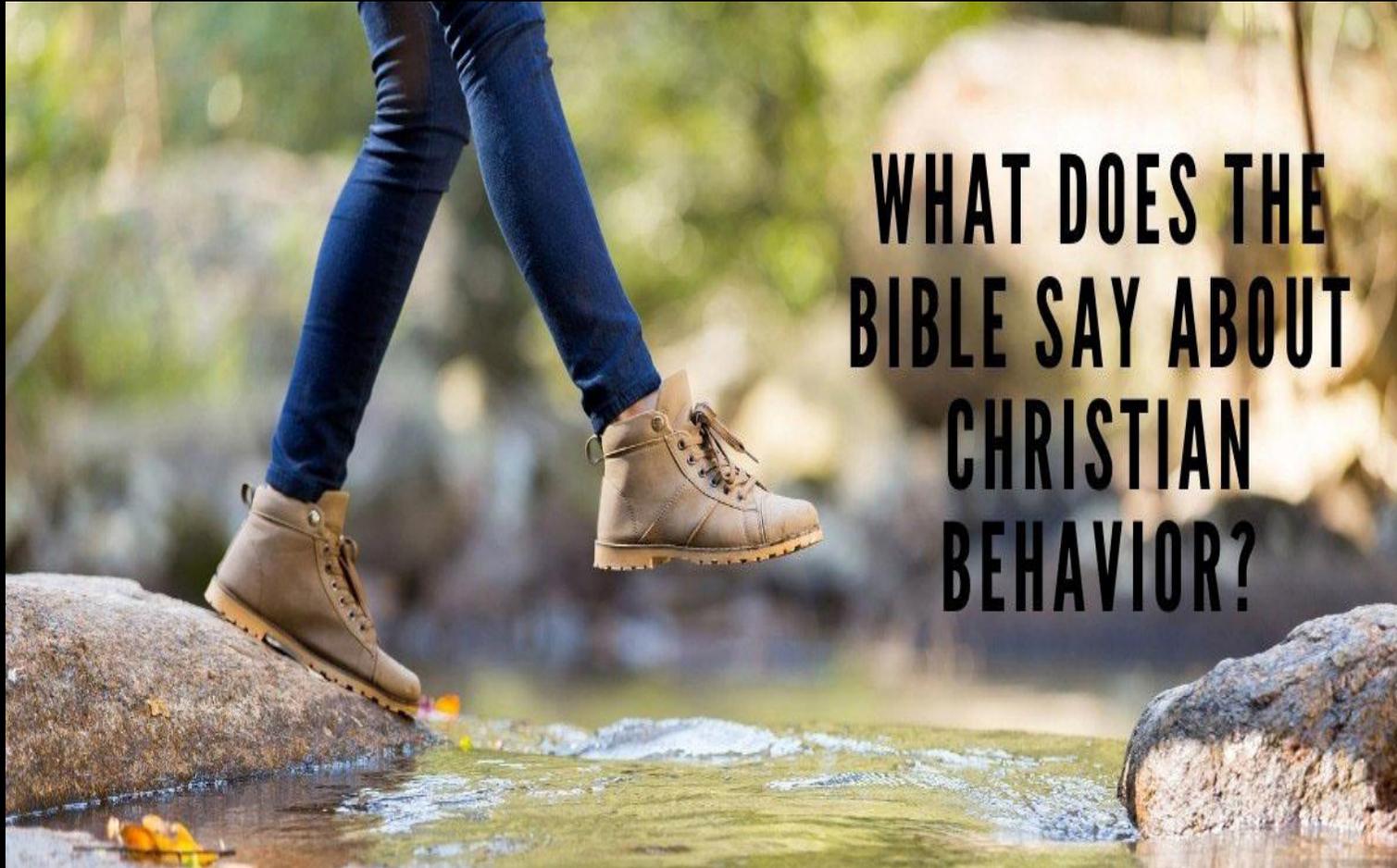


Christian Behaviour



**WHAT DOES THE
BIBLE SAY ABOUT
CHRISTIAN
BEHAVIOR?**

Past > Present > Future



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Enter The Ark of Hope

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“WORSHIP”

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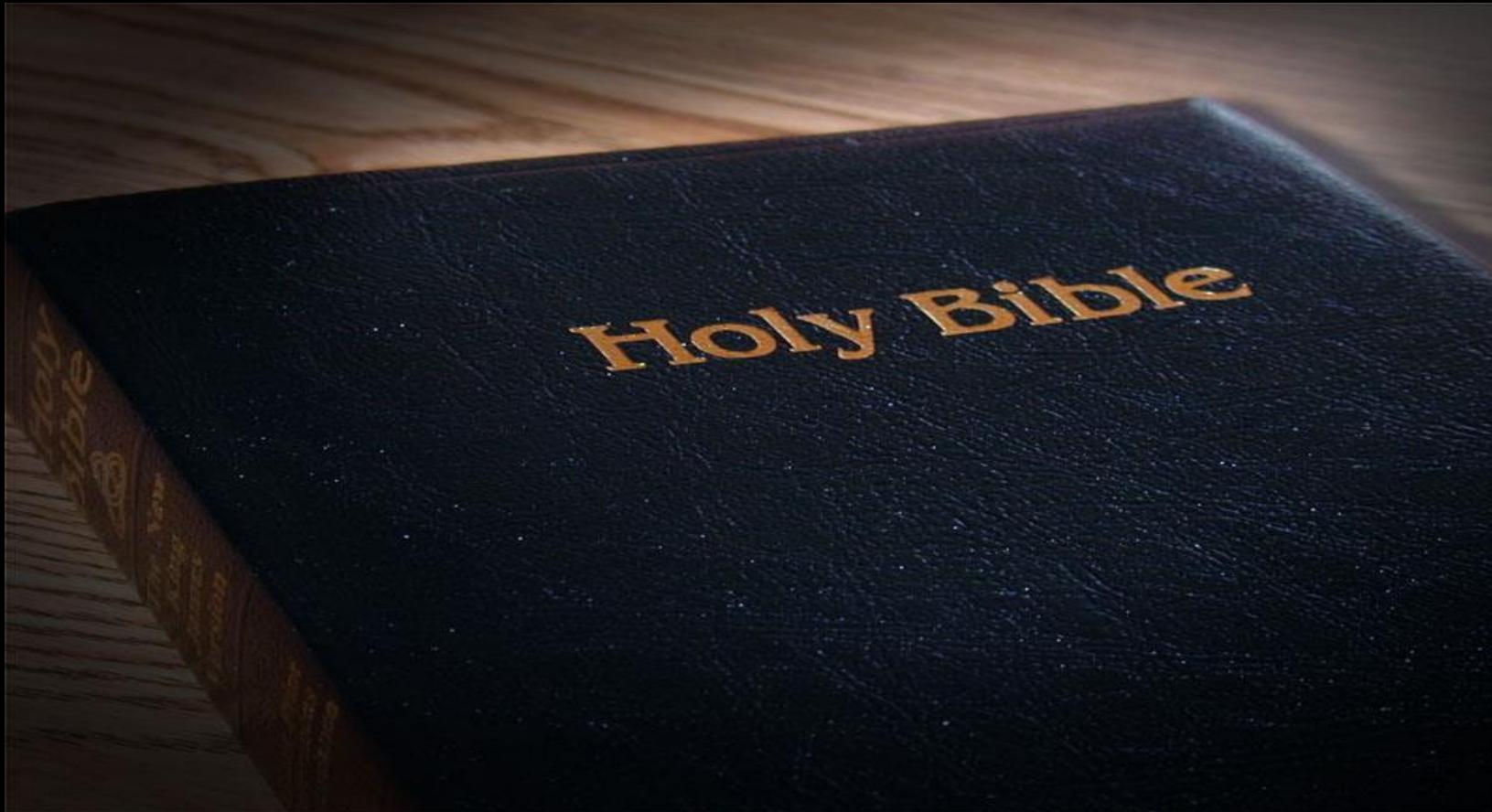
**And let them
make me a
sanctuary;
that I may dwell
among them.**

– Exodus 25:8

Psalms 77:13



Can We Trust Bible Prophecy?



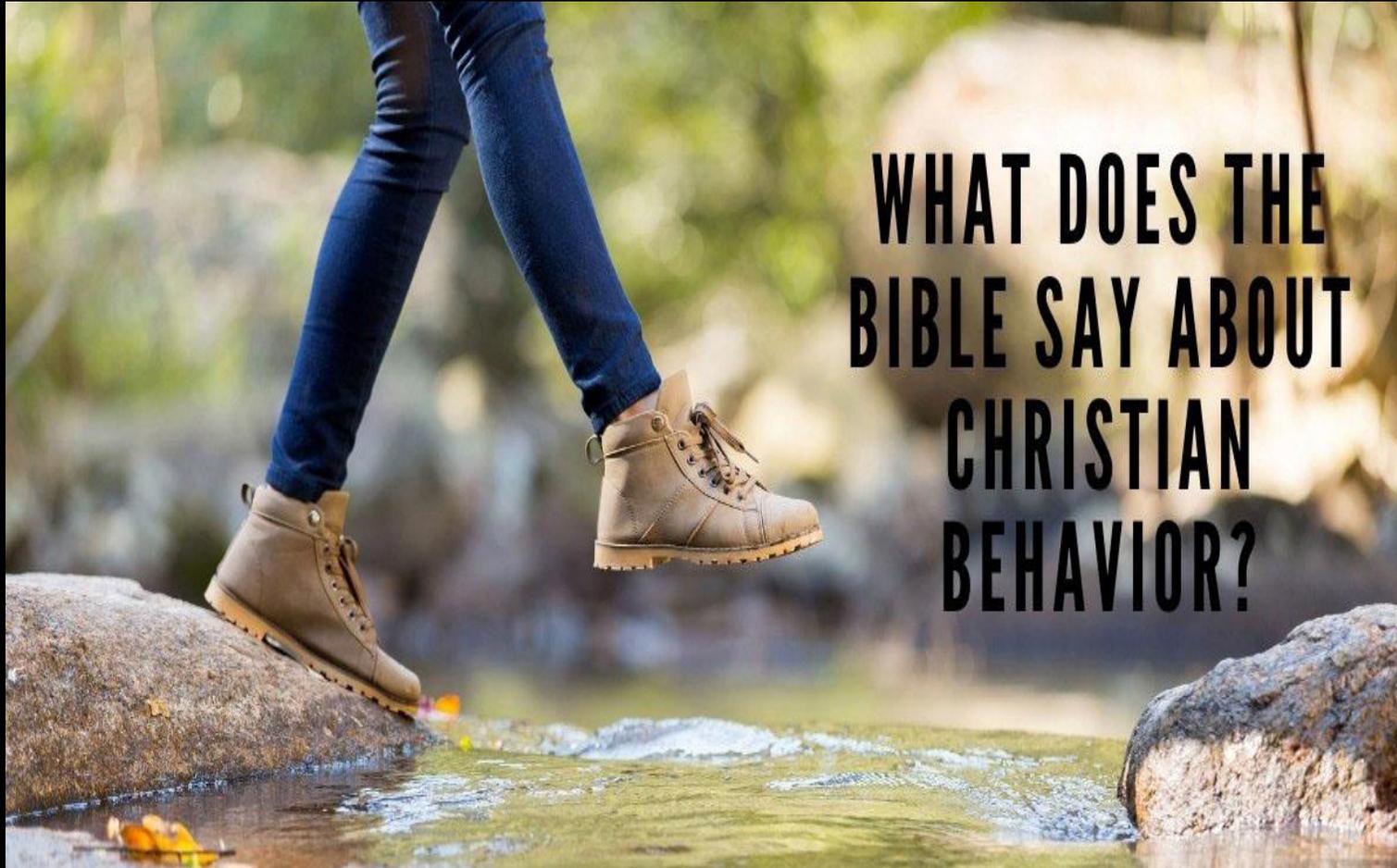
Yes we Can!

