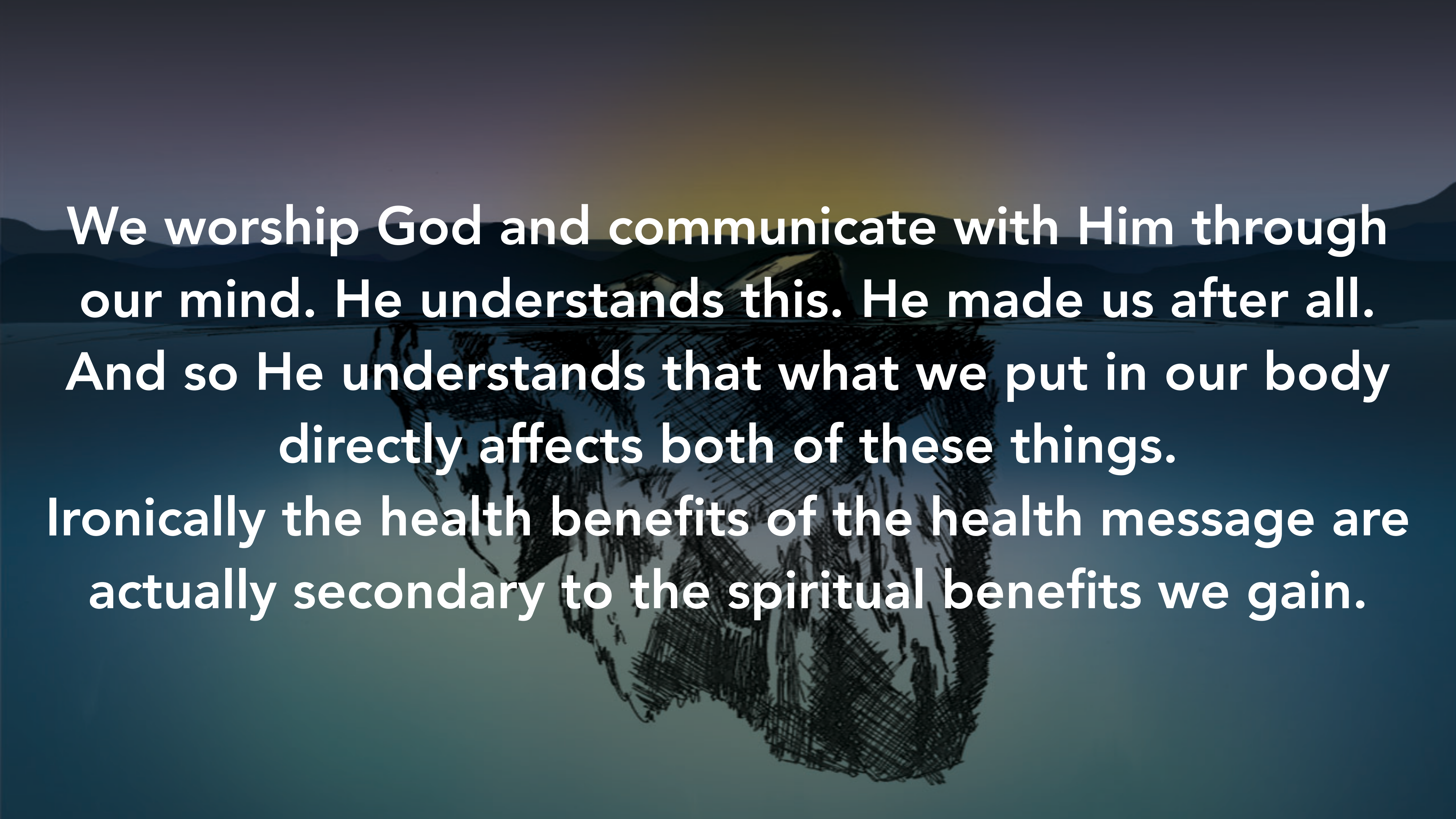
Telling people "because God said so" isn't good enough, nor is it really all that productive. Their response can be very much like Pharaoh "who is God that I should care?"

A more productive way of sharing the reforms is communicating the character of God, and His motives in giving them for our good.

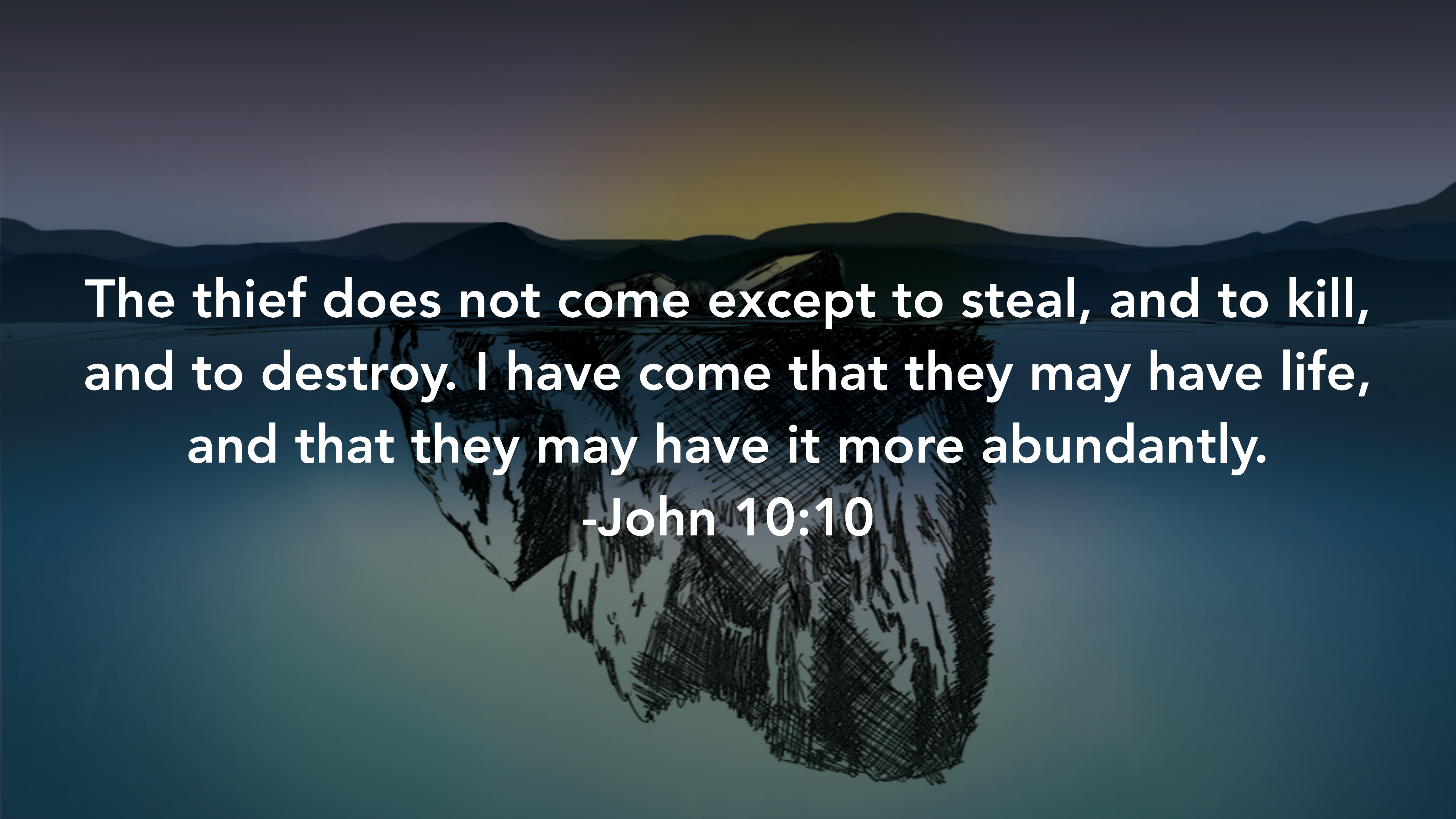


The background features a serene sunset scene with a calm body of water reflecting the sky. In the foreground, the dark silhouette of a palm tree is visible, adding a tropical or coastal feel to the image. The overall color palette is dominated by soft blues, greys, and the warm tones of the setting sun.

God's people at the end of time are going to be so closely connected with God that regardless of what comes against them they will stand for Him because they know Him intimately. Experientially they are bonded to Him. To best equip them to have this type of experience He calls His people to a life of simplicity that focuses on what matters most and that removes that which would hinder such an experience.

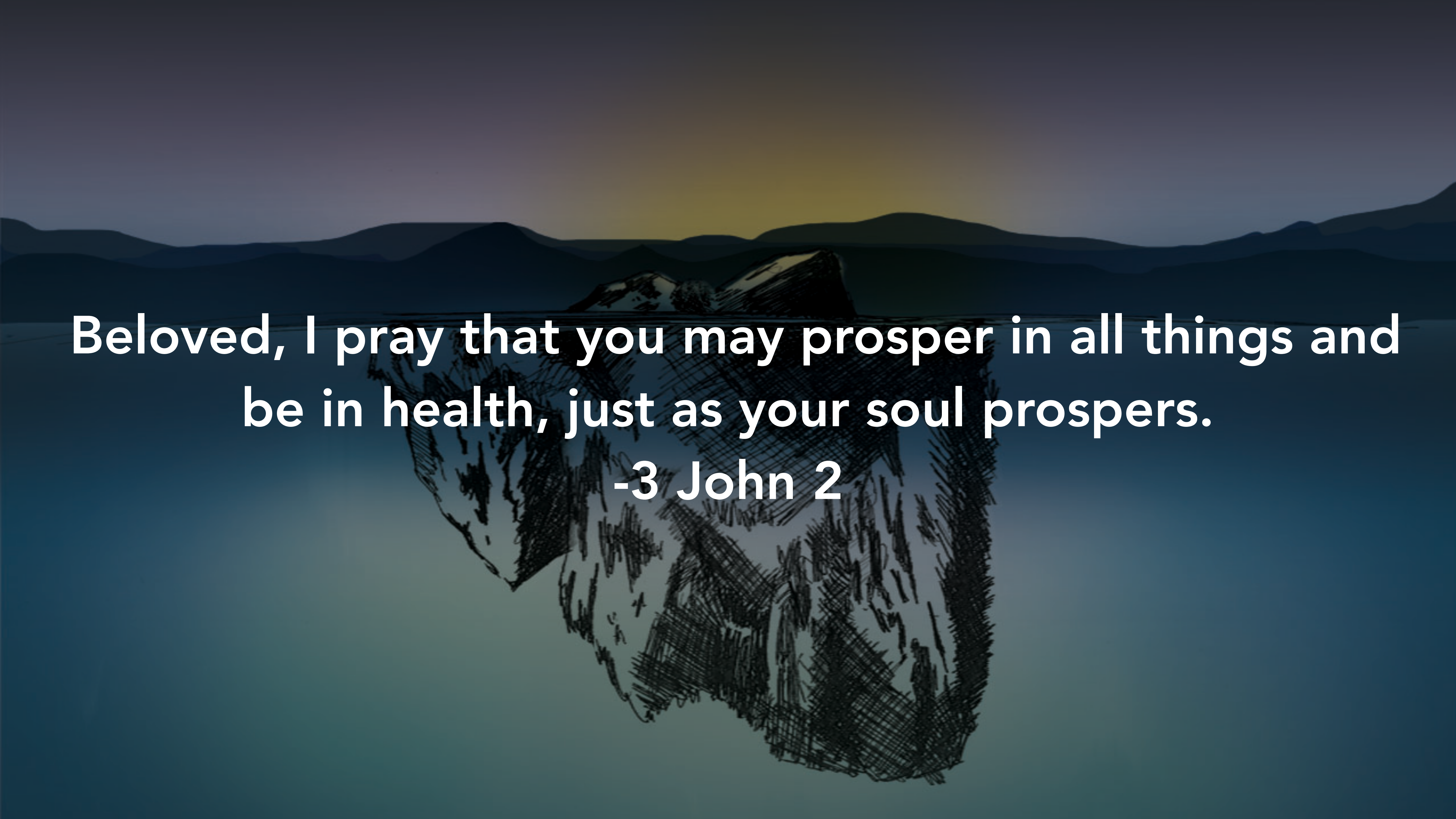
The background features a serene sunset scene with a calm body of water in the foreground. The sky is a gradient of soft colors, from a pale yellow near the horizon to a deep blue at the top. The water's surface is still, creating a clear reflection of the sky and the sun. In the center of the reflection, there is a dark, textured shape that appears to be a close-up of a person's face, possibly a woman, looking upwards. The overall mood is peaceful and contemplative.

We worship God and communicate with Him through our mind. He understands this. He made us after all. And so He understands that what we put in our body directly affects both of these things. Ironically the health benefits of the health message are actually secondary to the spiritual benefits we gain.

The background is a dark, atmospheric landscape. In the distance, there are silhouettes of mountains under a twilight sky. In the foreground, there is a body of water reflecting the sky. A large, dark, textured shape, possibly a rock or a piece of driftwood, is partially submerged in the water, creating a prominent shadow and reflection. The overall mood is somber and reflective.

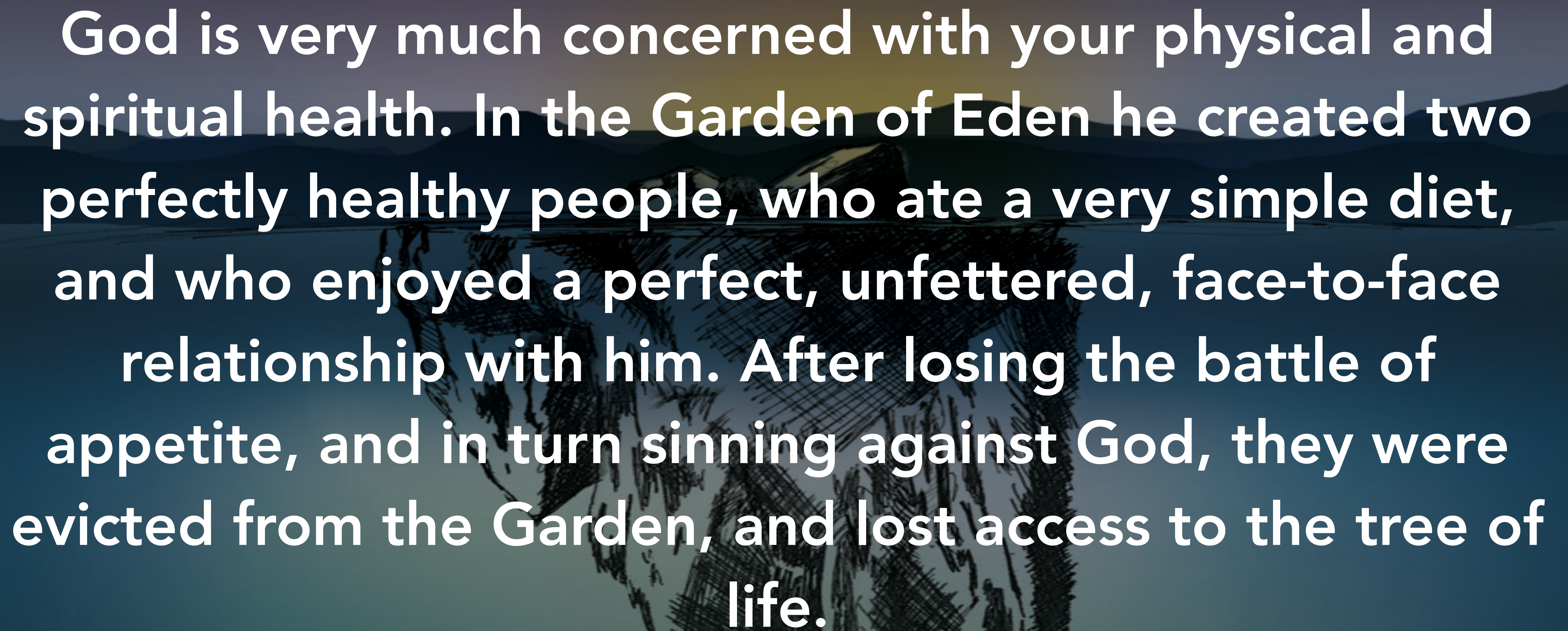
The thief does not come except to steal, and to kill,  
and to destroy. I have come that they may have life,  
and that they may have it more abundantly.

-John 10:10

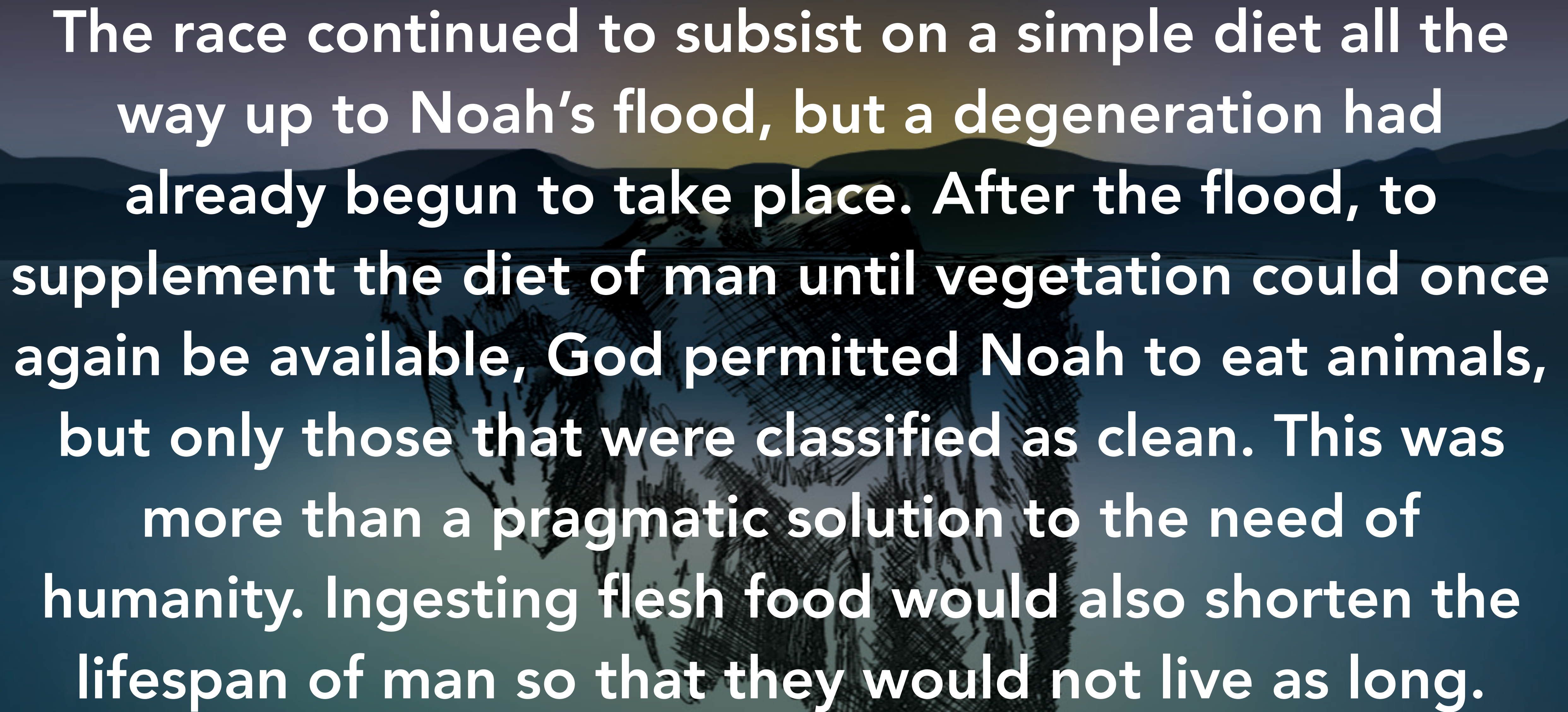


**Beloved, I pray that you may prosper in all things and  
be in health, just as your soul prospers.**

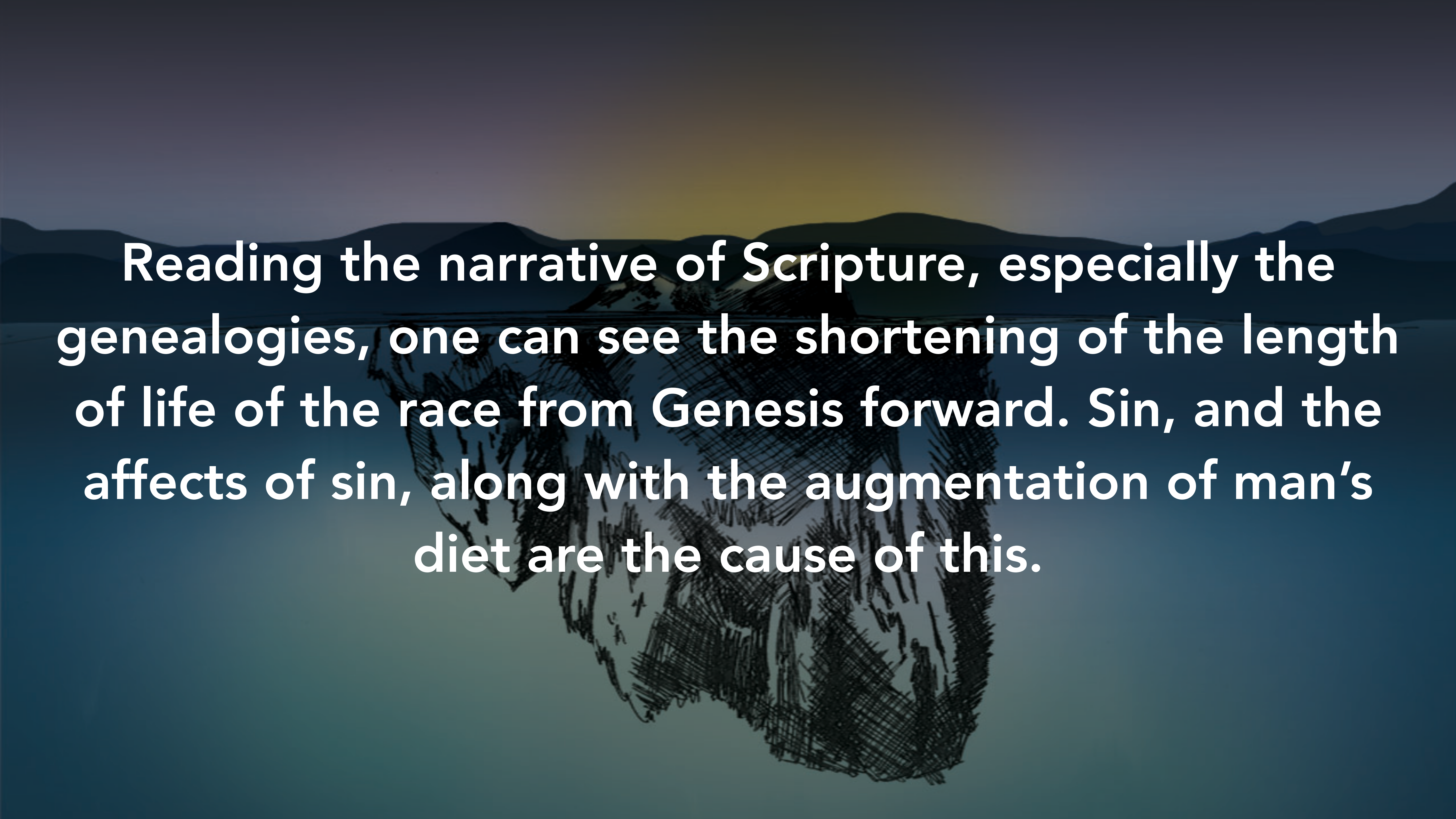
**-3 John 2**



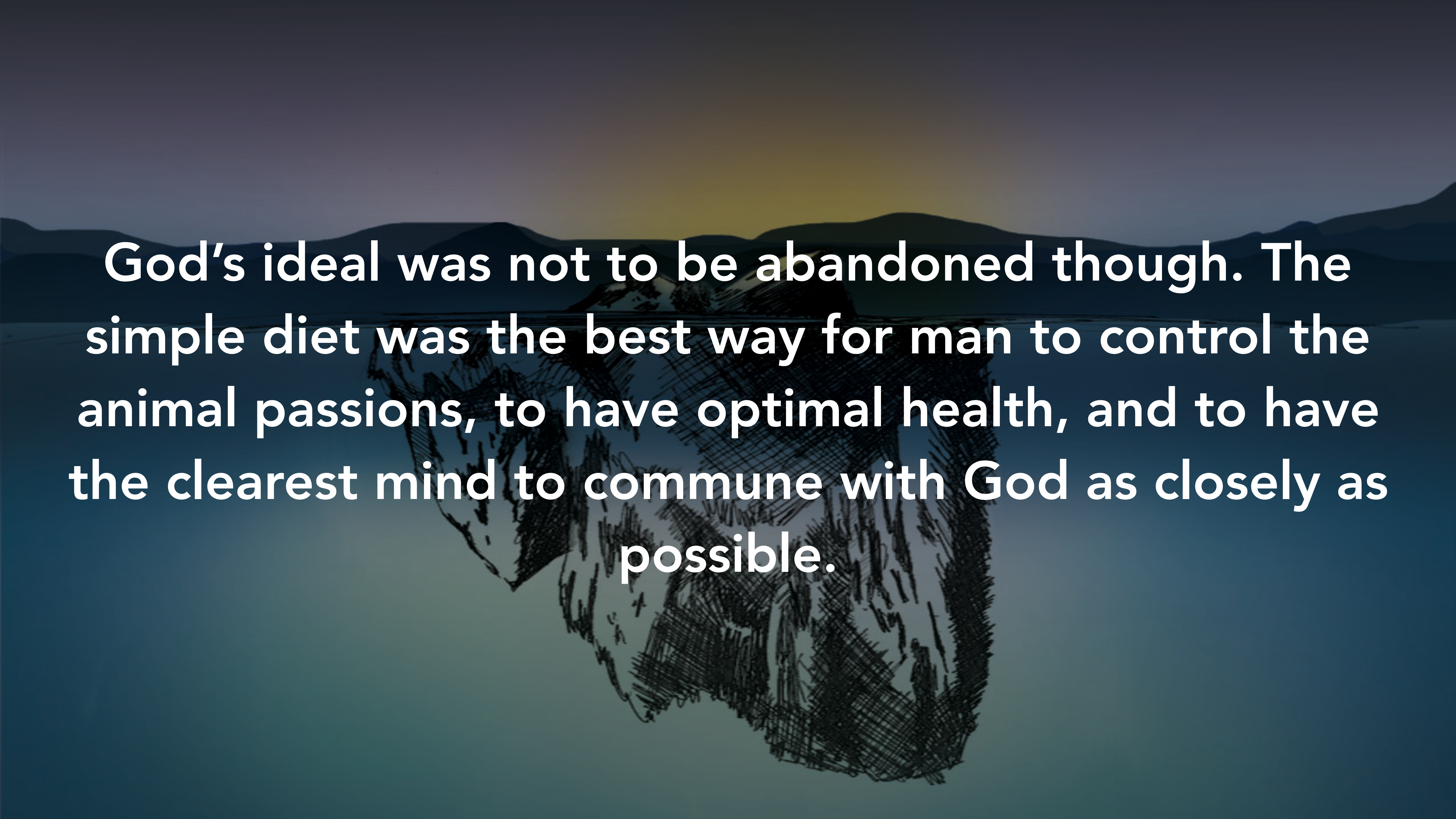
God is very much concerned with your physical and spiritual health. In the Garden of Eden he created two perfectly healthy people, who ate a very simple diet, and who enjoyed a perfect, unfettered, face-to-face relationship with him. After losing the battle of appetite, and in turn sinning against God, they were evicted from the Garden, and lost access to the tree of life.



The race continued to subsist on a simple diet all the way up to Noah's flood, but a degeneration had already begun to take place. After the flood, to supplement the diet of man until vegetation could once again be available, God permitted Noah to eat animals, but only those that were classified as clean. This was more than a pragmatic solution to the need of humanity. Ingesting flesh food would also shorten the lifespan of man so that they would not live as long.

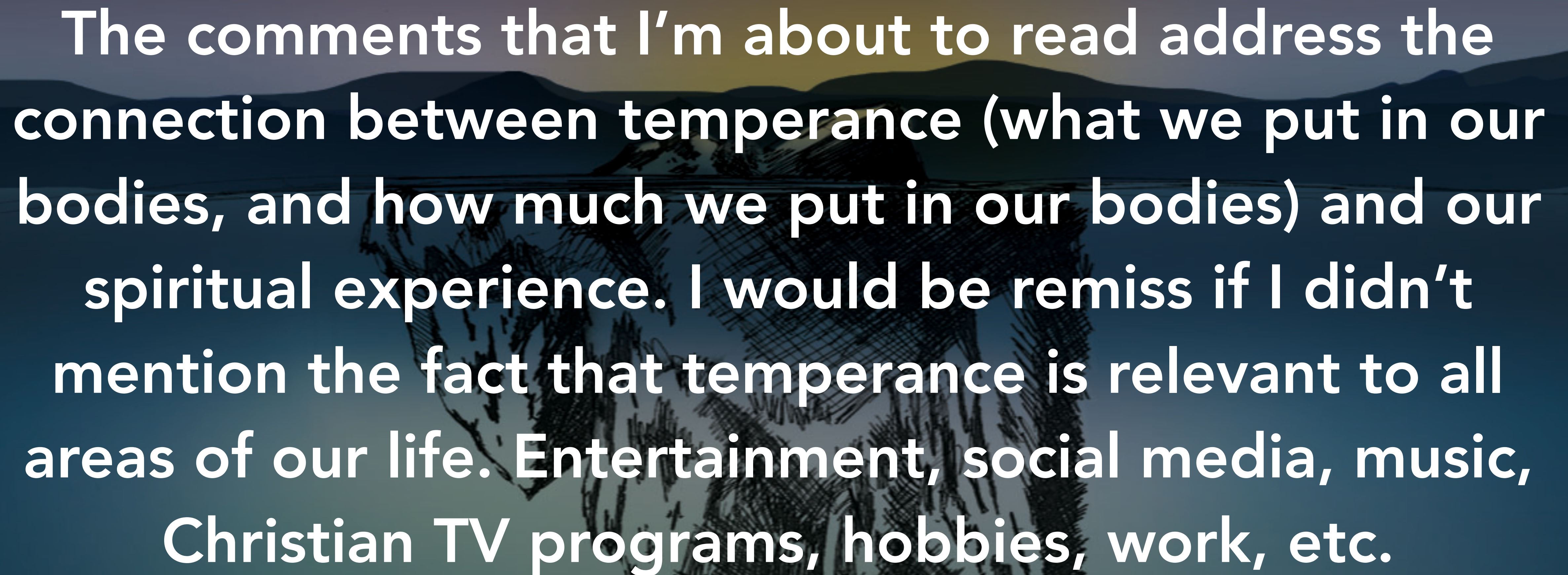
A landscape with mountains and a body of water reflecting the sky, with a large, dark, textured shape in the foreground.

Reading the narrative of Scripture, especially the genealogies, one can see the shortening of the length of life of the race from Genesis forward. Sin, and the affects of sin, along with the augmentation of man's diet are the cause of this.

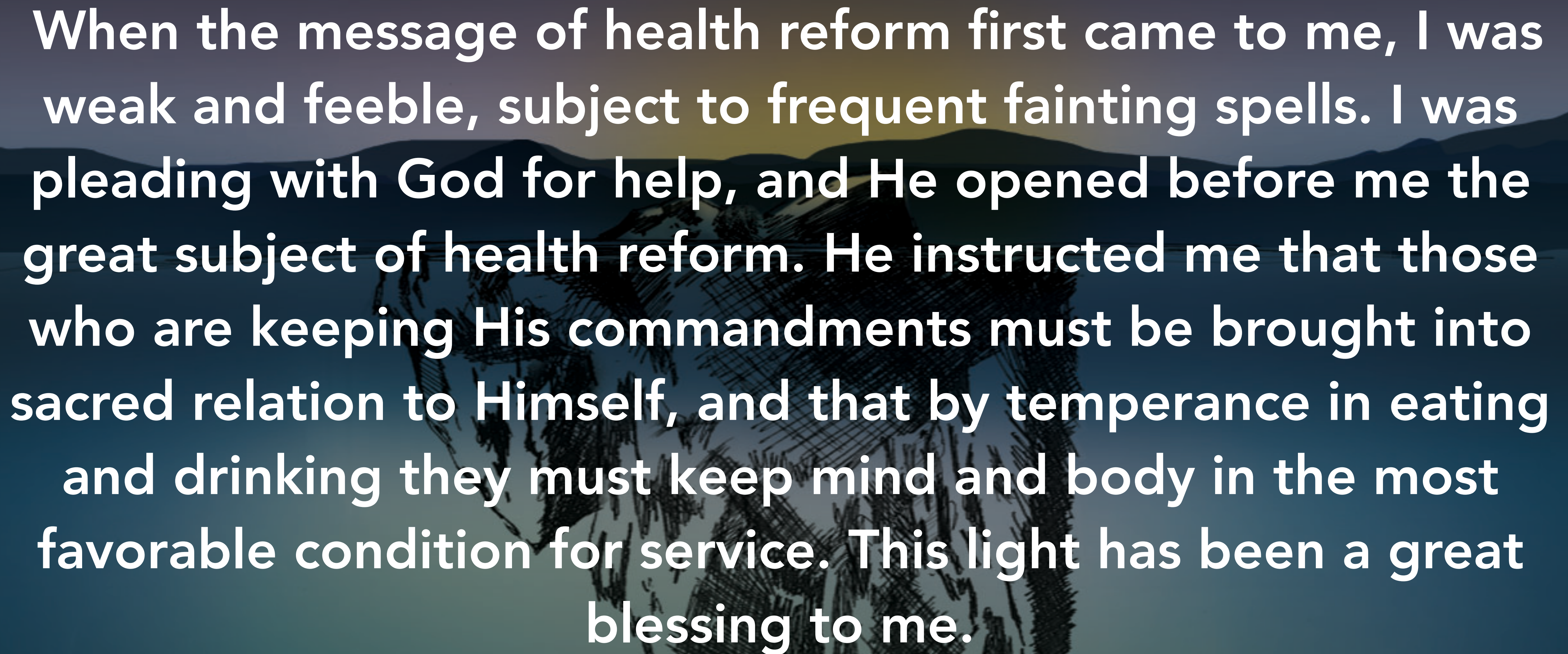


God's ideal was not to be abandoned though. The simple diet was the best way for man to control the animal passions, to have optimal health, and to have the clearest mind to commune with God as closely as possible.



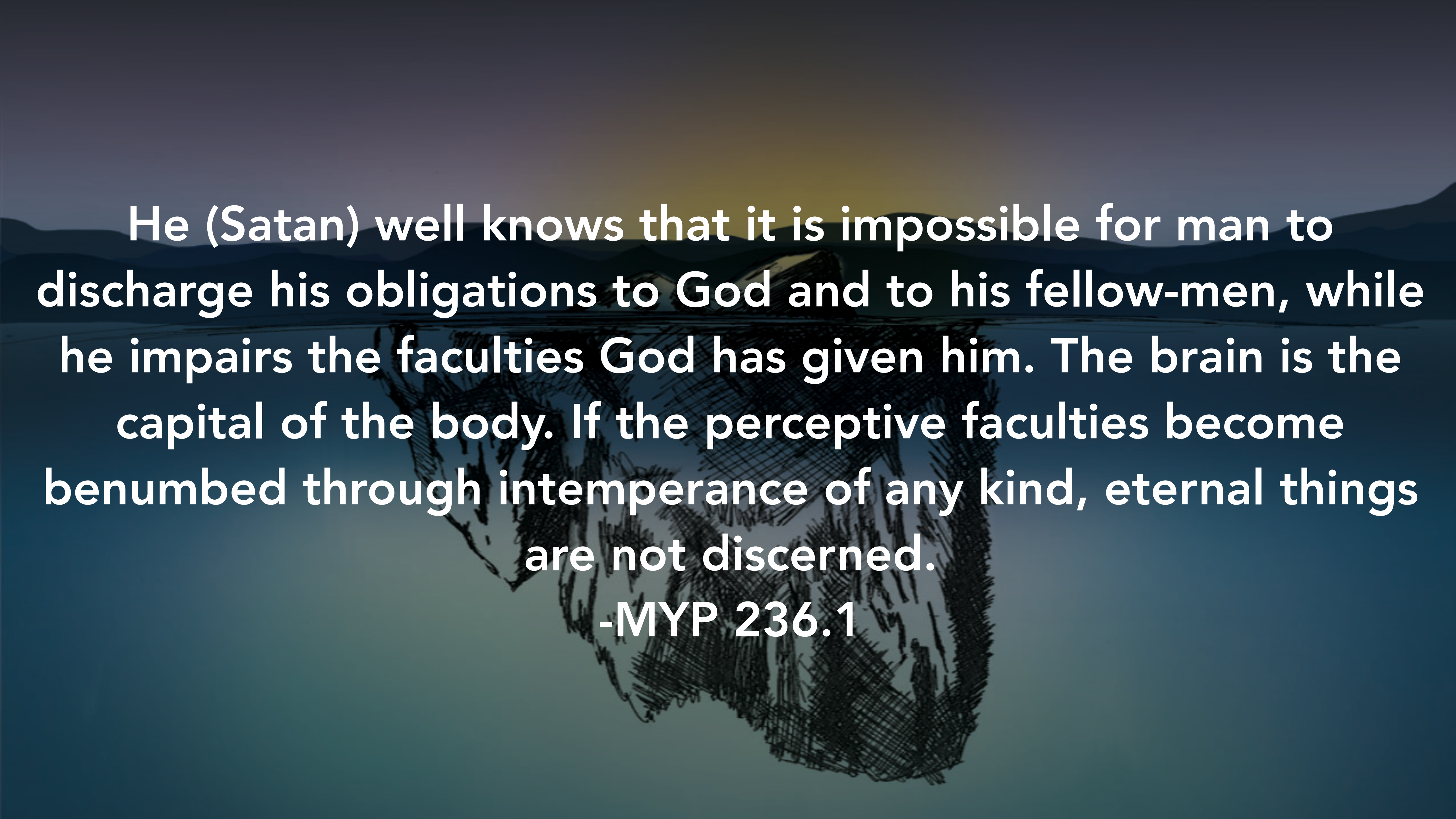


The comments that I'm about to read address the connection between temperance (what we put in our bodies, and how much we put in our bodies) and our spiritual experience. I would be remiss if I didn't mention the fact that temperance is relevant to all areas of our life. Entertainment, social media, music, Christian TV programs, hobbies, work, etc.



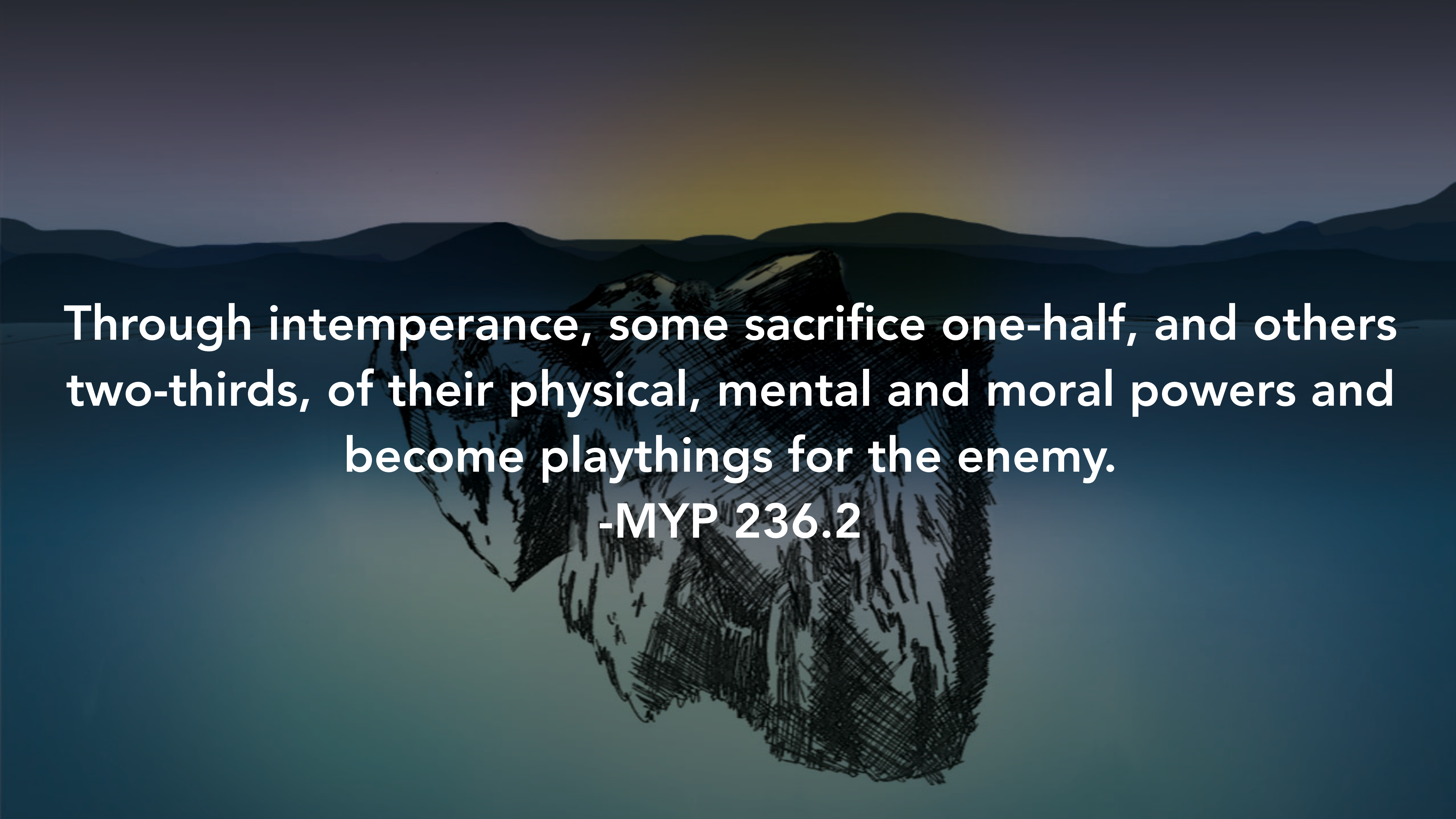
When the message of health reform first came to me, I was weak and feeble, subject to frequent fainting spells. I was pleading with God for help, and He opened before me the great subject of health reform. He instructed me that those who are keeping His commandments must be brought into sacred relation to Himself, and that by temperance in eating and drinking they must keep mind and body in the most favorable condition for service. This light has been a great blessing to me.

-CD 494.2



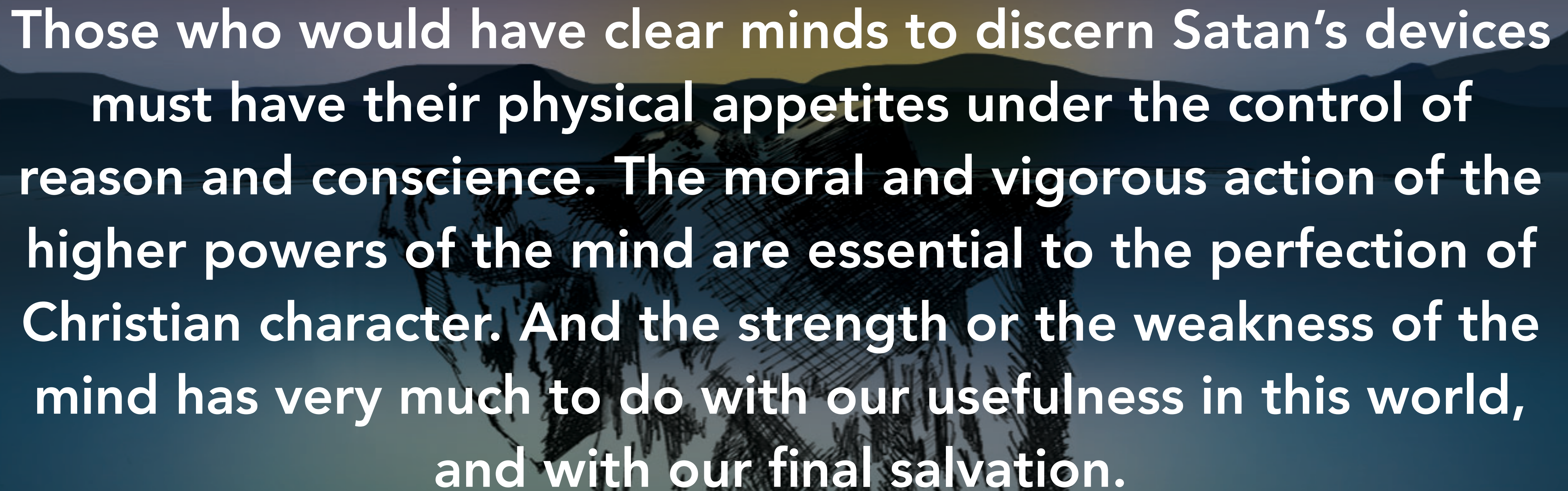
He (Satan) well knows that it is impossible for man to discharge his obligations to God and to his fellow-men, while he impairs the faculties God has given him. The brain is the capital of the body. If the perceptive faculties become benumbed through intemperance of any kind, eternal things are not discerned.