Therefore if any man be
in Christ, he is a new
creature: old things are
passed away; behold, all
things are become new.

- 2 Corinthians 5:17 (KJV) -



Christian Behaviour



WHAT DOES THE
BIBLE SAY ABOUT
CHRISTIAN
BEHAVIOR?

Past > **Present** > **Future**



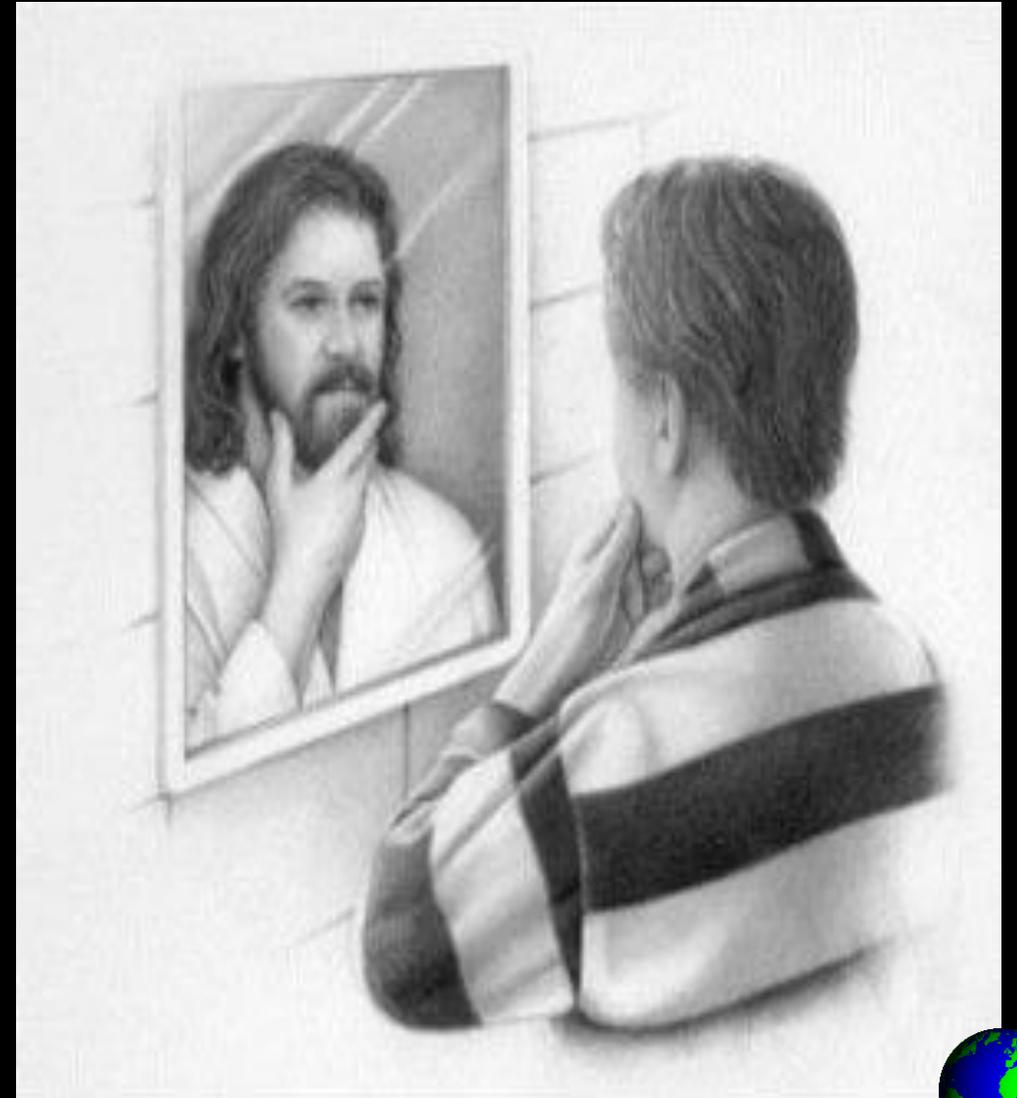
Introduction

Christian behaviour—the lifestyle of a follower of God—arises as a grateful response to God's magnificent salvation through Christ. Paul appeals to all Christians: *"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove which is that good and acceptable and perfect will of God"* (Romans 12:1, 2).

So Christians willingly protect and develop their mental, physical and spiritual faculties in order that they may honor their Creator and Redeemer.

Christ prayed, *"I do not pray that You should take them out of the world, but that You should keep them from the evil one. They are not of the world, just as I am not of the world"* (John 17:15, 16).

How can a Christian be both in the world and separate from it? How should the Christian lifestyle differ from that of the world?



Introduction (cont'd)

Christians should adopt a different lifestyle, not for the sake of being different but because God has called them to live by principle. **The lifestyle to which He has called them enables them to reach their full potential as His creation, making them efficient in His service. Being different also advances their mission: to serve the world—to be salt in it, light to it. Of what value would salt be without taste, or light that didn't differ from darkness?**

Christ is our example. He lived so thoroughly in the world that people accused Him of being "a glutton and a drunkard" (Matthew 11:19), though He was not. He so consistently lived out God's principles that no one could prove Him guilty of sin, as found in John 8:46 - Which of you convinceth me of sin? And if I say the truth, why do ye not believe me?

Christian Behaviour

- We are called to be a godly people who think, feel, and act in harmony with the principles of heaven.*



2



Behaviour and Salvation

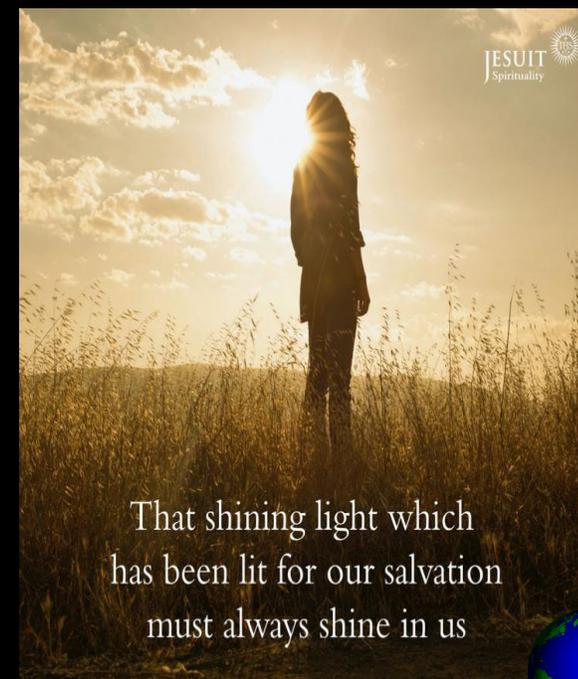
In determining what is appropriate behaviour, we should avoid two extremes.

The first is accepting the rules and applications of principles to become as a means of salvation. Paul sums up this extreme with the words, "*Christ is become of no effect unto you, whosoever of you are justified by the law; ye are fallen from grace.*" (Galatians 5:4).

The opposite extreme is believing that since works do not save, they are therefore unimportant—that what a person does really doesn't matter. Paul spoke to this extreme too: "*For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another.*" (Galatians 5:13). **When each member follows his or her own conscience**, "*there is no mutual discipling of fellow Christians in keeping with Matthew 18 and Galatians 6:1, 2.*"

The church becomes not the body of Christ, within which there is mutual love and care, but a collection of atomistic individuals, each of whom goes his or her own way without taking any responsibility for one's fellows or accepting any concern for them."

While our behaviour and our spirituality are closely related, we can never earn salvation by correct behaviour. Rather, Christian behaviour is a natural fruit of salvation and is grounded in what Christ has already accomplished for us at Calvary.



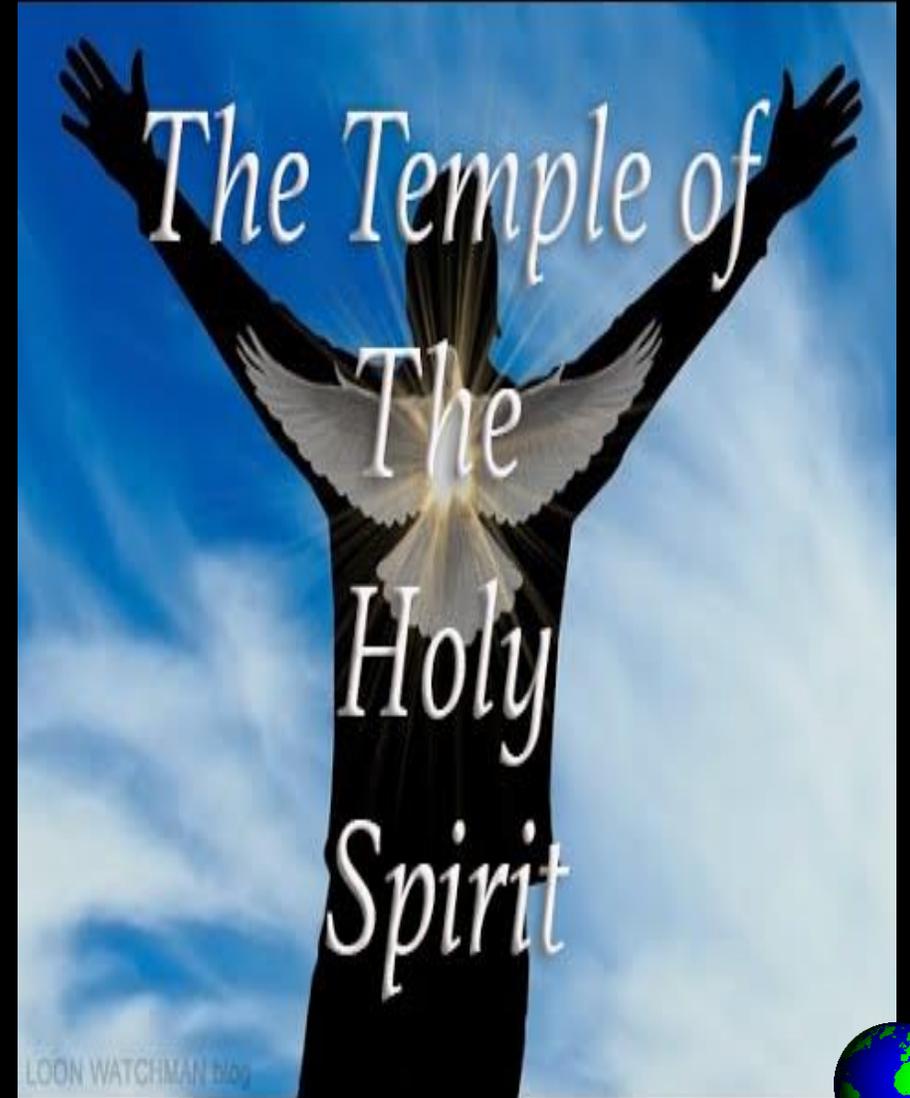
Temples of the Holy Spirit

Not only the church but the individual Christian is a temple for the indwelling of the Holy Spirit:

"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?" (1 Corinthians 6:19).

Christians, then, practice good health habits to protect the command centre of their body temples, the mind, the dwelling place of the Spirit of Christ. For this reason Seventh-day Adventists—throughout the past 150 odd years—have stressed the importance of proper health habits. And this emphasis has been paying off: Recent research reveals that Adventists are less likely than the general population to develop almost any of the major diseases.

As Christians, we are concerned with both the spiritual and the physical aspects of people's lives. Jesus, our pattern, healed "every disease and sickness among the people" (Matthew 4:23).



God's Blessings for Total Health

The Bible views human beings as a unit. "The dichotomy between spiritual and material is foreign to the Bible." So God's call to holiness involves a call to physical as well as spiritual health. Susannah Wesley, mother of the founder of Methodism, aptly summarized this principle: "Whatever weakens your reason, impairs the tenderness of your conscience, obscures your sense of God, decreases the strength and authority of your mind over your body—that thing is wrong, however innocent it may be in itself." - *Review and Herald*, Oct. 30, 1941, p. 7

God's laws, which include the laws of health, are not arbitrary but are designed by our Creator to enable us to enjoy life at its best. Satan, the enemy, wants to steal our health, our joy, our peace of mind, and ultimately to destroy us (see [John 10:10](#)).

Attaining this health depends upon practicing a few rather simple but effective God-given principles. Some of these are obvious and quite agreeable to most people. Others, such as proper diet, are more difficult to accept since they involve orientations and habits so basic to our lifestyles. For this reason, we will devote more space to those principles that are either misunderstood, debated, or rejected.



The times ahead and how to cope

What we study is that there will be a time of trouble.

Daniel 12:1 - *And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book.*

How many want their names to be written in this book?

Revelation 12:17 – *And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.*

How many want peace and protection?

Psalms 119:165 - *Great peace have they which love thy law: and nothing shall offend them.*

Peace in Hebrew is Shalom and it means Health in the Strong's concordance. So keeping the commandments of God leads to good health.

Daniel 12:1

At that time Michael shall stand up, The great prince who stands watch over the sons of your people;



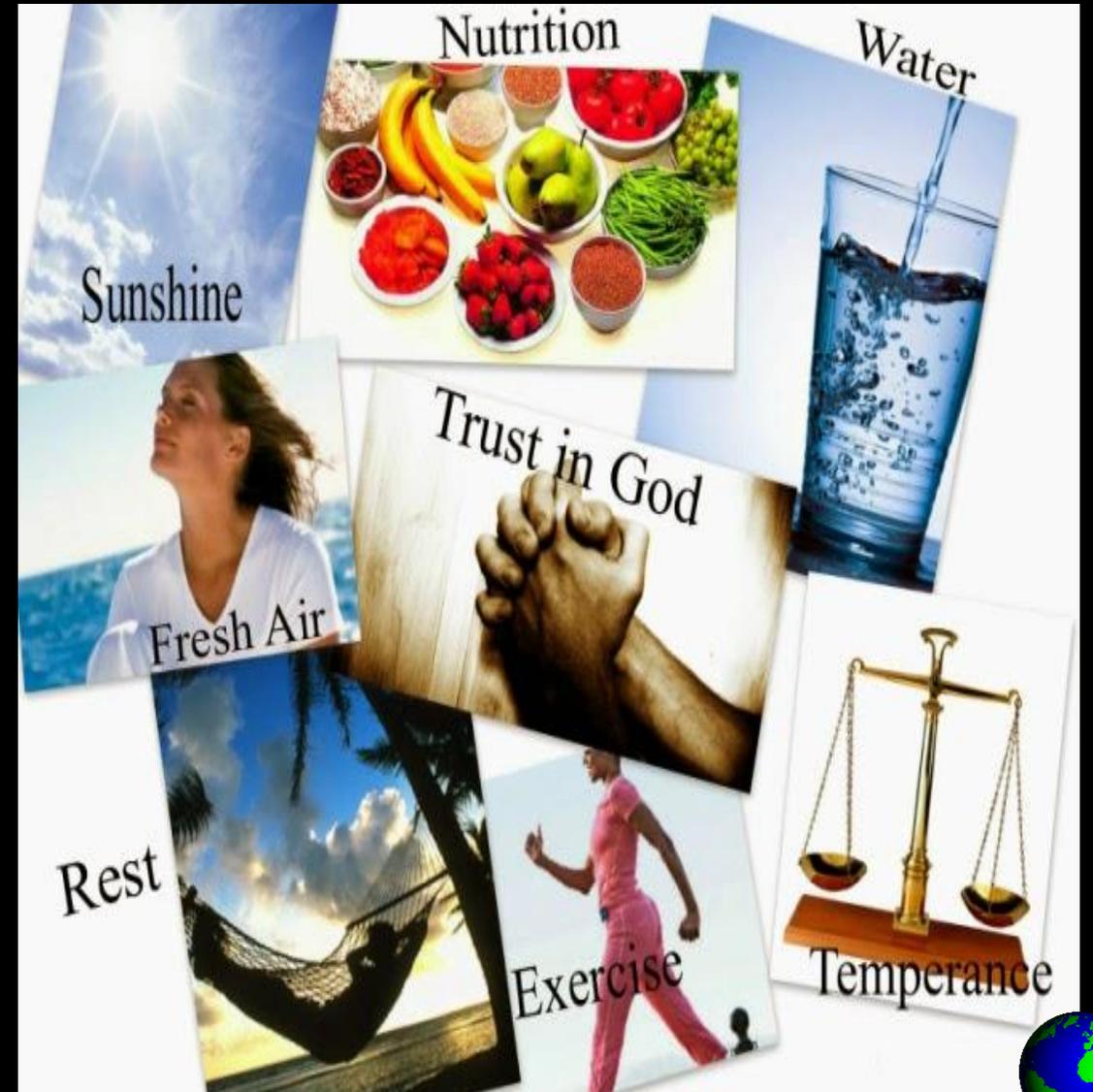
The times ahead and how to cope (cont'd)

One needs Shalom in the body!

The medical terminology for peace is Homeostasis: In biology, homeostasis is the state of steady internal, physical, and chemical conditions maintained by living systems. This is the condition of optimal functioning for the organism and includes many variables, such as body temperature and fluid balance, being kept within certain pre-set limits.

God has given the Seventh-day Adventists the Health Message. And the evidence of that lifestyle proves it as seen in many studies.

The Bible presents to us the health principles. Lets look at them as an acronym – NEW START: N-nutrition, E-exercise, W-water, S-sunshine, Temperance, A-air, R-rest, T-trust in God.

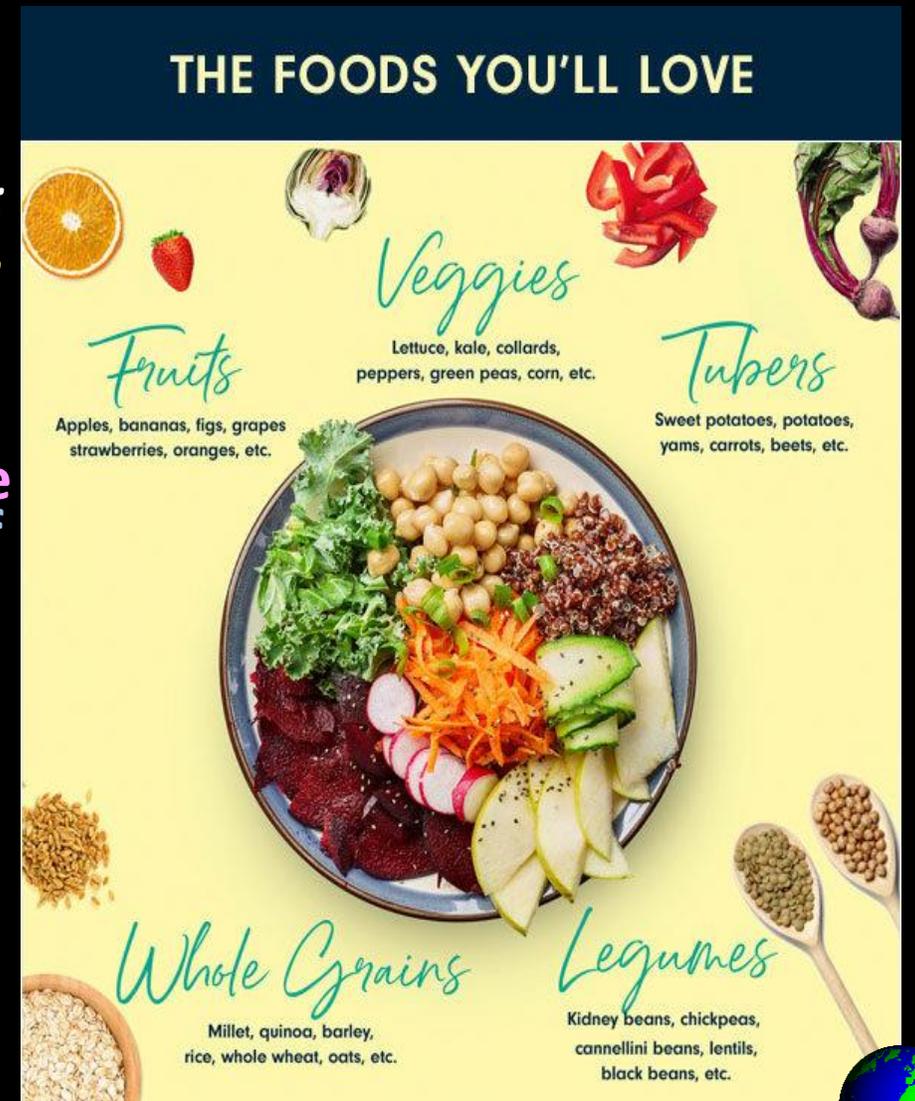


The Blessing of Nutritious Food

To the first couple, the Creator gave the ideal diet: *"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."* (Genesis 1:29). **After the Fall, God added to their diet** *"and thou shalt eat the herb of the field;"* (Genesis 3:18).