-MYP 236.1



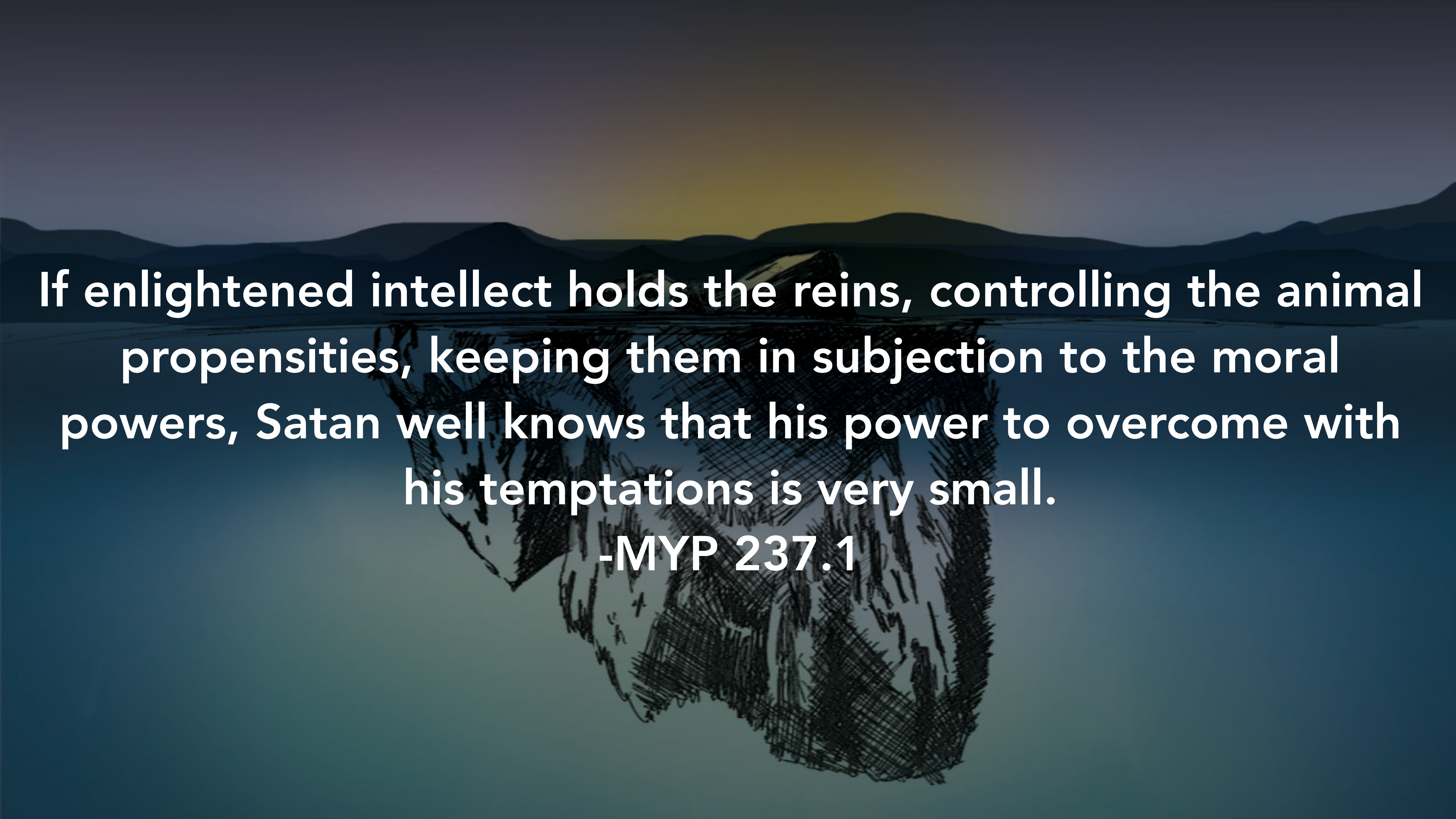
Through intemperance, some sacrifice one-half, and others two-thirds, of their physical, mental and moral powers and become playthings for the enemy.

-MYP 236.2



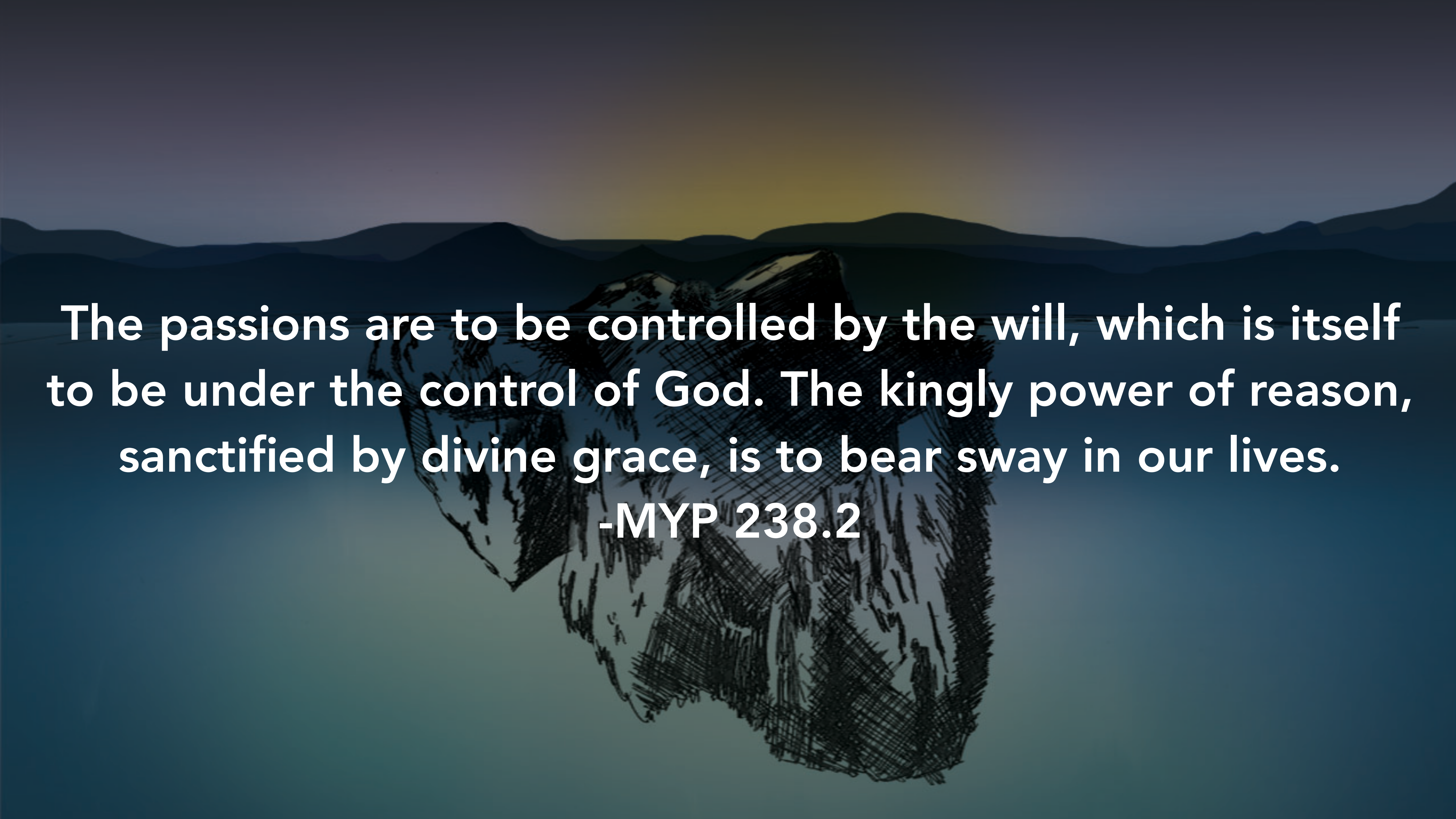
Those who would have clear minds to discern Satan's devices must have their physical appetites under the control of reason and conscience. The moral and vigorous action of the higher powers of the mind are essential to the perfection of Christian character. And the strength or the weakness of the mind has very much to do with our usefulness in this world, and with our final salvation.

-MYP 236.3



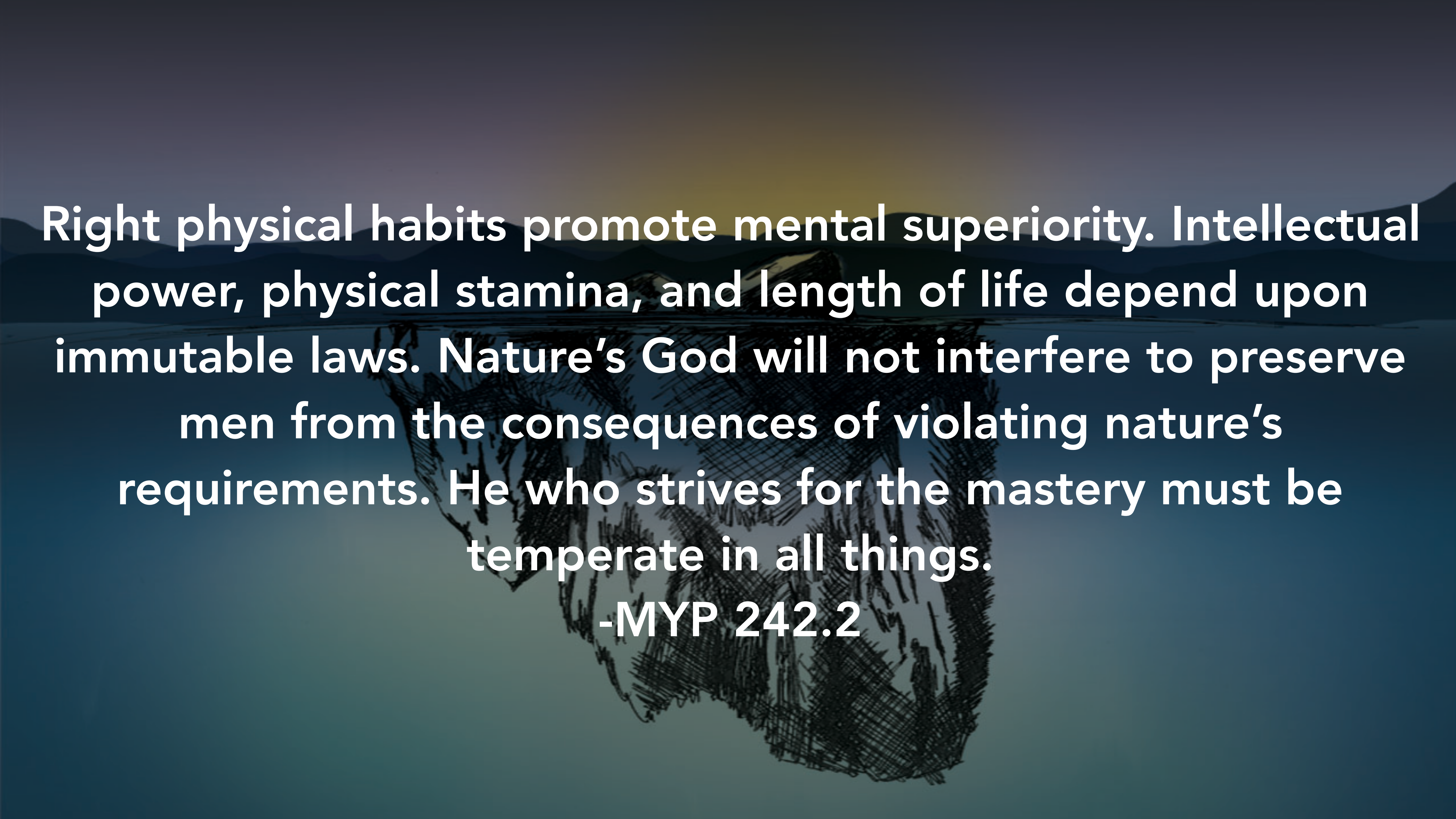
If enlightened intellect holds the reins, controlling the animal propensities, keeping them in subjection to the moral powers, Satan well knows that his power to overcome with his temptations is very small.

-MYP 237.1

The background features a dark, moody landscape. In the foreground, a large, craggy rock formation is rendered with intricate, dark, cross-hatched textures, giving it a three-dimensional appearance. Behind the rock, a range of dark, silhouetted mountains stretches across the horizon. The sky is a deep, dark blue, with a subtle, warm glow of light emanating from behind the mountains, suggesting a low sun or moon. The overall tone is somber and contemplative.

The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives.

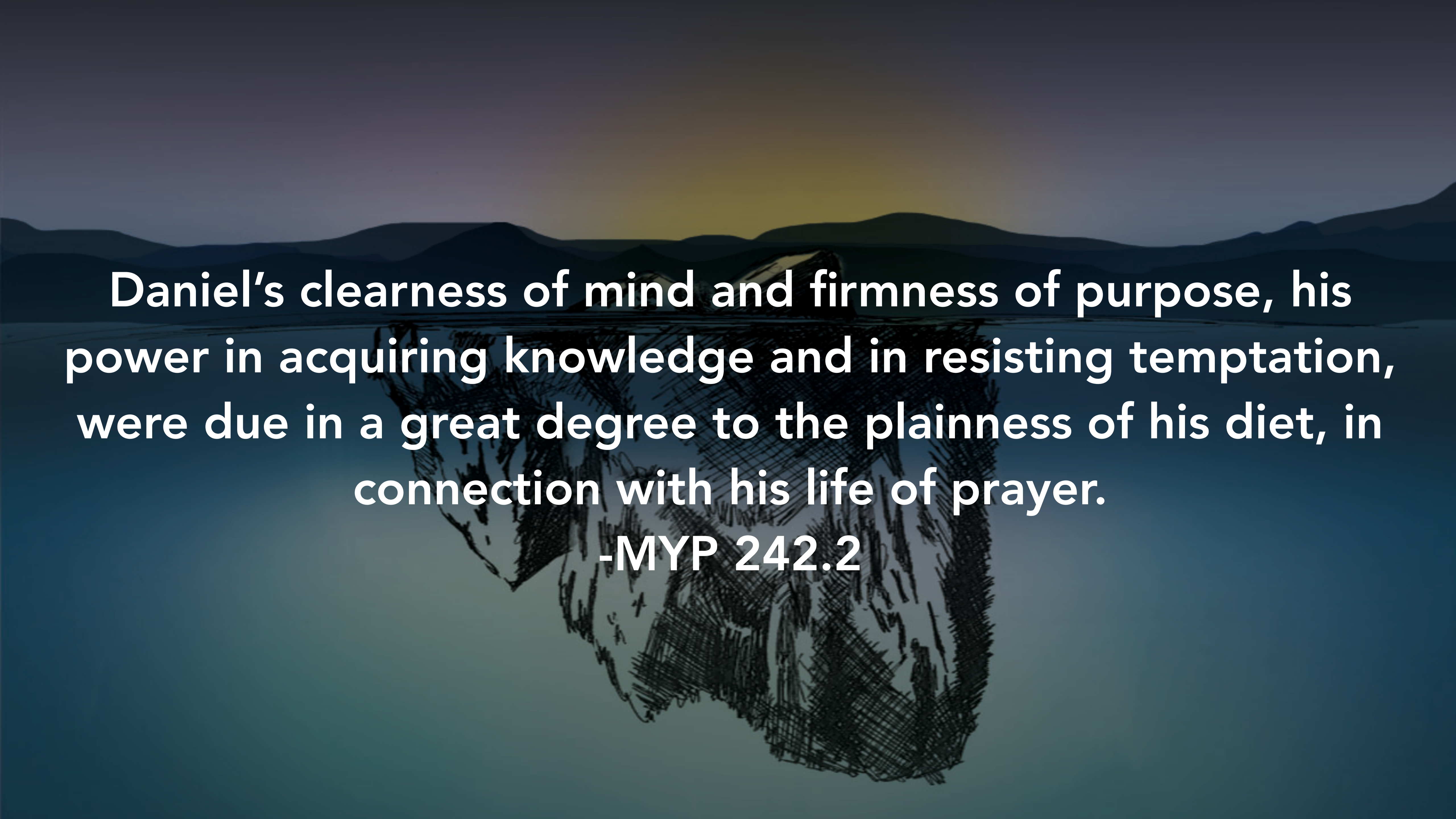
-MYP 238.2

The background features a serene sunset scene with a gradient of colors from blue to yellow. In the foreground, there is a dark, textured reflection of a person's face, possibly a woman, looking downwards. The text is overlaid on this scene in a white, sans-serif font.

Right physical habits promote mental superiority. Intellectual power, physical stamina, and length of life depend upon immutable laws. Nature's God will not interfere to preserve men from the consequences of violating nature's requirements. He who strives for the mastery must be temperate in all things.

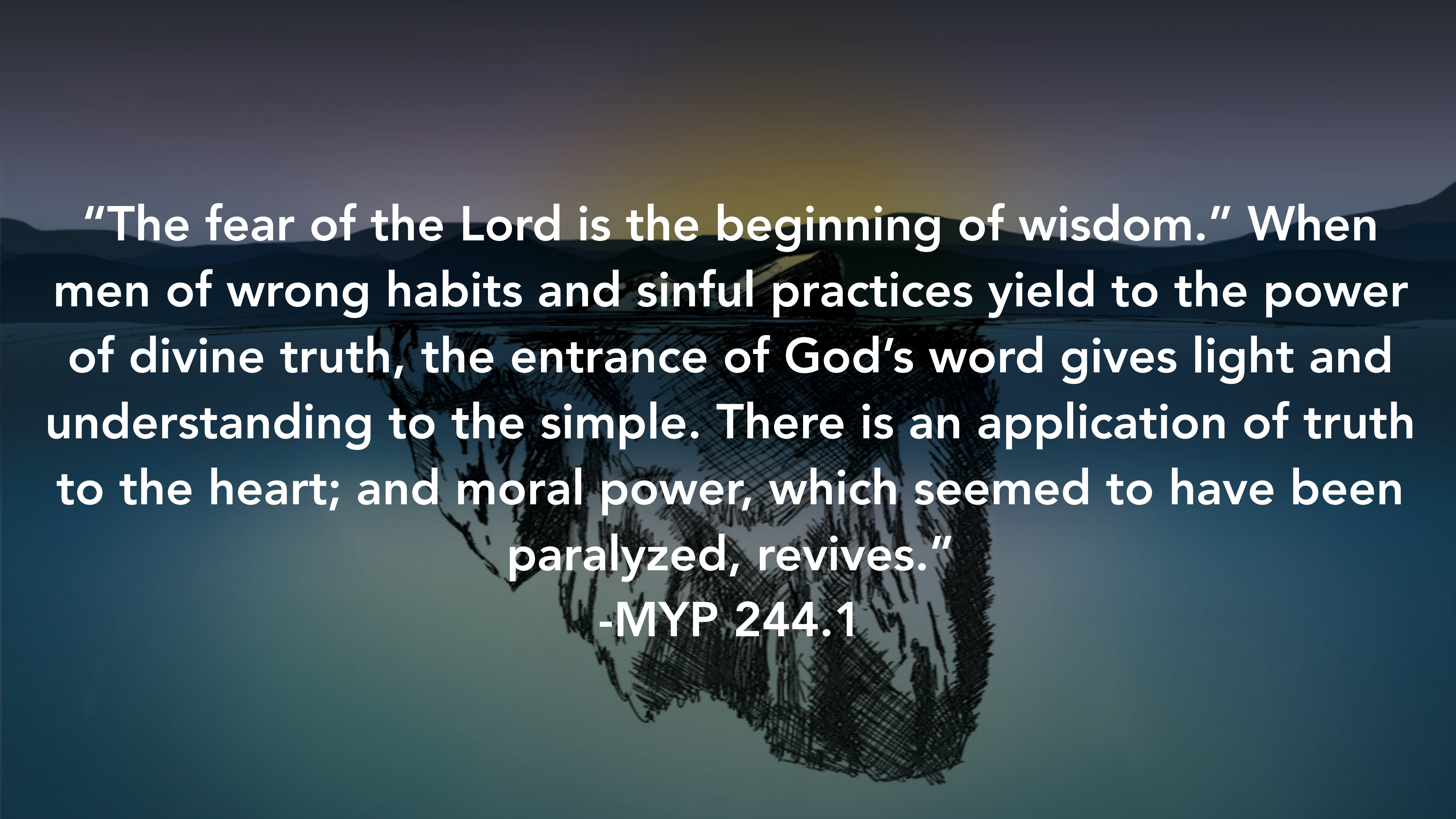
-MYP 242.2





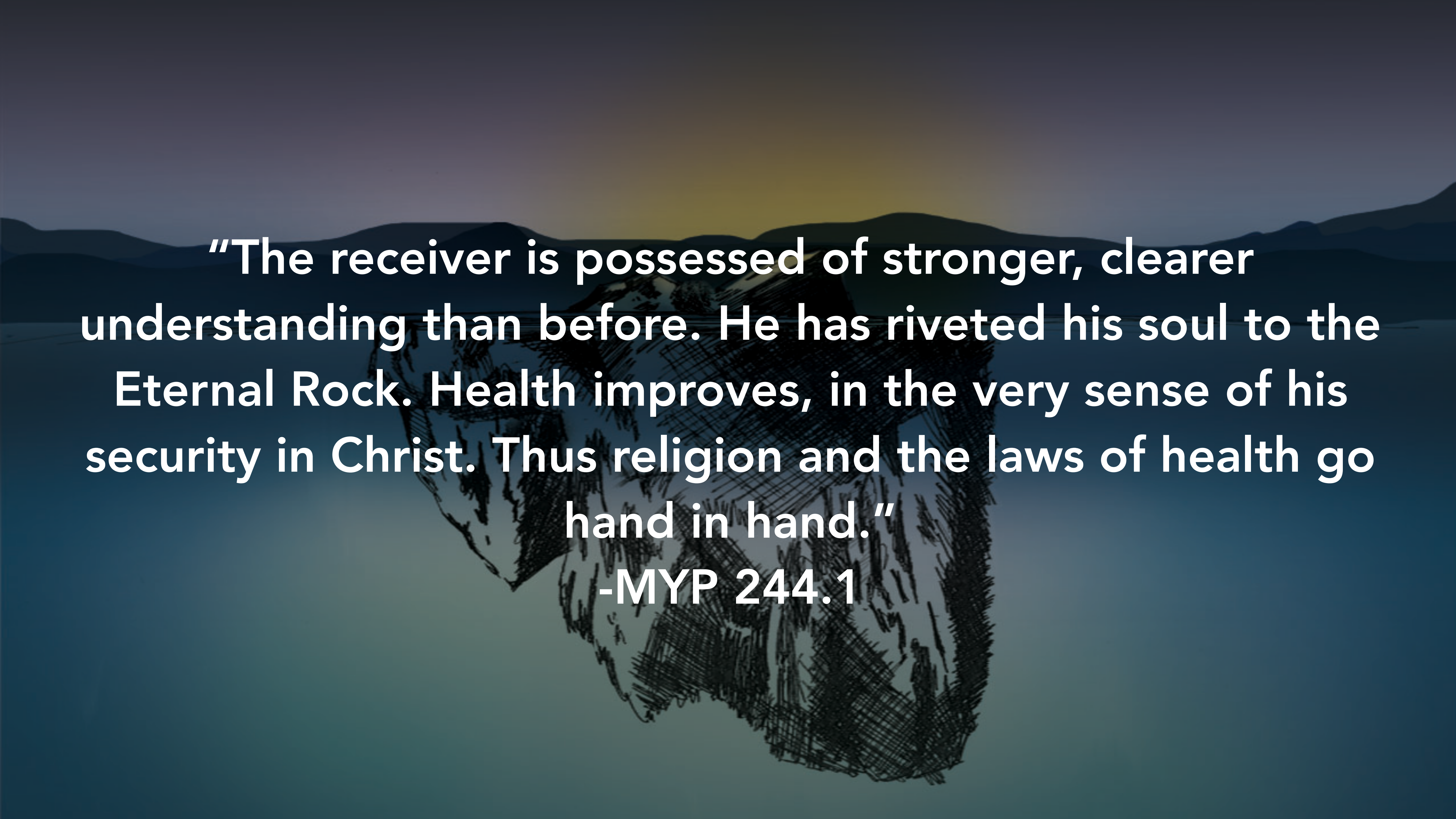
Daniel's clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer.

-MYP 242.2

A sunset over a body of water with a silhouette of a person in the foreground. The sun is low on the horizon, casting a warm glow over the scene. The water reflects the sky and the silhouette of the person. The person appears to be looking out at the water.

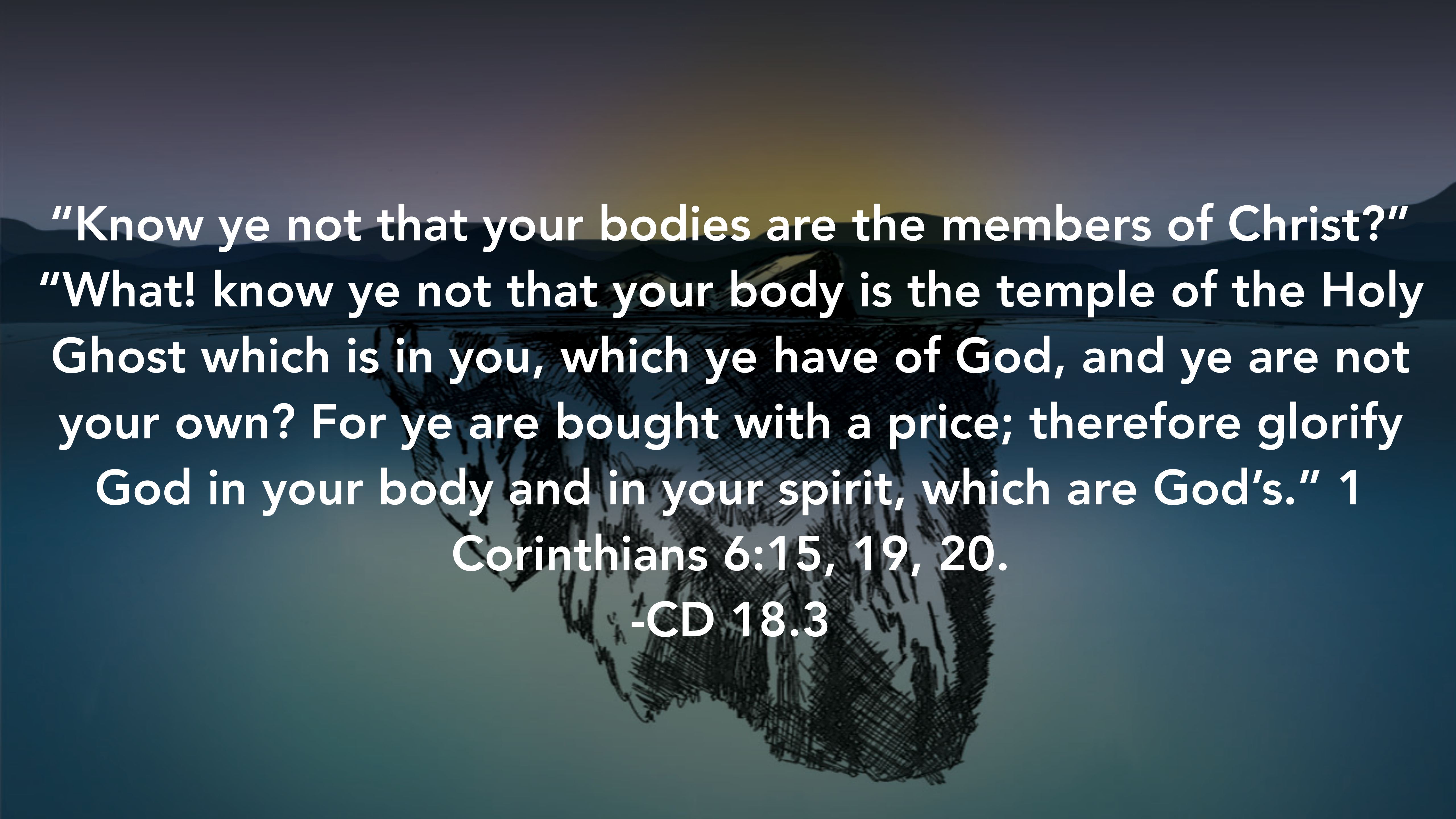
**“The fear of the Lord is the beginning of wisdom.” When men of wrong habits and sinful practices yield to the power of divine truth, the entrance of God’s word gives light and understanding to the simple. There is an application of truth to the heart; and moral power, which seemed to have been paralyzed, revives.”**

**-MYP 244.1**



**“The receiver is possessed of stronger, clearer understanding than before. He has riveted his soul to the Eternal Rock. Health improves, in the very sense of his security in Christ. Thus religion and the laws of health go hand in hand.”**

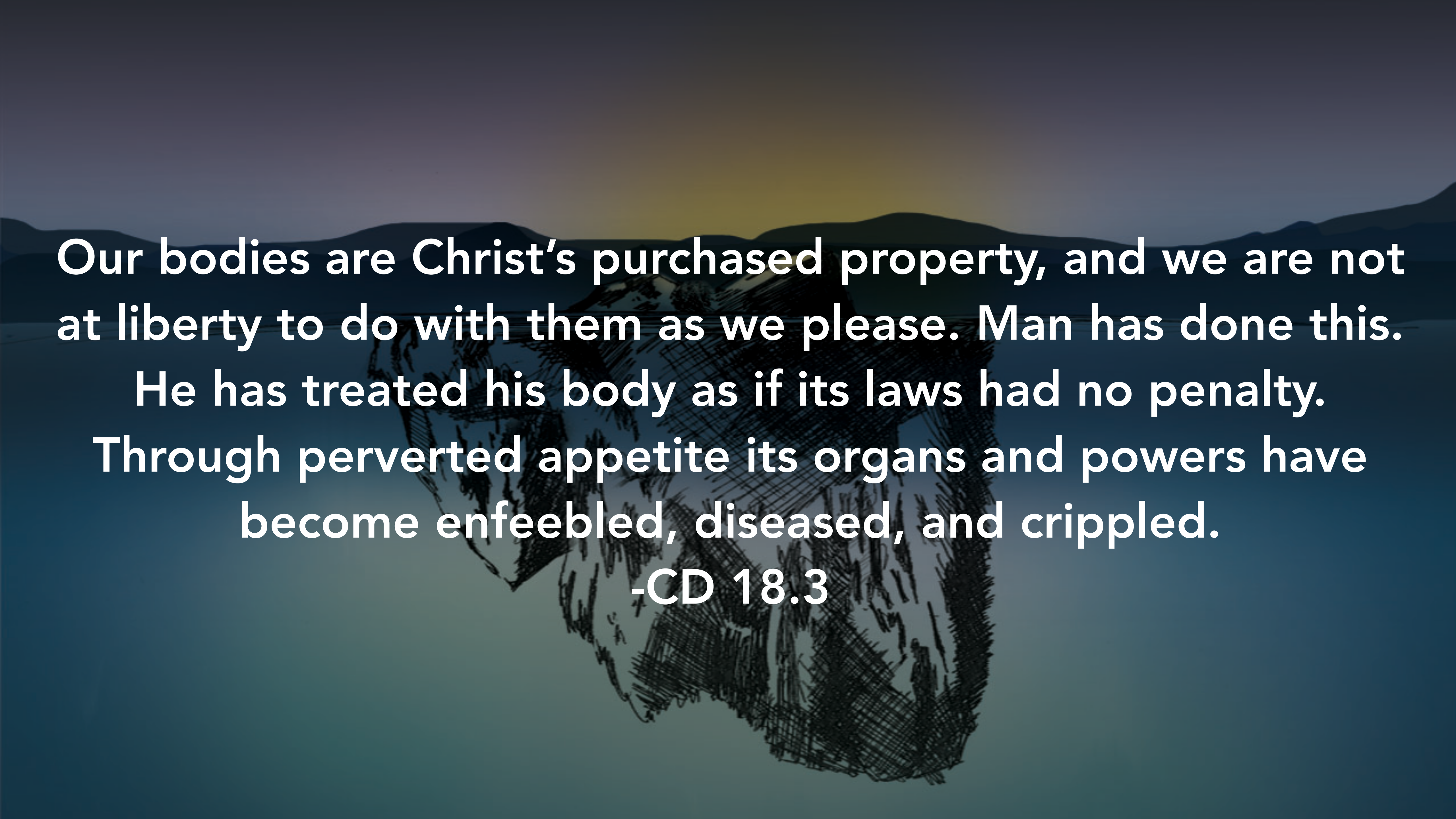
**-MYP 244.1**

A background image of a sunset over a body of water. The sky is a mix of blue and orange, with the sun low on the horizon. The water is dark and reflects the sky. In the foreground, there is a dark silhouette of a person, possibly a woman, looking out over the water. The overall mood is serene and contemplative.

**“Know ye not that your bodies are the members of Christ?”  
“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.” 1**

**Corinthians 6:15, 19, 20.**

**-CD 18.3**

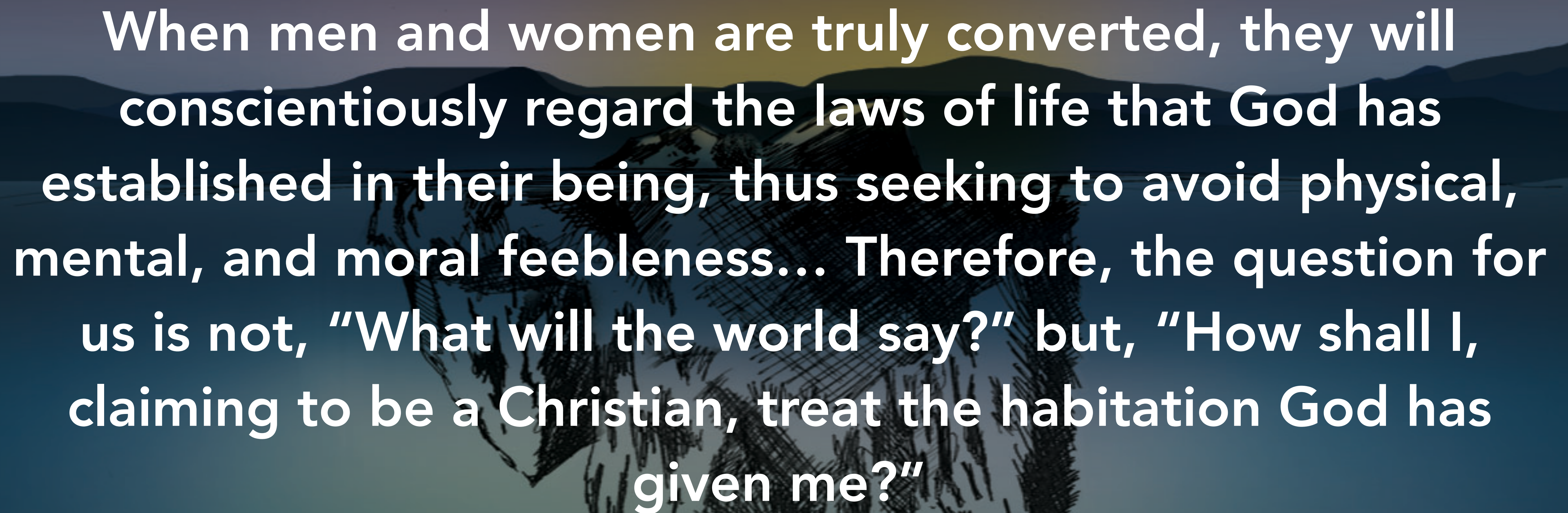


Our bodies are Christ's purchased property, and we are not at liberty to do with them as we please. Man has done this.

He has treated his body as if its laws had no penalty.

Through perverted appetite its organs and powers have become enfeebled, diseased, and crippled.

-CD 18.3



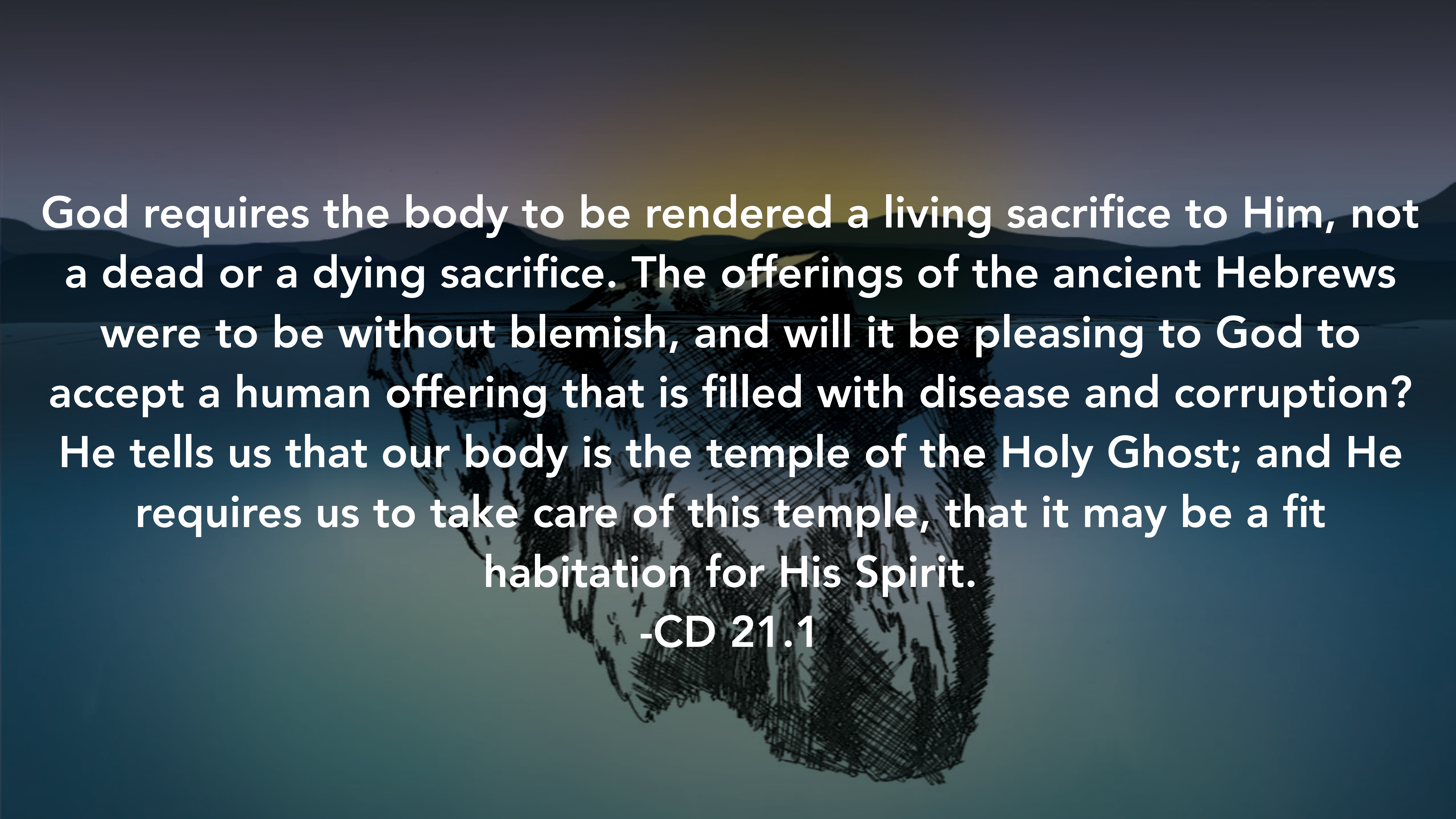
When men and women are truly converted, they will conscientiously regard the laws of life that God has established in their being, thus seeking to avoid physical, mental, and moral feebleness... Therefore, the question for us is not, "What will the world say?" but, "How shall I, claiming to be a Christian, treat the habitation God has given me?"

-CD 18.4

A landscape featuring a range of mountains under a twilight sky, with a body of water in the foreground. A large, dark, textured scribble, resembling a pencil or charcoal drawing, is overlaid on the water and the lower part of the mountains. The text is centered over the image.

Shall I work for my highest temporal and spiritual good by keeping my body as a temple for the indwelling of the Holy Spirit, or shall I sacrifice myself to the world's ideas and practices?"

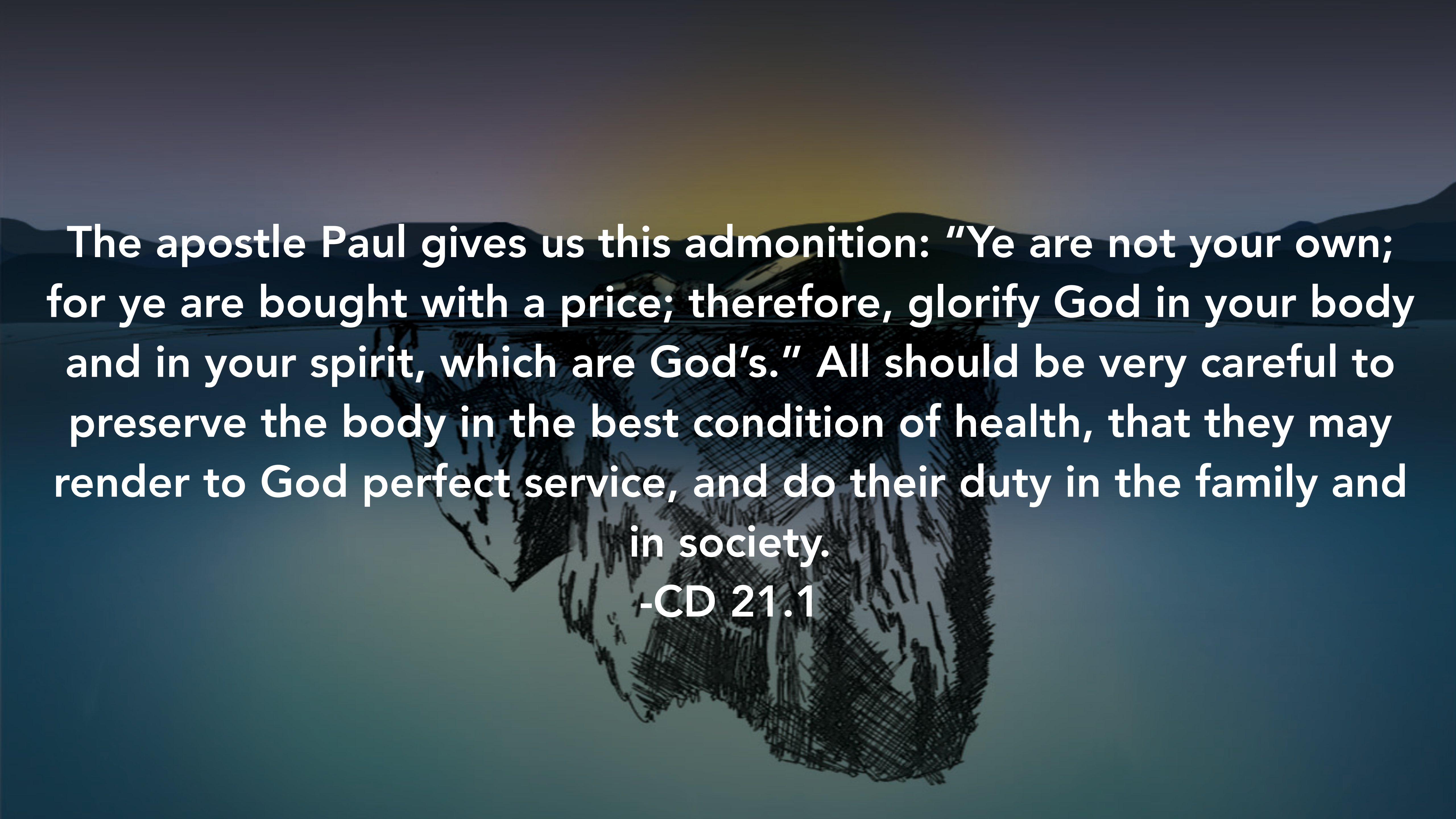
-CD 18.4



God requires the body to be rendered a living sacrifice to Him, not a dead or a dying sacrifice. The offerings of the ancient Hebrews were to be without blemish, and will it be pleasing to God to accept a human offering that is filled with disease and corruption? He tells us that our body is the temple of the Holy Ghost; and He requires us to take care of this temple, that it may be a fit habitation for His Spirit.

-CD 21.1



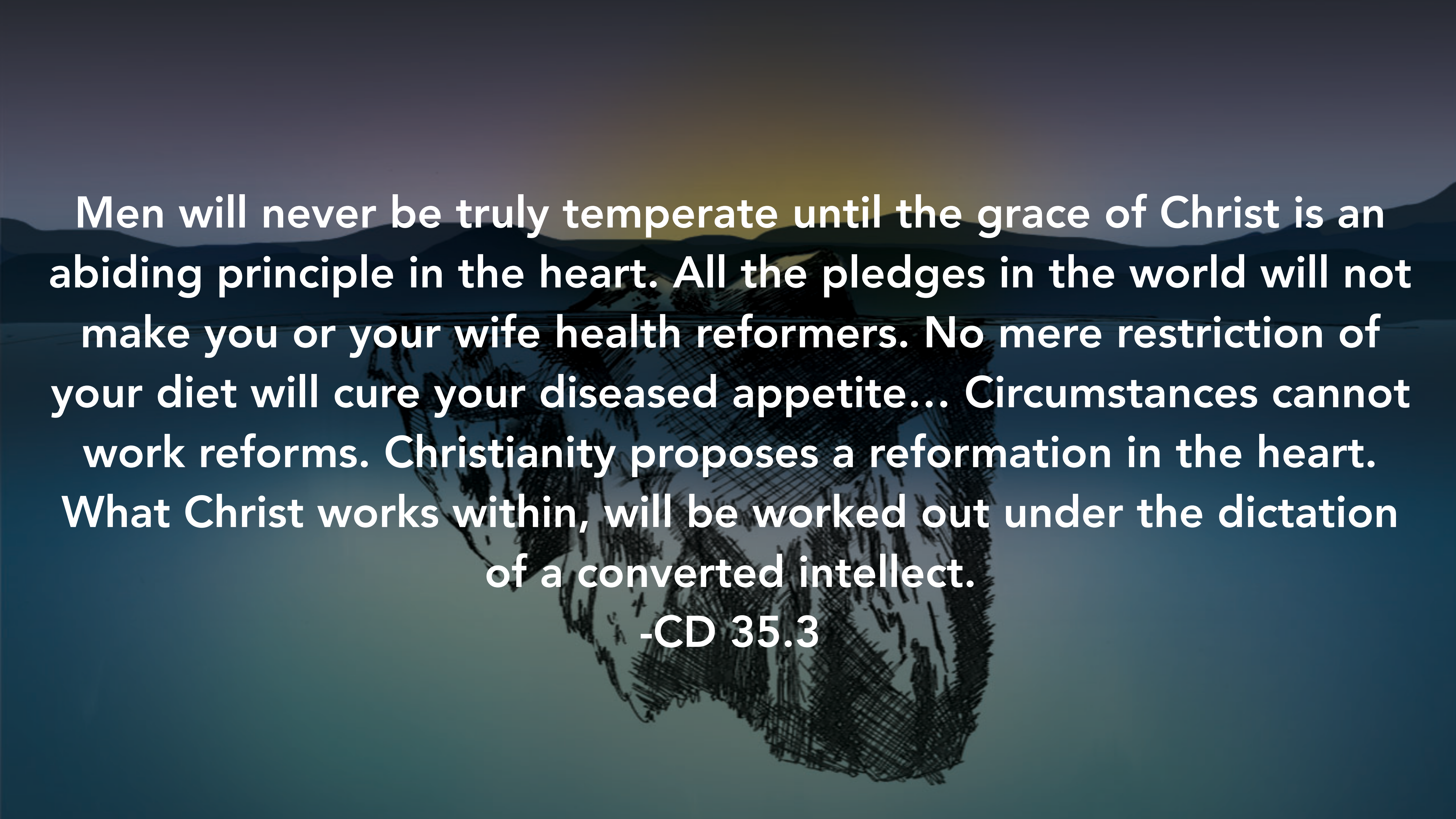


The apostle Paul gives us this admonition: "Ye are not your own; for ye are bought with a price; therefore, glorify God in your body and in your spirit, which are God's." All should be very careful to preserve the body in the best condition of health, that they may render to God perfect service, and do their duty in the family and in society.

-CD 21.1

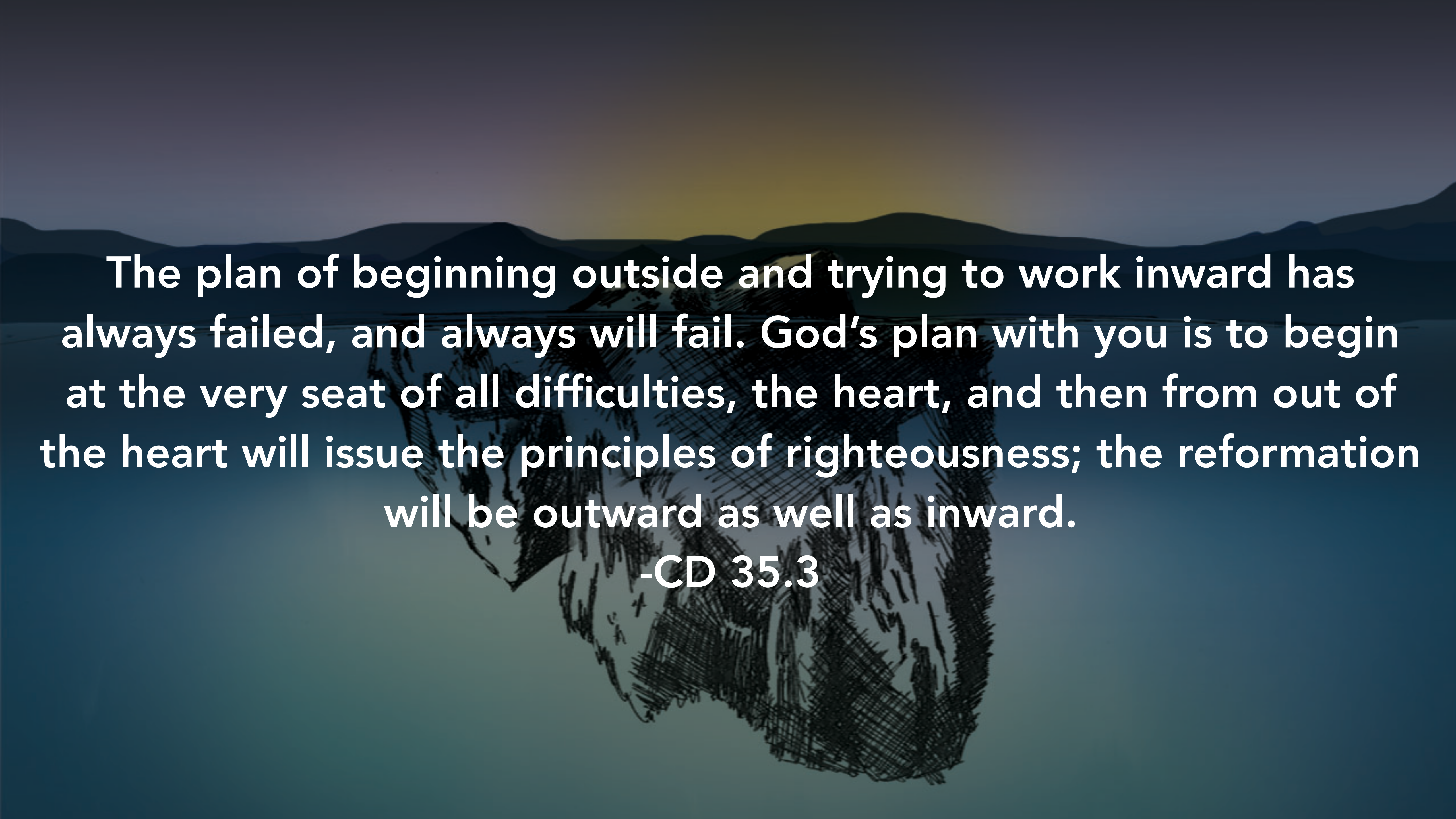


Then the point is laid out that true temperance is not possible  
without the abiding of Christ in the heart.

A background image of a sunset over a body of water. The sky is a mix of blue and orange, with the sun low on the horizon. In the foreground, there is a dark silhouette of a person, possibly a woman, looking out over the water. The water reflects the sky and the person's silhouette.

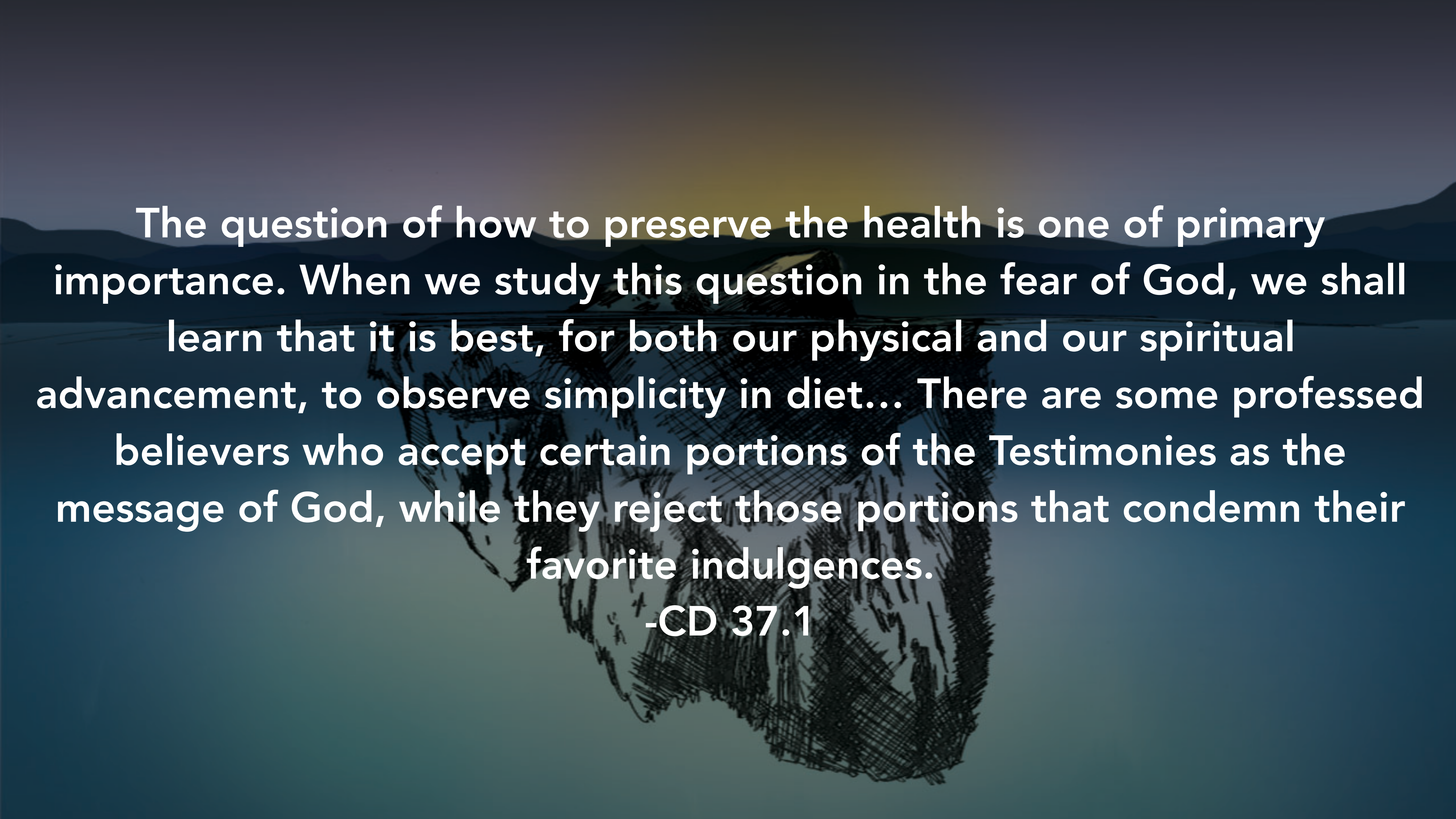
Men will never be truly temperate until the grace of Christ is an abiding principle in the heart. All the pledges in the world will not make you or your wife health reformers. No mere restriction of your diet will cure your diseased appetite... Circumstances cannot work reforms. Christianity proposes a reformation in the heart. What Christ works within, will be worked out under the dictation of a converted intellect.

-CD 35.3



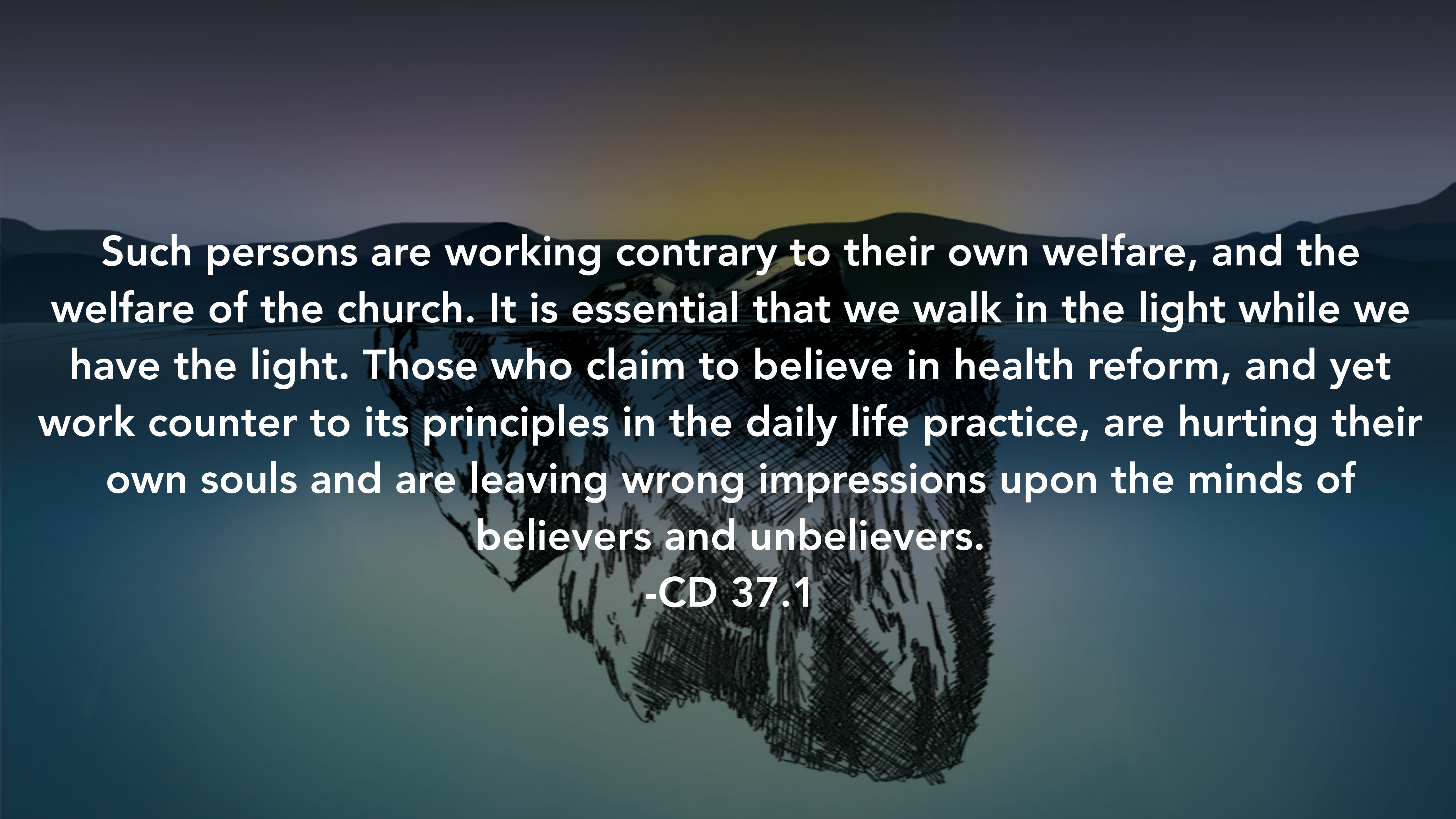
The plan of beginning outside and trying to work inward has always failed, and always will fail. God's plan with you is to begin at the very seat of all difficulties, the heart, and then from out of the heart will issue the principles of righteousness; the reformation will be outward as well as inward.

-CD 35.3

The background of the image is a landscape featuring a range of mountains under a clear sky. In the foreground, there is a body of water that reflects the sky and the mountains. The overall color palette is muted, with blues, greys, and soft yellows from the sky's reflection.

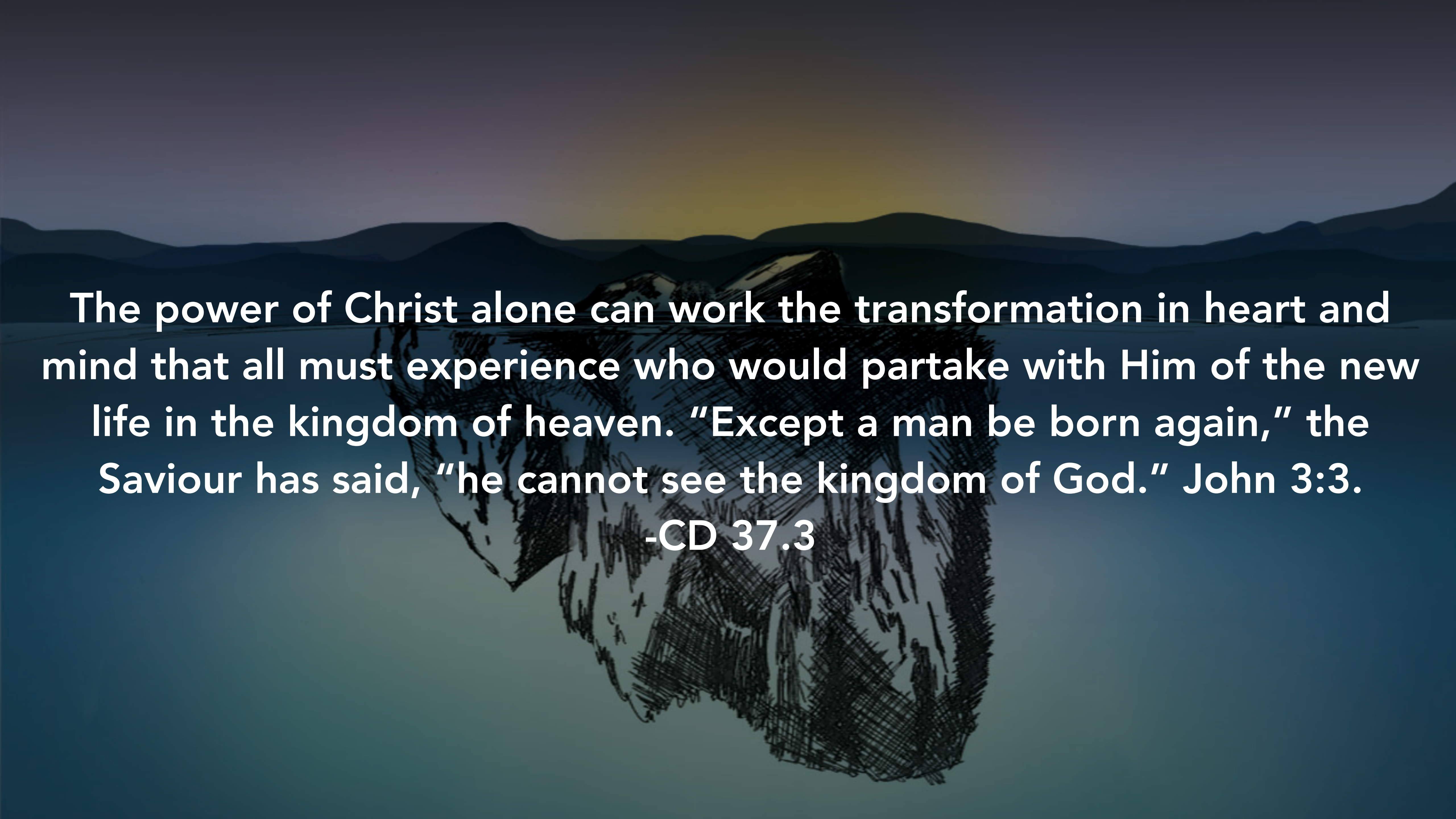
The question of how to preserve the health is one of primary importance. When we study this question in the fear of God, we shall learn that it is best, for both our physical and our spiritual advancement, to observe simplicity in diet... There are some professed believers who accept certain portions of the Testimonies as the message of God, while they reject those portions that condemn their favorite indulgences.

-CD 37.1



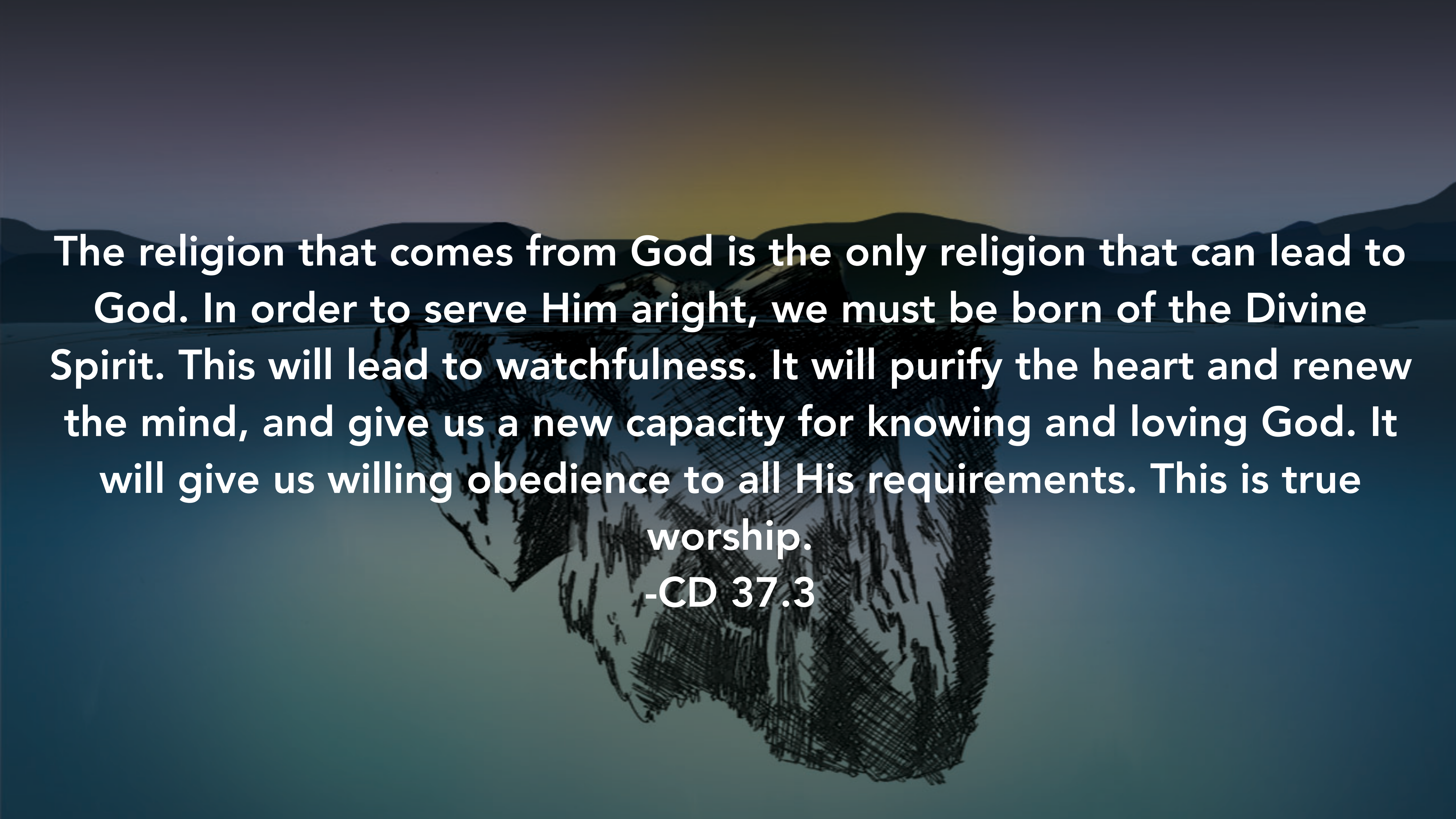
Such persons are working contrary to their own welfare, and the welfare of the church. It is essential that we walk in the light while we have the light. Those who claim to believe in health reform, and yet work counter to its principles in the daily life practice, are hurting their own souls and are leaving wrong impressions upon the minds of believers and unbelievers.

-CD 37.1



The power of Christ alone can work the transformation in heart and mind that all must experience who would partake with Him of the new life in the kingdom of heaven. "Except a man be born again," the Saviour has said, "he cannot see the kingdom of God." John 3:3.

-CD 37.3



The religion that comes from God is the only religion that can lead to God. In order to serve Him aright, we must be born of the Divine Spirit. This will lead to watchfulness. It will purify the heart and renew the mind, and give us a new capacity for knowing and loving God. It will give us willing obedience to all His requirements. This is true worship.

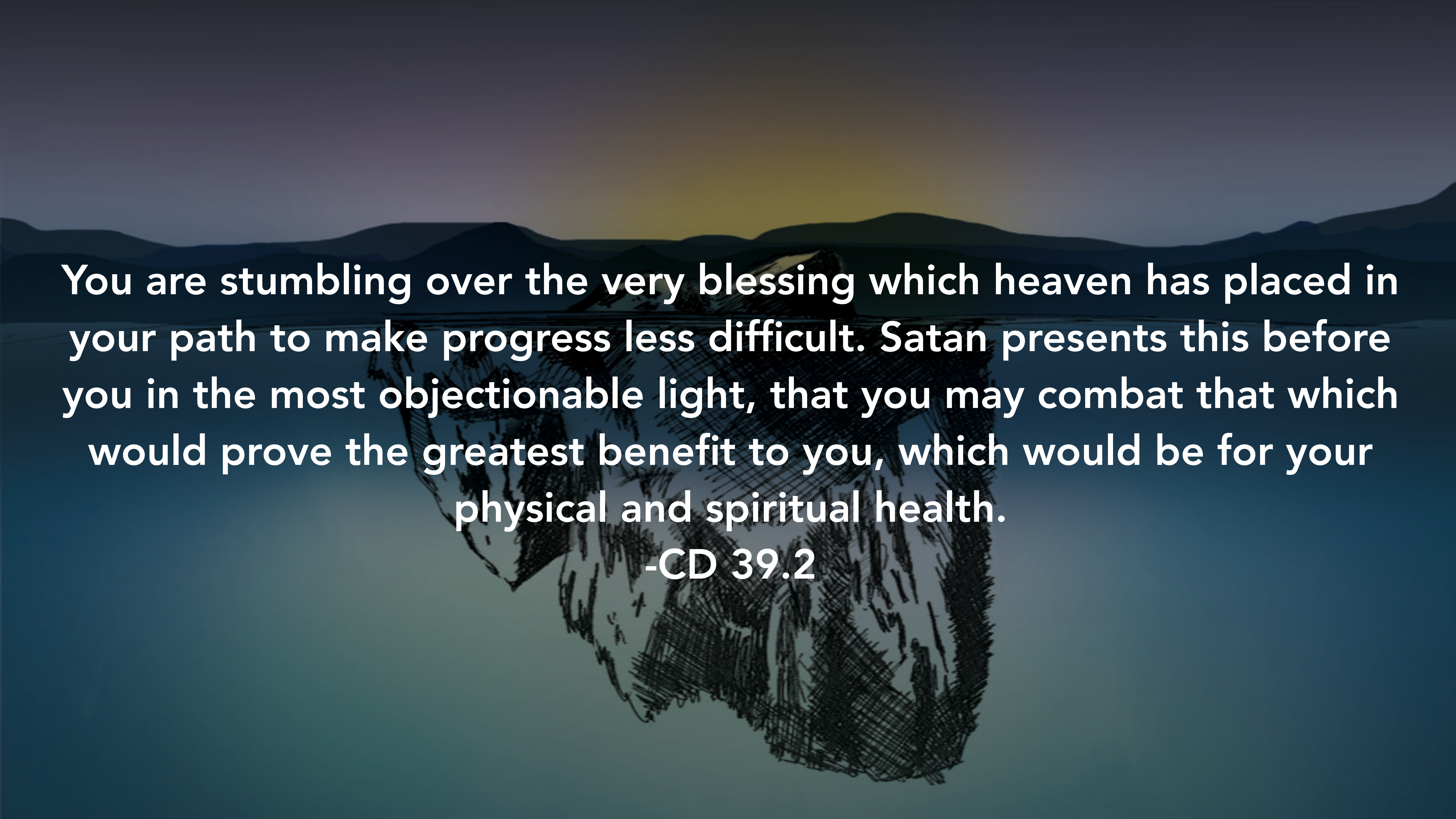
-CD 37.3



Said the angel, "Abstain from fleshly lusts which war against the soul."

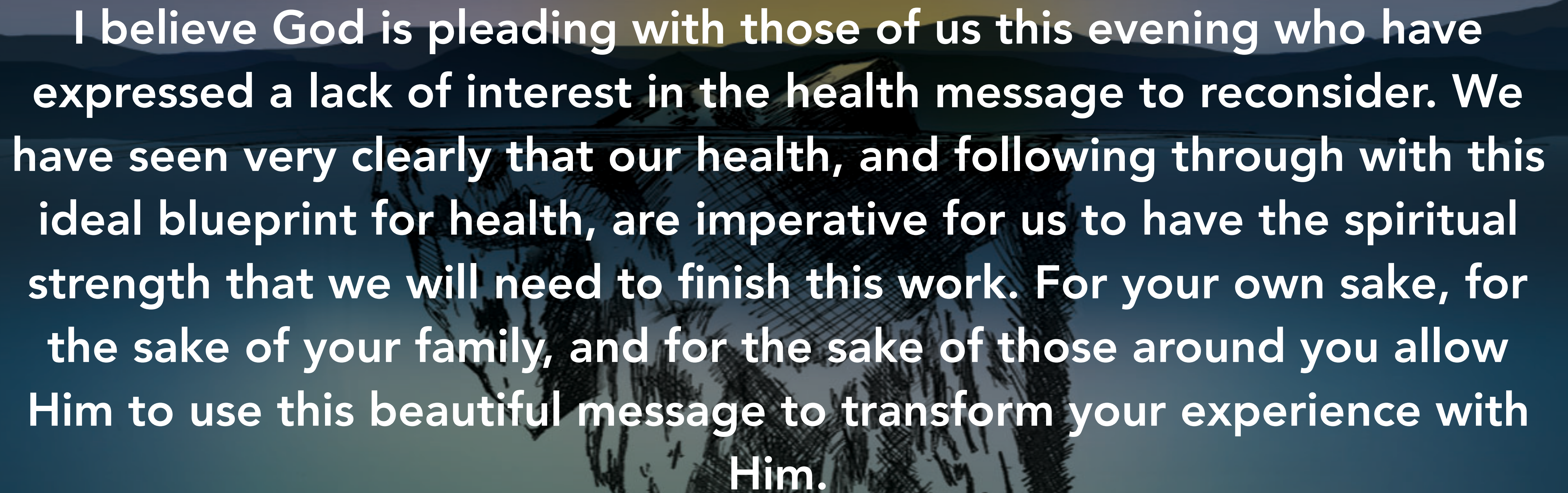
You have stumbled at the health reform. It appears to you to be a needless appendix to the truth. It is not so; it is a part of the truth. Here is a work before you which will come closer and be more trying than anything which has yet been brought to bear upon you. While you hesitate and stand back, failing to lay hold upon the blessing which it is your privilege to receive, you suffer loss.

-CD 39.2

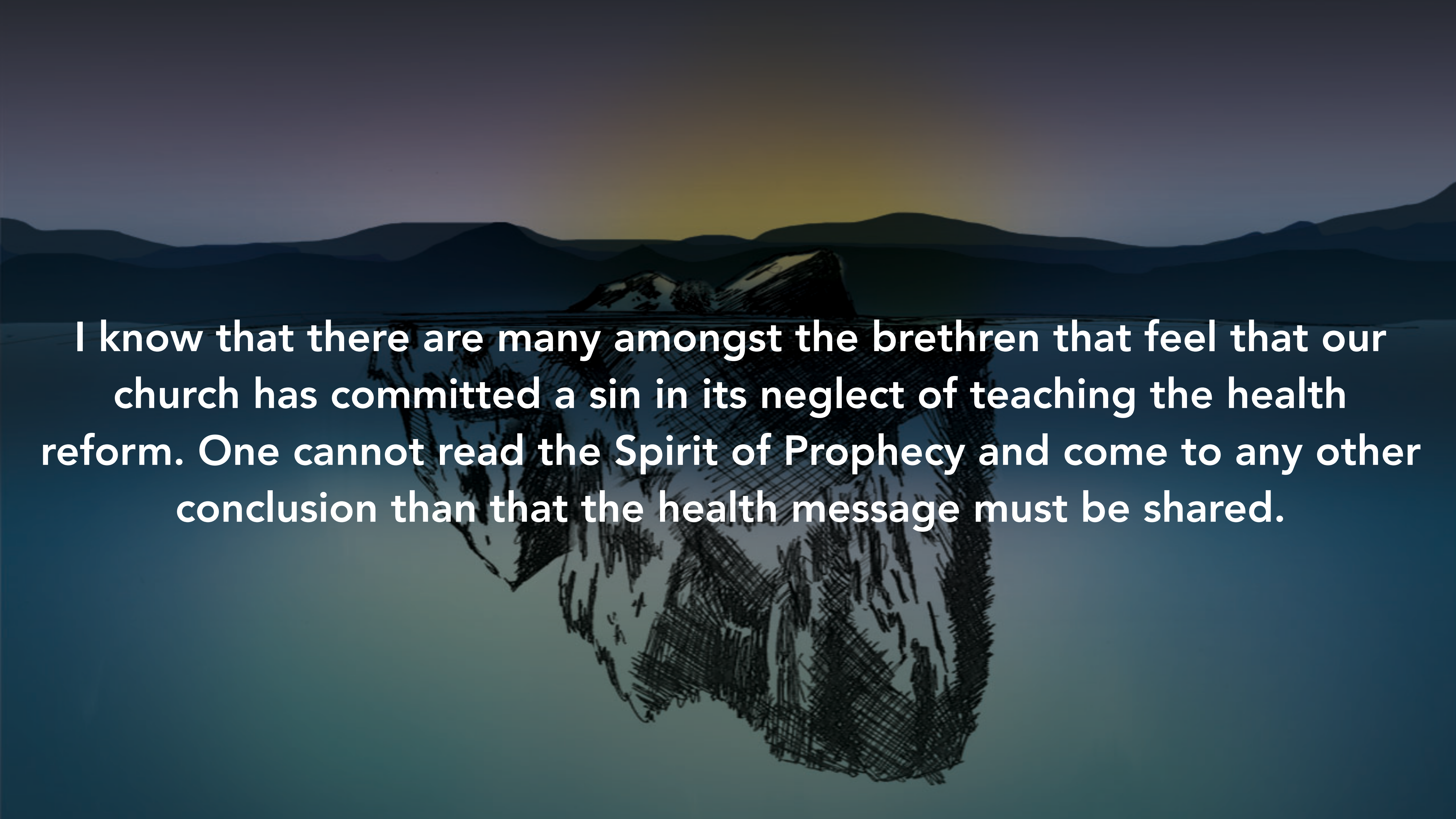


You are stumbling over the very blessing which heaven has placed in your path to make progress less difficult. Satan presents this before you in the most objectionable light, that you may combat that which would prove the greatest benefit to you, which would be for your physical and spiritual health.

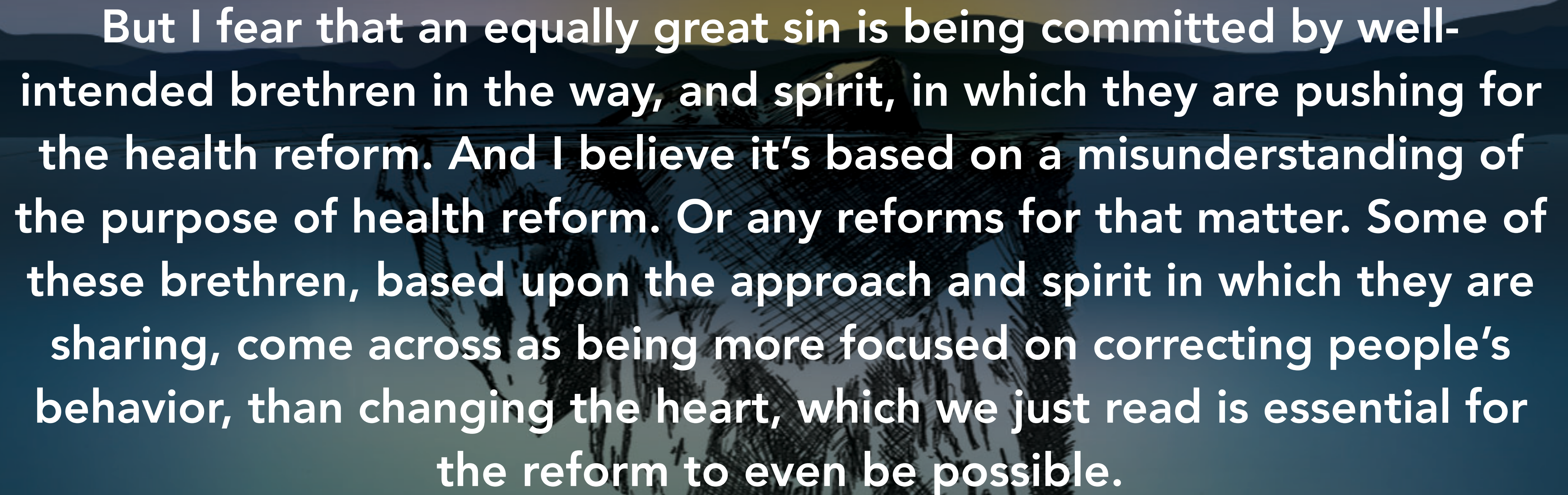
-CD 39.2



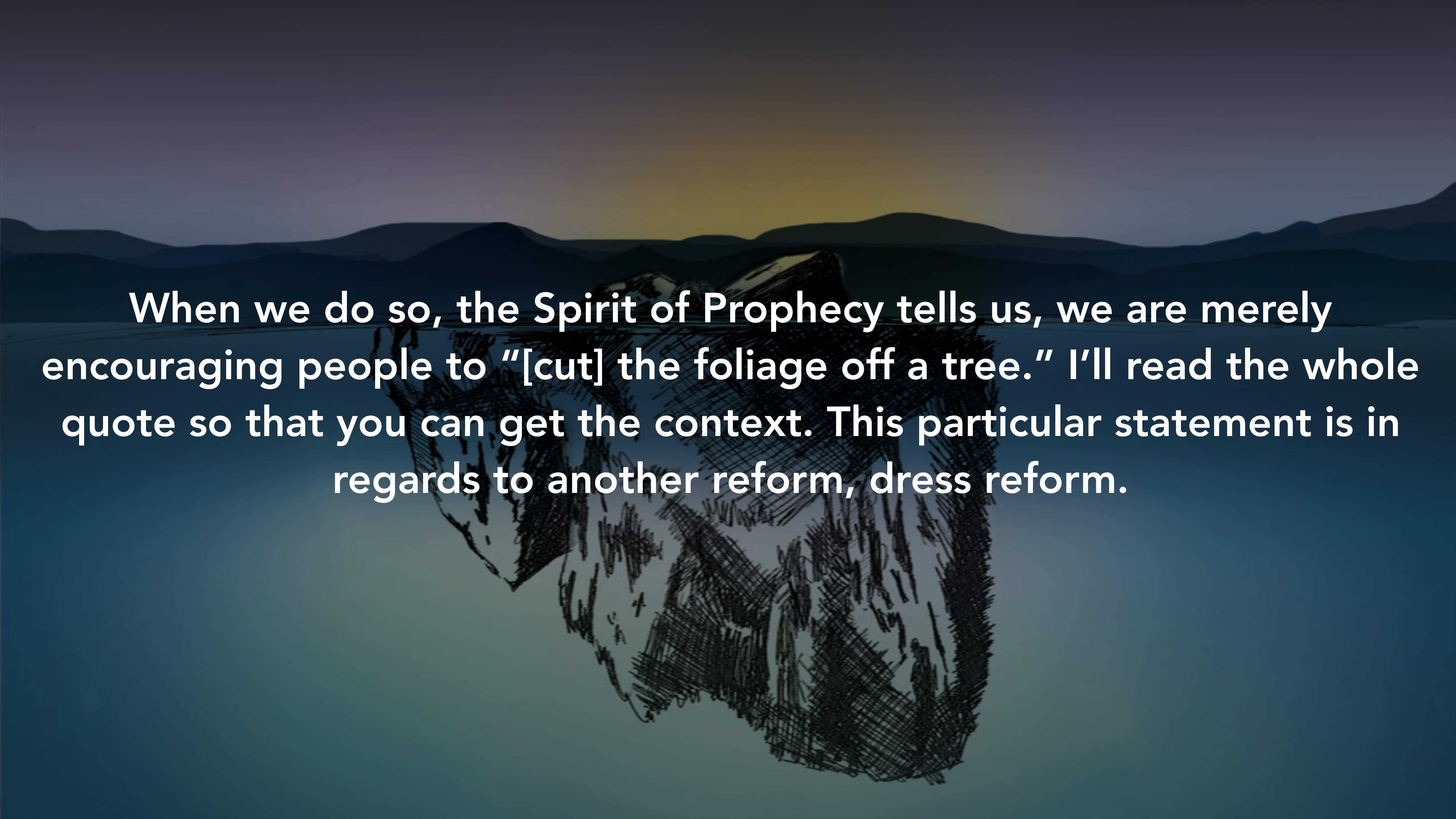
I believe God is pleading with those of us this evening who have expressed a lack of interest in the health message to reconsider. We have seen very clearly that our health, and following through with this ideal blueprint for health, are imperative for us to have the spiritual strength that we will need to finish this work. For your own sake, for the sake of your family, and for the sake of those around you allow Him to use this beautiful message to transform your experience with Him.