Today's health problems tend to centre on the degenerative type of diseases that are directly traceable to diet and lifestyle. The diet God planned, consisting of grains, fruits, nuts, and vegetables, offers the right nutritional ingredients to support optimum health.

1. The original diet: The Bible does not condemn the eating of clean animals. But God's original diet for man did not include flesh foods because He did not envision the taking of any animal's life and because a balanced vegetarian diet is the best for health—a fact for which science offers mounting evidence. People consuming animal products that contain bacteria or viruses that cause disease may have their health impaired.



The Blessing of Nutritious Food (cont'd)

2. Clean and unclean flesh foods: Only after the Flood did God introduce flesh as food. With all vegetation destroyed, God gave Noah and his family permission to eat flesh foods, stipulating that they were not to eat the blood in the meat (Genesis 9:3-5).

Another stipulation Scripture implies that God gave Noah was that he and his family were to eat only what God identified as clean animals. It was because Noah and his family needed the clean animals for food as well as for sacrifices (Genesis 8:20) that God instructed Noah to take seven pairs of each kind of clean animal, in contrast to only one pair of each kind of unclean, with him into the ark (Genesis 7:2, 3). Leviticus 11 and Deuteronomy 14 provide extensive expositions on clean and unclean foods.

By nature, unclean animals do not constitute the best food. Many are either scavengers or predators—from the lion and swine to the vulture and the bottom-dwelling, sucker-type fish. Because of their habits they are more apt to be carriers of disease.

Leviticus 11
Deuteronomy 14

CLEAN yashraal.org

UNCLEAN

Swine's Flesh
Pig/Hog, Ham, Bacon, Pork
ABOMINATION

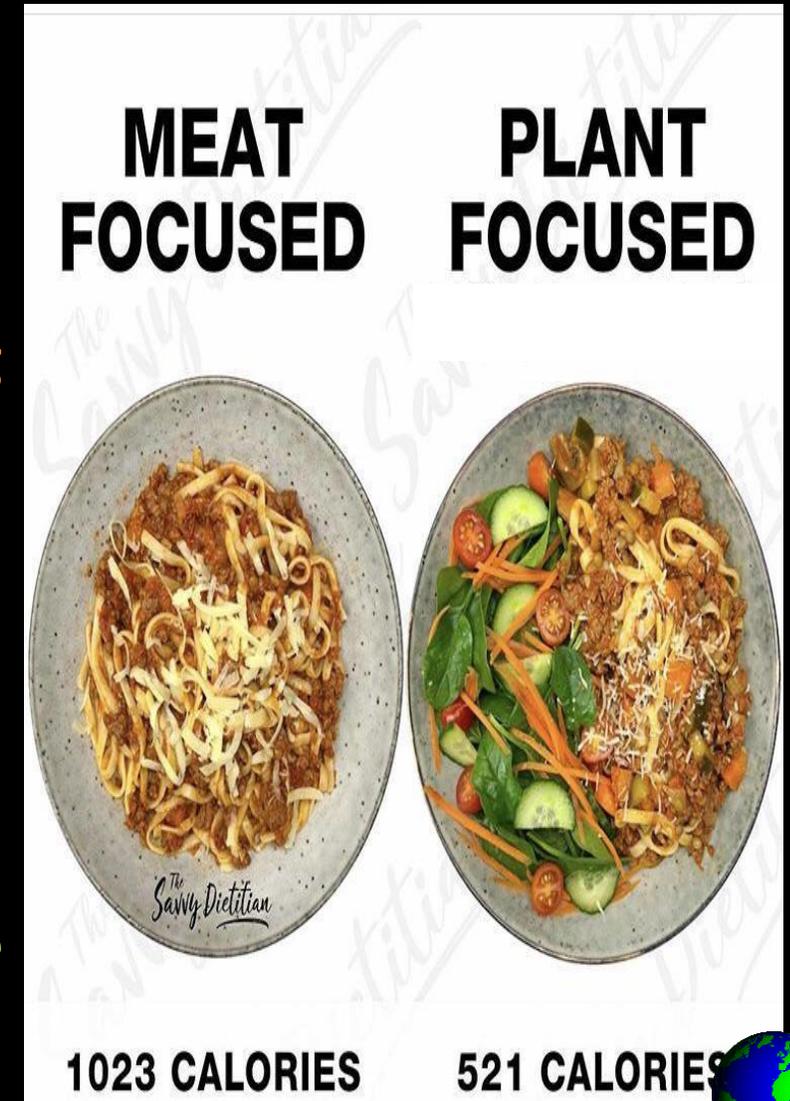
There are certain animals that we can and cannot eat.

Icons made by Freepik from flaticon.com



The Blessing of Nutritious Food (cont'd)

3. **Regularity, simplicity, and balance.** Successful dietary reforms are progressive and must be approached intelligently. Eventually we should learn to eliminate, or use only sparingly, foods with high fat and/or sugar content. Furthermore, we should prepare the foods we eat in as simple and natural a way as possible, and for optimum benefit, should eat at regular intervals. **Complex, stimulating diets are not the most healthful.** Many condiments and spices irritate the digestive tract: Pepper, spices, mustard, pickles, and similar substances hurt the stomach. **At first they irritate the lining of the stomach. Then they break down its mucous barrier, destroying its resistance to injury.** Irritation of the stomach affects the brain, which in turn influences the temperament, often producing irritability. **And their habitual use is associated with a number of health problems.** Condiments and spices can also produce inflammation of the oesophagus and destroy the mucous barrier of the small intestine and colon. **They irritate the kidneys and may contribute to hypertension. Some contain carcinogens.** - *Adventist Review*, Jan. 8, 1987, pp. 14, 15



The Blessing of Nutritious Food (*cont'd*)

The New Testament concern for holiness is consistent with that of the Old Testament. **There is a spiritual as well as a physical interest in people's well-being** (Matthew 4:23; 1 Thessalonians 5:23; 1 Peter 1:15, 16).

Mark's statement that Jesus "*declared all foods clean*" (Mark 7:19) **does not mean that He abolished the distinction between clean and unclean foods.** The discussion between Jesus and the Pharisees and scribes had nothing to do with the *kind* of food, but with the *manner* in which the disciples ate. **The issue was whether or not the ritual washing of hands before meals was necessary** (Mark 7:2-5). In effect, Jesus said what defiles a person is not the food eaten with unwashed hands but the wicked things from the heart (Mark 7:20-23), because the food 'does not enter his heart but his stomach, and is eliminated.' **The Greek word for food (*bromata*) used here is the general term for food that refers to all kinds of foods for human consumption; it does not designate just flesh foods.**

'NOW THEN, IF YOU
WILL INDEED OBEY MY
VOICE AND KEEP MY
COVENANT, THEN YOU
SHALL BE MY OWN
POSSESSION AMONG
ALL THE PEOPLES,
FOR ALL THE EARTH
IS MINE;

EXODUS 19:5

Knowing-Jesus.com



The Blessing of Nutritious Food (cont'd)

Studies have revealed that "in addition to the moderate amounts of cholesterol found in both pork and shellfish, both foods contain a number of toxins and contaminants which are associated with human poisoning." - *Health and Healing* 12, No. 1 (1988): 10-12

By abstaining from unclean foods, God's people demonstrated their gratefulness for their redemption from the corrupt, unclean world around them (Leviticus 20:24-26; Deuteronomy 14:2). To introduce anything unclean into the body temple where God's Spirit dwells is less than God's ideal.

The New Testament did not abolish the distinction between the clean and unclean flesh foods. Some believe that because these dietary laws are mentioned in Leviticus, they are merely ceremonial or ritualistic, and so are no longer valid for Christians. Yet the distinction between clean and unclean animals dates back to Noah's day—long before Israel existed. As principles of health, these dietary laws carry with them an ongoing obligation.

Walk by the Spirit
and you will not
carry out the
desire of
the flesh

Galatians 5:16



The Blessing of Nutritious Food (cont'd)

Peter's vision of the animals, recorded in Acts 10, did not teach that unclean animals had become fit for food; instead, it taught that Gentiles were not unclean and that he could associate with them without being contaminated. Peter himself understood the vision in this way, explaining. "Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean." (Acts 10:28).

Vegetarian diet is ideal for health and to be taken - 3 meals a day, 5 hours apart, Breakfast largest, Lunch moderate and Supper light (if eaten) 2-3 hours before bed time. **Avoid munching between meals.**

Fast / skip 1-4 meals periodically.
Too much food - Dulls the mind, Causes fatigue, increases diseases, Shortens life, etc...



The Blessing of Exercise

Regular exercise is the simple formula for increased energy, a firm body, stress relief, healthier skin, more self-confidence, effective weight control, improved digestion and regularity, and reduced depression and the risk of heart disease and cancer. **Exercise is not merely an option, it is essential to maintaining optimal health—both physical and mental.**

Useful activity tends to prosperity; inactivity and laziness tend to adversity (Proverbs 6:6-13; 14:23). **God prescribed activity for the first man and woman—care for their garden home in the open air (Genesis 2:5, 15; 3:19). Christ Himself set an example of physical activity. For most of His life He was engaged in manual labour as a carpenter, and during His ministry He walked the roads of Palestine.**

When-How: Morning exercise best must be regular, brisk but not too much, varied and enjoyed by all ages. Must be at least 30 minutes per day, 5 days a week, clothing should be loose.

Improves - efficiency of Muscles, Bones, Circulation, Lungs, Heart, Blood vessels, Blood pressure, Digestion, Immune system, Brain, Sleep, Ideal weight, Slows aging process, Relaxes, etc...



“Exercise is a blessing, not a chore. I work out because I’m grateful that I physically can.”



The Blessing of Water

The human body is 75 percent water, but this vital fluid is continuously being lost through exhaled air, perspiration, and waste products. Drinking six to eight glasses of pure water a day would aid in maintaining efficient, happy well-being. Another important function of water is its use for cleanliness and the relaxation it affords.

In health and in sickness drink 2 to 3 litres in 24 hours. Body prefers slightly warm to cool water. Drink enough water to keep the urine always pale.

Essential for - Circulation, Body temperature, Moistening eyes, Lubricating joints and bones, Saliva, Digestion, Elimination, Breathing, Hormones secretion, every cell especially brain cells, etc...