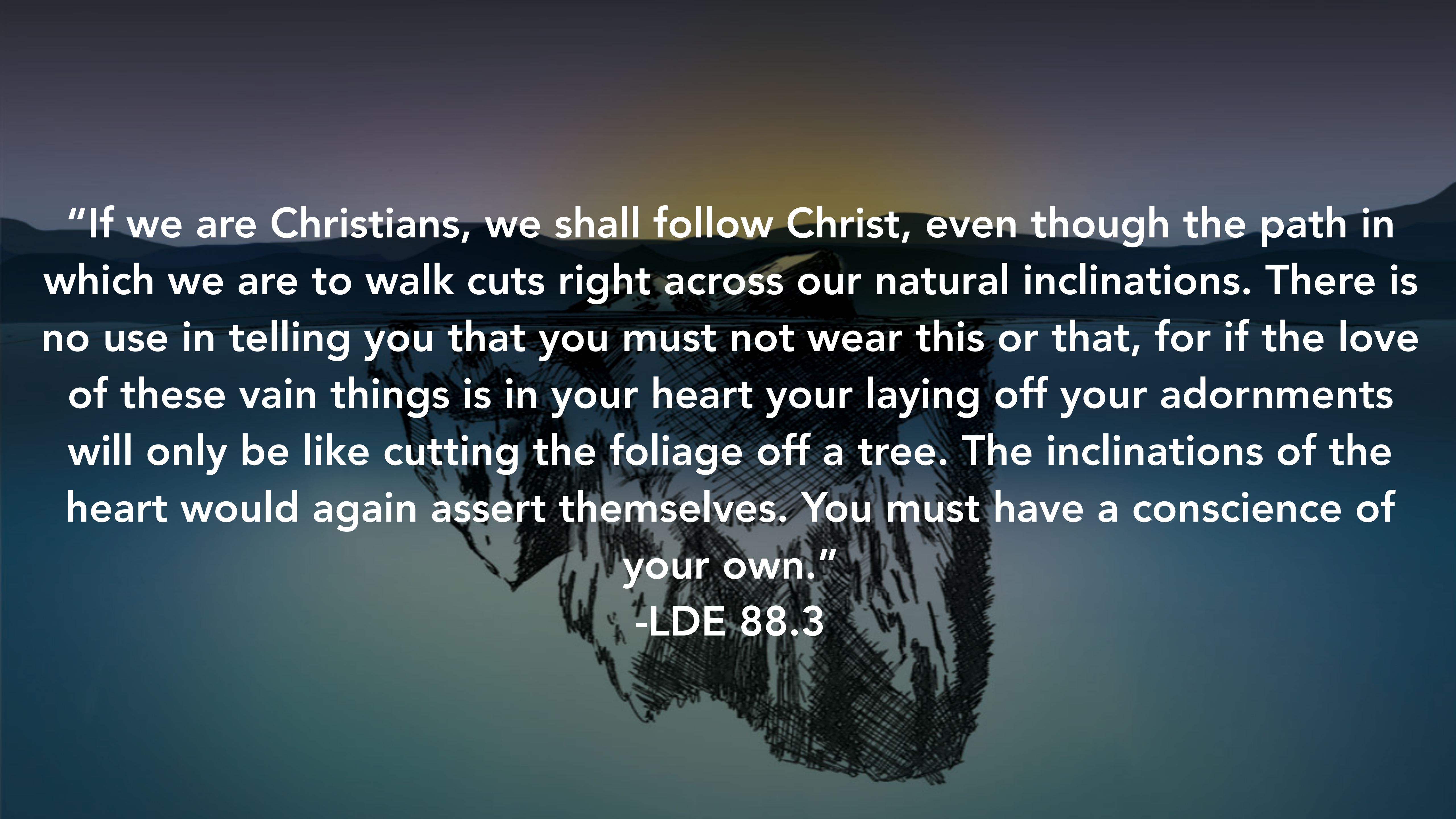
I know that there are many amongst the brethren that feel that our church has committed a sin in its neglect of teaching the health reform. One cannot read the Spirit of Prophecy and come to any other conclusion than that the health message must be shared.

The background features a serene sunset scene with a warm orange and yellow glow on the horizon, transitioning into a deep blue sky. Below the horizon, the dark silhouette of a person is visible, appearing to be in a contemplative or prayerful pose. The overall mood is reflective and somber.

But I fear that an equally great sin is being committed by well-intended brethren in the way, and spirit, in which they are pushing for the health reform. And I believe it's based on a misunderstanding of the purpose of health reform. Or any reforms for that matter. Some of these brethren, based upon the approach and spirit in which they are sharing, come across as being more focused on correcting people's behavior, than changing the heart, which we just read is essential for the reform to even be possible.

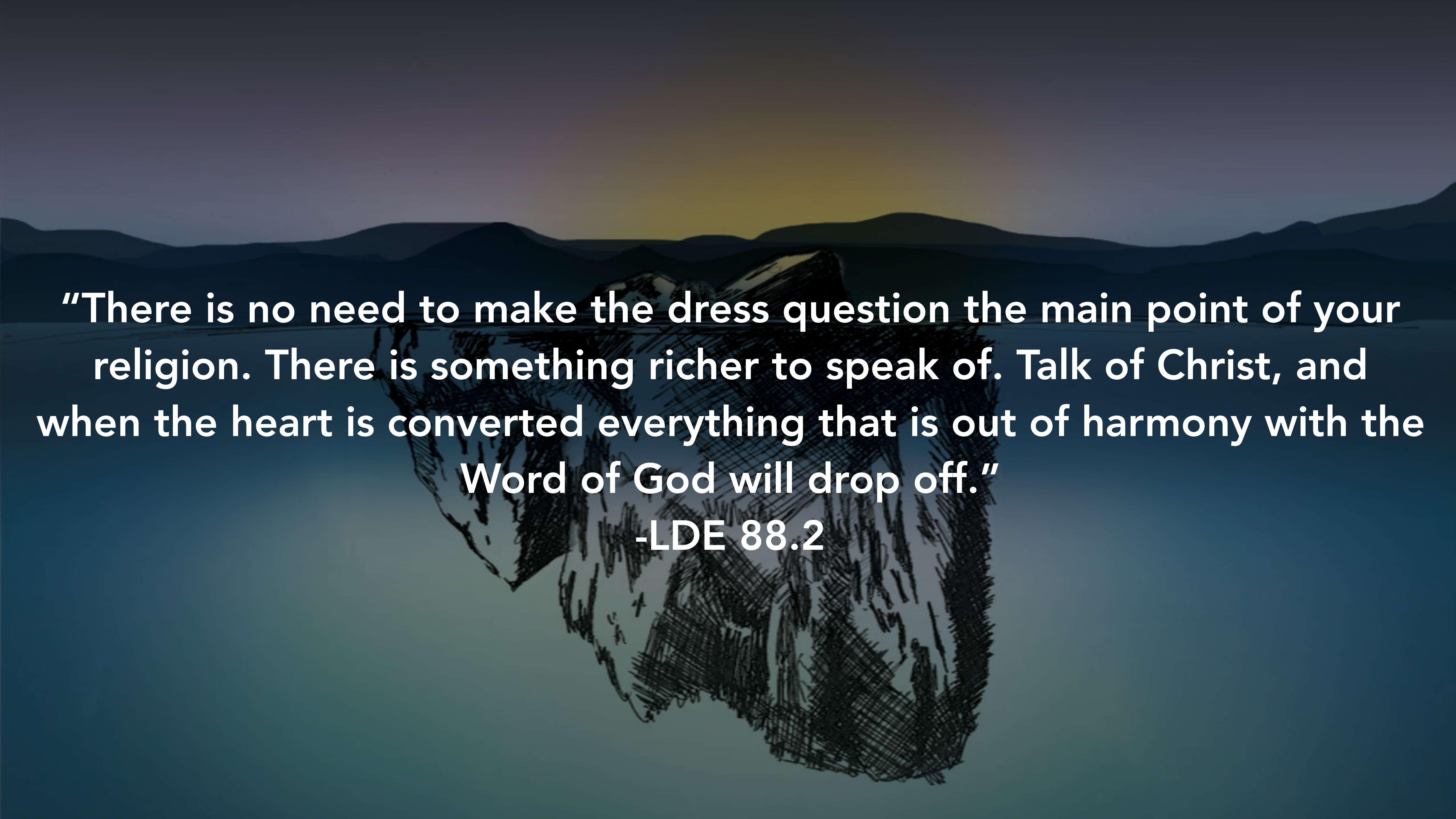


When we do so, the Spirit of Prophecy tells us, we are merely encouraging people to “[cut] the foliage off a tree.” I’ll read the whole quote so that you can get the context. This particular statement is in regards to another reform, dress reform.



“If we are Christians, we shall follow Christ, even though the path in which we are to walk cuts right across our natural inclinations. There is no use in telling you that you must not wear this or that, for if the love of these vain things is in your heart your laying off your adornments will only be like cutting the foliage off a tree. The inclinations of the heart would again assert themselves. You must have a conscience of your own.”

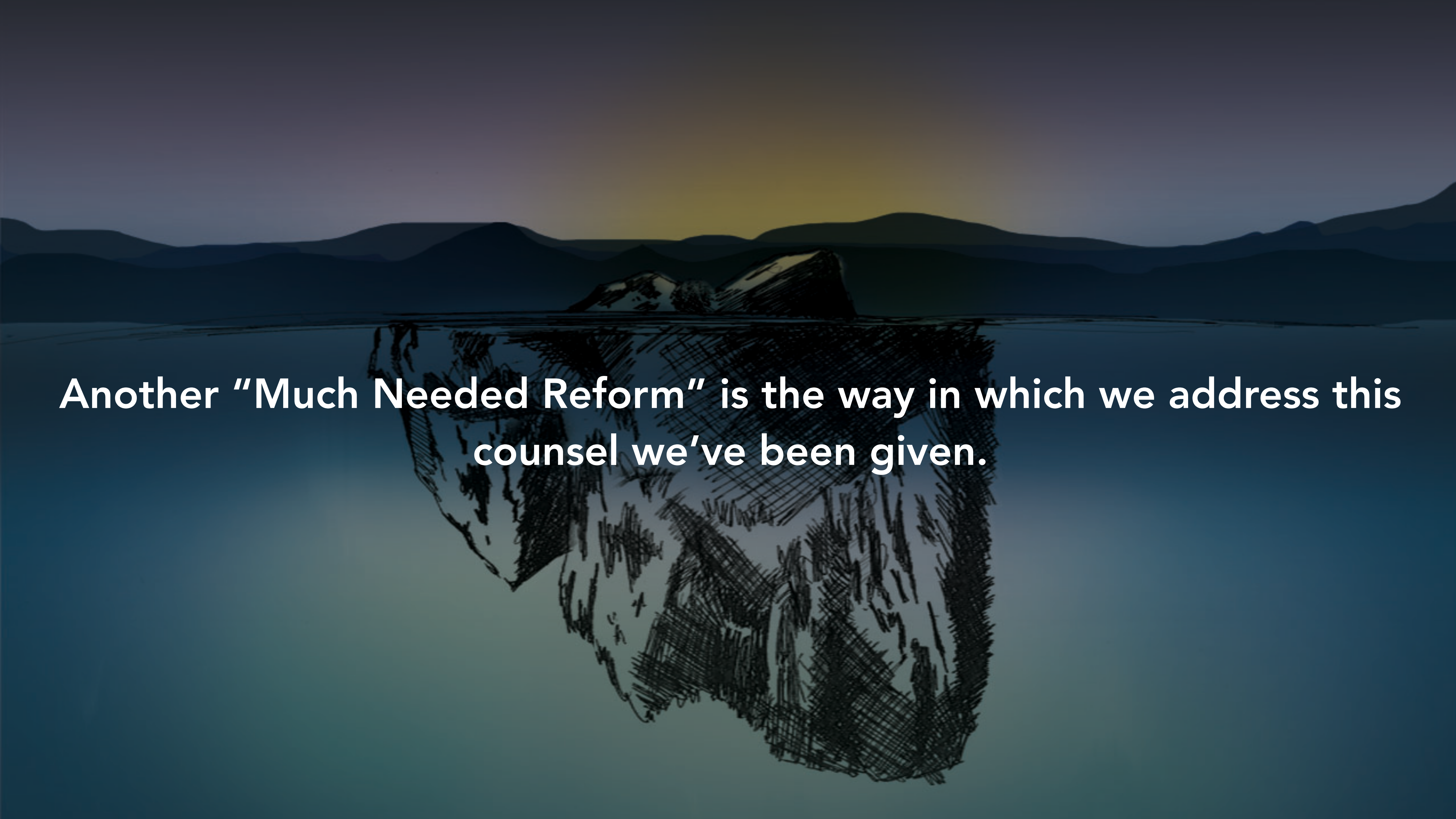
-LDE 88.3



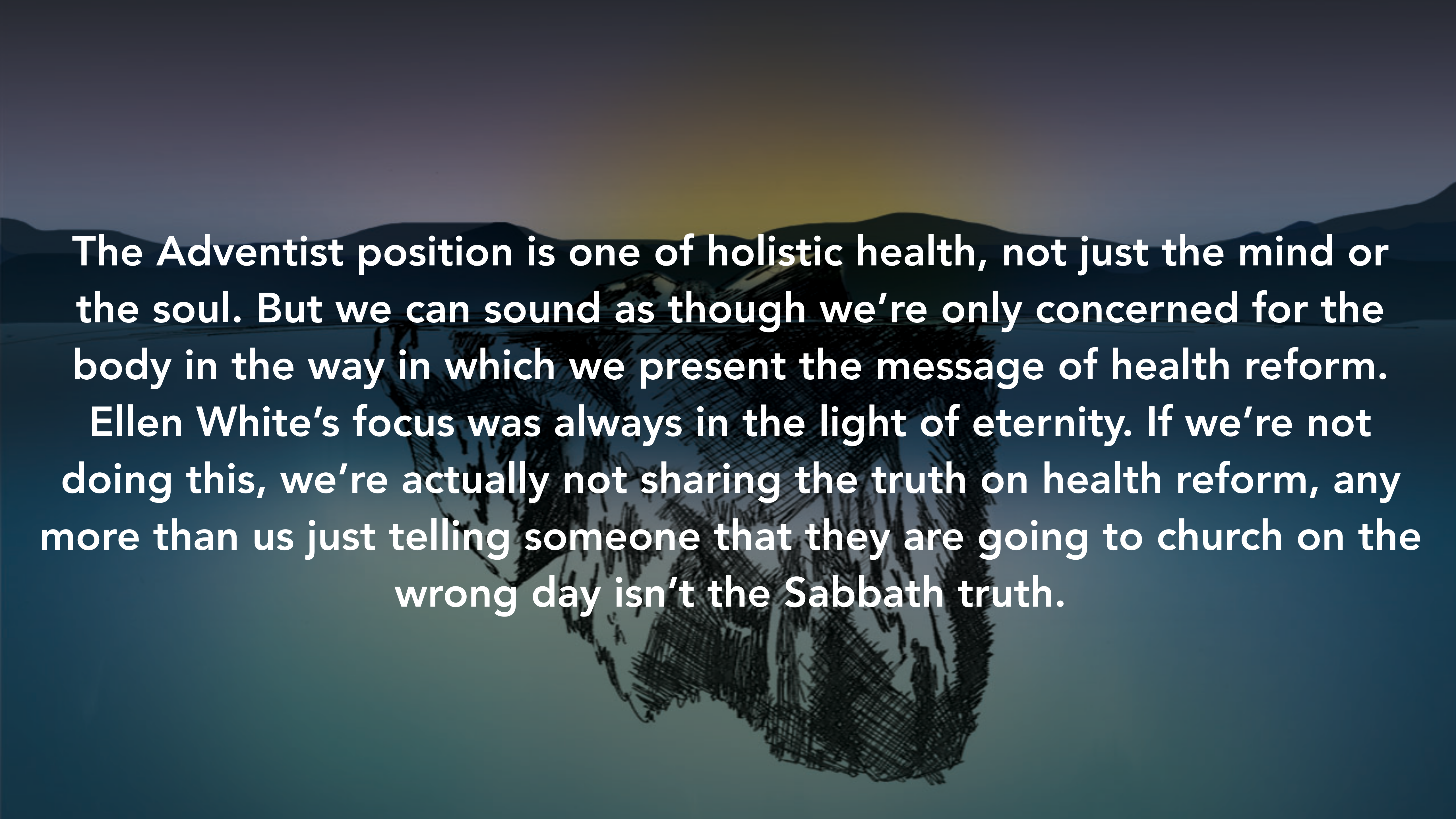
**“There is no need to make the dress question the main point of your religion. There is something richer to speak of. Talk of Christ, and when the heart is converted everything that is out of harmony with the Word of God will drop off.”**

**-LDE 88.2**



The background is a dark, atmospheric landscape illustration. It features a range of mountains in the distance under a twilight sky with a faint yellow glow on the horizon. In the foreground, a body of water reflects the scene, but the reflection is heavily obscured by a dense, dark, cross-hatched texture that looks like a rough sketch or a heavy shadow. The overall color palette is muted, consisting of dark blues, greys, and a touch of yellow from the horizon.

Another “Much Needed Reform” is the way in which we address this counsel we’ve been given.

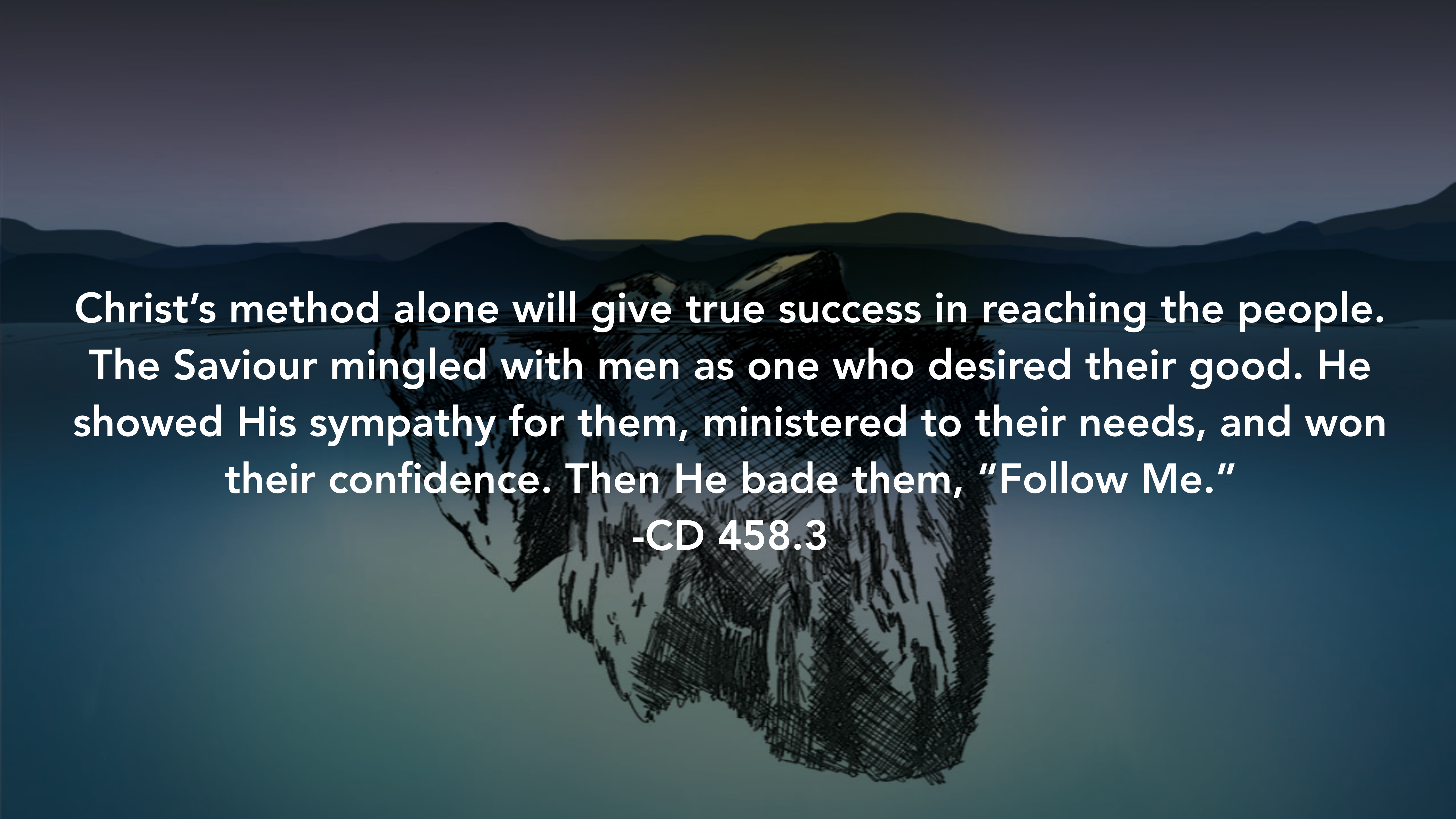


The Adventist position is one of holistic health, not just the mind or the soul. But we can sound as though we're only concerned for the body in the way in which we present the message of health reform.

Ellen White's focus was always in the light of eternity. If we're not doing this, we're actually not sharing the truth on health reform, any more than us just telling someone that they are going to church on the wrong day isn't the Sabbath truth.

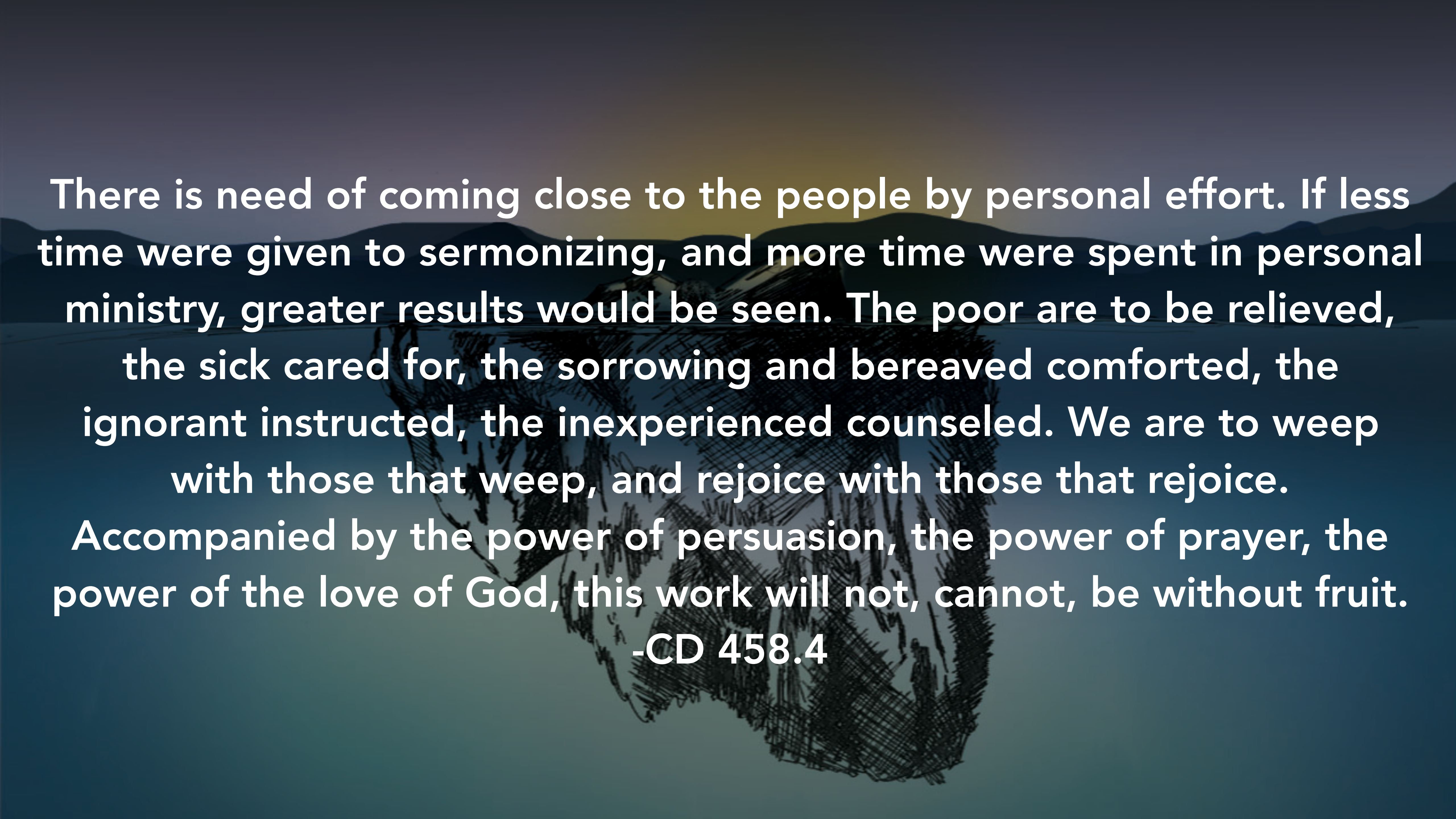


Here are some quotes from Ellen, and at the end, James White, on the dangers of going about sharing this message the wrong way.



Christ's method alone will give true success in reaching the people. The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me."

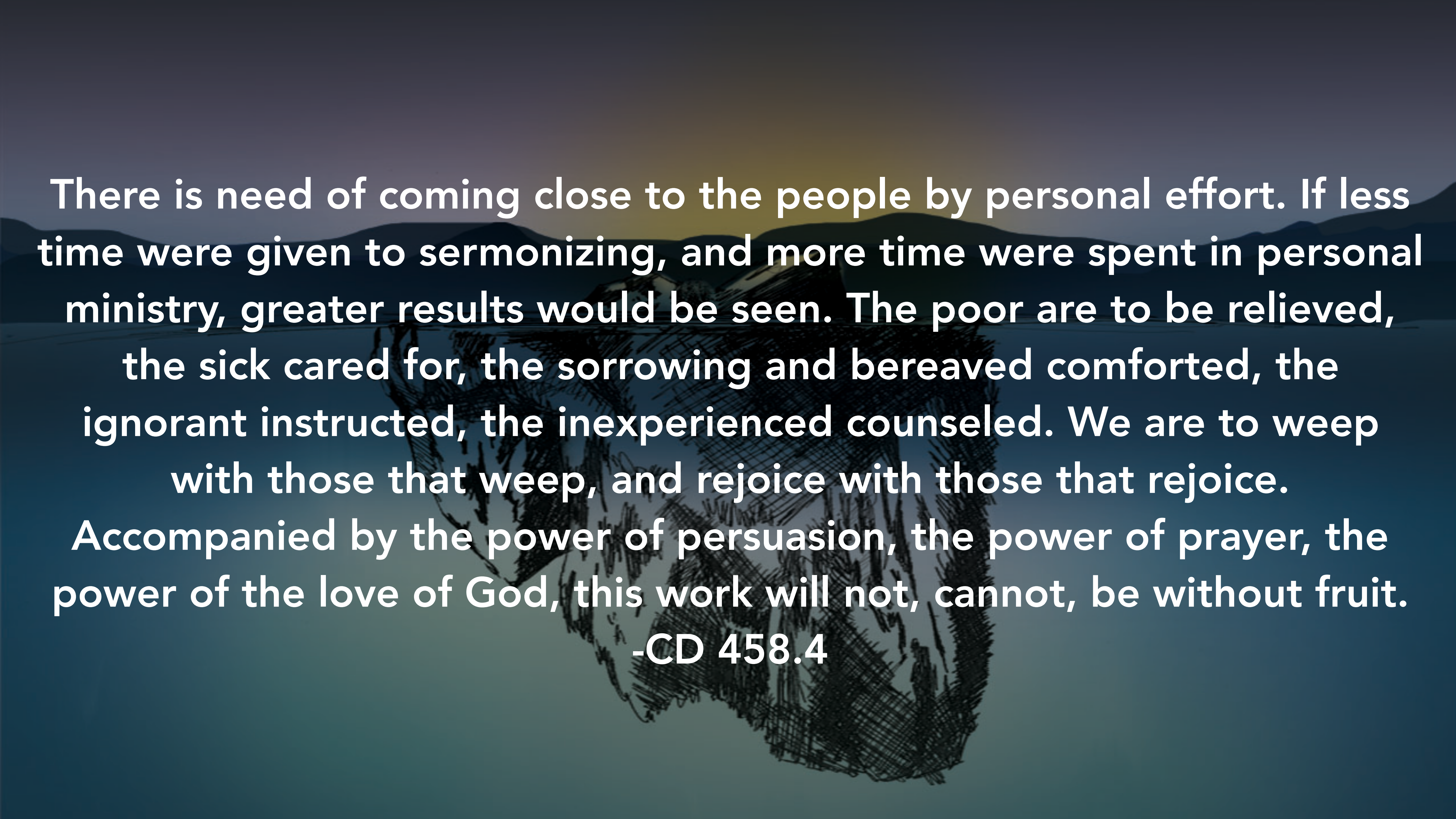
-CD 458.3



There is need of coming close to the people by personal effort. If less time were given to sermonizing, and more time were spent in personal ministry, greater results would be seen. The poor are to be relieved, the sick cared for, the sorrowing and bereaved comforted, the ignorant instructed, the inexperienced counseled. We are to weep with those that weep, and rejoice with those that rejoice.

Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.

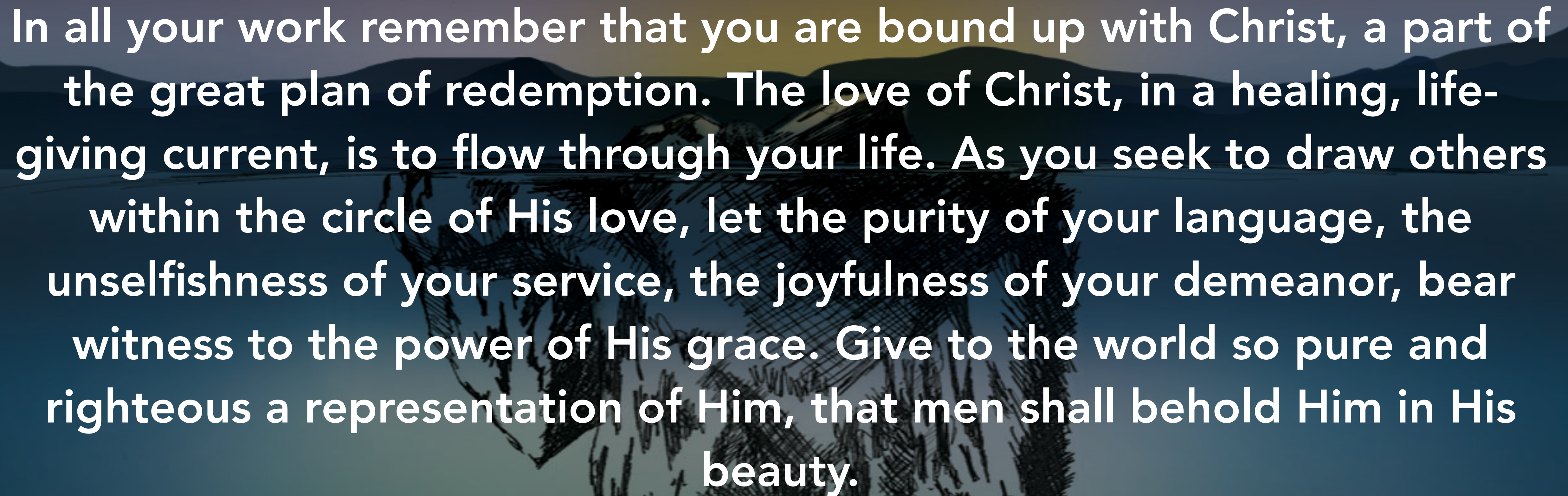
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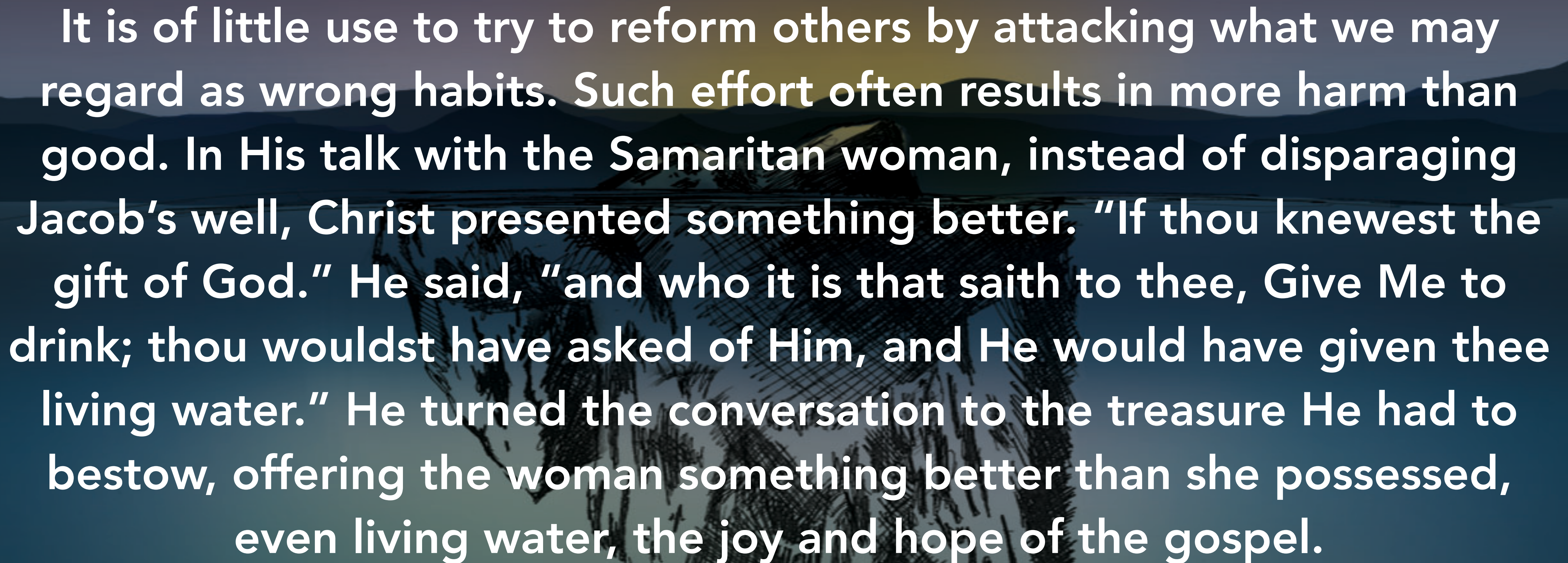
Accompanied by the power of persuasion, the power of prayer, the power of the love of God, this work will not, cannot, be without fruit.

-CD 458.4



In all your work remember that you are bound up with Christ, a part of the great plan of redemption. The love of Christ, in a healing, life-giving current, is to flow through your life. As you seek to draw others within the circle of His love, let the purity of your language, the unselfishness of your service, the joyfulness of your demeanor, bear witness to the power of His grace. Give to the world so pure and righteous a representation of Him, that men shall behold Him in His beauty.

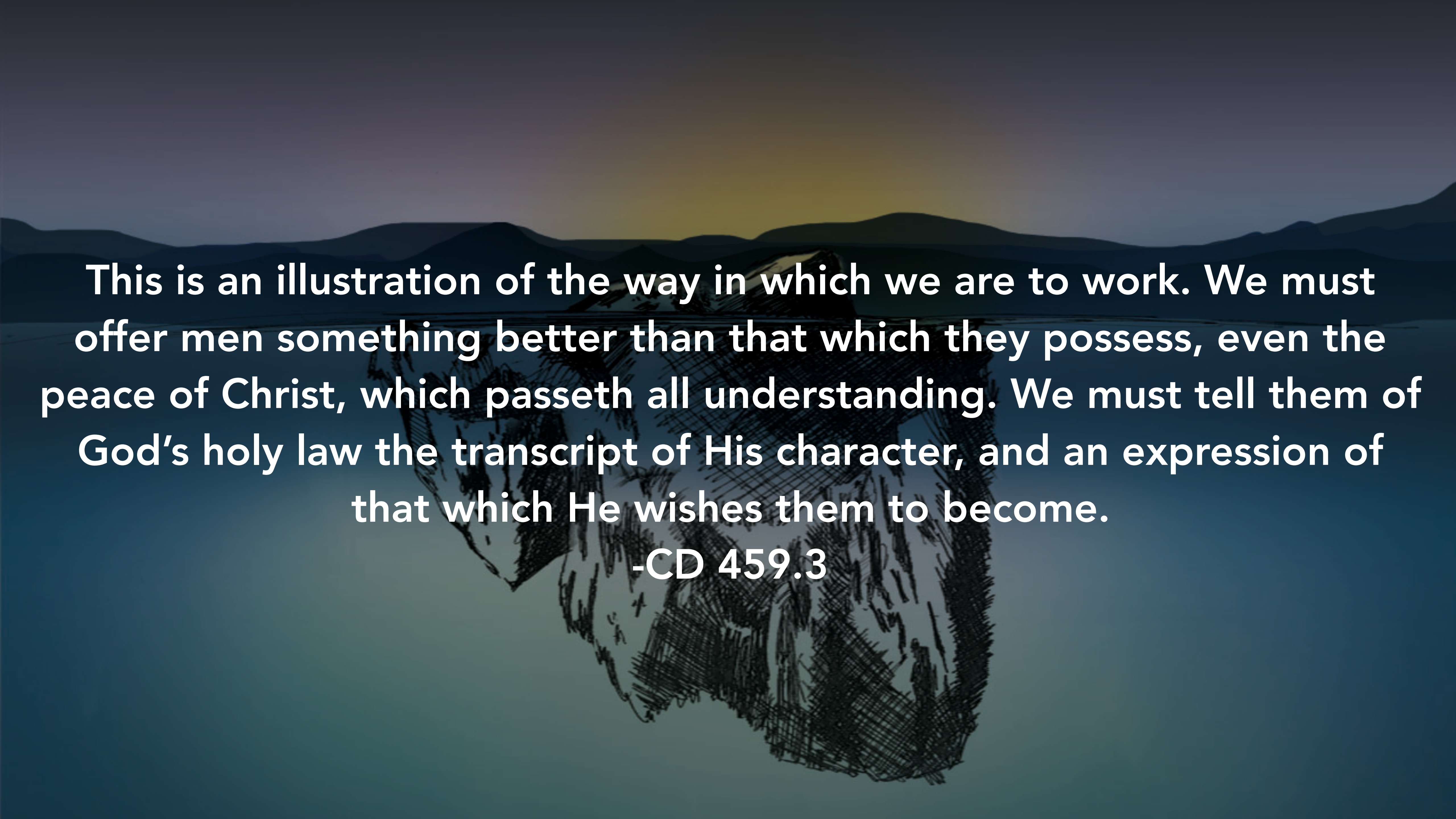
-CD 459.1

The background features a serene sunset scene with a calm body of water in the foreground. The sky is a mix of soft pinks, oranges, and blues, transitioning into a darker blue at the top. The water's surface is still, creating a clear reflection of the sky and the silhouettes of trees and hills in the distance. A large, dark, textured shape, possibly a tree or a rock, is reflected in the water, adding depth to the scene.

It is of little use to try to reform others by attacking what we may regard as wrong habits. Such effort often results in more harm than good. In His talk with the Samaritan woman, instead of disparaging Jacob's well, Christ presented something better. "If thou knewest the gift of God." He said, "and who it is that saith to thee, Give Me to drink; thou wouldst have asked of Him, and He would have given thee living water." He turned the conversation to the treasure He had to bestow, offering the woman something better than she possessed, even living water, the joy and hope of the gospel.

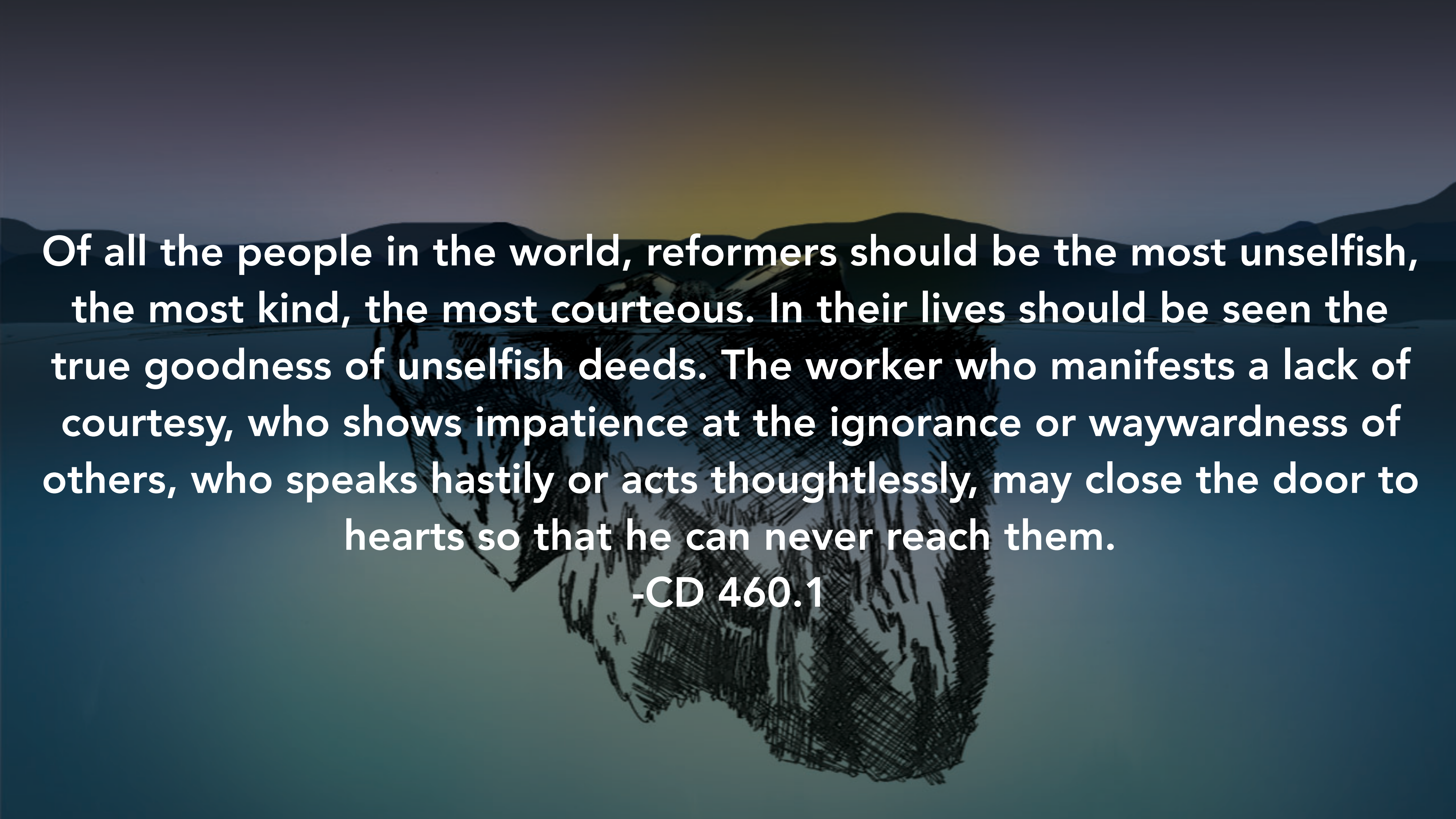
-CD 459.2





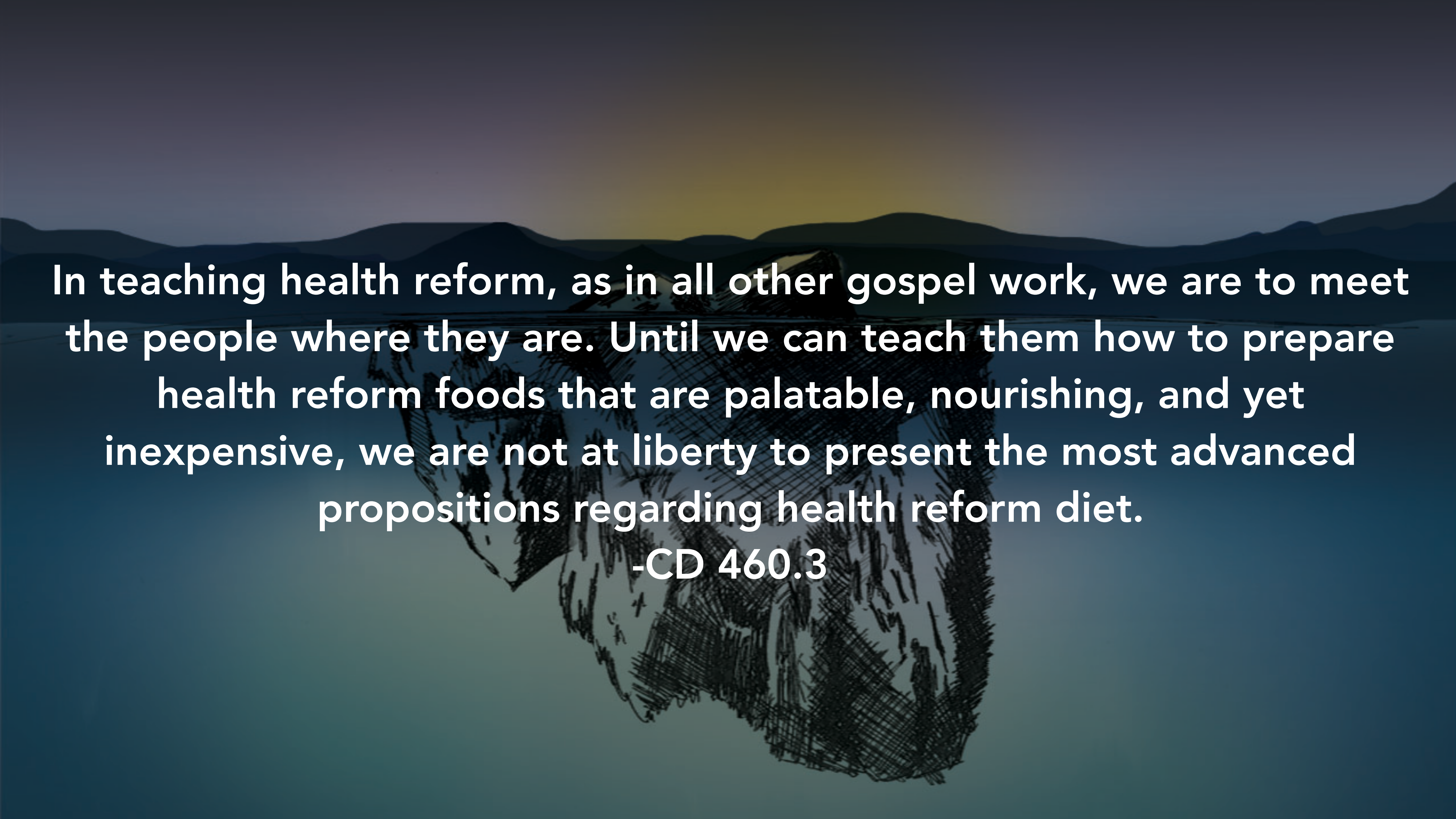
This is an illustration of the way in which we are to work. We must offer men something better than that which they possess, even the peace of Christ, which passeth all understanding. We must tell them of God's holy law the transcript of His character, and an expression of that which He wishes them to become.

-CD 459.3



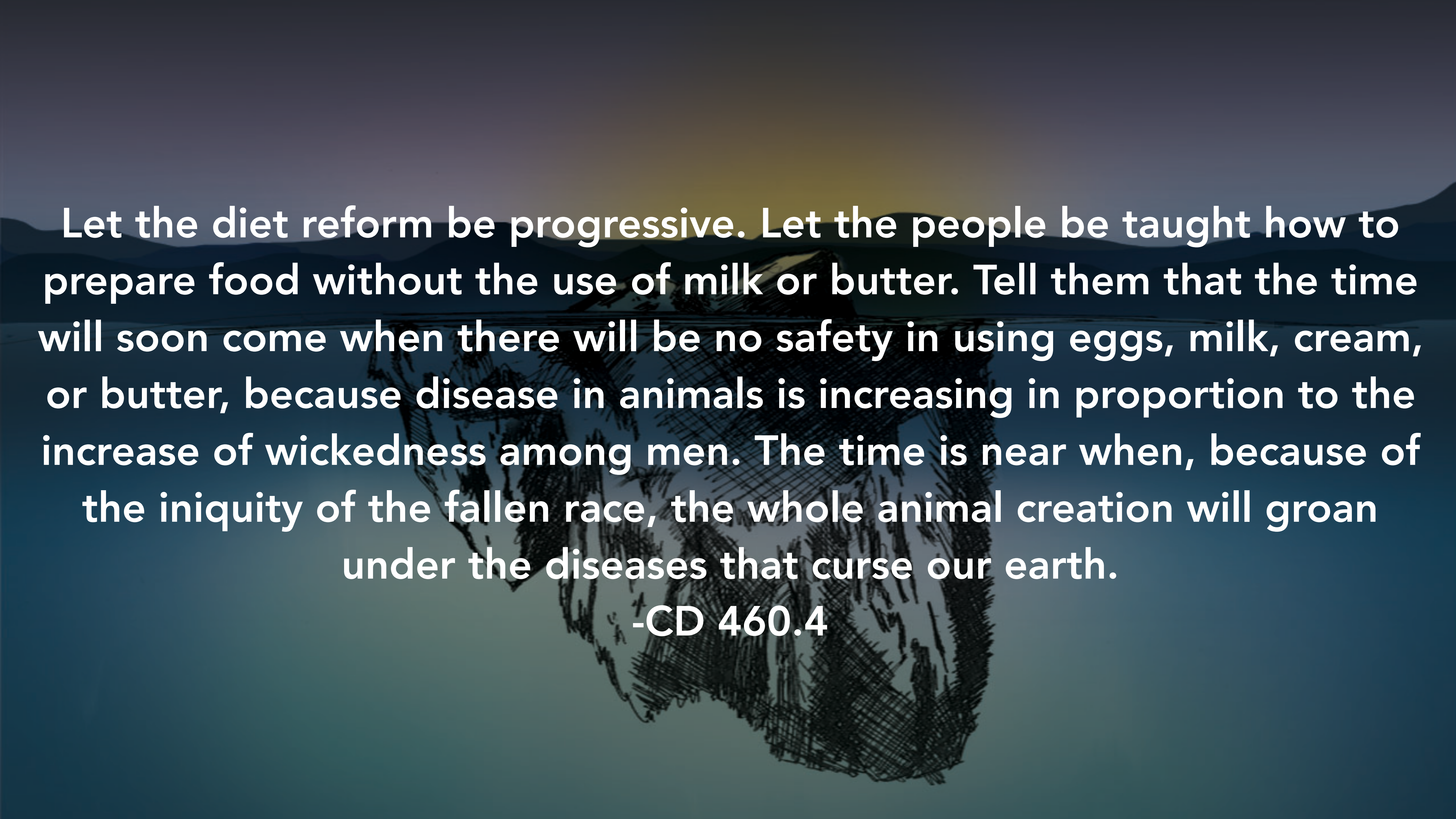
Of all the people in the world, reformers should be the most unselfish, the most kind, the most courteous. In their lives should be seen the true goodness of unselfish deeds. The worker who manifests a lack of courtesy, who shows impatience at the ignorance or waywardness of others, who speaks hastily or acts thoughtlessly, may close the door to hearts so that he can never reach them.

-CD 460.1



In teaching health reform, as in all other gospel work, we are to meet the people where they are. Until we can teach them how to prepare health reform foods that are palatable, nourishing, and yet inexpensive, we are not at liberty to present the most advanced propositions regarding health reform diet.

-CD 460.3



Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.

-CD 460.4

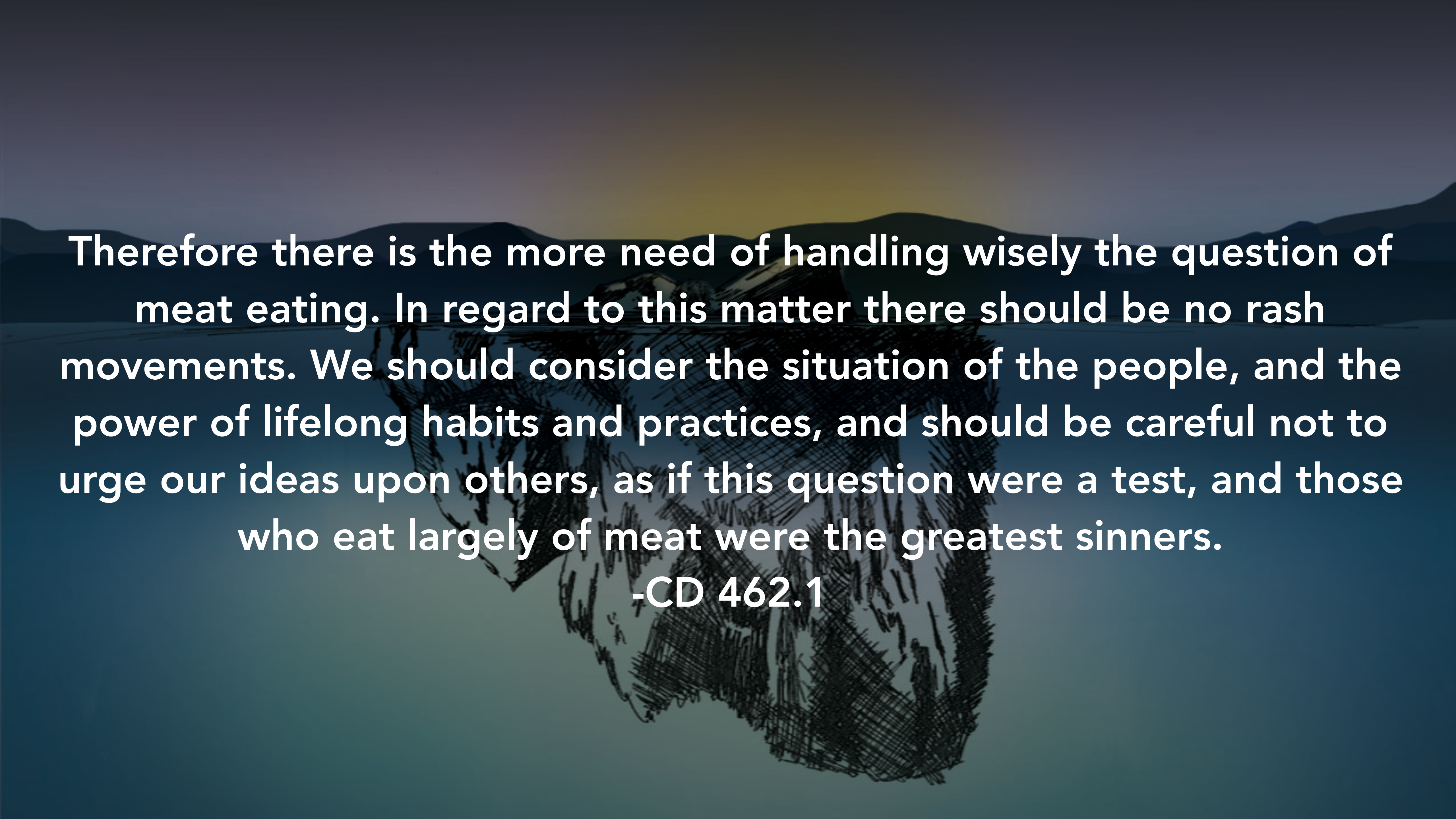
A dark, atmospheric landscape with mountains and a body of water reflecting the scene. The sky is a deep blue, and the water is a dark teal. The mountains are silhouetted against the sky, and their reflection is visible in the water. The overall mood is serene and contemplative.

By precept and example make it plain that the food which God gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state.

-CD 460.5

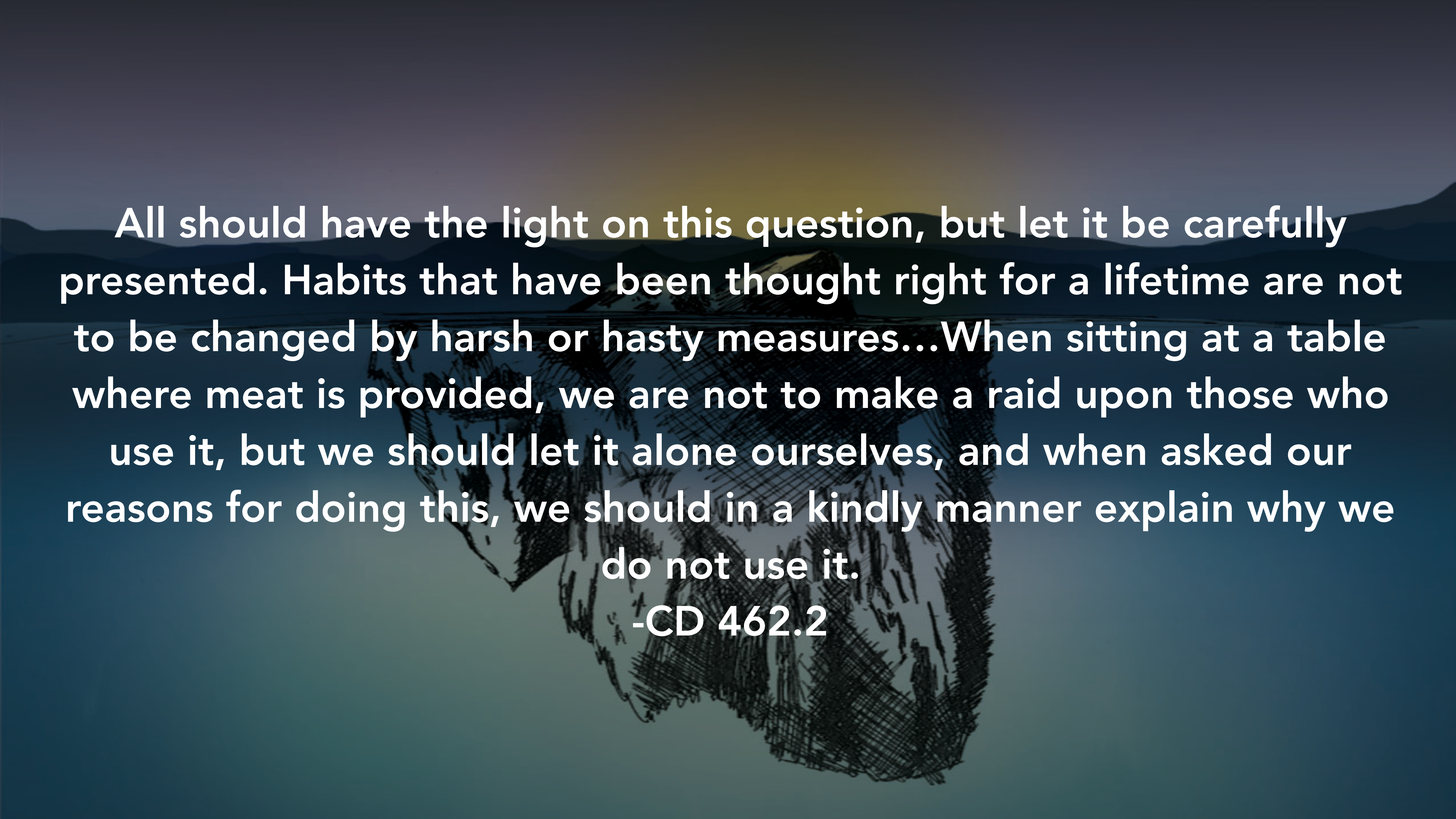
The light God has given on health reform is for our salvation and the salvation of the world.

-CD 461.1



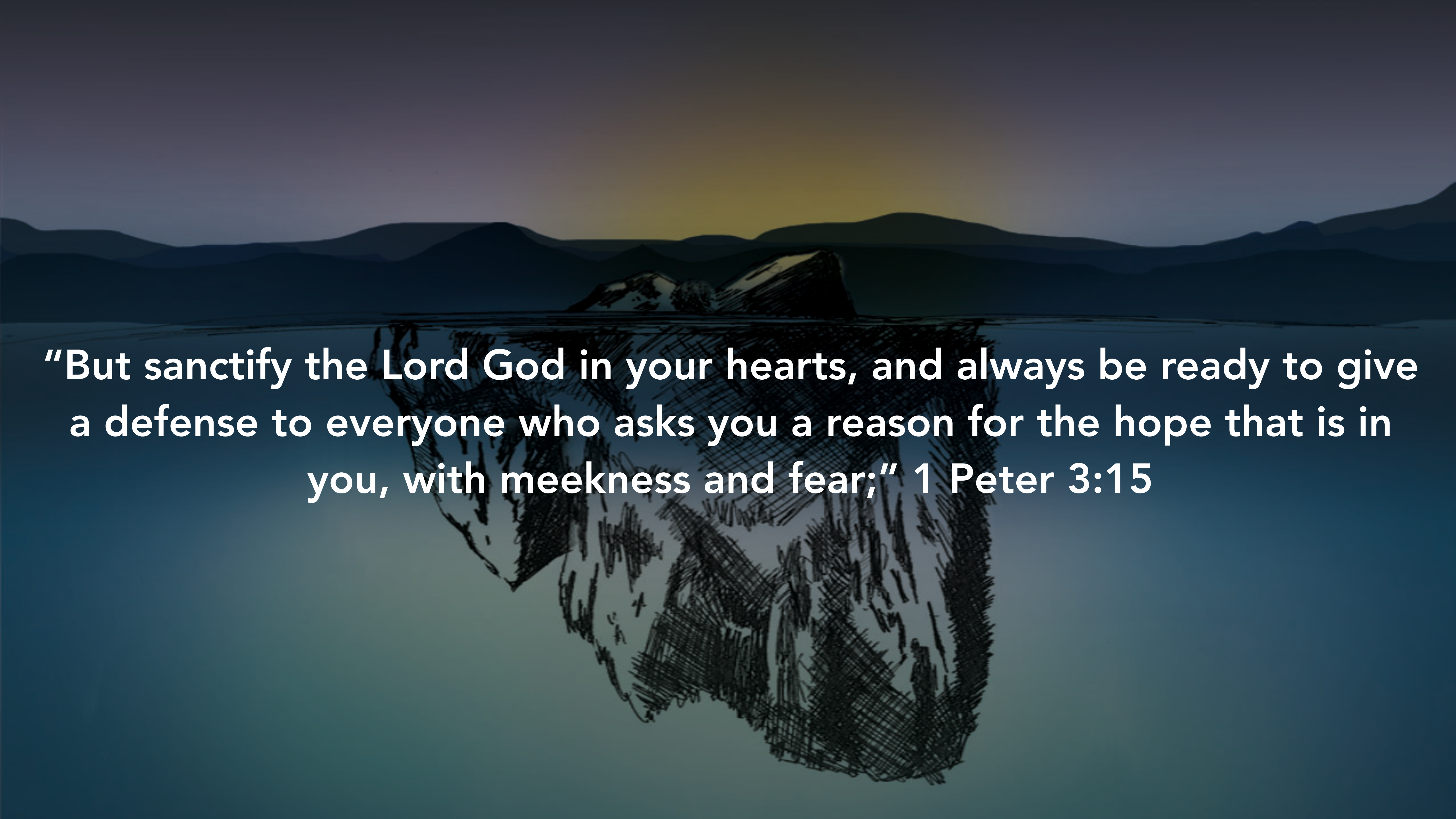
Therefore there is the more need of handling wisely the question of meat eating. In regard to this matter there should be no rash movements. We should consider the situation of the people, and the power of lifelong habits and practices, and should be careful not to urge our ideas upon others, as if this question were a test, and those who eat largely of meat were the greatest sinners.

-CD 462.1

The background features a serene sunset scene with a calm body of water reflecting the sky. In the foreground, there is a dark silhouette of a person, possibly a woman, looking out towards the horizon. The overall mood is peaceful and contemplative.

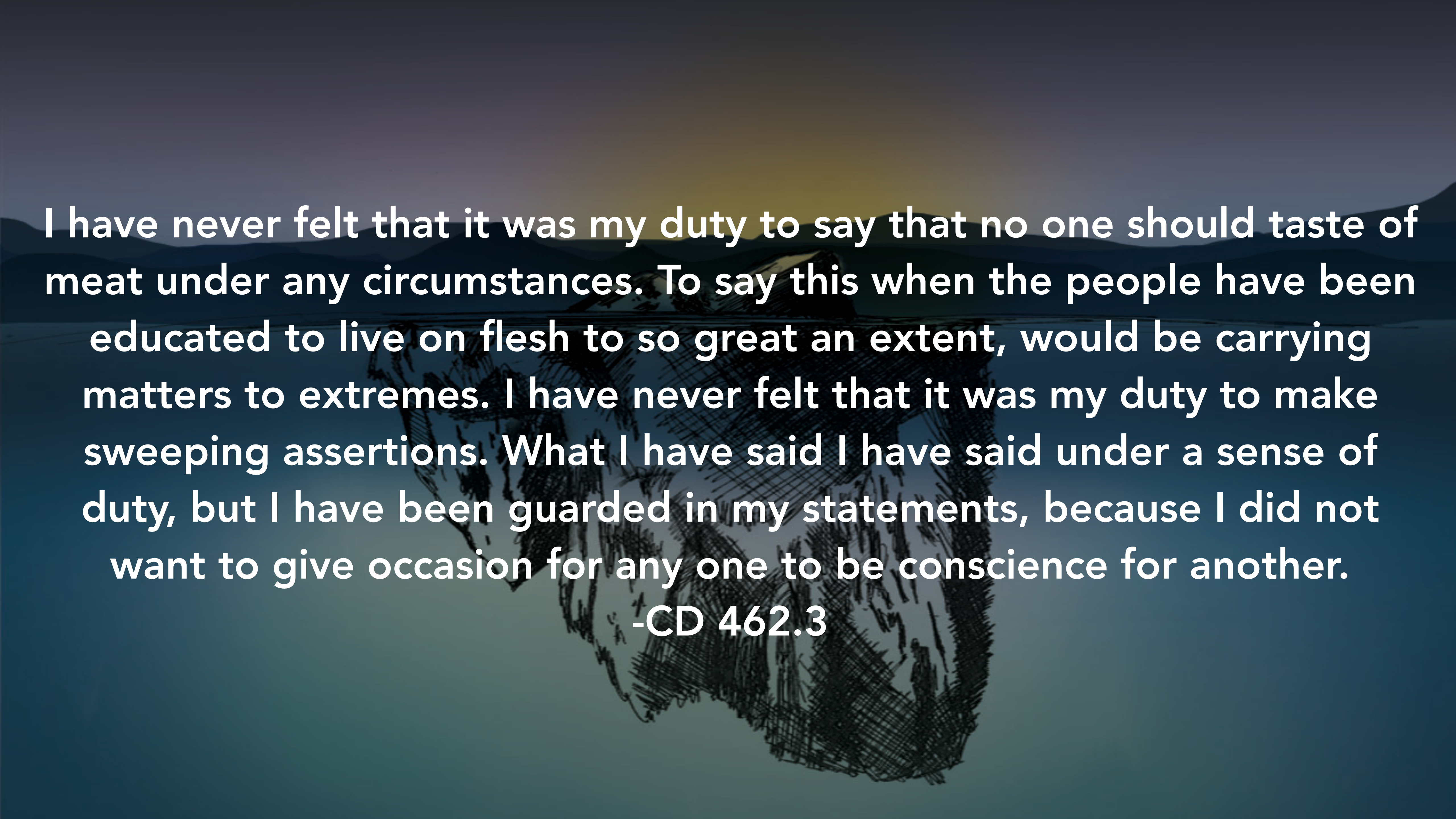
All should have the light on this question, but let it be carefully presented. Habits that have been thought right for a lifetime are not to be changed by harsh or hasty measures...When sitting at a table where meat is provided, we are not to make a raid upon those who use it, but we should let it alone ourselves, and when asked our reasons for doing this, we should in a kindly manner explain why we do not use it.

-CD 462.2



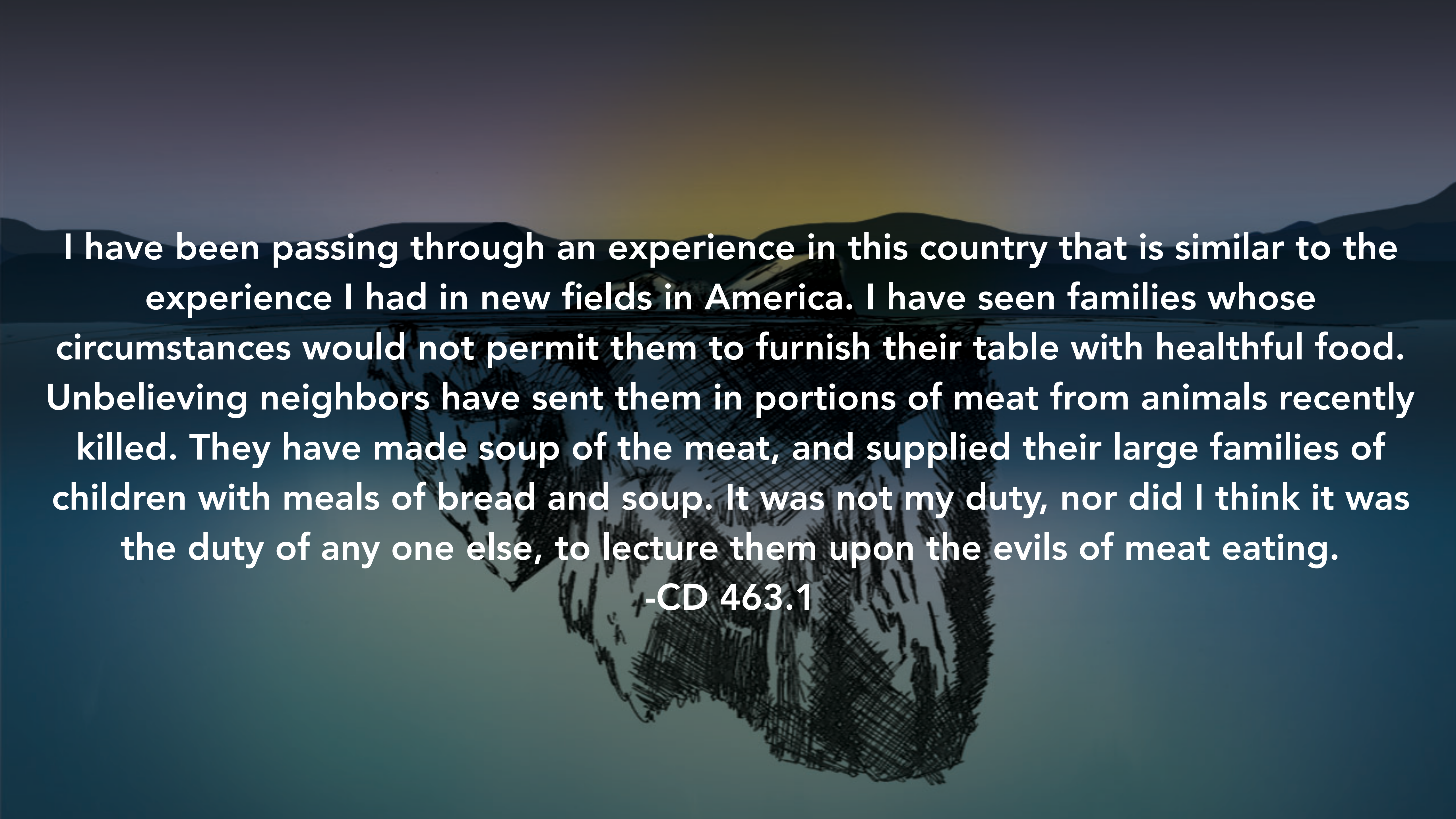
**“But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear;” 1 Peter 3:15**





I have never felt that it was my duty to say that no one should taste of meat under any circumstances. To say this when the people have been educated to live on flesh to so great an extent, would be carrying matters to extremes. I have never felt that it was my duty to make sweeping assertions. What I have said I have said under a sense of duty, but I have been guarded in my statements, because I did not want to give occasion for any one to be conscience for another.

-CD 462.3



I have been passing through an experience in this country that is similar to the experience I had in new fields in America. I have seen families whose circumstances would not permit them to furnish their table with healthful food. Unbelieving neighbors have sent them in portions of meat from animals recently killed. They have made soup of the meat, and supplied their large families of children with meals of bread and soup. It was not my duty, nor did I think it was the duty of any one else, to lecture them upon the evils of meat eating.

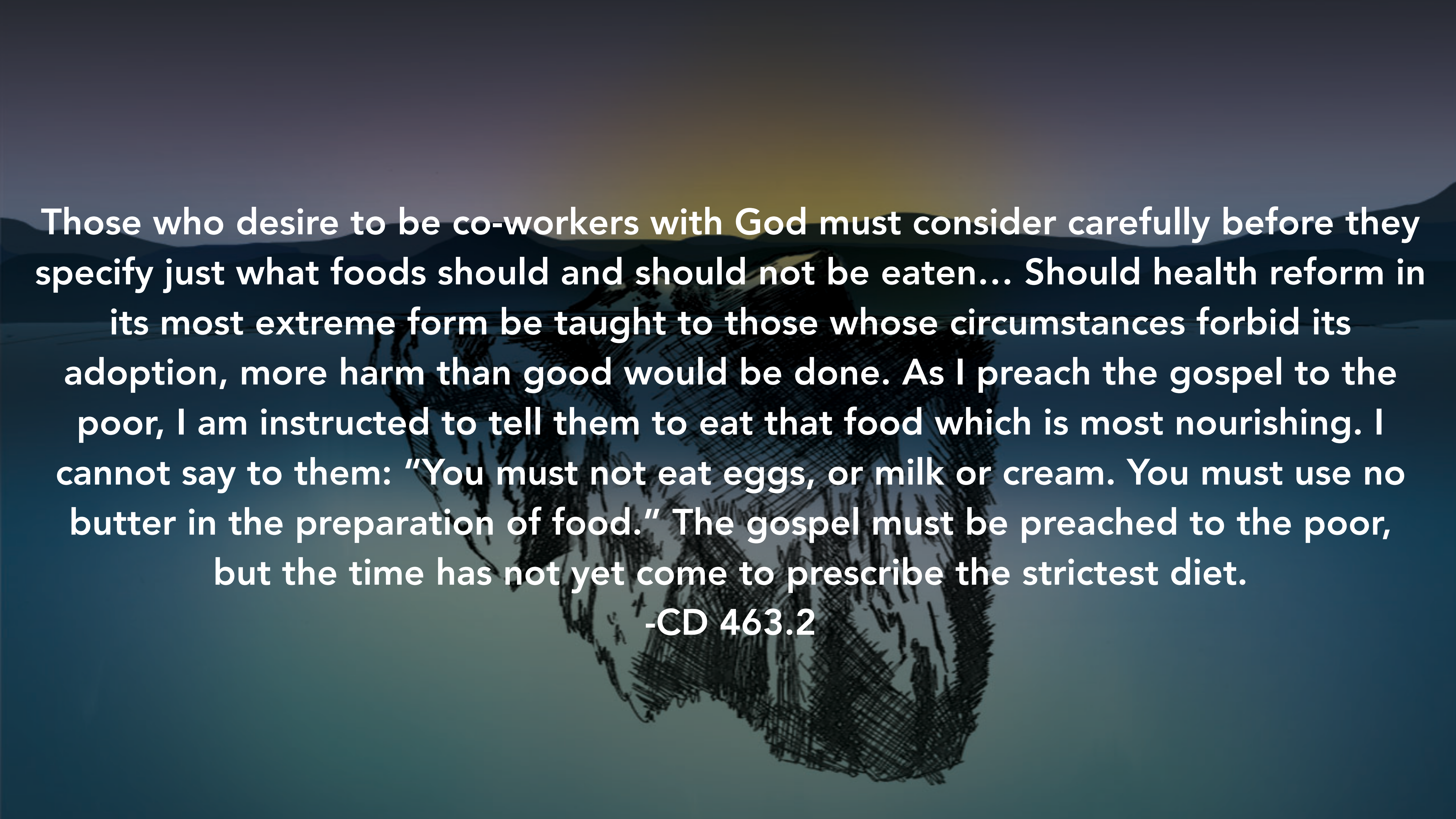
-CD 463.1

A dark, atmospheric landscape with mountains and a body of water reflecting the sky. The scene is dimly lit, suggesting dusk or dawn, with a soft glow on the horizon. The water in the foreground is dark and reflects the sky and the distant mountains. The overall mood is somber and reflective.

I feel sincere pity for families who have newly come to the faith, and who are so pressed with poverty that they know not from whence their next meal is coming.

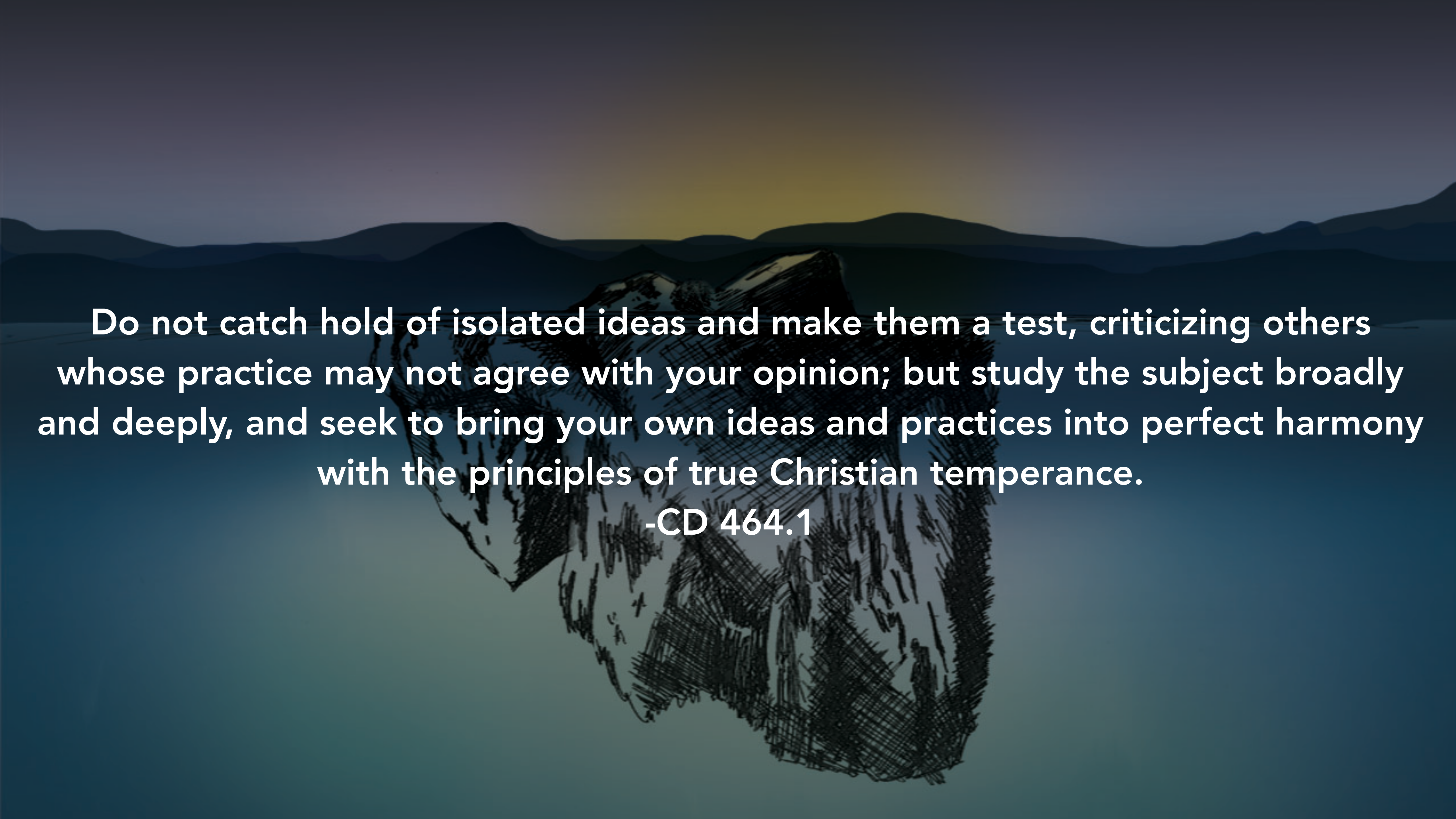
It is not my duty to discourse to them on healthful eating. There is a time to speak, and a time to keep silent. The opportunity furnished by circumstances of this order is an opportunity to speak words that will encourage and bless, rather than condemn and reprove. Those who have lived upon a meat diet all their life do not see the evil of continuing the practice, and they must be treated tenderly.

-CD 463.1



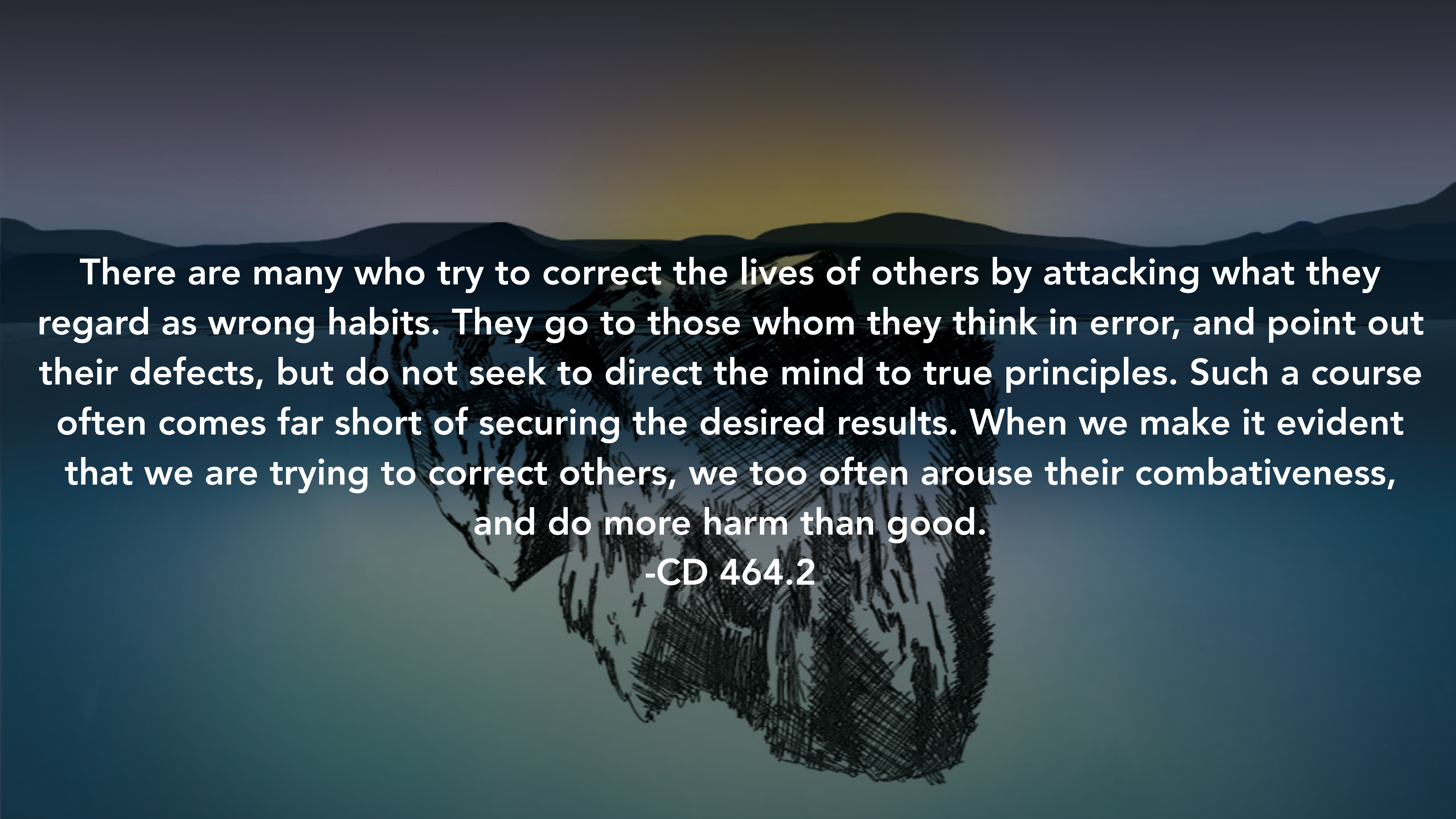
Those who desire to be co-workers with God must consider carefully before they specify just what foods should and should not be eaten... Should health reform in its most extreme form be taught to those whose circumstances forbid its adoption, more harm than good would be done. As I preach the gospel to the poor, I am instructed to tell them to eat that food which is most nourishing. I cannot say to them: "You must not eat eggs, or milk or cream. You must use no butter in the preparation of food." The gospel must be preached to the poor, but the time has not yet come to prescribe the strictest diet.

-CD 463.2

The background features a dark, atmospheric landscape with silhouettes of mountains under a twilight sky. A large, dark, textured shape, possibly a rock or a piece of wood, is positioned in the foreground, partially obscuring the text.

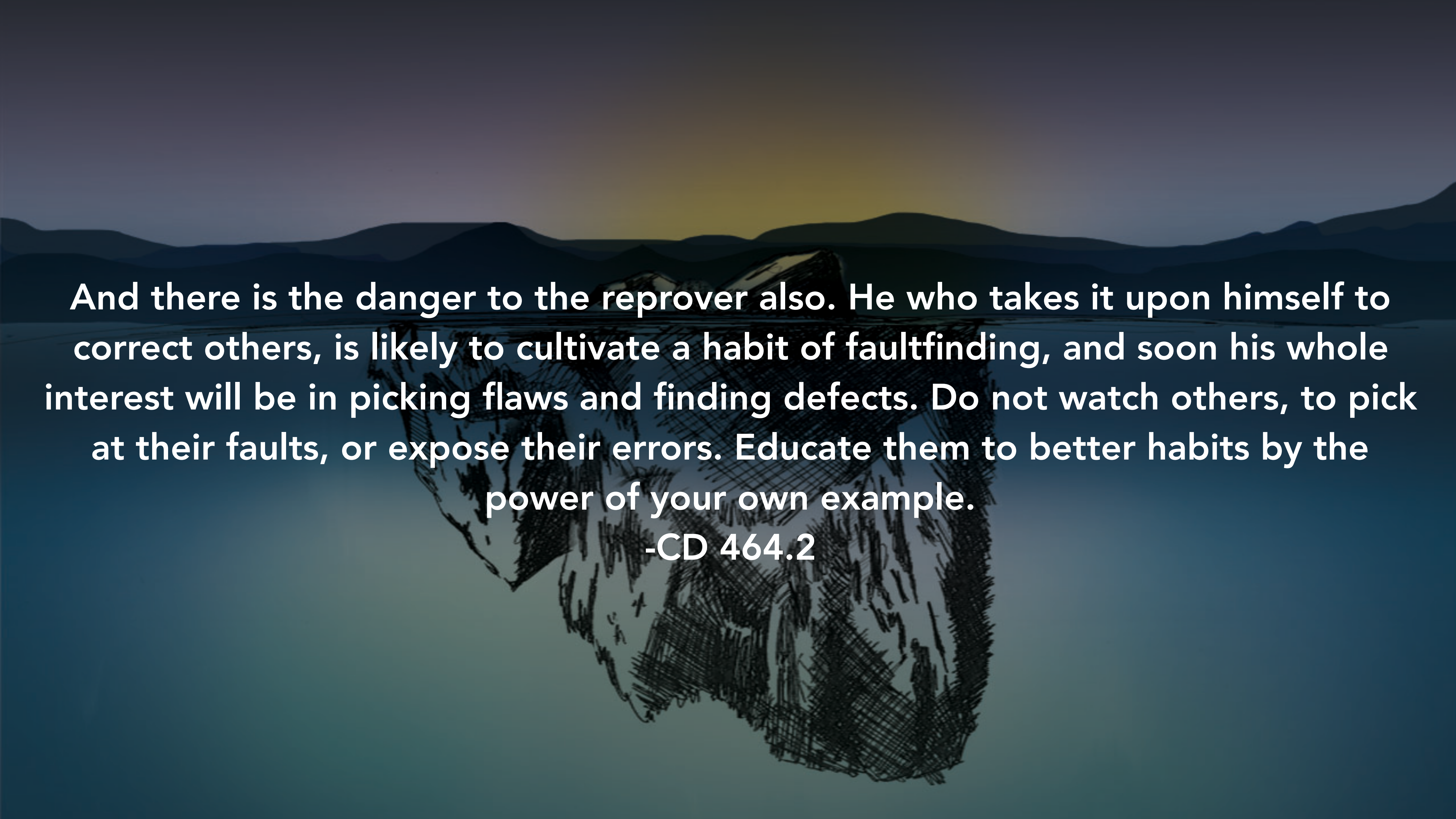
**Do not catch hold of isolated ideas and make them a test, criticizing others whose practice may not agree with your opinion; but study the subject broadly and deeply, and seek to bring your own ideas and practices into perfect harmony with the principles of true Christian temperance.**

**-CD 464.1**



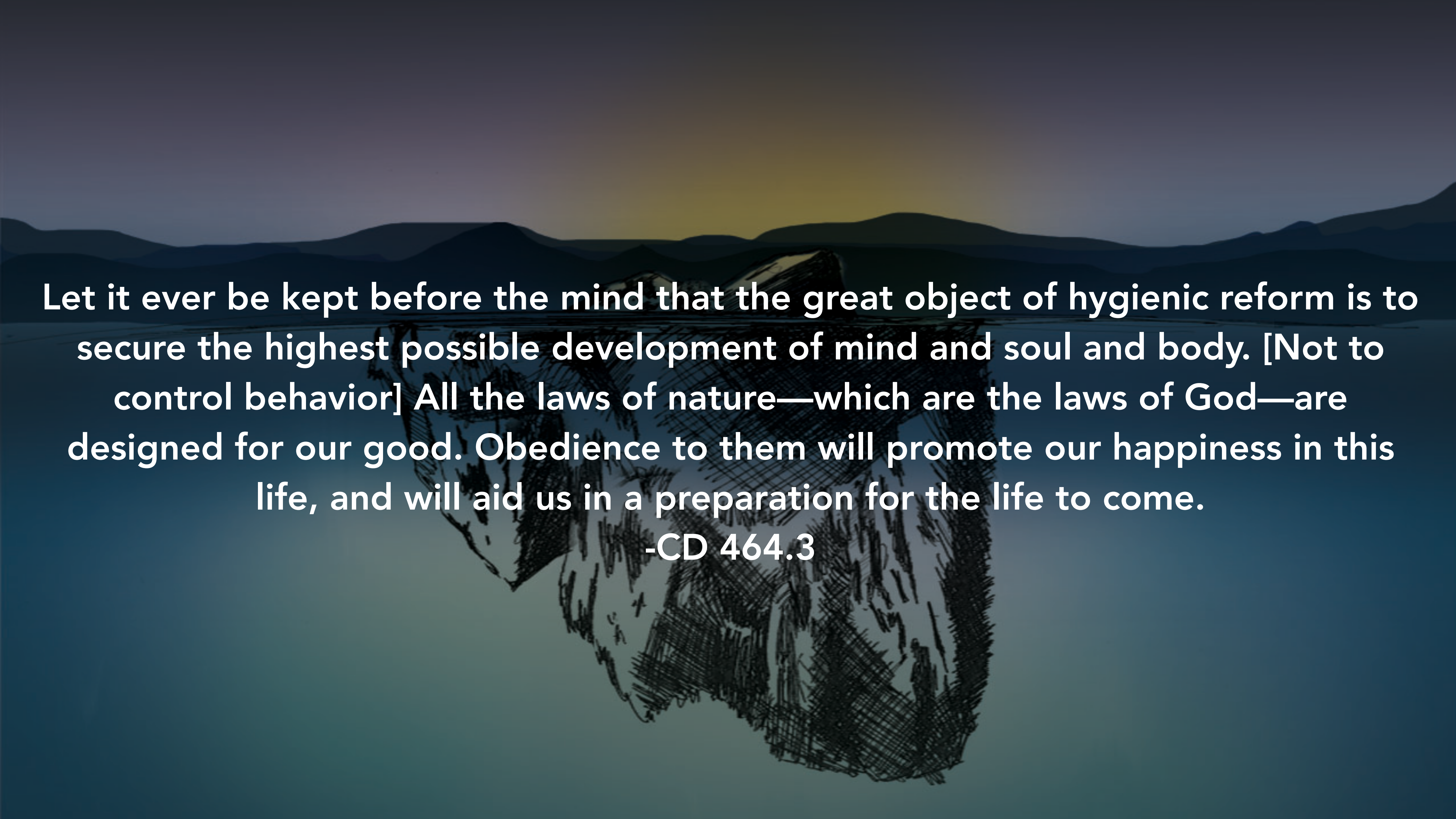
There are many who try to correct the lives of others by attacking what they regard as wrong habits. They go to those whom they think in error, and point out their defects, but do not seek to direct the mind to true principles. Such a course often comes far short of securing the desired results. When we make it evident that we are trying to correct others, we too often arouse their combativeness, and do more harm than good.