Uses of water

- To drink
- Bath and washing
- Gardening
- Cooking



The Blessing of Sunlight

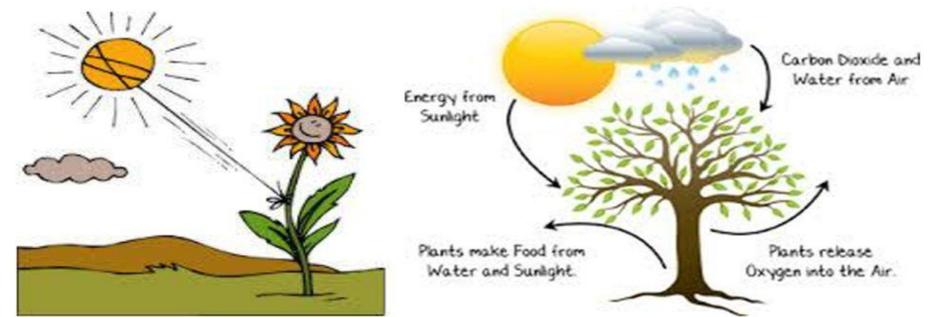
Light is essential to life (Genesis 1:3). It powers the process that produces the nutrients that nourish and energize our bodies and that releases the oxygen we must have to live. **Sunshine promotes health and healing.** Sunshine helps produce vitamin D. All would become ill without it. It is one of nature's most powerful healing agents.

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun" (Ecclesiastes 11:7).

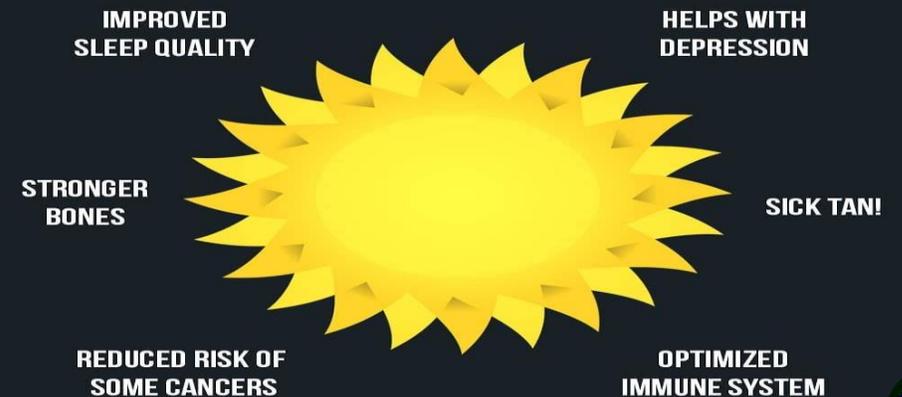
The Bible reveals the source of healing, spiritual sunlight. *"But unto you that fear My name shall the Sun of righteousness arise with healing in His wings"* (Malachi 4:2).

Photosynthesis

- Process by which a plant cell captures sunlight and uses it to make food



THE BENEFITS OF DAILY SUN EXPOSURE



The Blessing of Temperate, Drug-Free, Stimulant-Free Living

Drugs have saturated our society because they offer stimulation and release from stress and pain. The Christian is surrounded with seductive invitations to use drugs. Even many innocent-appearing, popular beverages contain drugs: Coffee, tea, and colas contain caffeine, and fruit-flavored wine coolers contain alcohol. Research has shown that the milder gateway drugs tend to lead progressively to stronger mind-altering drugs. The wise Christian will abstain from all that is harmful, using in moderation only that which is good.

Moderation should be in diet, work, sleep, study, dress, etc... Abstain from Alcohol, Tobacco products, Drugs of abuse, Caffeine containing drinks – Tea / Coffee / Cola's etc...

Adverse effects - The mind in discernment and judgement, Irritates stomach, Clogs the living machine, Poisons the body cells.

Buys – Wretchedness, Poverty, Disease, Lust, Crime, Degradation, Death, etc...

Christian Behaviour

- *Since alcoholic beverages, tobacco, and the irresponsible use of drugs and narcotics are harmful to our bodies, we are to abstain from them as well.*



The Blessing of Temperate, Drug-Free, Stimulant-Free Living (cont'd)

1. **Tobacco:** In any form tobacco is a slow poison that has a harmful effect on the physical, mental, and moral powers. At first its effects are hardly noticeable. It excites and then paralyzes the nerves, weakening and clouding the brain. Those who use tobacco are slowly committing suicide, transgressing the sixth commandment: "*Thou shalt not kill*" (Exodus 20:13).

2. **Alcoholic beverages:** Alcohol is one of the most widely used drugs on Planet Earth. It has devastated untold millions. Not only does it hurt those who use it, but it exacts its toll from society in general—through broken homes, accidental deaths, and poverty.

Since God communicates with us only through our minds, it is well to remember that alcohol adversely affects their every function. As the level of alcohol in the system rises, the drinker progresses through loss of coordination, confusion, disorientation, stupor, anaesthesia, coma, and death. Drinking alcoholic beverages on a regular basis will eventually produce loss of memory, judgment, and learning ability. - *Ministry*, May 1986, pp. 24-27.



The Blessing of Temperate, Drug-Free, Stimulant-Free Living (cont'd)

The expression "strong drink" (*shekar* in Hebrew) signifies a sweet drink, usually fermented, and generally made from sources other than grapes. It includes products like beer (from barley, millet, or wheat), and date or palm wine. The expression does not refer to distilled liquors because distillation was unknown to the Israelites (Patton, pp. 57, 58, 62).

Fermented wine: Scripture condemns alcoholic wine because it brings violence, misery, and destruction (Proverbs 4:17; 23:29, 35). It causes religious leaders to be oppressive (Isaiah 56:10-12) and was associated with the perversion of judgment of Israel's leaders (Isaiah 28:7) and of King Belshazzar (Daniel 5:1-30).



The Blessing of Temperate, Drug-Free, Stimulant-Free Living (cont'd)

Unfermented wine: The Bible speaks favourably of unfermented wine or juice and recommends it as a great blessing. It is to be presented as an offering to God (Numbers 18:12, 13; Nehemiah 10:37-39; 13:12, 13). It is one of God's blessings (Genesis 27:28 "'new wine'" ; Deuteronomy 7:13; 11:14; Proverbs 3:10; Isaiah 65:8; Joel 3:18), "'cheers both God and men'" (Judges 9:13), and symbolizes spiritual blessings (Isaiah 55:1, 2; Proverbs 9:2, 3). It also is a healthful drink (1 Timothy 5:23).

3. Other drugs and narcotics: There are many other harmful drugs and narcotics through which Satan destroys human lives.

True Christians beholding Christ will continually glorify God with their bodies, realizing that they are His prized possessions, bought with His precious blood.



DRUGS
are now
MORE DEADLY
than
GUNS

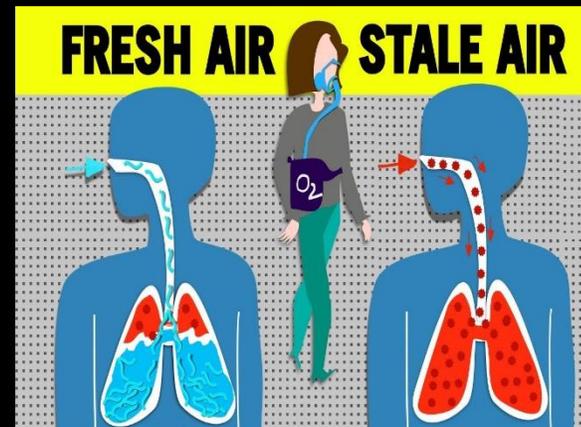


The Blessing of Fresh Air

An environment of impure air, in or outside of the home, causes the blood to carry less oxygen than is required for the optimal function of every cell. This tends to make a person less alert and responsive. It is therefore important to do everything possible to secure a generous supply of fresh air daily.

Take 10-20 deep breathes several times a day – out doors better than indoors. Reading aloud, Singing, Climbing stairs or hills etc...Increases efficiency of lungs. Country life is better than city life.

Refreshes - Circulation of blood, Strengths body, Soothes the nerves, Composes mind, Helps digestion, Eliminates waste, Enhances good sleep and Relieves stress, fatigue, head ache, etc...



The Blessing of Rest

Proper rest is essential for health of body and mind. Christ extends to us the compassionate directive He gave His weary disciples: "*Come ye yourselves apart into a desert place, and rest a while:*" (Mark 6:31). Periods of rest provide much needed quietness for communion with God: "*Be still, and know that I am God*" (Psalms 46:10). God stressed our need for rest by setting aside the seventh day of the week as the day of rest (Exodus 20:10).

Rest is more than sleeping or ceasing our regular work. It involves the way we spend our leisure time. Weariness is not always caused by stress or by working too hard or too long: Our minds can be wearied by overstimulation through the media, sickness, or various personal problems.

Rest - Get to bed before 10:00 P.M. 1 hour of sleep before midnight is equal to 2 -3 hours sleep after midnight.

6-8 hours sleep is essential, during sleep the body and mental functions are restored.

Resolves - Irritability, Memory loss, Depression, Grief, Anxiety, Discontentment, Remorse, Guilt, Distrust, Body repairs, Concentration difficulty, Prevents disease, etc...



The Blessing of Rest (cont'd)

Recreation is re-creation in the truest sense of the word. It strengthens, builds up, and refreshes the mind and body, thus preparing believers to go back to their vocations with new vigor. To live life at its best, Christians should pursue only those forms of recreation and entertainment that strengthen their bond with Christ and improve health.

Scripture lays down the following principle, which will help Christians select good recreation: "*Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.*" (1 John 2:15, 16).

RECREATION COVERS:

1. Indoor Activities
2. Outdoor Activities



RECREATION is a voluntary participation in an activity during free and unobligated time that gives enjoyment.

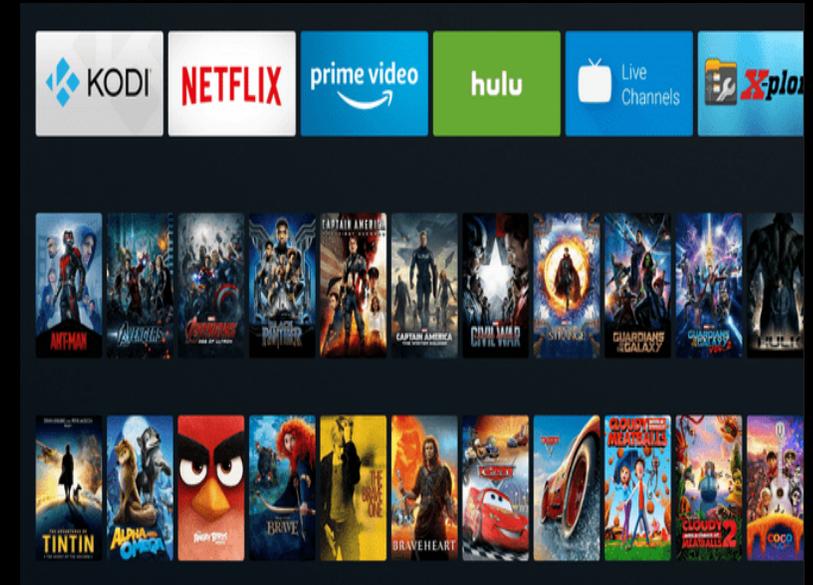


1. Movies, television, radio, and videos

These media can be great educational agencies. They have "changed the whole atmosphere of our modern world and have brought us within easy contact with the life, thought, and activities of the entire globe." The Christian will remember that television and videos make a greater impact on the life of an individual than does any other single activity.