-CD 464.2



And there is the danger to the reprover also. He who takes it upon himself to correct others, is likely to cultivate a habit of faultfinding, and soon his whole interest will be in picking flaws and finding defects. Do not watch others, to pick at their faults, or expose their errors. Educate them to better habits by the power of your own example.

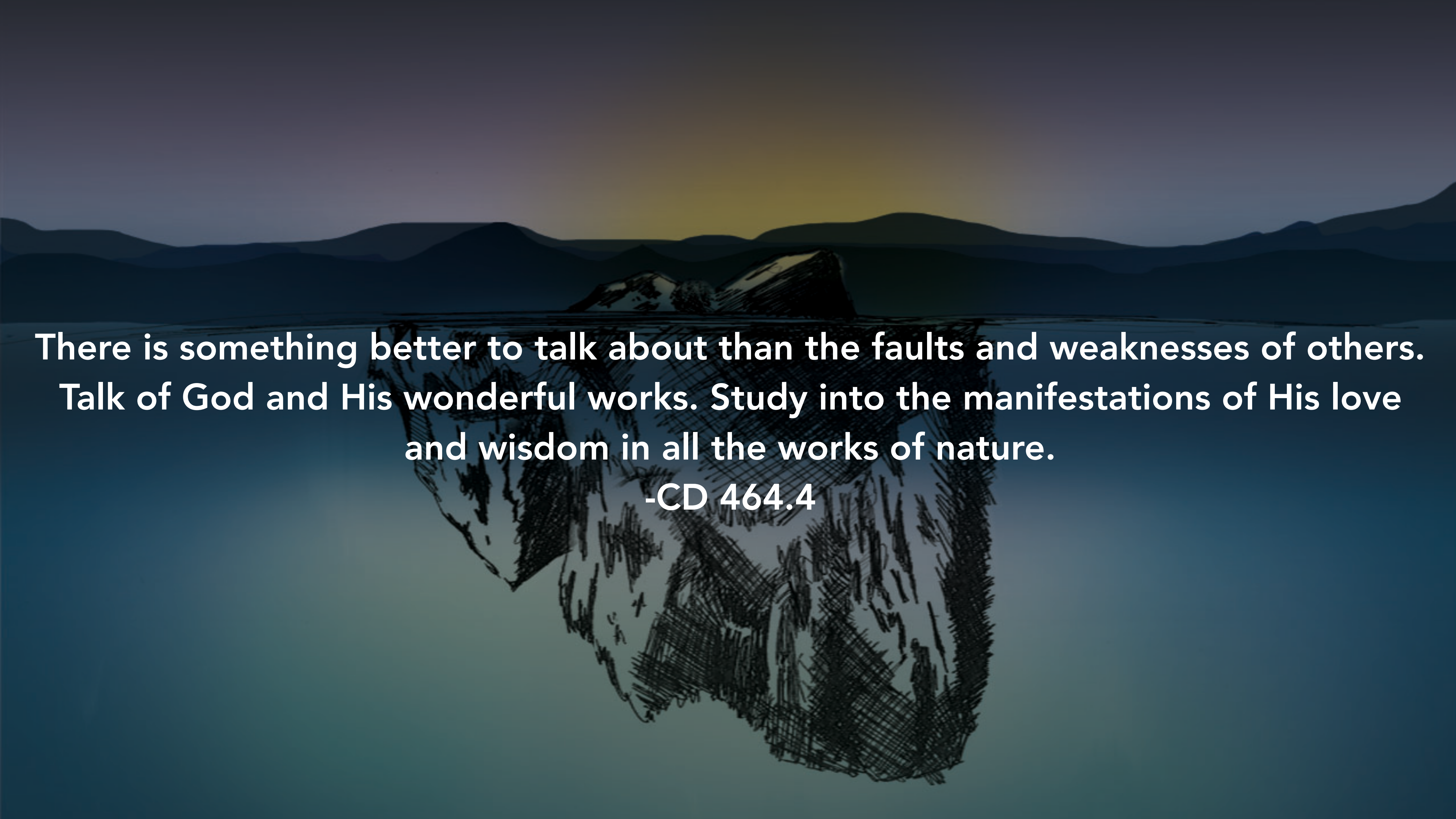
-CD 464.2



Let it ever be kept before the mind that the great object of hygienic reform is to secure the highest possible development of mind and soul and body. [Not to control behavior] All the laws of nature—which are the laws of God—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.

-CD 464.3



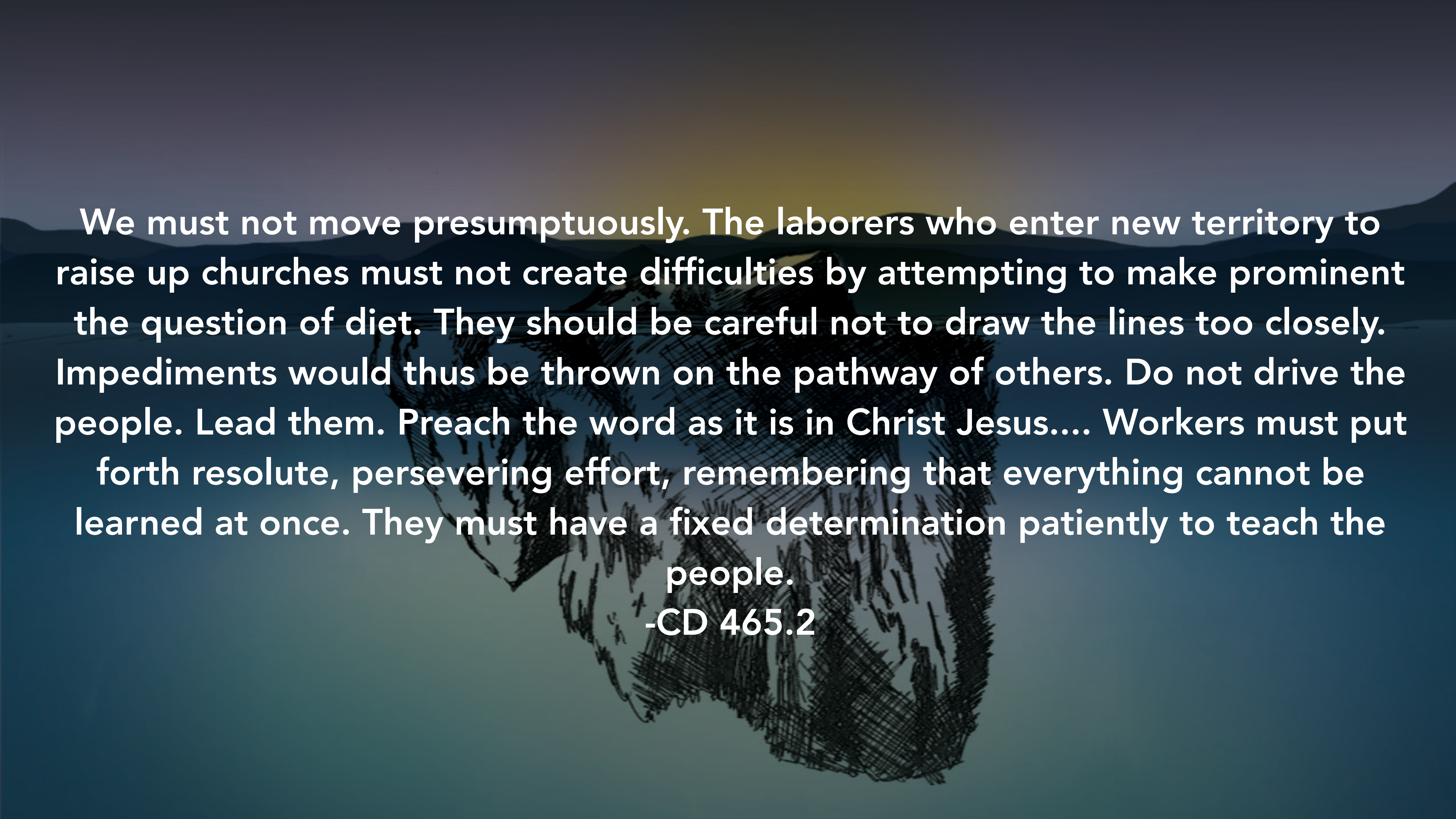
A dark, atmospheric landscape with mountains and a body of water reflecting the scene. The sky is a deep blue with a hint of yellow near the horizon. The mountains are silhouetted against the sky. The water in the foreground is dark and reflects the mountains and sky. The text is overlaid on the water.

There is something better to talk about than the faults and weaknesses of others.  
Talk of God and His wonderful works. Study into the manifestations of His love  
and wisdom in all the works of nature.

-CD 464.4

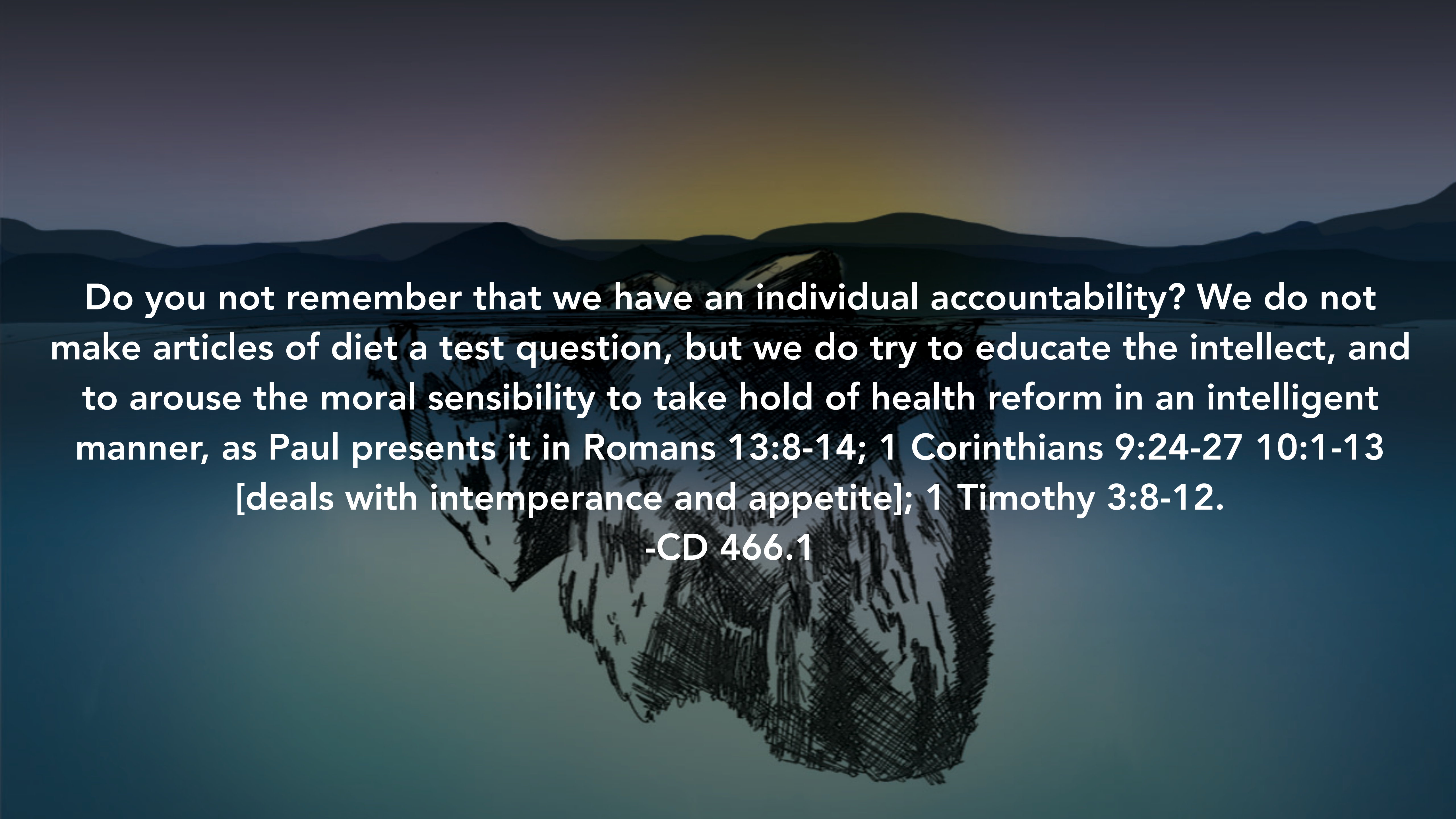
The Lord desires every minister, every physician, every church member, to be careful not to urge those who are ignorant of our faith to make sudden changes in diet, thus bringing them to a premature test. Hold up the principles of health reform, and let the Lord lead the honest in heart. They will hear and believe. The Lord does not require His messengers to present the beautiful truths of health reform in a way that will prejudice the minds of others. Let no one place stumbling blocks before those who are walking in the dark paths of ignorance. Even in praising a good thing, it is well not to be too enthusiastic, lest you turn out of the way those who come to hear. Present the principles of temperance in their most attractive form.

-CD 465.1



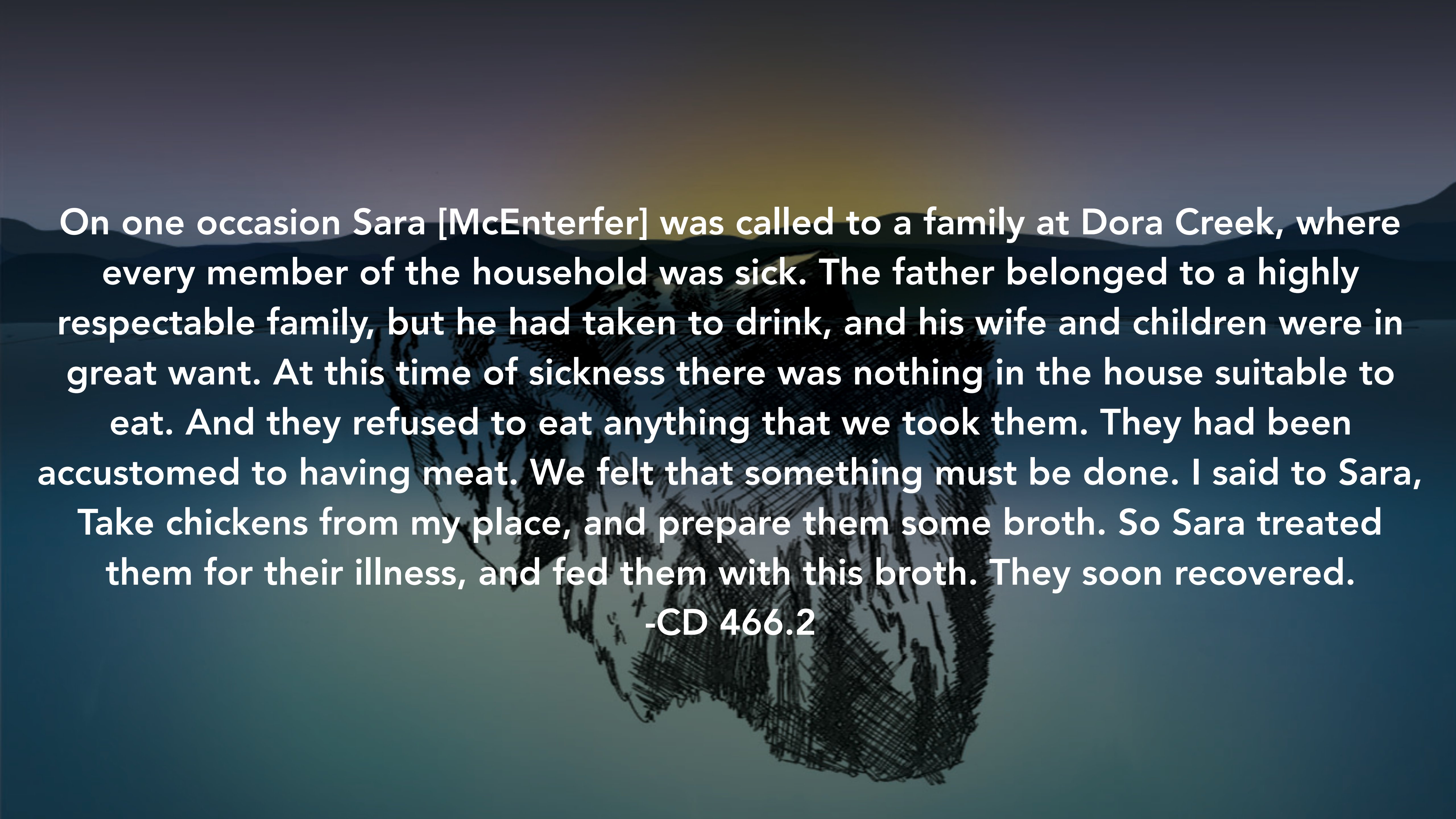
We must not move presumptuously. The laborers who enter new territory to raise up churches must not create difficulties by attempting to make prominent the question of diet. They should be careful not to draw the lines too closely. Impediments would thus be thrown on the pathway of others. Do not drive the people. Lead them. Preach the word as it is in Christ Jesus.... Workers must put forth resolute, persevering effort, remembering that everything cannot be learned at once. They must have a fixed determination patiently to teach the people.

-CD 465.2



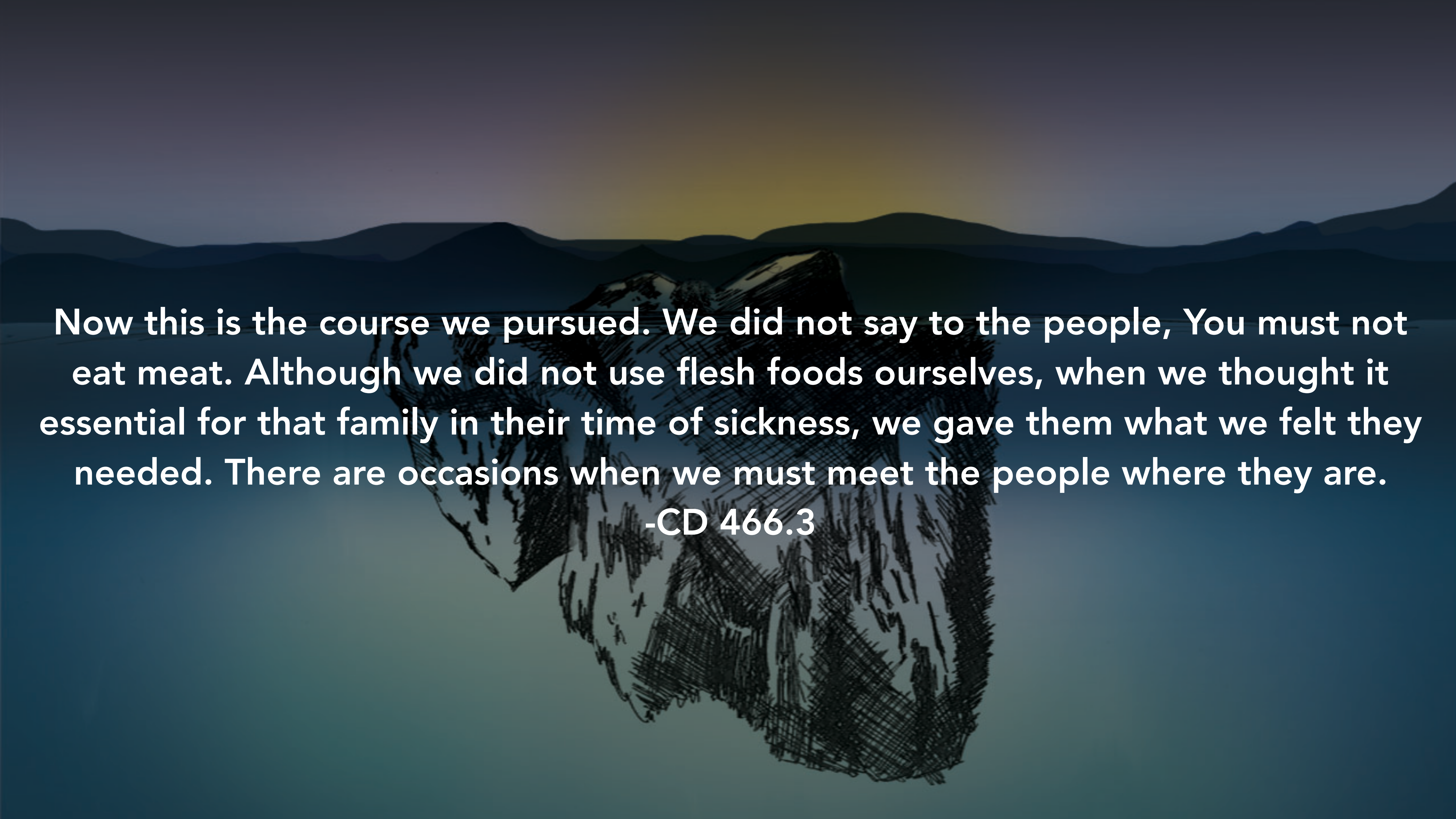
Do you not remember that we have an individual accountability? We do not make articles of diet a test question, but we do try to educate the intellect, and to arouse the moral sensibility to take hold of health reform in an intelligent manner, as Paul presents it in Romans 13:8-14; 1 Corinthians 9:24-27 10:1-13 [deals with intemperance and appetite]; 1 Timothy 3:8-12.

-CD 466.1



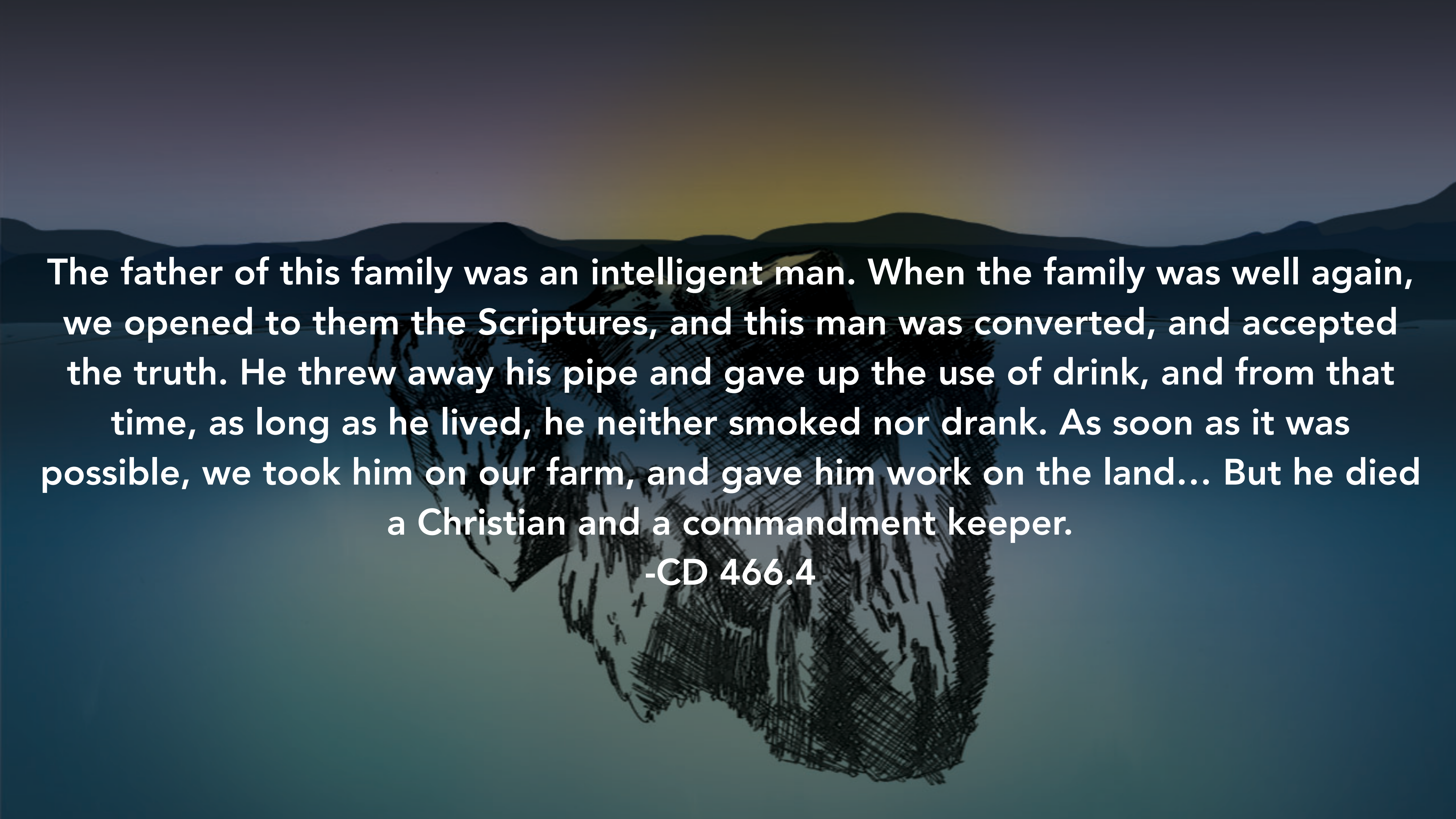
On one occasion Sara [McEnterfer] was called to a family at Dora Creek, where every member of the household was sick. The father belonged to a highly respectable family, but he had taken to drink, and his wife and children were in great want. At this time of sickness there was nothing in the house suitable to eat. And they refused to eat anything that we took them. They had been accustomed to having meat. We felt that something must be done. I said to Sara, Take chickens from my place, and prepare them some broth. So Sara treated them for their illness, and fed them with this broth. They soon recovered.

-CD 466.2

The background features a dark, moody landscape. In the distance, there are silhouettes of mountains under a twilight sky with a faint yellow glow on the horizon. In the foreground, a large, craggy rock formation is visible, rendered with a dense, dark, textured pattern that makes it stand out against the smoother background.

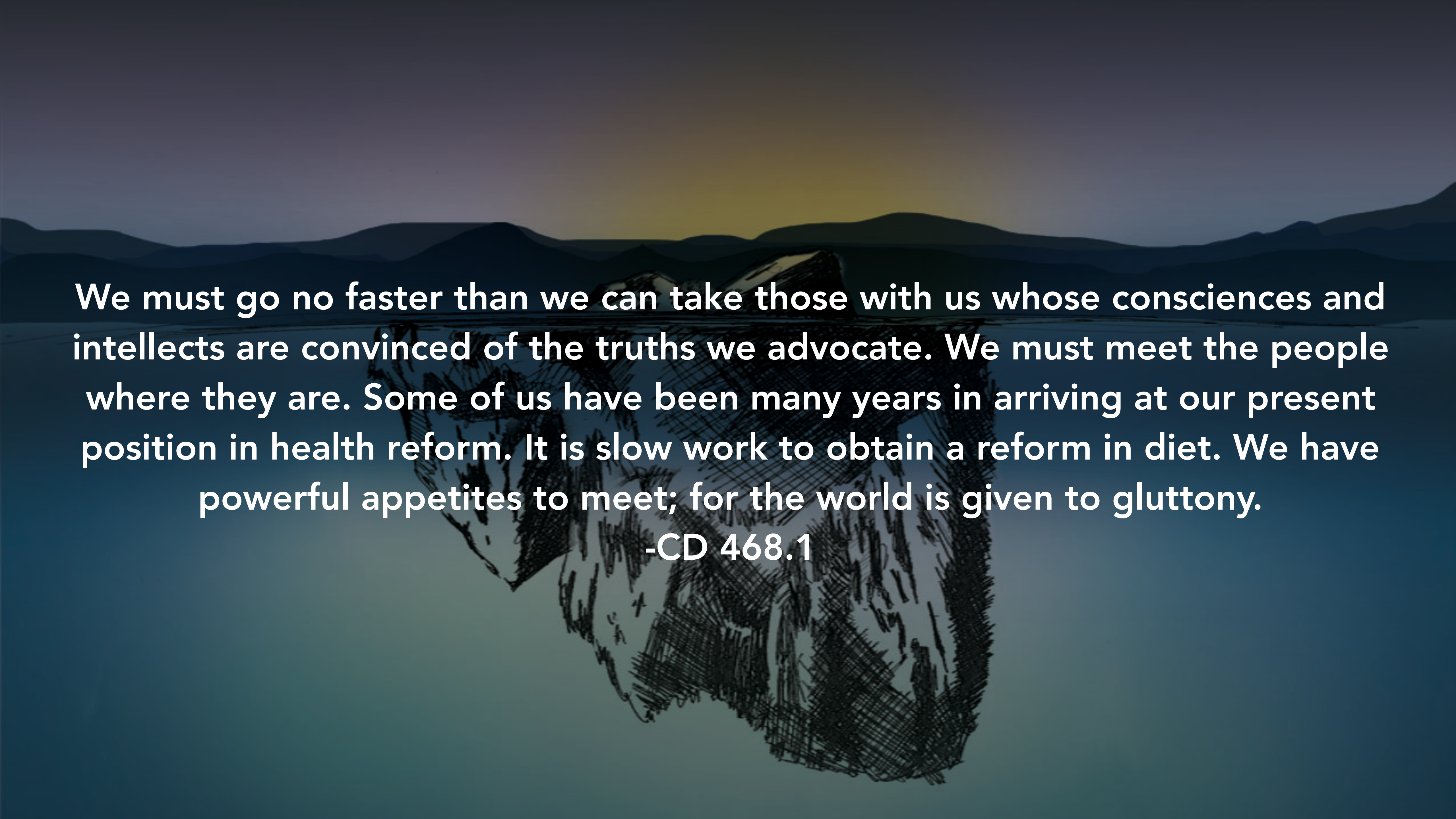
Now this is the course we pursued. We did not say to the people, You must not eat meat. Although we did not use flesh foods ourselves, when we thought it essential for that family in their time of sickness, we gave them what we felt they needed. There are occasions when we must meet the people where they are.

-CD 466.3

The background features a dark, moody landscape with silhouettes of mountains under a twilight sky. A large, dark, textured shape, resembling a shadow or a large rock formation, is prominent in the foreground, partially overlapping the text.

The father of this family was an intelligent man. When the family was well again, we opened to them the Scriptures, and this man was converted, and accepted the truth. He threw away his pipe and gave up the use of drink, and from that time, as long as he lived, he neither smoked nor drank. As soon as it was possible, we took him on our farm, and gave him work on the land... But he died a Christian and a commandment keeper.

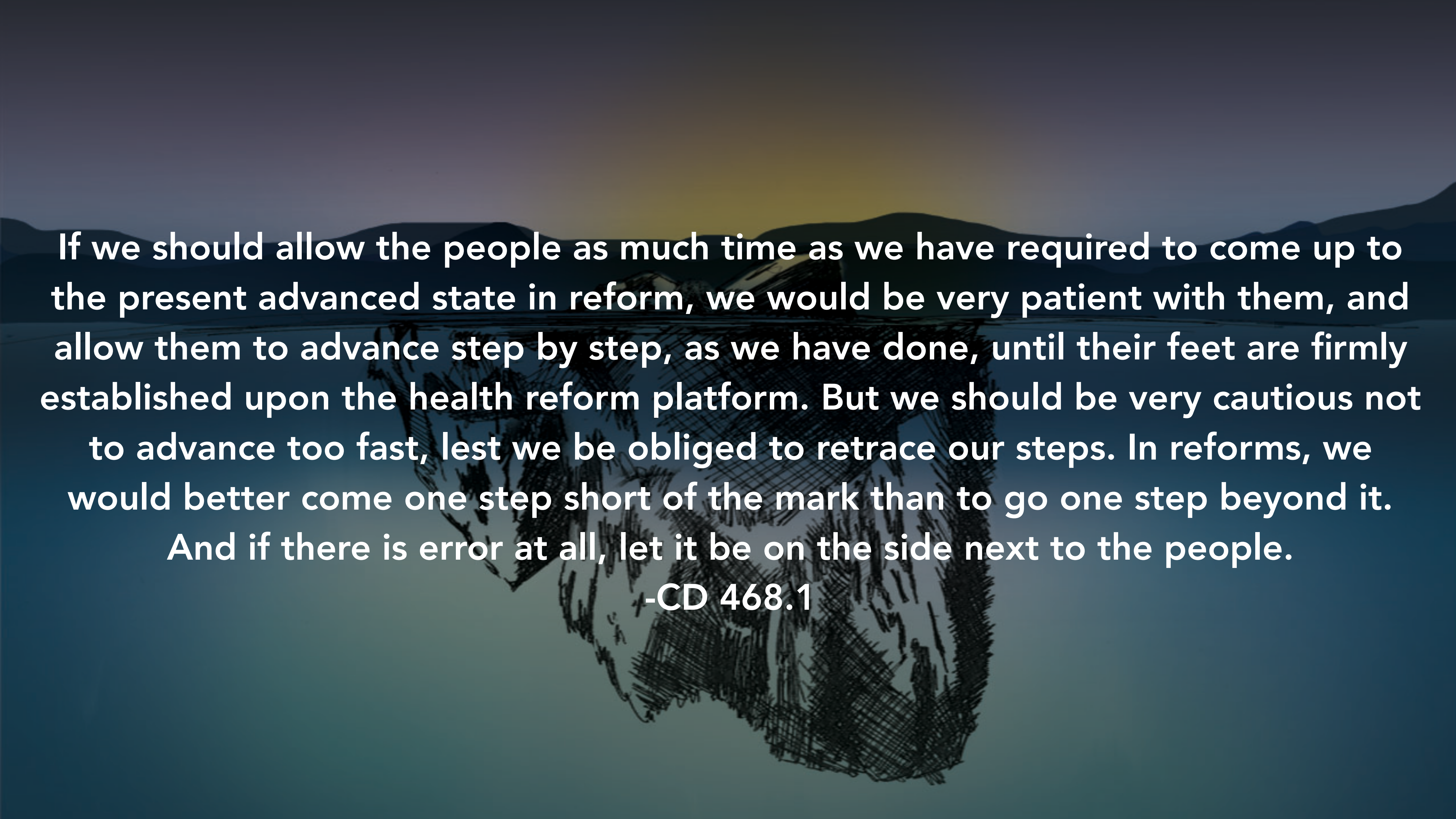
-CD 466.4



We must go no faster than we can take those with us whose consciences and intellects are convinced of the truths we advocate. We must meet the people where they are. Some of us have been many years in arriving at our present position in health reform. It is slow work to obtain a reform in diet. We have powerful appetites to meet; for the world is given to gluttony.

-CD 468.1





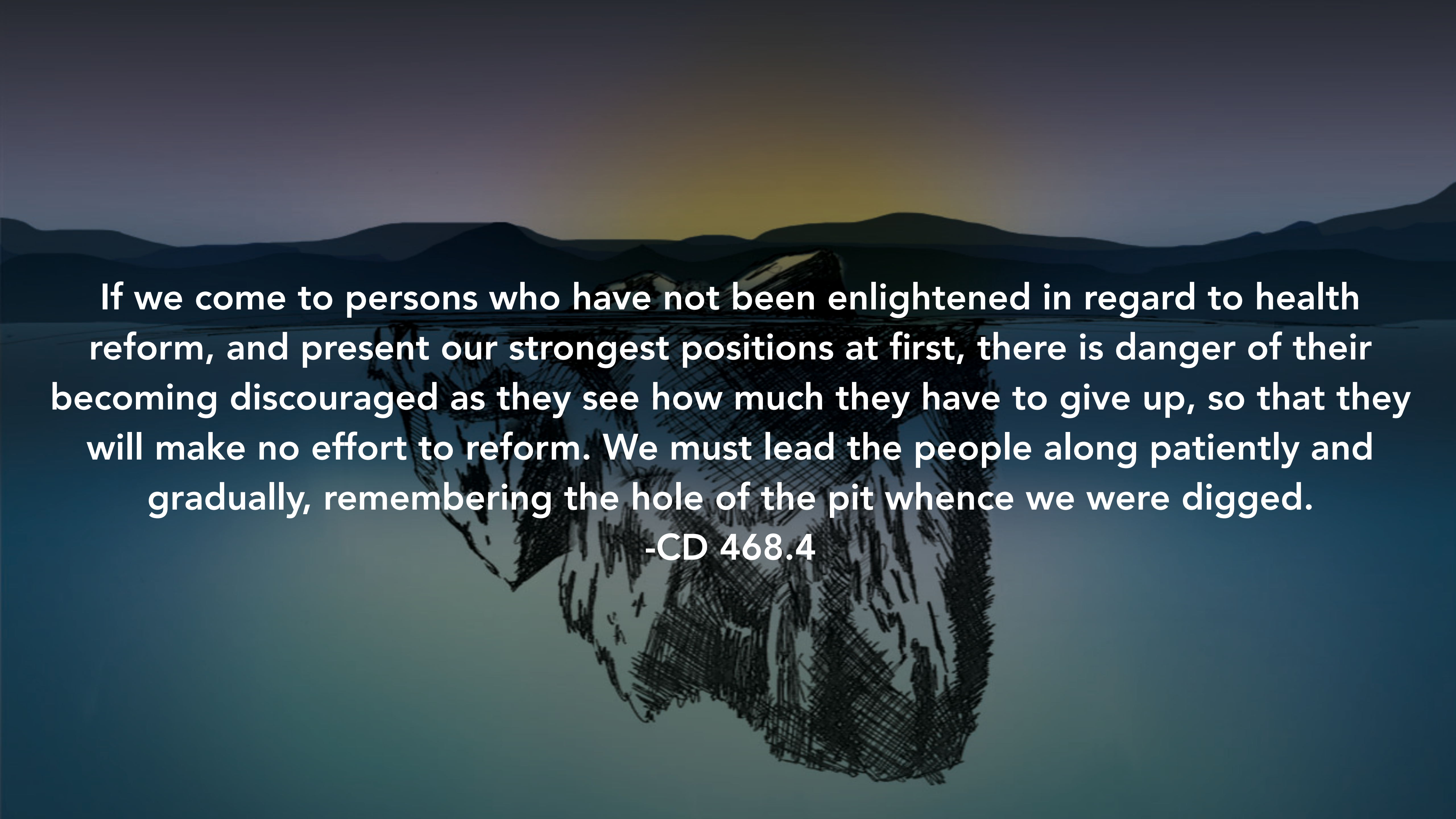
If we should allow the people as much time as we have required to come up to the present advanced state in reform, we would be very patient with them, and allow them to advance step by step, as we have done, until their feet are firmly established upon the health reform platform. But we should be very cautious not to advance too fast, lest we be obliged to retrace our steps. In reforms, we would better come one step short of the mark than to go one step beyond it. And if there is error at all, let it be on the side next to the people.

-CD 468.1



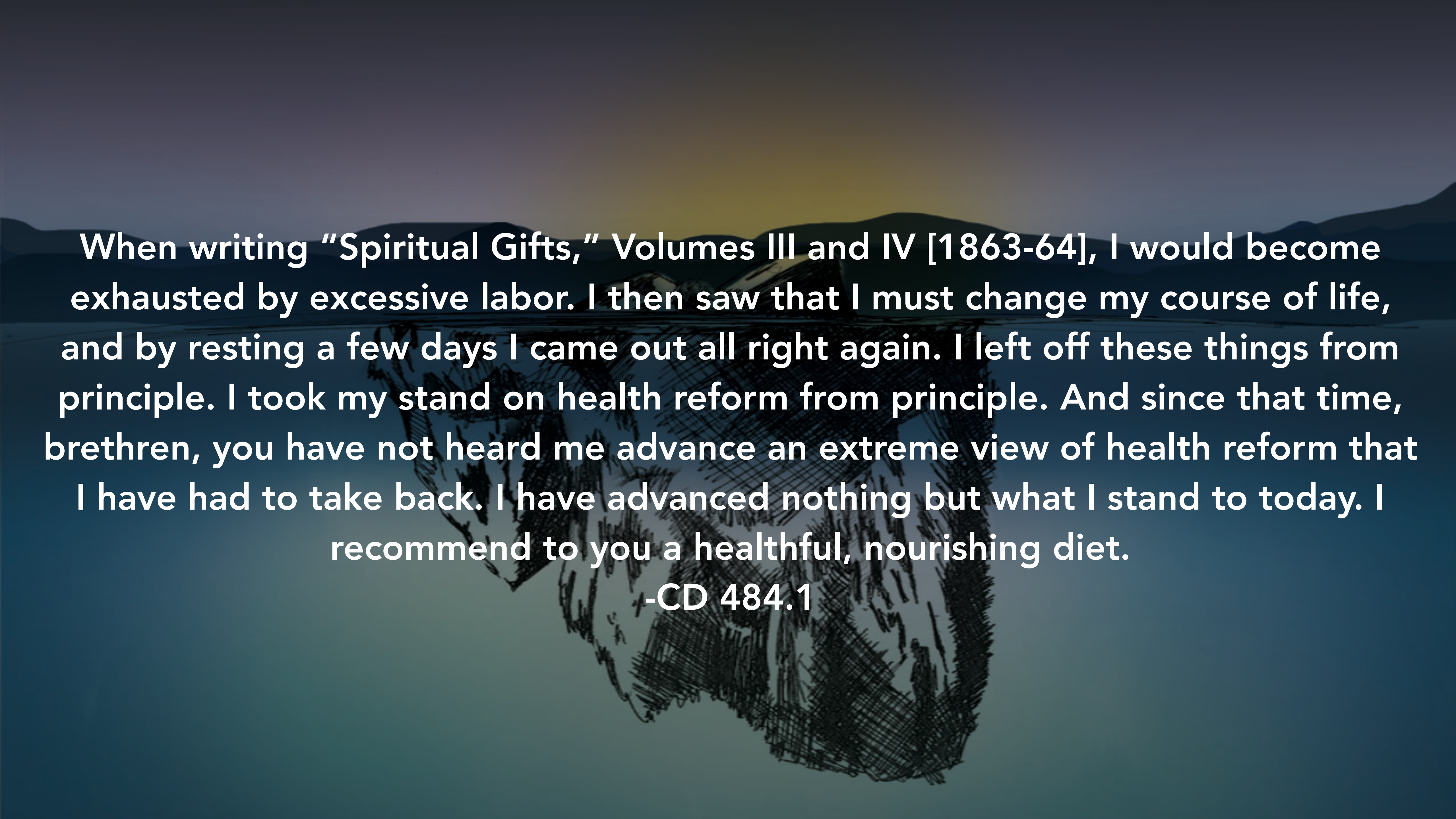
Above all things, we should not with our pens advocate positions that we do not put to a practical test in our own families, upon our own tables. This is a dissimulation, a species of hypocrisy.