Unfortunately, video and television, with its almost continuous theatrical performances, bring influences into the home that are neither wholesome nor uplifting. If we are not discriminating and decisive, "they will turn our homes into theatres and minstrel shows of a cheap and sordid kind." - *SDA Church Manual*, p. 147

The committed Christian will turn away from unwholesome, violent, sensual movies and television programs. Visual and audio media are not evil in themselves. The same channels that portray the depths of human wickedness convey the preaching of the gospel of salvation. And many other worthwhile programs are broadcast. But people can use even the good programs to avoid the responsibilities of life.

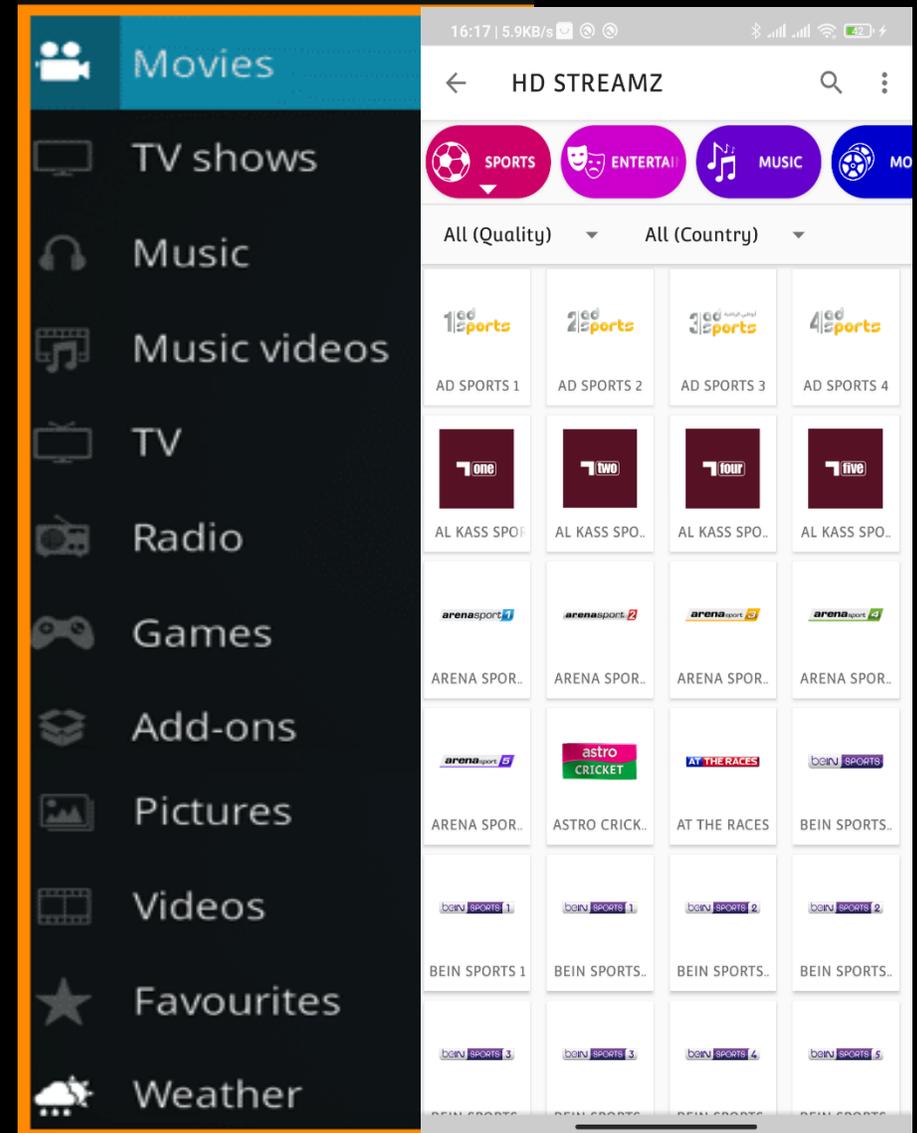


1. Movies, television, radio, and videos (cont'd)

Christians will not only desire to establish principles for determining what to watch but will also set time limits on their watching, so that social relationships and the responsibilities of life will not suffer.

If we cannot discriminate or if we lack the power to control our media, it is much better to dispense with them altogether than to have them rule our lives either by polluting the mind or consuming excessive amounts of time (see [Matthew 5:29, 30](#)).

Regarding our contemplation of Christ, an important Biblical principle states that: "by beholding we are becoming transformed into His likeness with ever-increasing glory" ([2 Corinthians 3:18](#)). Beholding brings change. But Christians must continually remember that this principle works on the negative side, too. Films graphically portraying the sins and crimes of humanity—murder, adultery, robbery, and other degrading acts—are contributing to the present breakdown of morality.



2. Reading and music

These same high standards apply to the Christian's reading and music. Music is a gift of God to inspire pure, noble, and elevated thoughts. Good music, then, enhances the finest qualities of character.

Debased music, on the other hand, "destroys the rhythm of the soul and breaks down morality."

So Christ's followers will shun "any melody partaking of the nature of jazz, rock, or related hybrid forms, or any language expressing foolish or trivial sentiments." The Christian does not listen to music with suggestive lyrics or melodies (Romans 13:11-14; 1 Peter 2:11). - *SDA Church Manual*, p. 148

Reading offers much that is valuable too. There is a wealth of good literature that cultivates and expands the mind. Yet there is also a "flood of evil literature, often in most attractive guise but damaging to mind and morals. The tales of wild adventure and of moral laxness, whether fact or fiction," are unfit for believers because they create a distaste for a noble, honest, and pure lifestyle and hinder the development of a union with Christ. - *SDA Church Manual*, p. 146, 147



The Blessing of Trusting in God

Trust in God - Laws of nature being the laws of God are designed for our good. Good health does not depend on chance; health is the result of obedience to God's laws.

The human-Divine connection takes place in the frontal lobes of the brain, where moral judgements are made.

Matthew 24:15-16 - When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) Then let them which be in Judaea flee into the mountains:



The Fall and the Restoration

Genesis 1:26-27 - And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them.

Did God create Adam and Eve holy and whole? Yes He did!

What does God promises that He will do to restore humanity back to? Holy and whole!

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. – 1

Thessalonians 2:23



The Blessing of Christian Dress

God provided the first clothing for Adam and Eve and knows that we have need of suitable clothing today (Matthew 6:25-33). We should base our choice of clothing on the principles of simplicity, modesty, practicality, health, and attractiveness.

1. Simple: As it does in all other areas of our lives, the Christian call to simplicity impinges upon how we dress. "Christian witness calls for simplicity.

"The way we dress demonstrates to the world who we are and what we are—not as a legal requirement handed down from the Victorian era, but as an expression of our love for Jesus." - *Adventist Review*, March 20, 1986, p. 4

2. Of high moral virtue: Christians will not mar the beauty of their characters with styles that arouse the "lust of the flesh" (1 John 2:16). Because they want to witness to others, they will dress and act modestly, not accentuating the parts of the body that stimulate sexual desires. Modesty promotes moral health. The Christian's aim is to glorify God, not self.



The Blessing of Christian Dress (cont'd)

3. Practical and economical: Because they are stewards of the money God has entrusted to them, Christians will practice economy, avoiding "gold or pearls or costly clothing" (1 Timothy 2:9). **Practicing economy, however, does not necessarily mean purchasing the cheapest clothing available. Often higher quality items are more economical in the long run.**

4. Healthful: It is not only diet that affects a person's health. Christians will avoid clothing styles that do not adequately protect the body or that constrict it or otherwise affect it in such ways as to cause the health to deteriorate.

5. Characterized by grace and natural beauty: Christians understand the warning against "the pride of life" (1 John 2:16). **Referring to the lilies, Christ said, "even Solomon in all his glory was not arrayed like one of these" (Matthew 6:29). Thus He illustrated that Heaven's perception of beauty is characterized by grace, simplicity, purity, and natural beauty.** Worldly display, as seen in transient fashions, has no value in God's eyes (1 Timothy 2:9).

MODESTY



How 'fashionistas' think I dress



How brands think I dress



How the media thinks I dress



How designers think I dress



How I think I dress



How I actually dress

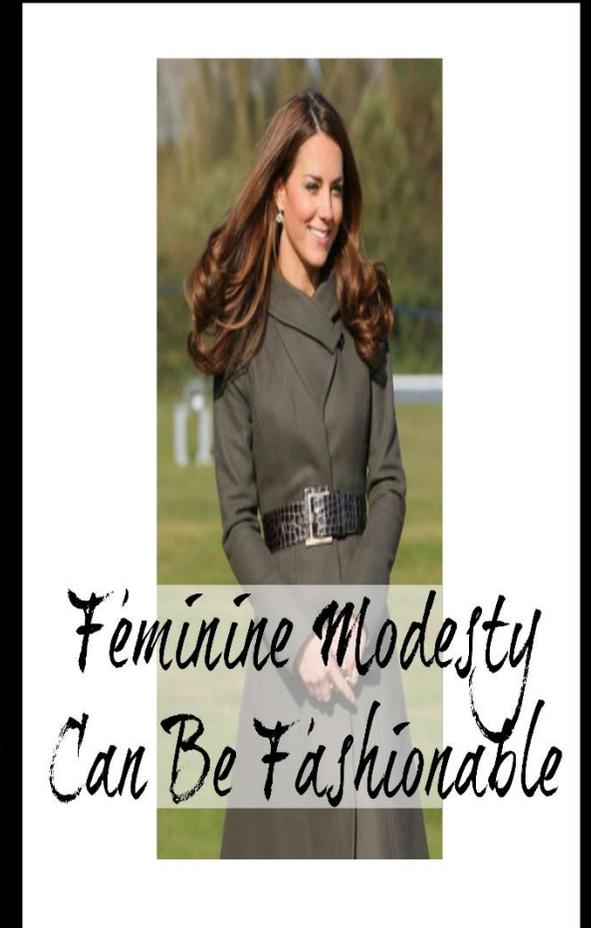


The Blessing of Christian Dress (cont'd)

Christians win unbelievers not by looking and behaving like the world but by revealing an attractive and refreshing difference. Peter said unbelieving spouses "may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear." Instead of adorning the exterior, he counselled, let believers concentrate on developing "the hidden person of the heart, with the incorruptible ornament of a gentle and quiet spirit, which is very precious in the sight of God" (1 Peter 3:1-4).

Scripture teaches that:

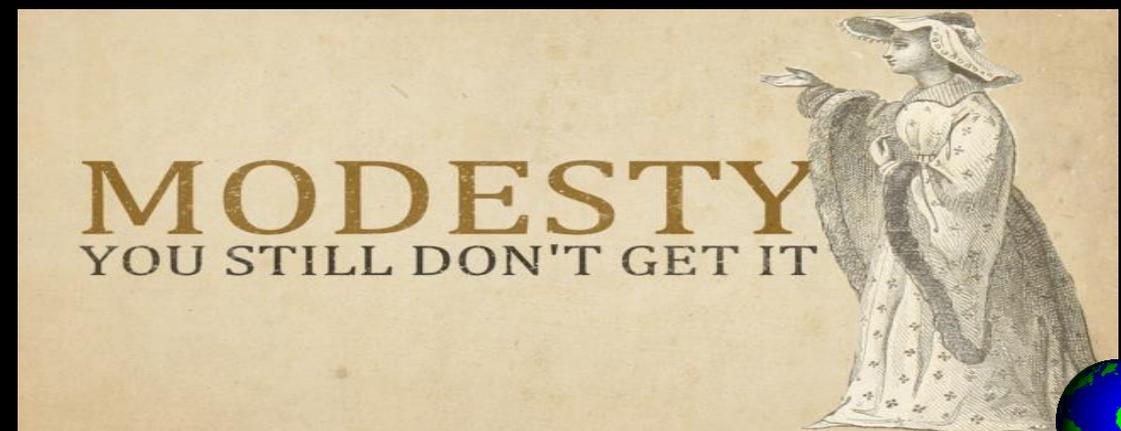
a. The character shows forth one's true beauty: Both Peter and Paul set forth the basic principle for guiding Christian men and women in the area of adornment: "Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel;" (1 Peter 3:3). "In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with braided hair, or gold, or pearls, or costly array; But (which becometh women professing godliness) with good works." (1 Timothy 2:9, 10).



The Blessing of Christian Dress (cont'd)

b. Simplicity harmonizes with reformation and revival: When Jacob called his family to dedicate themselves to God: "Put away the strange gods that are among you, and be clean, and change your garments: (Genesis 35:2 & 4). - The SDA Bible Commentary, vol. 1, p. 417

After Israel's apostasy with the golden calf, God commanded them: "therefore now put off thy ornaments from thee, that I may know what to do unto thee." In penitence they "And the children of Israel stripped themselves of their ornaments by the mount Horeb." (Exodus 33:5, 6). **Paul clearly states that Scripture records this apostasy:** "Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come." (1 Corinthians 10:11).

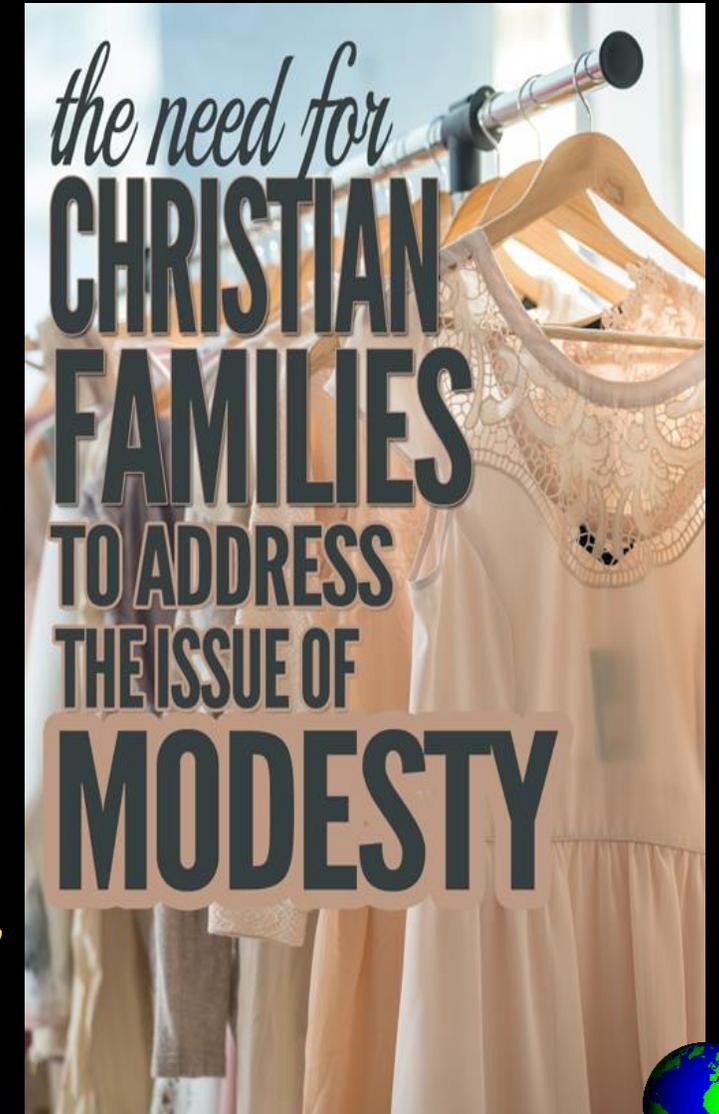


The Blessing of Christian Dress (cont'd)

c. Good stewardship requires sacrificial living: While much of the world is undernourished, materialism lays before Christians temptations ranging from expensive clothes, cars, and jewellery to luxurious homes. Simplicity of lifestyle and appearance sets Christians in stark contrast to the greed, materialism, and gaudiness of pagan, twentieth-century society, where values focus on material things rather than on people.

In view of these Scriptural teachings and the principles laid out above, we believe that Christians ought not to adorn themselves with jewellery. We understand this to mean that the wearing of rings, earrings, necklaces, and bracelets, and showy tie tacks, cuff links, and pins—and any other type of jewellery that has as its main function display—is unnecessary and not in harmony with the simplicity of adornment urged by Scripture.

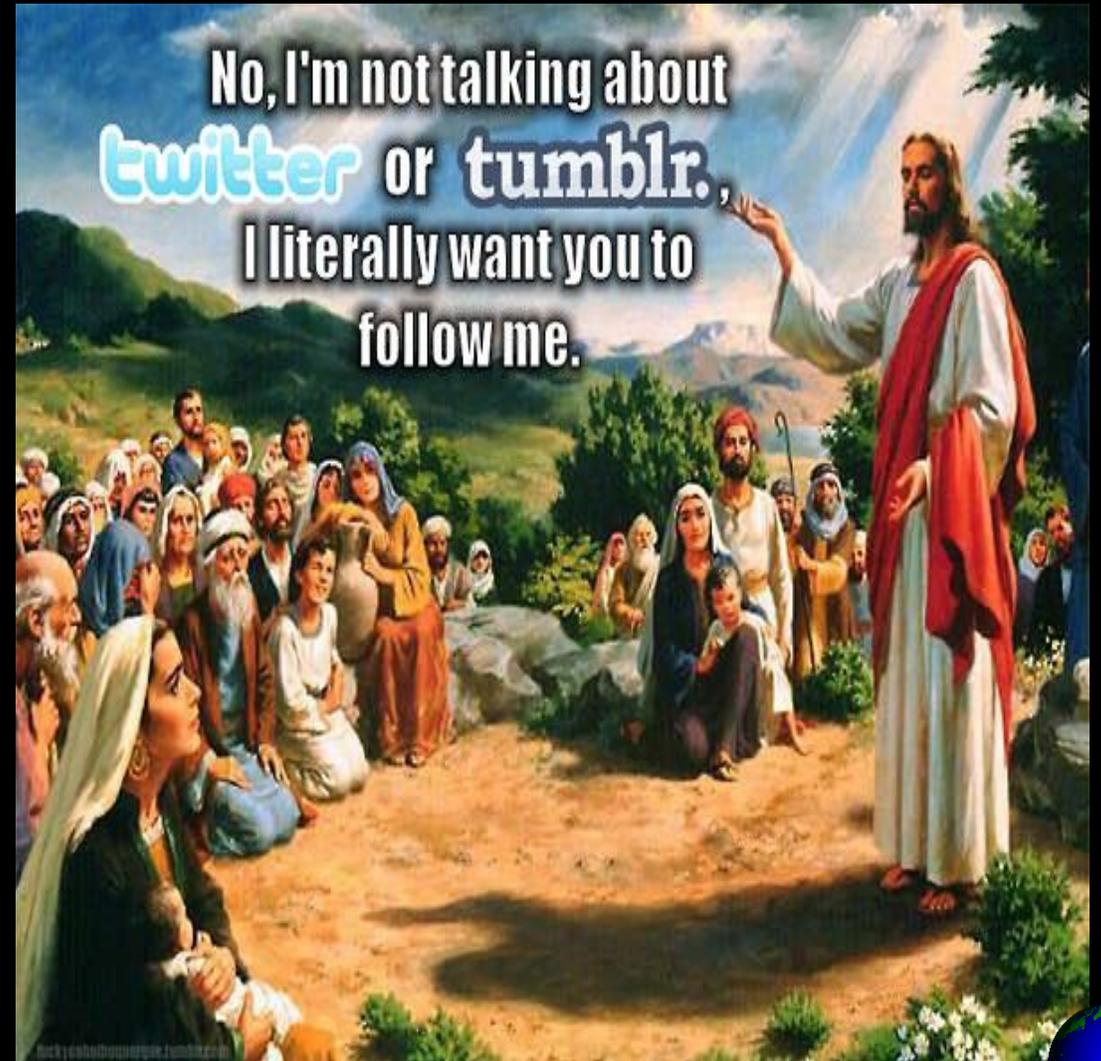
The Bible associates gaudy cosmetics with paganism and apostasy (2 Kings 9:30; Jeremiah 4:30). As to cosmetics, therefore, we believe that Christians should maintain a natural, healthy appearance. If we lift up the Saviour in the way we speak, act, and dress, we become like magnets, drawing people to Him.



Principles of Christian Standards

In all its manifestations, the Christian lifestyle is a response to salvation through Christ. The Christian desires to honor God and to live as Jesus would live. Although some view the Christian lifestyle as a list of don'ts, we should rather see it as a series of positive principles active in the framework of salvation. Jesus emphasized that He came that we might have life and have it more abundantly.