-CD 468.2



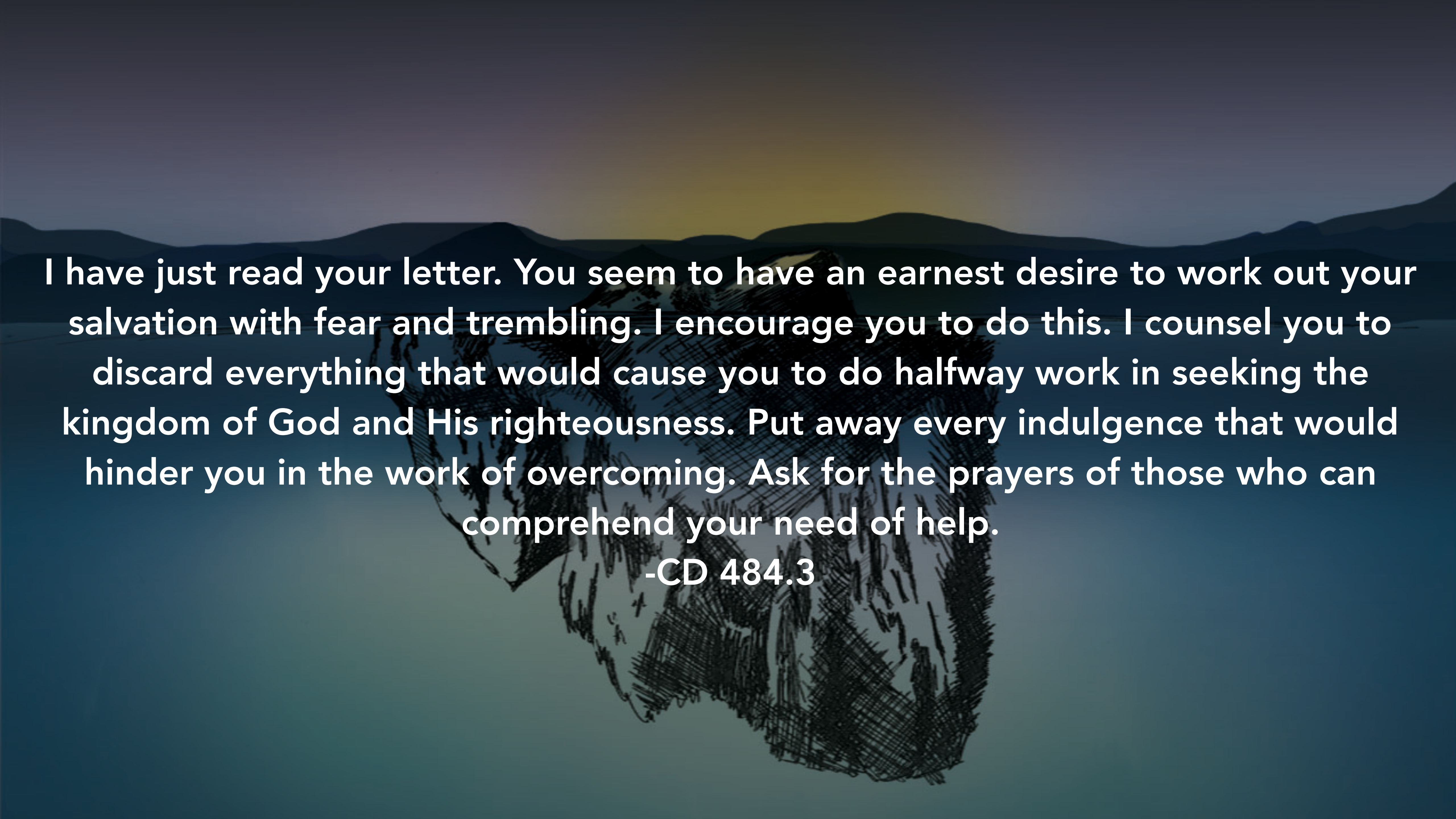
If we come to persons who have not been enlightened in regard to health reform, and present our strongest positions at first, there is danger of their becoming discouraged as they see how much they have to give up, so that they will make no effort to reform. We must lead the people along patiently and gradually, remembering the hole of the pit whence we were digged.

-CD 468.4



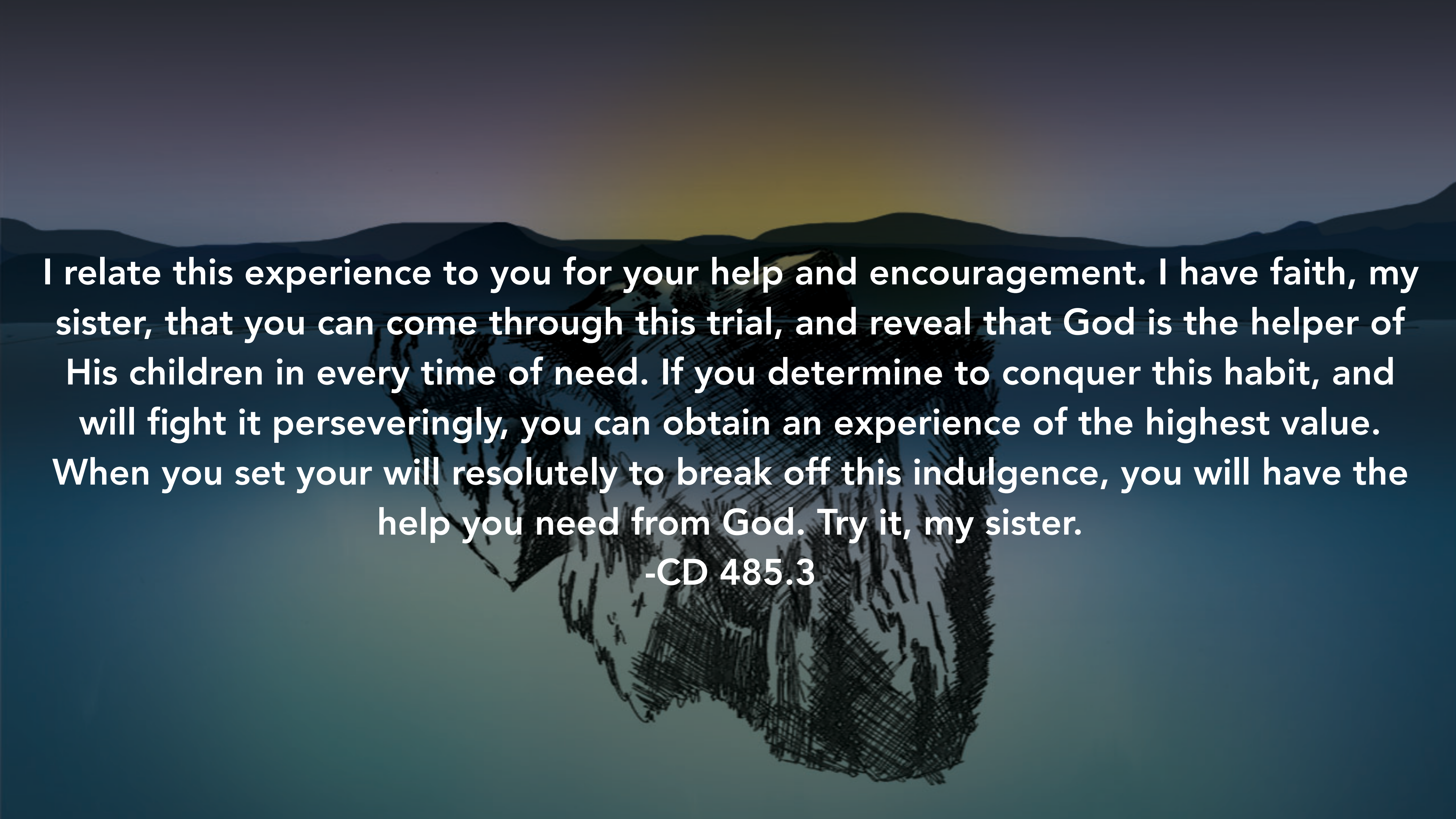
When writing "Spiritual Gifts," Volumes III and IV [1863-64], I would become exhausted by excessive labor. I then saw that I must change my course of life, and by resting a few days I came out all right again. I left off these things from principle. I took my stand on health reform from principle. And since that time, brethren, you have not heard me advance an extreme view of health reform that I have had to take back. I have advanced nothing but what I stand to today. I recommend to you a healthful, nourishing diet.

-CD 484.1

The background features a dark, moody landscape with silhouettes of mountains under a twilight sky. A large, dark, textured shape, possibly a rock formation or a large shadow, is prominent in the foreground, partially overlapping the text.

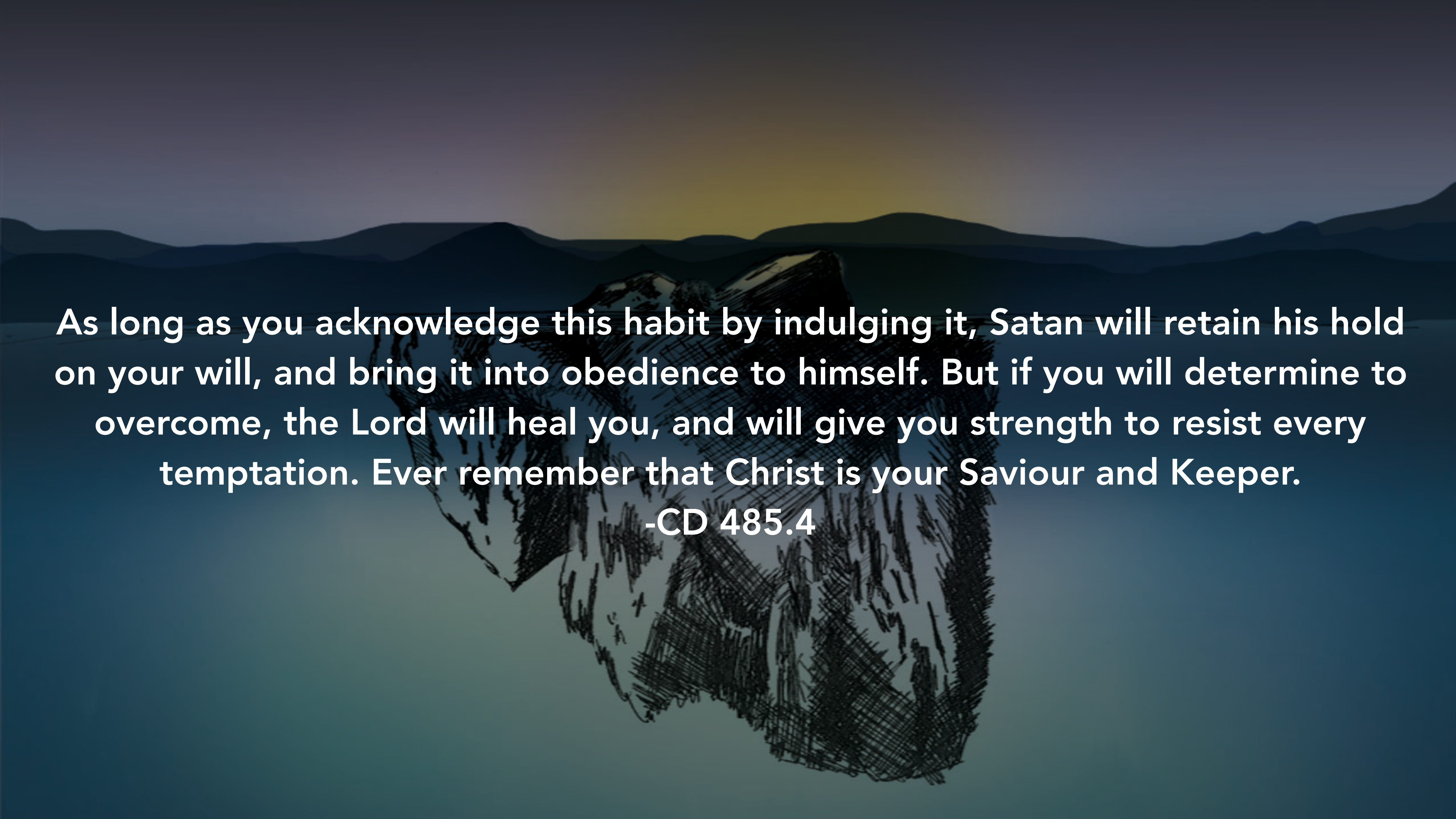
I have just read your letter. You seem to have an earnest desire to work out your salvation with fear and trembling. I encourage you to do this. I counsel you to discard everything that would cause you to do halfway work in seeking the kingdom of God and His righteousness. Put away every indulgence that would hinder you in the work of overcoming. Ask for the prayers of those who can comprehend your need of help.

-CD 484.3



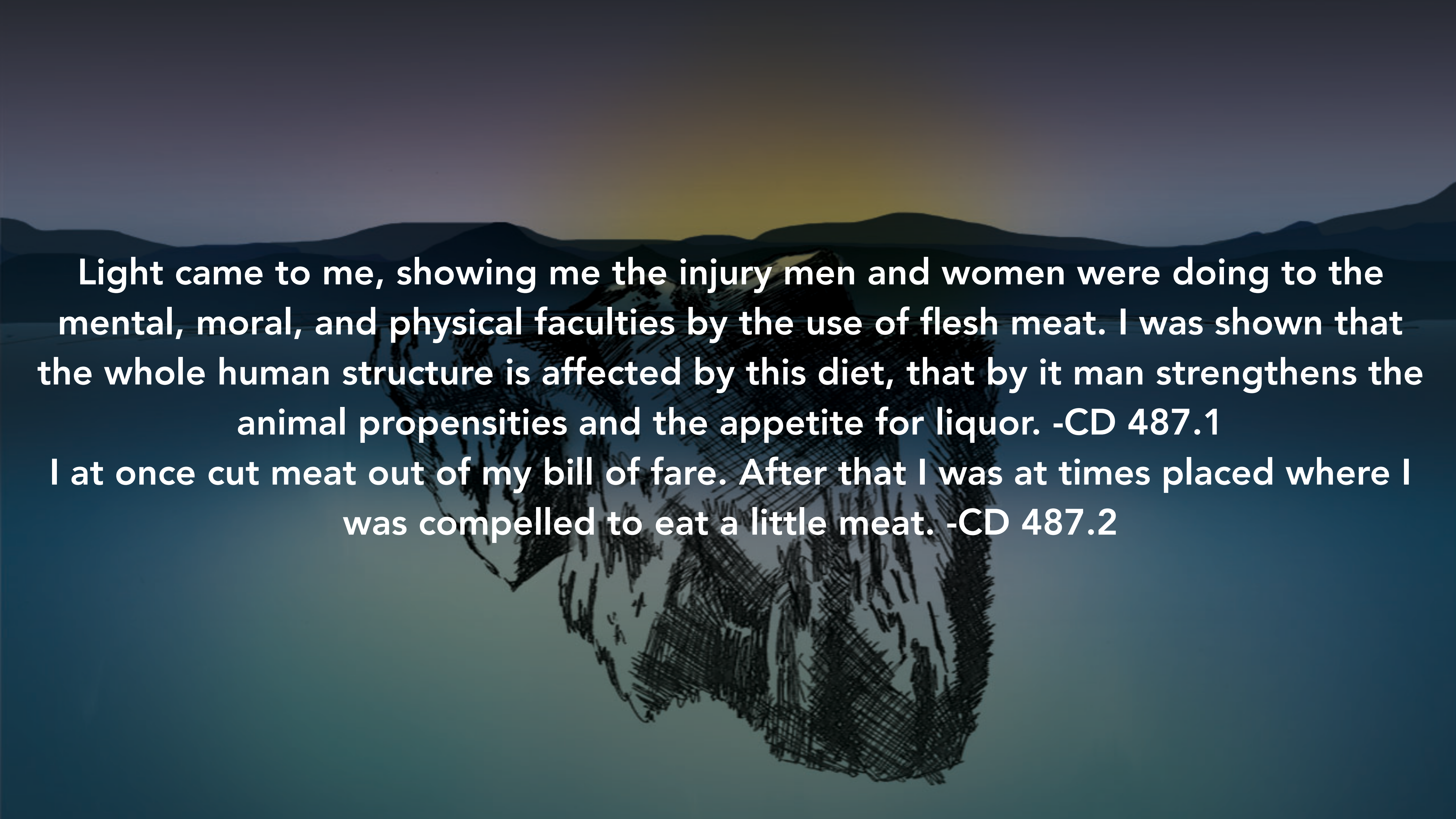
I relate this experience to you for your help and encouragement. I have faith, my sister, that you can come through this trial, and reveal that God is the helper of His children in every time of need. If you determine to conquer this habit, and will fight it perseveringly, you can obtain an experience of the highest value. When you set your will resolutely to break off this indulgence, you will have the help you need from God. Try it, my sister.

-CD 485.3



As long as you acknowledge this habit by indulging it, Satan will retain his hold on your will, and bring it into obedience to himself. But if you will determine to overcome, the Lord will heal you, and will give you strength to resist every temptation. Ever remember that Christ is your Saviour and Keeper.

-CD 485.4



Light came to me, showing me the injury men and women were doing to the mental, moral, and physical faculties by the use of flesh meat. I was shown that the whole human structure is affected by this diet, that by it man strengthens the animal propensities and the appetite for liquor. -CD 487.1

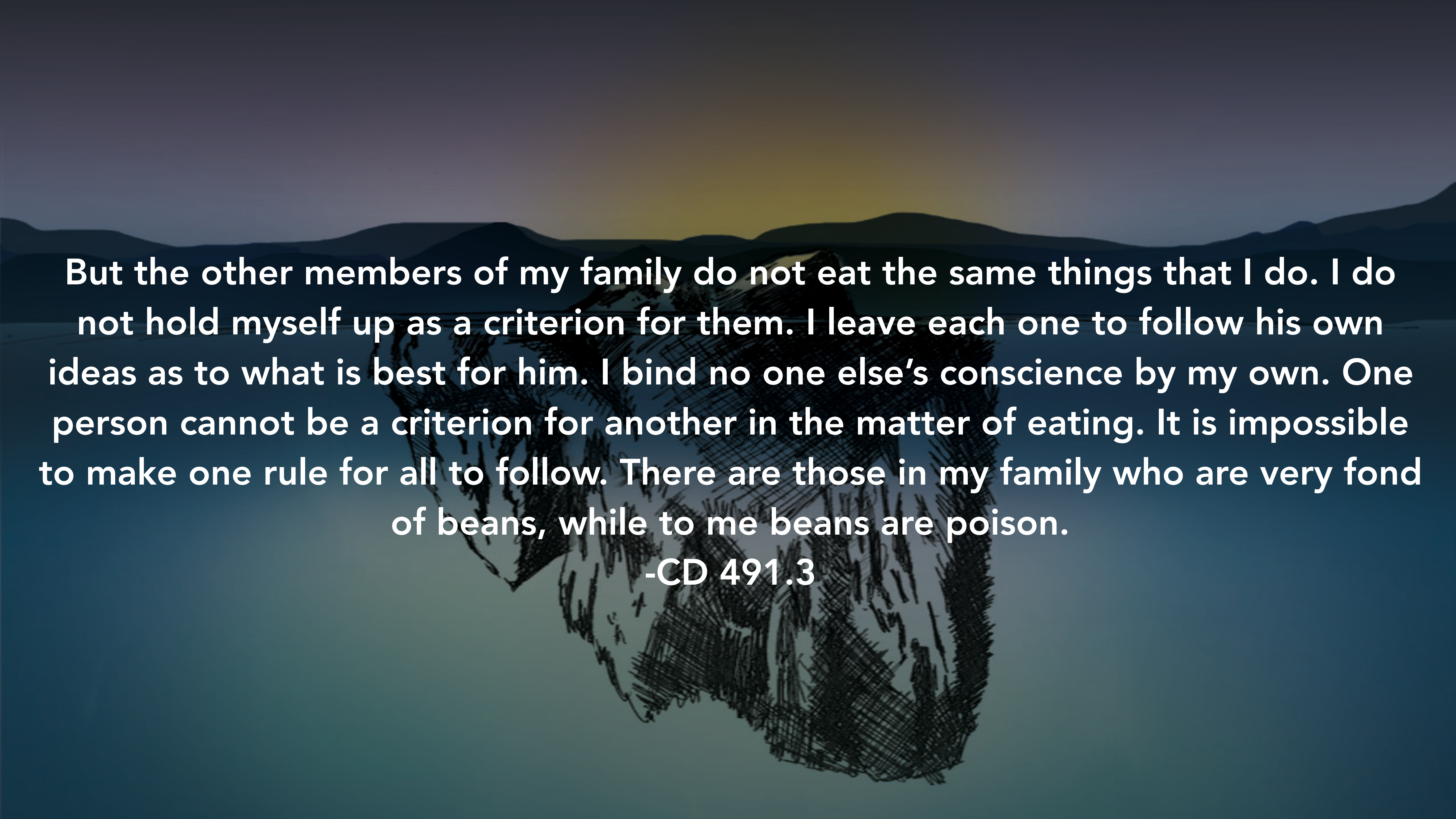
I at once cut meat out of my bill of fare. After that I was at times placed where I was compelled to eat a little meat. -CD 487.2



A dark, atmospheric landscape with mountains and a body of water. In the foreground, there is a large, dark, textured shape that appears to be a reflection or a shadow of the mountains. The sky is a gradient of dark blue and purple, suggesting a sunset or sunrise. The overall mood is serene and contemplative.

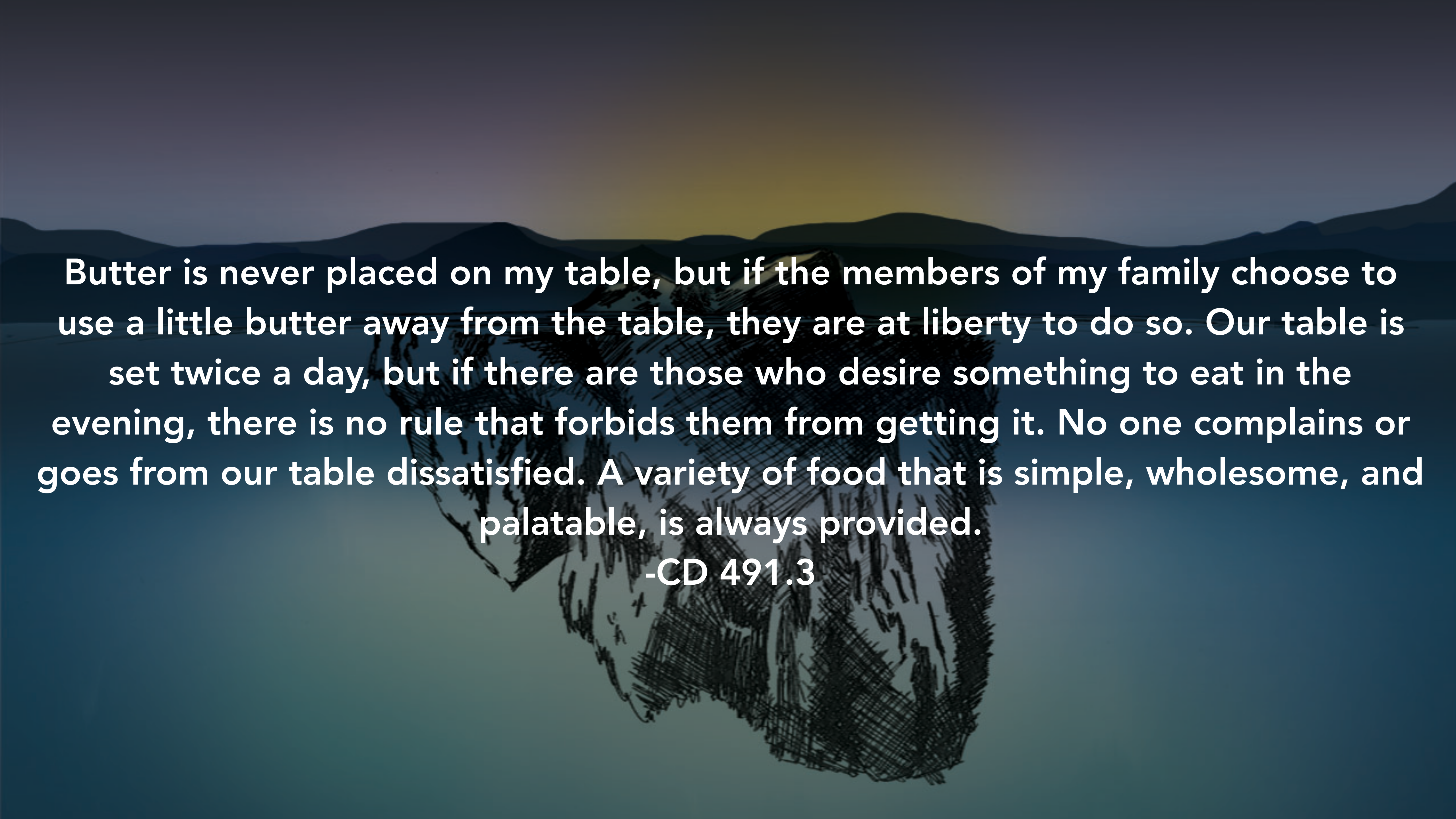
**My health is good. My appetite is excellent. I find that the simpler my food, and  
the fewer varieties I eat, the stronger I am.**

**-CD 490.3**



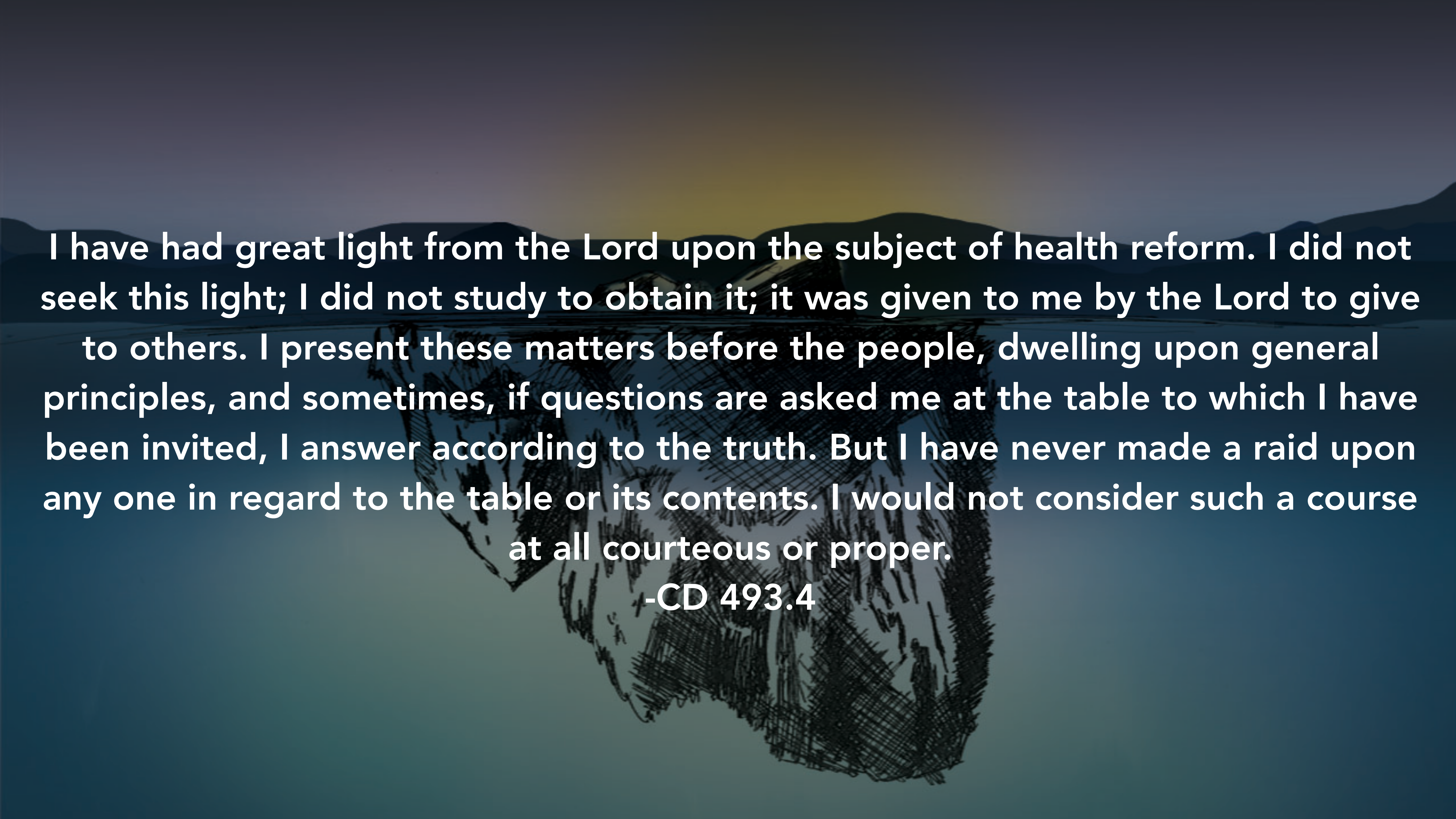
But the other members of my family do not eat the same things that I do. I do not hold myself up as a criterion for them. I leave each one to follow his own ideas as to what is best for him. I bind no one else's conscience by my own. One person cannot be a criterion for another in the matter of eating. It is impossible to make one rule for all to follow. There are those in my family who are very fond of beans, while to me beans are poison.

-CD 491.3



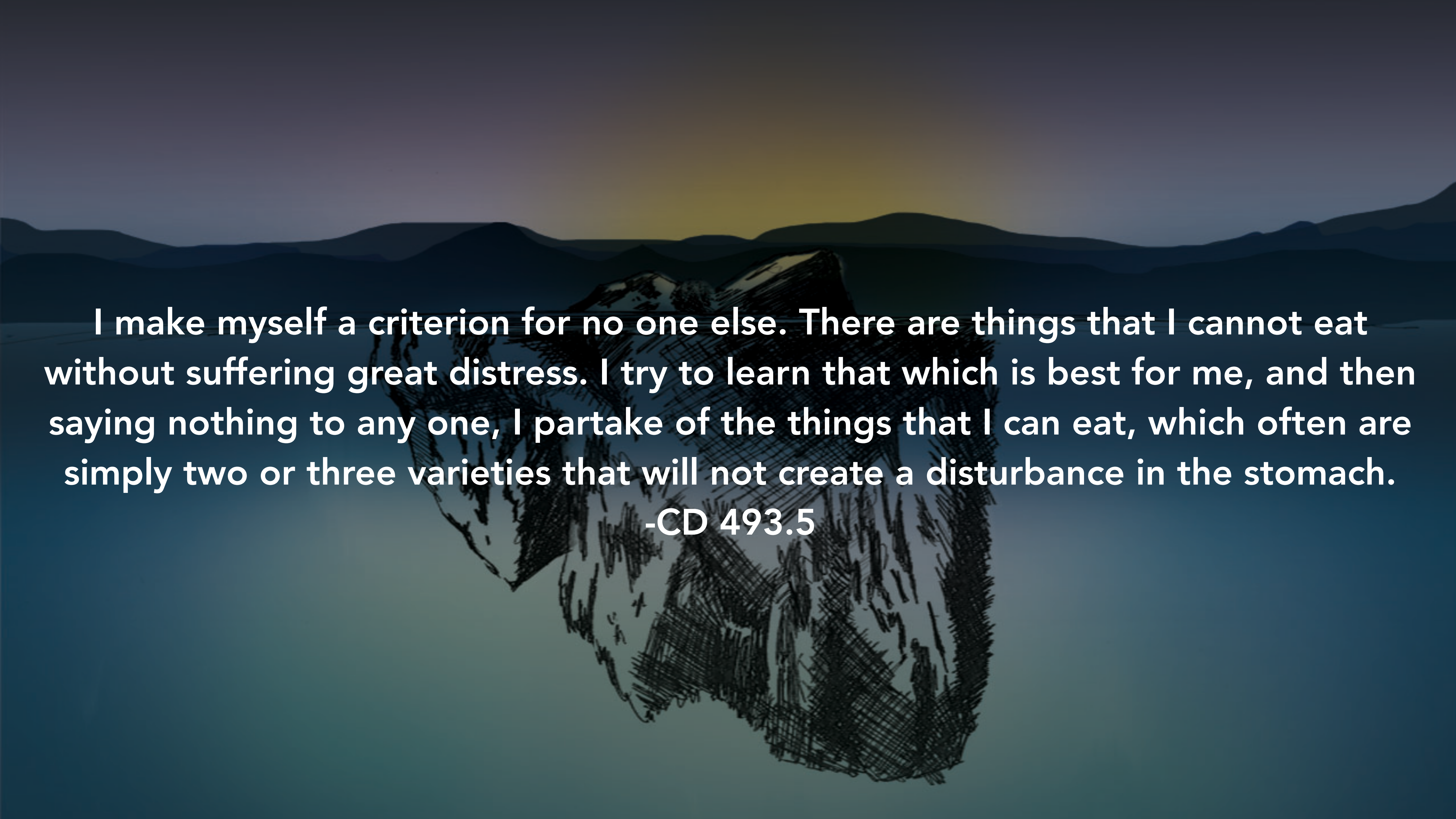
Butter is never placed on my table, but if the members of my family choose to use a little butter away from the table, they are at liberty to do so. Our table is set twice a day, but if there are those who desire something to eat in the evening, there is no rule that forbids them from getting it. No one complains or goes from our table dissatisfied. A variety of food that is simple, wholesome, and palatable, is always provided.

-CD 491.3



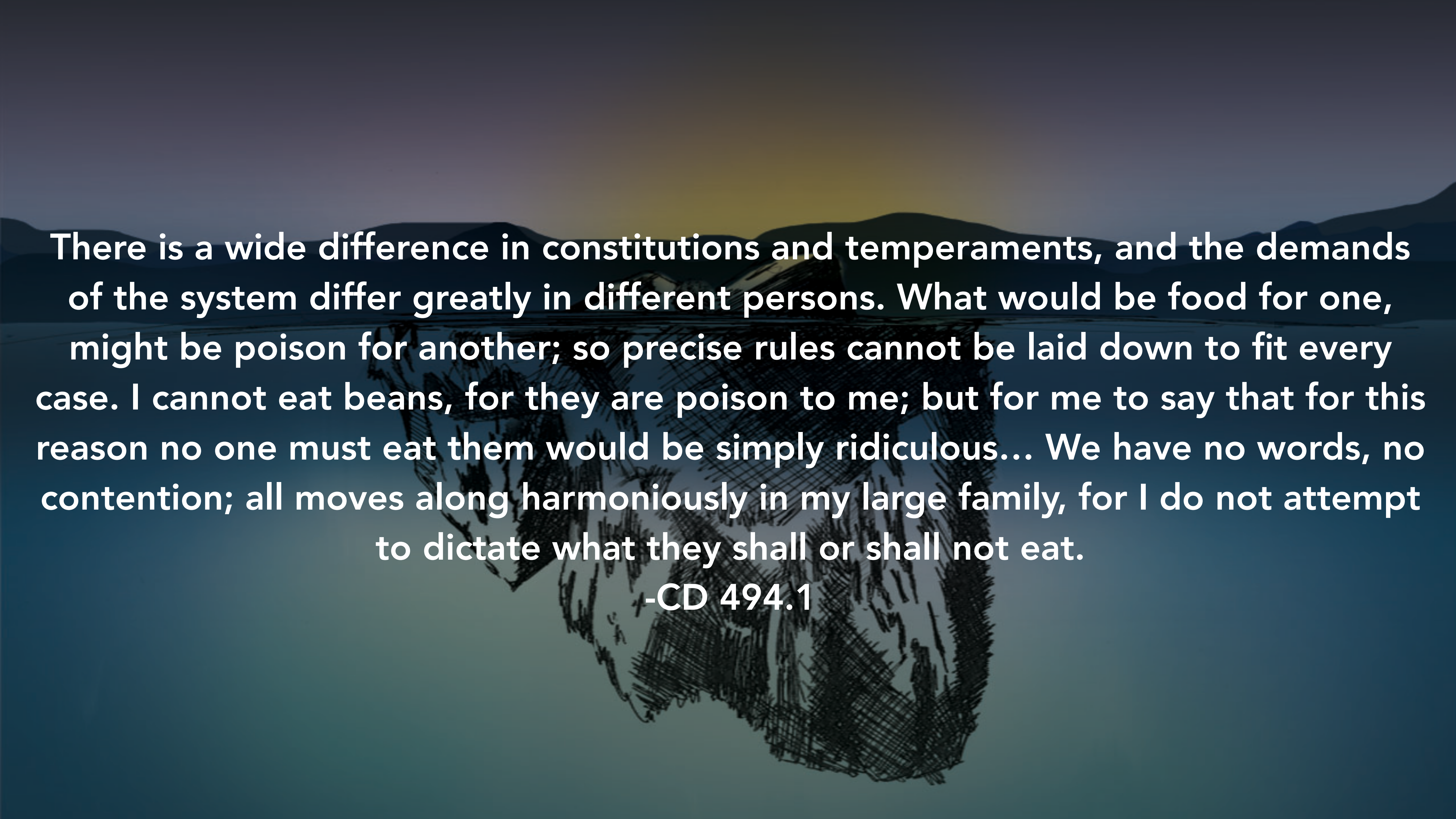
I have had great light from the Lord upon the subject of health reform. I did not seek this light; I did not study to obtain it; it was given to me by the Lord to give to others. I present these matters before the people, dwelling upon general principles, and sometimes, if questions are asked me at the table to which I have been invited, I answer according to the truth. But I have never made a raid upon any one in regard to the table or its contents. I would not consider such a course at all courteous or proper.

-CD 493.4

The background is a dark, atmospheric landscape. In the distance, there are silhouettes of mountains under a twilight sky with a faint yellow glow on the horizon. In the foreground, there is a large, dark, textured shape that appears to be a reflection or a shadow of a mountain peak, rendered in a sketchy, cross-hatched style.

I make myself a criterion for no one else. There are things that I cannot eat without suffering great distress. I try to learn that which is best for me, and then saying nothing to any one, I partake of the things that I can eat, which often are simply two or three varieties that will not create a disturbance in the stomach.

-CD 493.5



There is a wide difference in constitutions and temperaments, and the demands of the system differ greatly in different persons. What would be food for one, might be poison for another; so precise rules cannot be laid down to fit every case. I cannot eat beans, for they are poison to me; but for me to say that for this reason no one must eat them would be simply ridiculous... We have no words, no contention; all moves along harmoniously in my large family, for I do not attempt to dictate what they shall or shall not eat.

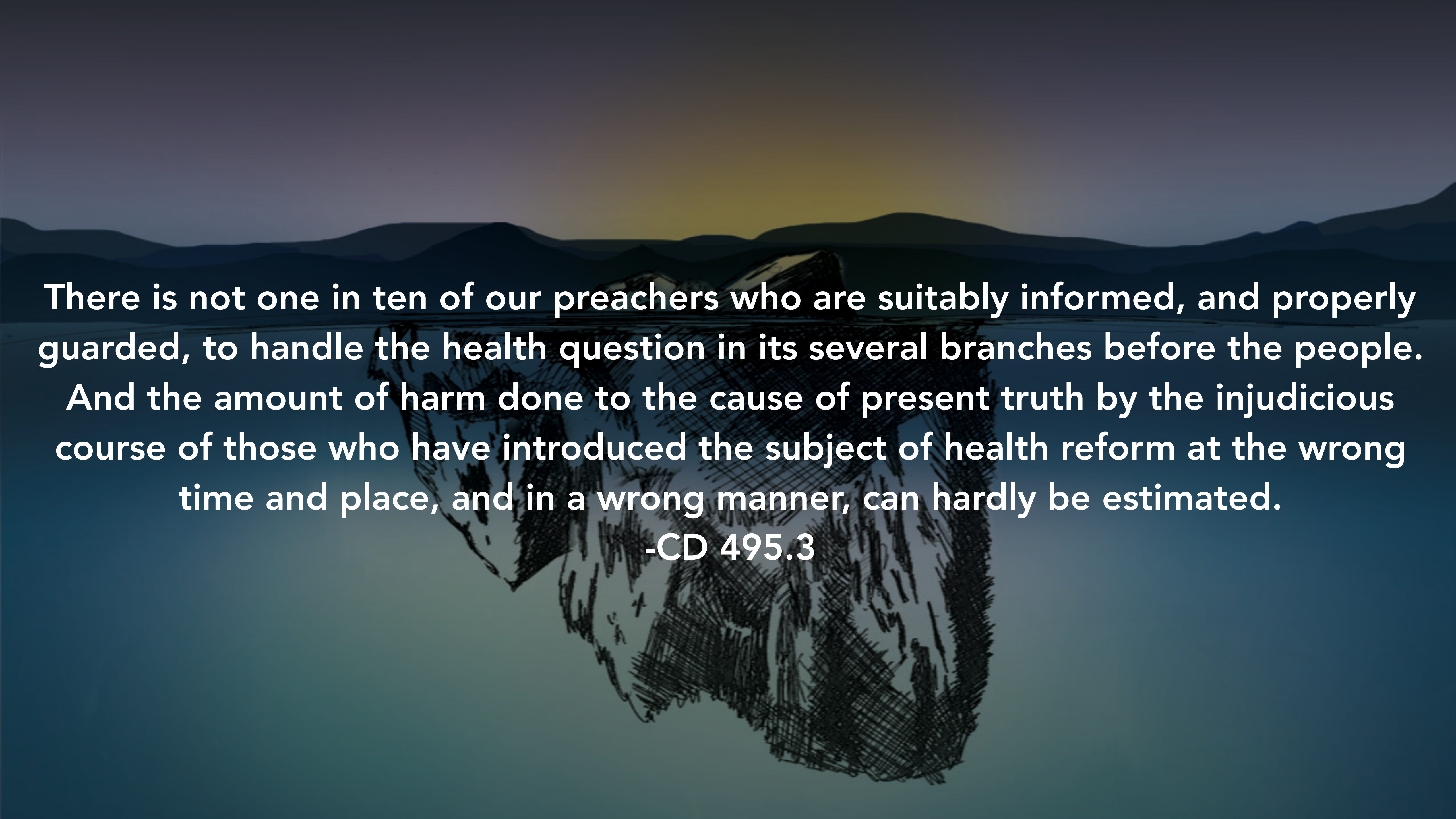
-CD 494.1

On this subject she always avoids extremes, and is careful to take only those positions where she is quite sure not to excite prejudices.

-CD 495.2

The people are easily excited and prejudiced upon the subject of health reform, if those who handle it are unfortunate in the selection of the occasion, or in the style in which they present it, especially if they stand before the people in the light of extremists.

-CD 495.3

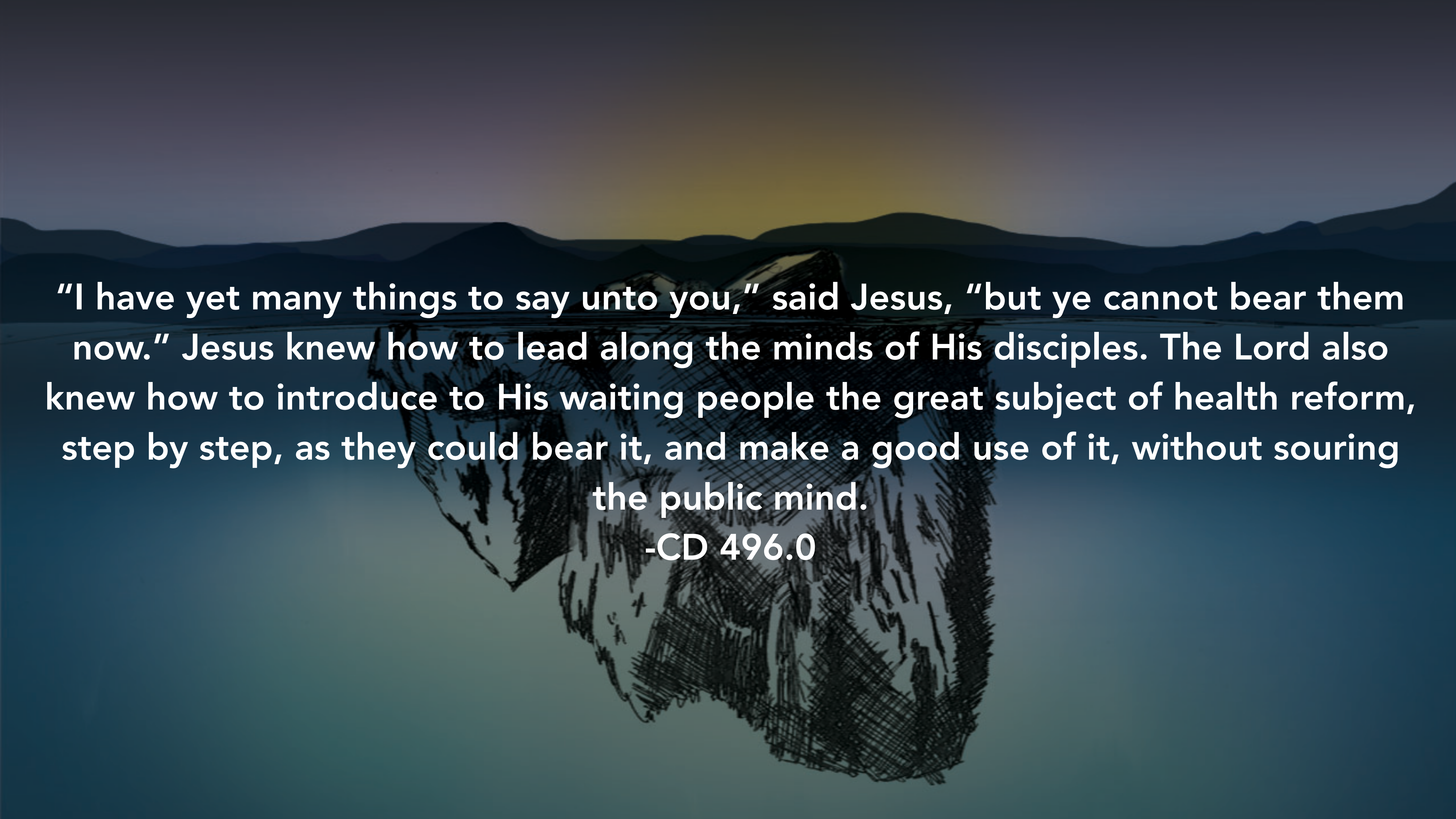


There is not one in ten of our preachers who are suitably informed, and properly guarded, to handle the health question in its several branches before the people.

And the amount of harm done to the cause of present truth by the injudicious course of those who have introduced the subject of health reform at the wrong time and place, and in a wrong manner, can hardly be estimated.

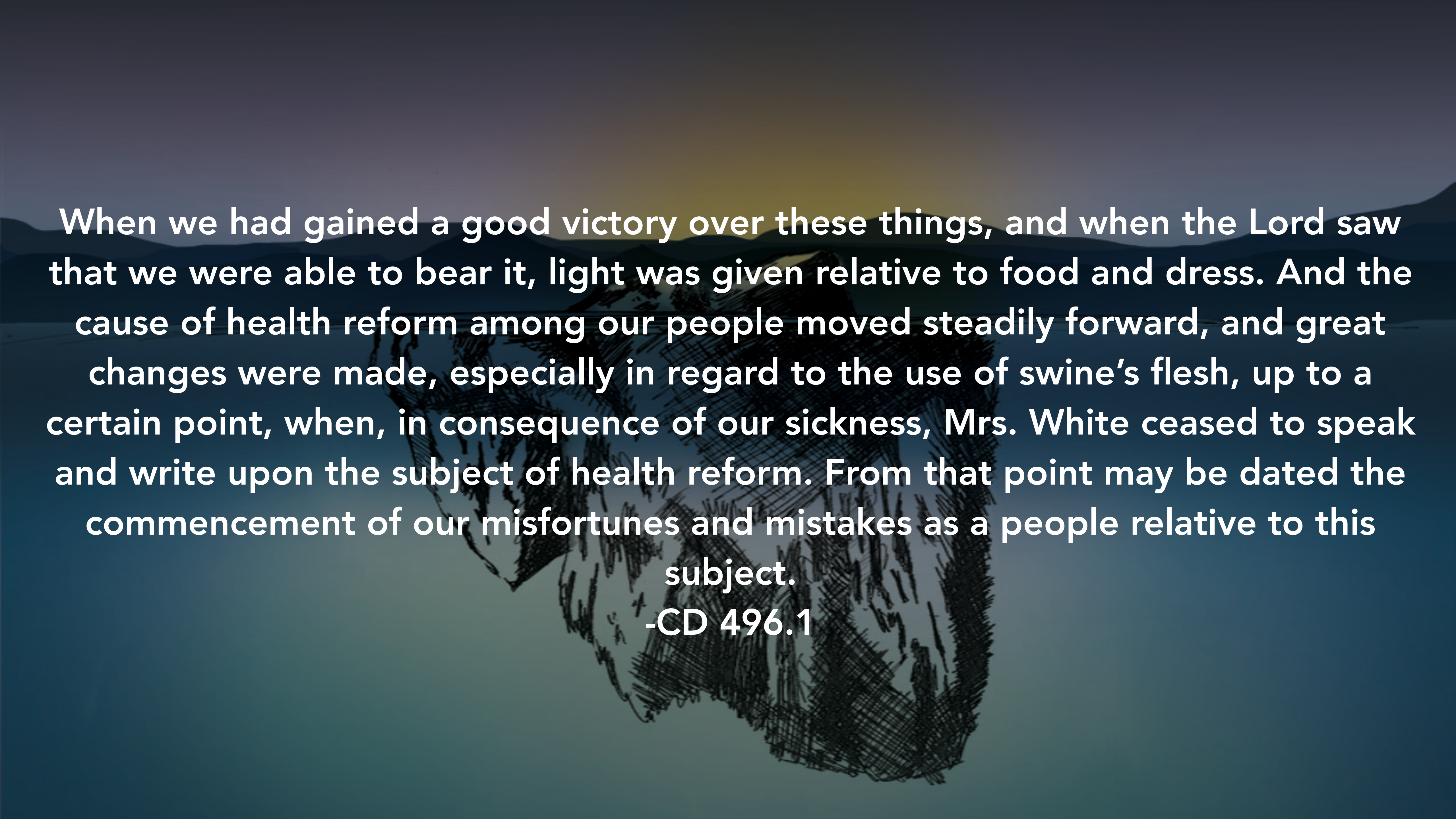
-CD 495.3





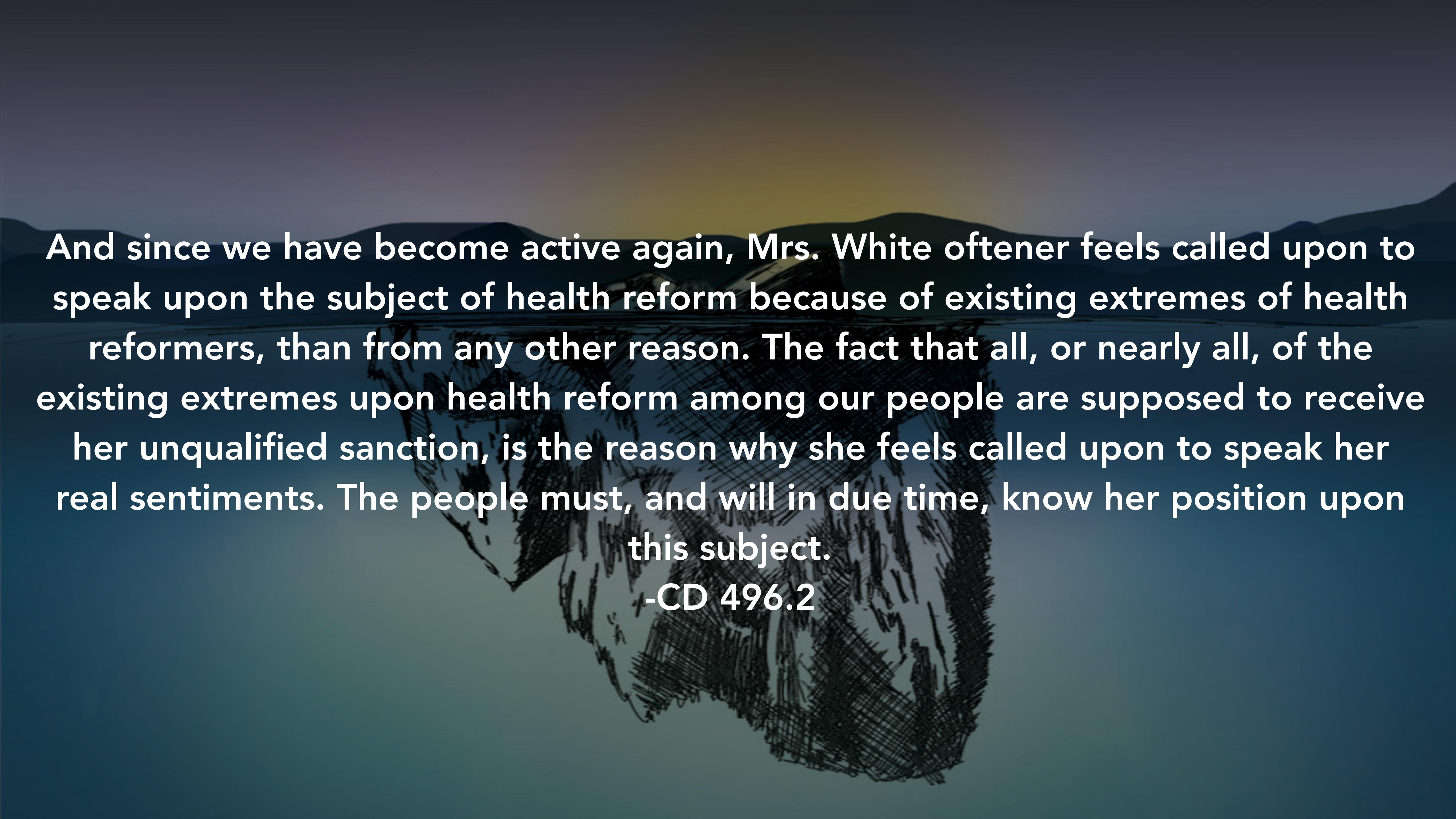
**"I have yet many things to say unto you," said Jesus, "but ye cannot bear them now." Jesus knew how to lead along the minds of His disciples. The Lord also knew how to introduce to His waiting people the great subject of health reform, step by step, as they could bear it, and make a good use of it, without souring the public mind.**

**-CD 496.0**



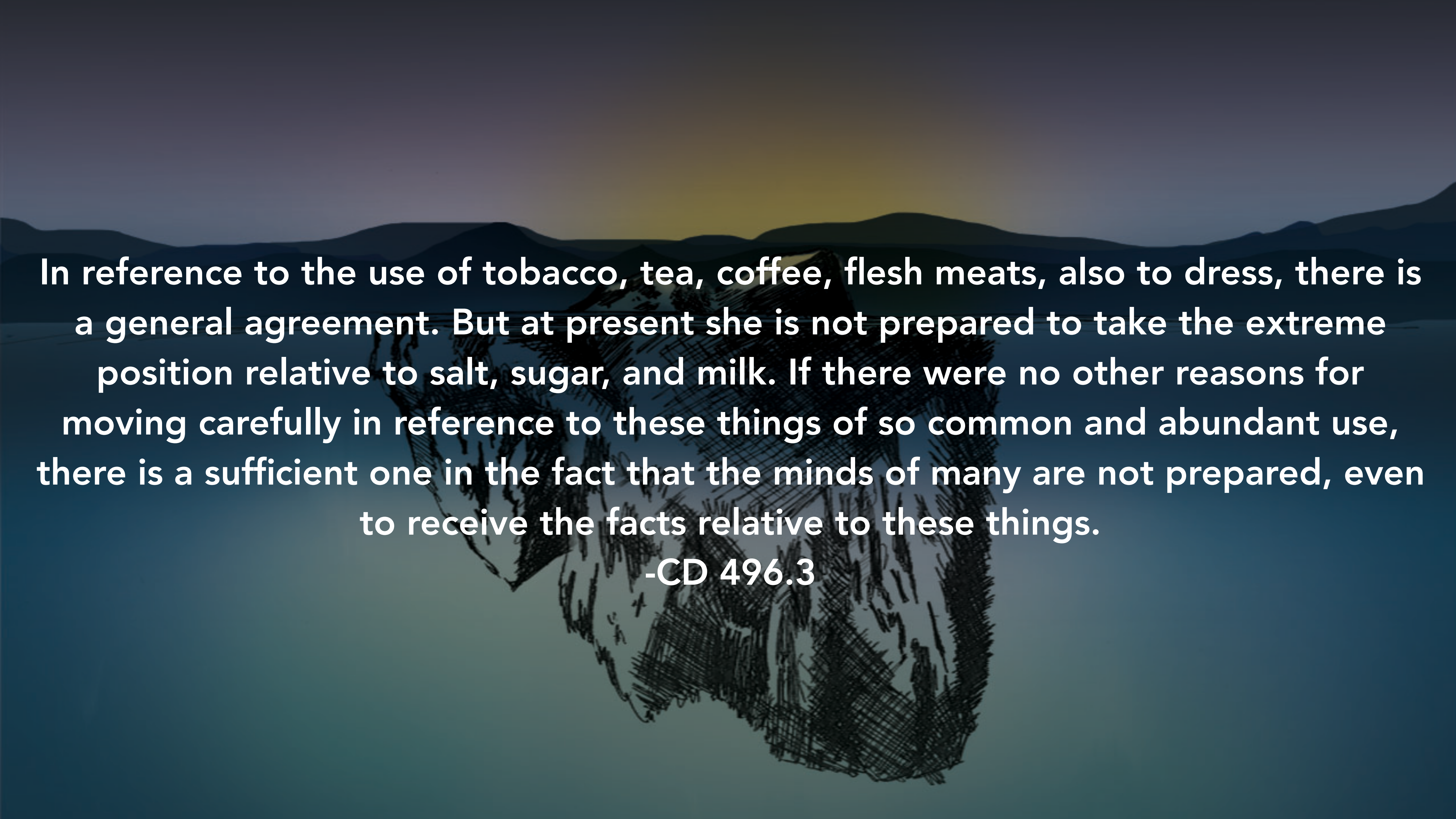
When we had gained a good victory over these things, and when the Lord saw that we were able to bear it, light was given relative to food and dress. And the cause of health reform among our people moved steadily forward, and great changes were made, especially in regard to the use of swine's flesh, up to a certain point, when, in consequence of our sickness, Mrs. White ceased to speak and write upon the subject of health reform. From that point may be dated the commencement of our misfortunes and mistakes as a people relative to this subject.

-CD 496.1



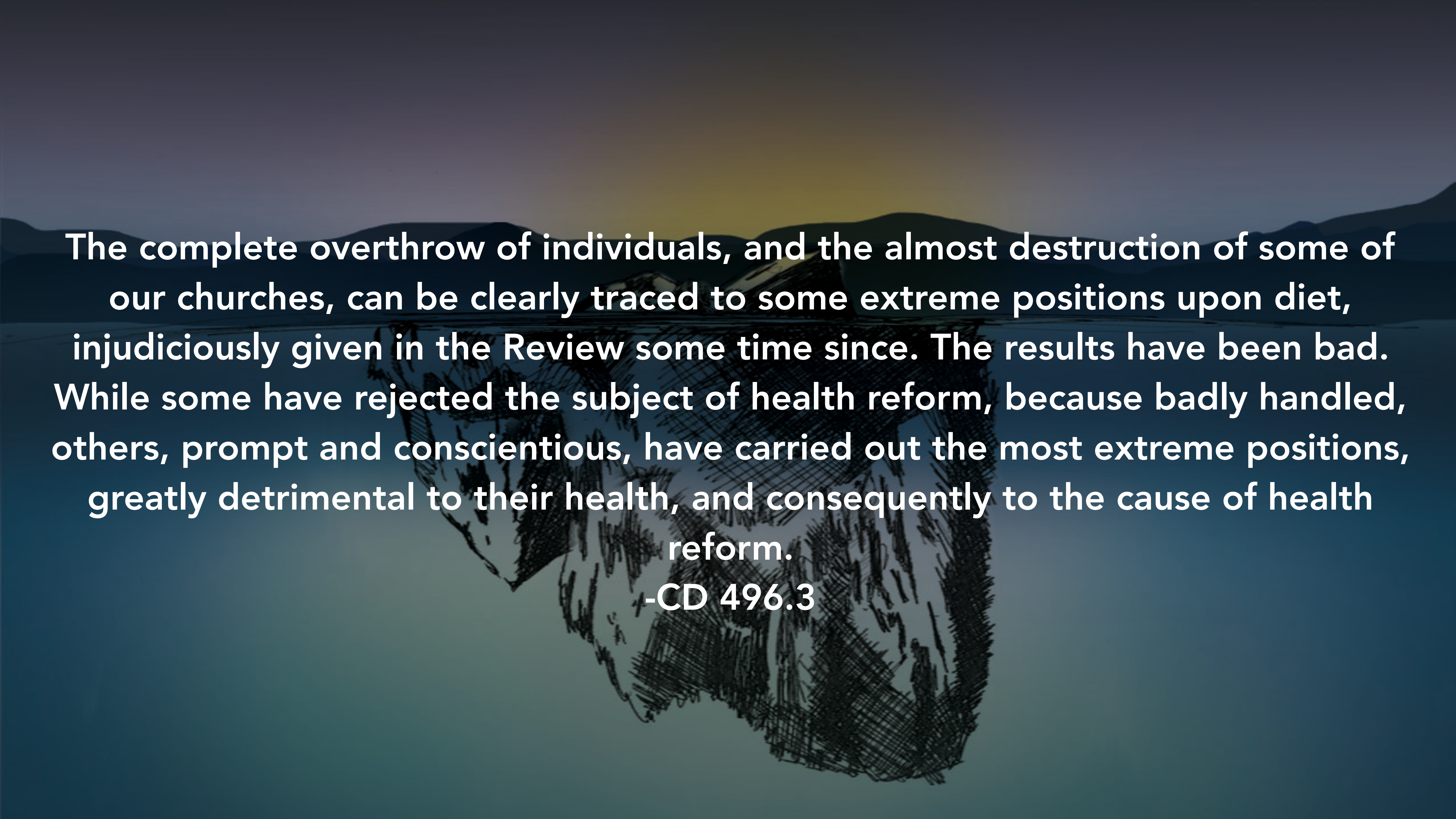
And since we have become active again, Mrs. White oftener feels called upon to speak upon the subject of health reform because of existing extremes of health reformers, than from any other reason. The fact that all, or nearly all, of the existing extremes upon health reform among our people are supposed to receive her unqualified sanction, is the reason why she feels called upon to speak her real sentiments. The people must, and will in due time, know her position upon this subject.

-CD 496.2



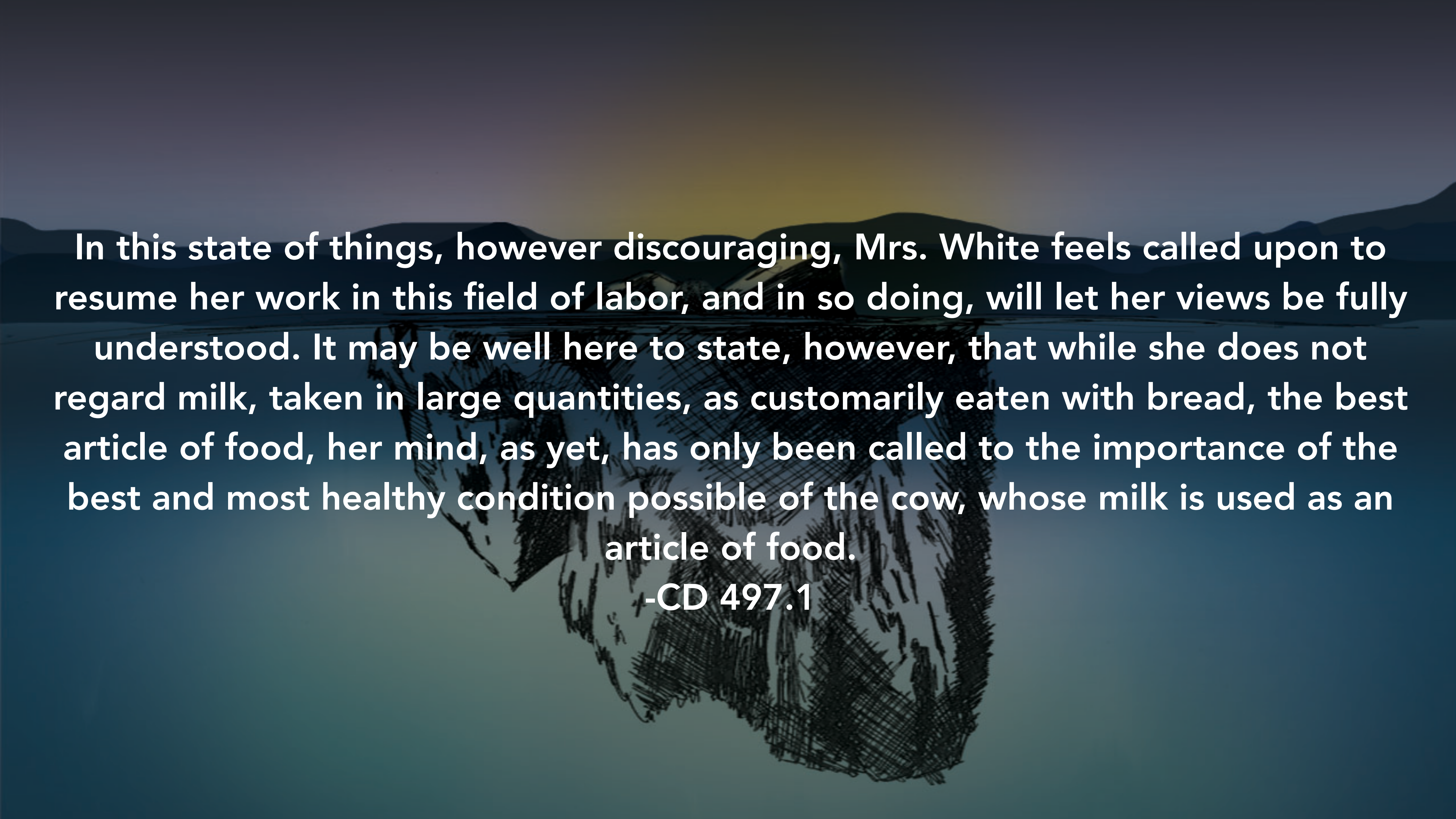
In reference to the use of tobacco, tea, coffee, flesh meats, also to dress, there is a general agreement. But at present she is not prepared to take the extreme position relative to salt, sugar, and milk. If there were no other reasons for moving carefully in reference to these things of so common and abundant use, there is a sufficient one in the fact that the minds of many are not prepared, even to receive the facts relative to these things.

-CD 496.3



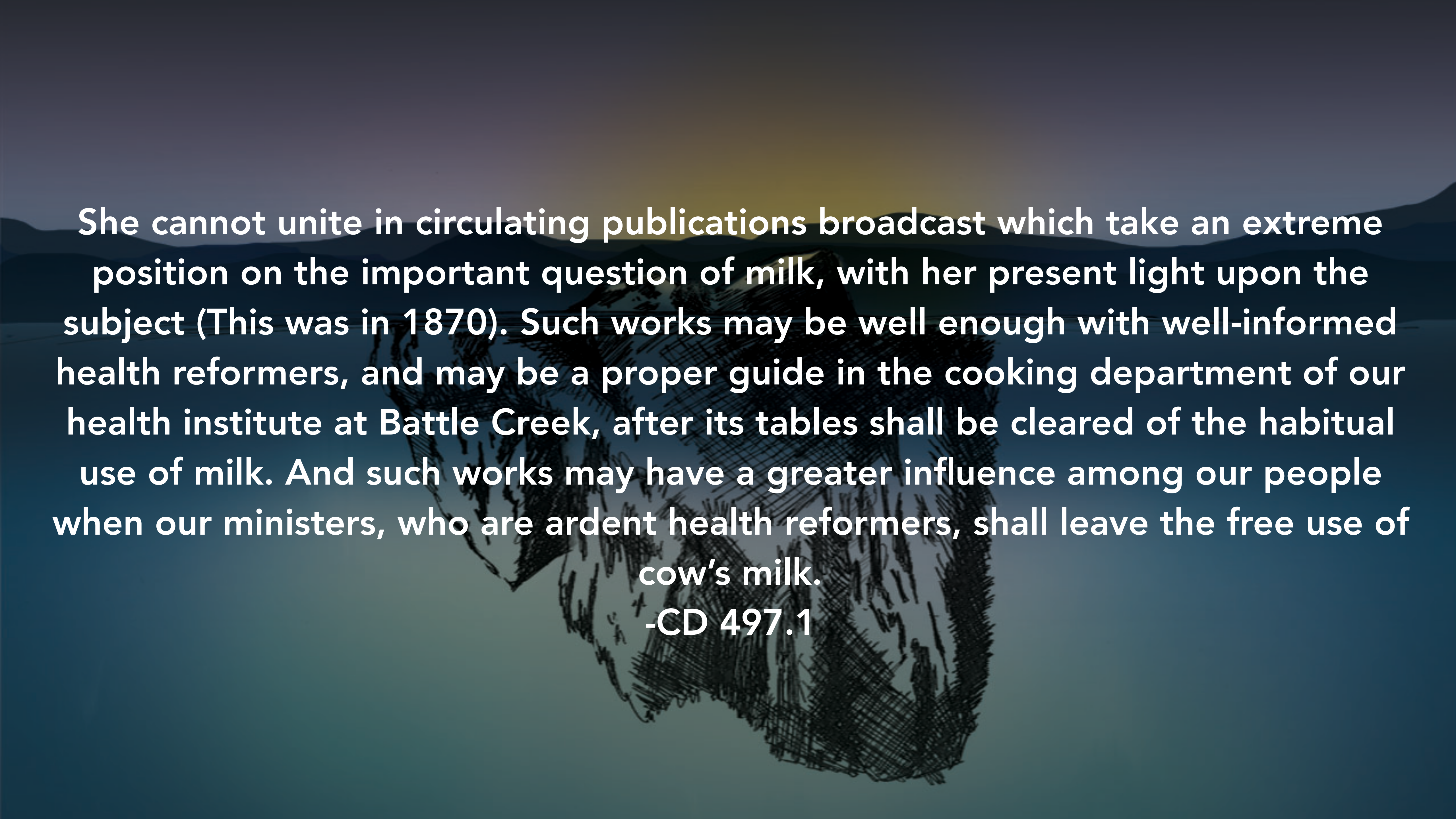
The complete overthrow of individuals, and the almost destruction of some of our churches, can be clearly traced to some extreme positions upon diet, injudiciously given in the Review some time since. The results have been bad. While some have rejected the subject of health reform, because badly handled, others, prompt and conscientious, have carried out the most extreme positions, greatly detrimental to their health, and consequently to the cause of health reform.

-CD 496.3



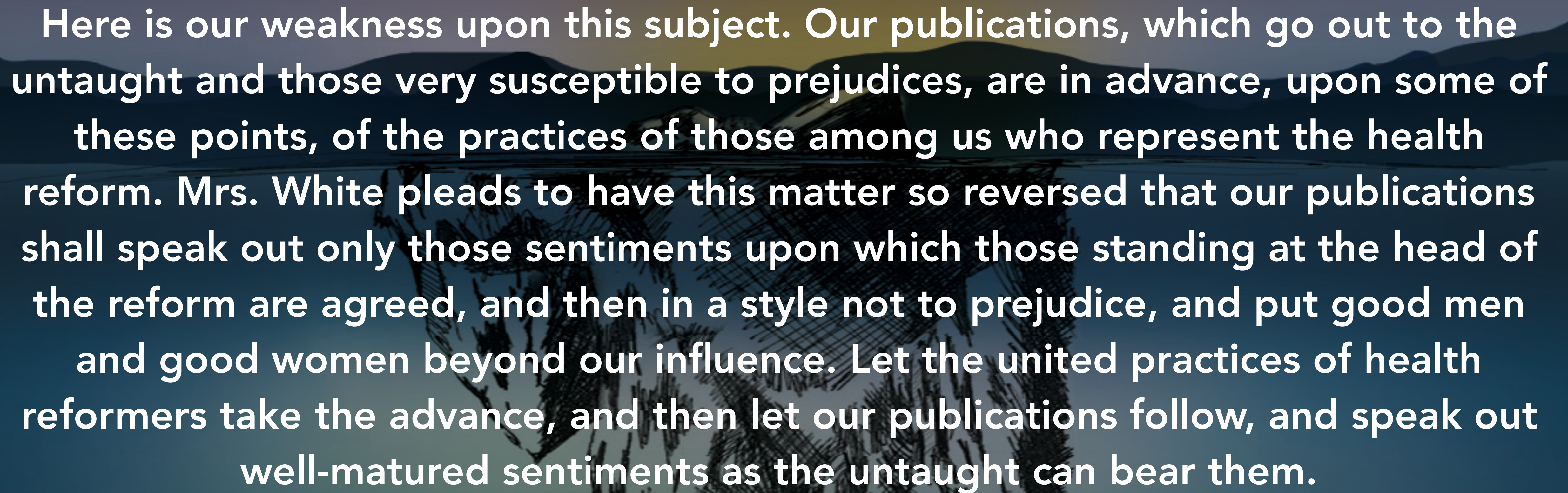
In this state of things, however discouraging, Mrs. White feels called upon to resume her work in this field of labor, and in so doing, will let her views be fully understood. It may be well here to state, however, that while she does not regard milk, taken in large quantities, as customarily eaten with bread, the best article of food, her mind, as yet, has only been called to the importance of the best and most healthy condition possible of the cow, whose milk is used as an article of food.

-CD 497.1



She cannot unite in circulating publications broadcast which take an extreme position on the important question of milk, with her present light upon the subject (This was in 1870). Such works may be well enough with well-informed health reformers, and may be a proper guide in the cooking department of our health institute at Battle Creek, after its tables shall be cleared of the habitual use of milk. And such works may have a greater influence among our people when our ministers, who are ardent health reformers, shall leave the free use of cow's milk.

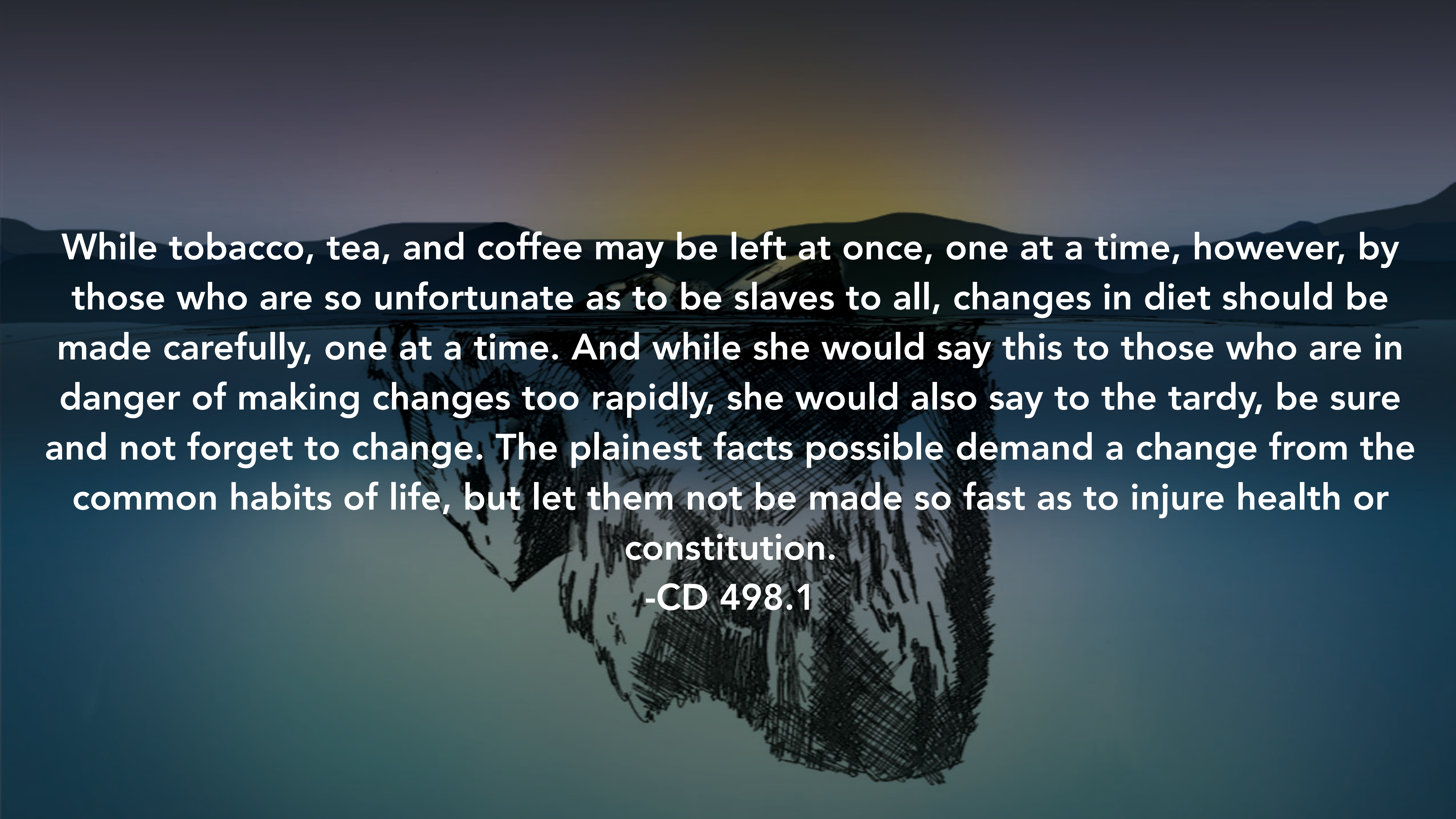
-CD 497.1



Here is our weakness upon this subject. Our publications, which go out to the untaught and those very susceptible to prejudices, are in advance, upon some of these points, of the practices of those among us who represent the health reform. Mrs. White pleads to have this matter so reversed that our publications shall speak out only those sentiments upon which those standing at the head of the reform are agreed, and then in a style not to prejudice, and put good men and good women beyond our influence. Let the united practices of health reformers take the advance, and then let our publications follow, and speak out well-matured sentiments as the untaught can bear them.

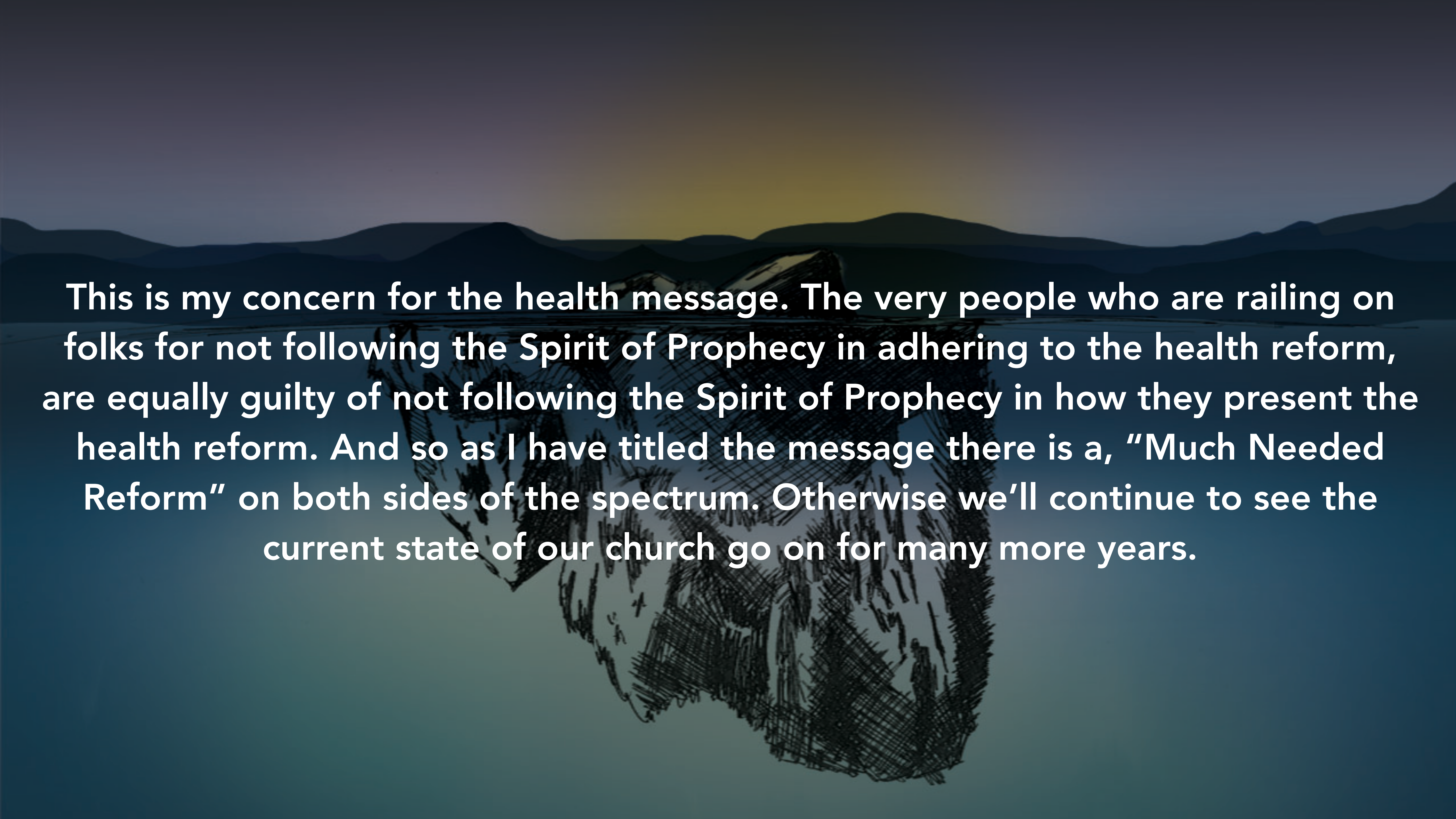
-CD 497.2



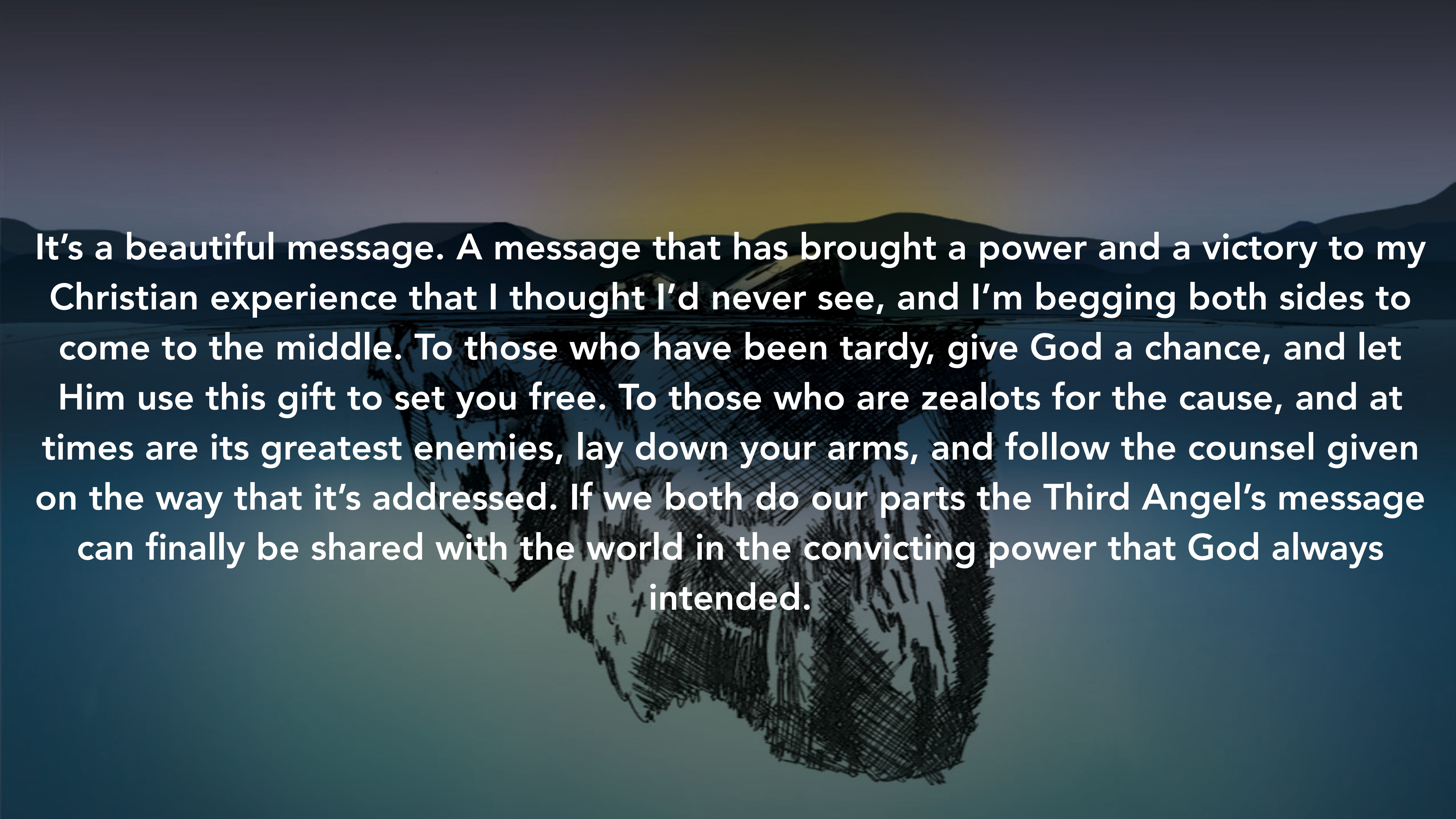


While tobacco, tea, and coffee may be left at once, one at a time, however, by those who are so unfortunate as to be slaves to all, changes in diet should be made carefully, one at a time. And while she would say this to those who are in danger of making changes too rapidly, she would also say to the tardy, be sure and not forget to change. The plainest facts possible demand a change from the common habits of life, but let them not be made so fast as to injure health or constitution.

-CD 498.1

The background of the image is a landscape featuring a range of mountains under a twilight sky. In the foreground, there is a body of water that reflects the mountains and sky. A large, dark, textured scribble, resembling a pencil or charcoal drawing, is superimposed over the lower half of the image, partially obscuring the water and the bottom of the text.

**This is my concern for the health message. The very people who are railing on folks for not following the Spirit of Prophecy in adhering to the health reform, are equally guilty of not following the Spirit of Prophecy in how they present the health reform. And so as I have titled the message there is a, "Much Needed Reform" on both sides of the spectrum. Otherwise we'll continue to see the current state of our church go on for many more years.**

A landscape photograph showing a body of water in the foreground, reflecting the sky and distant mountains. The sky is a mix of blue and yellow, suggesting a sunset or sunrise. The mountains are dark and silhouetted against the sky. The water is calm, creating a clear reflection of the scene above.

It's a beautiful message. A message that has brought a power and a victory to my Christian experience that I thought I'd never see, and I'm begging both sides to come to the middle. To those who have been tardy, give God a chance, and let Him use this gift to set you free. To those who are zealots for the cause, and at times are its greatest enemies, lay down your arms, and follow the counsel given on the way that it's addressed. If we both do our parts the Third Angel's message can finally be shared with the world in the convicting power that God always intended.



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