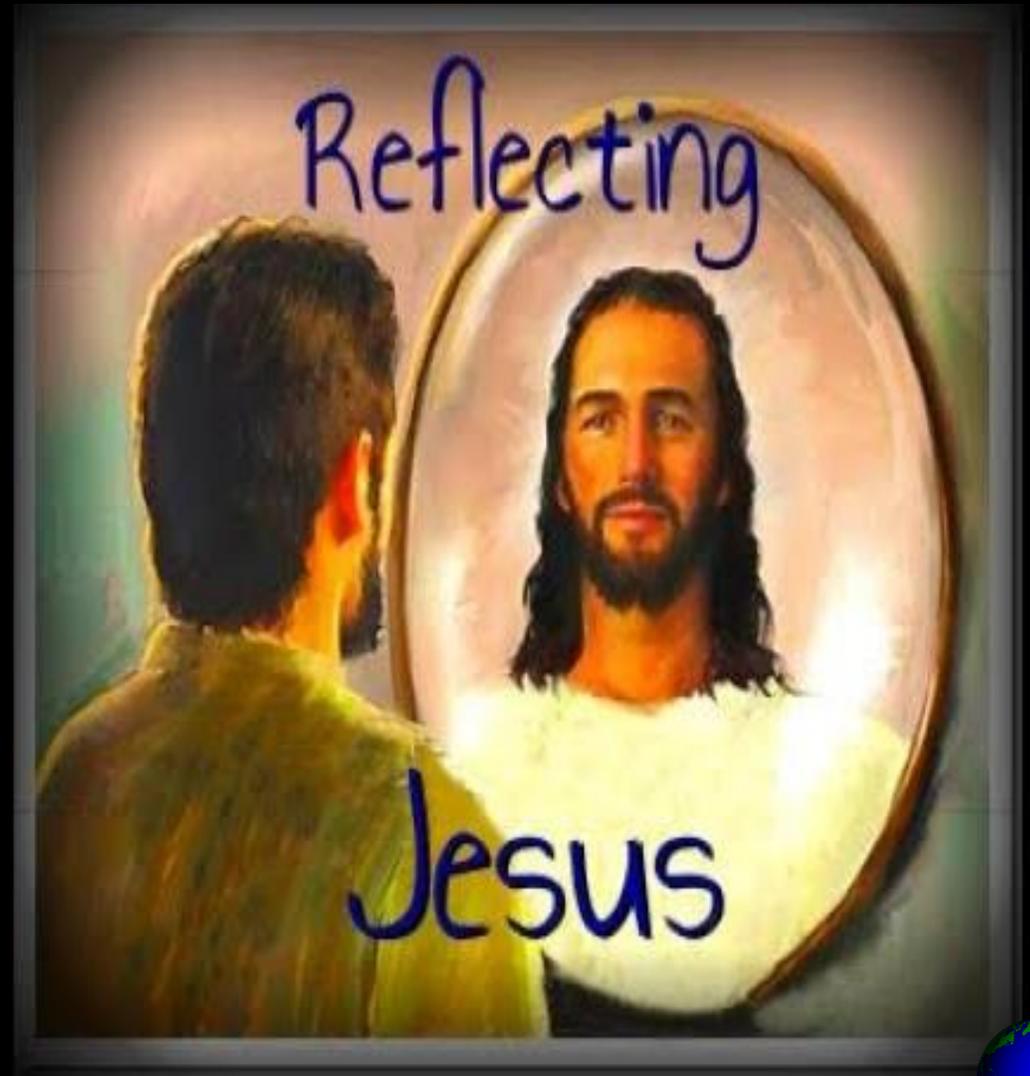
What are the principles that guide us to the full life? When the Holy Spirit comes into the life of an individual, a decided change take place that is evident to those around that person (John 3:8). The Spirit not only makes an initial change in the life; His effects are ongoing. The fruit of the Spirit is love (Galatians 5:22, 23). The most powerful argument for the validity of Christianity is a loving and lovable Christian.



Living With the Mind of Christ

"Let this mind be in you which was also in Christ Jesus" (Philippians 2:5). Under all circumstances, favourable or adverse, we should seek to understand and live in harmony with the will and mind of Christ (1 Corinthians 2:16).

Ellen White has noted the beautiful results of a life that is lived in this kind of a relationship with Christ: "All true obedience comes from the heart. It was heart work with Christ. And if we consent, He will so identify Himself with our thoughts and aims, so blend our hearts and minds into conformity to His will, that when obeying Him we shall be but carrying out our own impulses. The will, refined and sanctified, will find its highest delight in doing His service. When we know God as it is our privilege to know Him, our life will be a life of continual obedience. Through an appreciation of the character of Christ, through communion with God, sin will become hateful to us." - *The Desire of Ages*, p. 668



Living to Praise and Glorify God

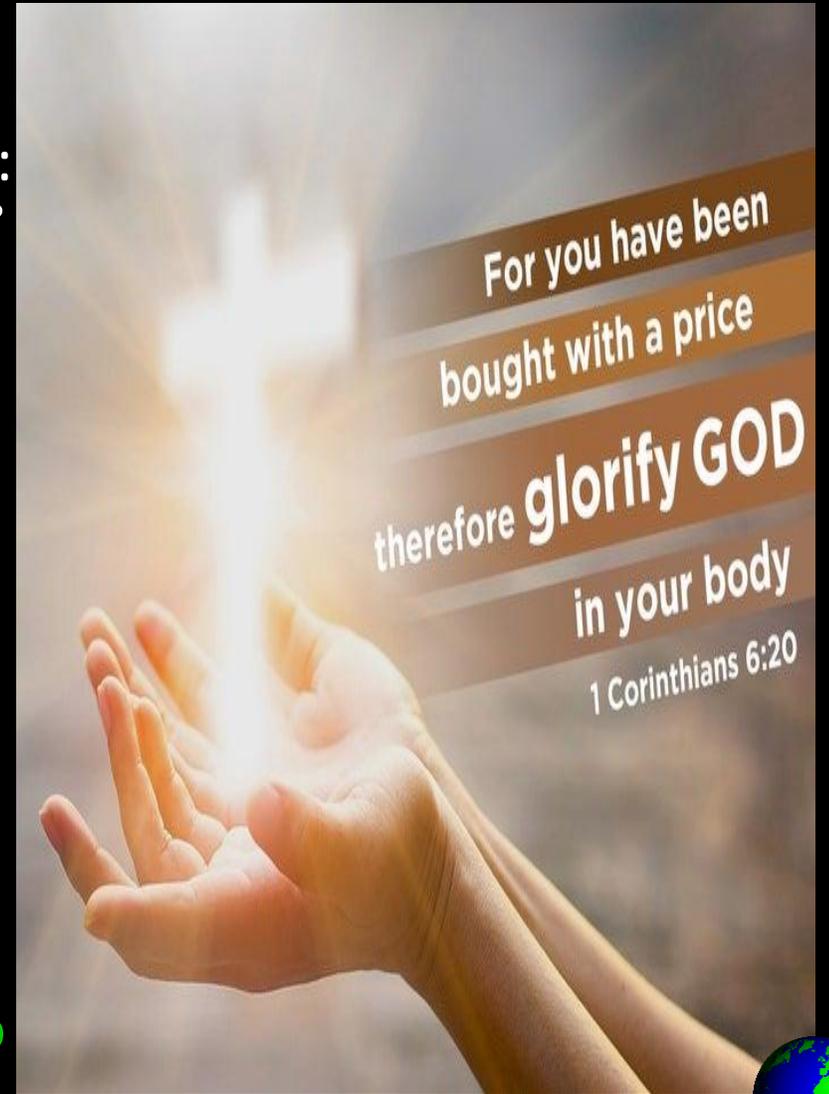
God has done so much for us. **One way in which we can show our gratitude is through the praise that we give Him.**

The Psalms strongly emphasize this side of the spiritual life: *"To see thy power and thy glory, so as I have seen thee in the sanctuary. Because thy lovingkindness is better than life, my lips shall praise thee. Thus will I bless thee while I live: I will lift up my hands in thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:"* (Psalms 63:2-5).

For the Christian, such an attitude of praise will keep life's other affairs in an appropriate perspective. In looking upon our crucified Saviour who redeemed us from the penalty and delivers us from the power of sin, we are motivated to do only "those things that are pleasing in His sight" (1 John 3:22; Ephesians 5:10).

Christians "live no longer for themselves, but for Him who died for them and rose again" (2 Corinthians 5:15).

Every true Christian puts God first in all he does, in all he thinks, in all he speaks, and in all that he desires. He has no other gods before His Redeemer (1 Corinthians 10:31).



Living to Be an Example

Paul said: "give no offense" to anyone (1 Corinthians 10:32). "And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men." (Acts 24:16). **If our example leads others to sin, we become stumbling blocks to those for whom Christ died.** "Whoever claims to live in him must walk as Jesus did" (1 John 2:6).

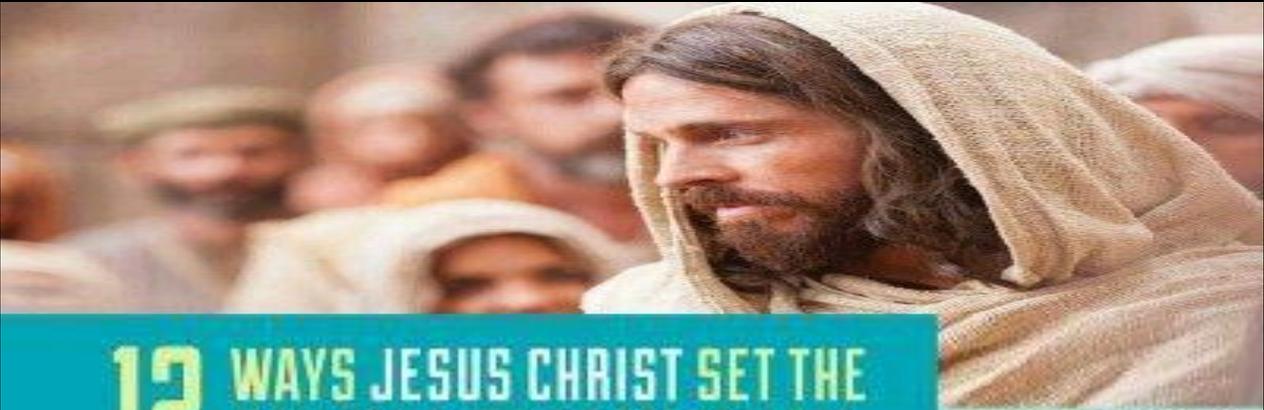
Living to Minister: **A major reason Christians live as they do is to save lost men and women.** Said Paul: "Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they may be saved." (1 Corinthians 10:33; Matthew 20:28).

“PEOPLE MAY
DOUBT
WHAT YOU SAY,
BUT THEY WILL
believe
WHAT YOU DO”



Summary: Requirements and Guidelines

Because of the impact a person's lifestyle makes upon his spiritual experience and his witness, as a church organization we have set certain lifestyle standards as minimal requirements for becoming members. These standards include the abstention from tobacco, alcoholic beverages, mind-altering chemicals, and unclean foods and the evidence of a growing Christian experience in matters of dress and the use of leisure time. **These minimal standards do not comprehend all of God's ideal for the believer. They simply signify essential first steps in developing a growing, radiant Christian experience. Such standards also provide the foundation essential to unity within the community of believers.**



12 WAYS JESUS CHRIST SET THE EXAMPLE FOR US TO FOLLOW

1. He served others (John 2:1-11).
2. He ministered to the sick (Luke 5:12-15).
3. He prayed to Heavenly Father (John 17).
4. He stood up for what's right (John 2:14-17).
5. He showed compassion (Matthew 14:16-21).
6. He studied, learned, and taught from the scriptures (Luke 4:16-21).
7. He was humble (Matthew 27:27-31).
8. He shared the gospel with others (Matthew 5-7).
9. He resisted temptation (Matthew 4:1-11).
10. He was obedient (Matthew 26:39).
11. He forgave others (Luke 23:34).
12. He inspired hope (John 14:15-17).

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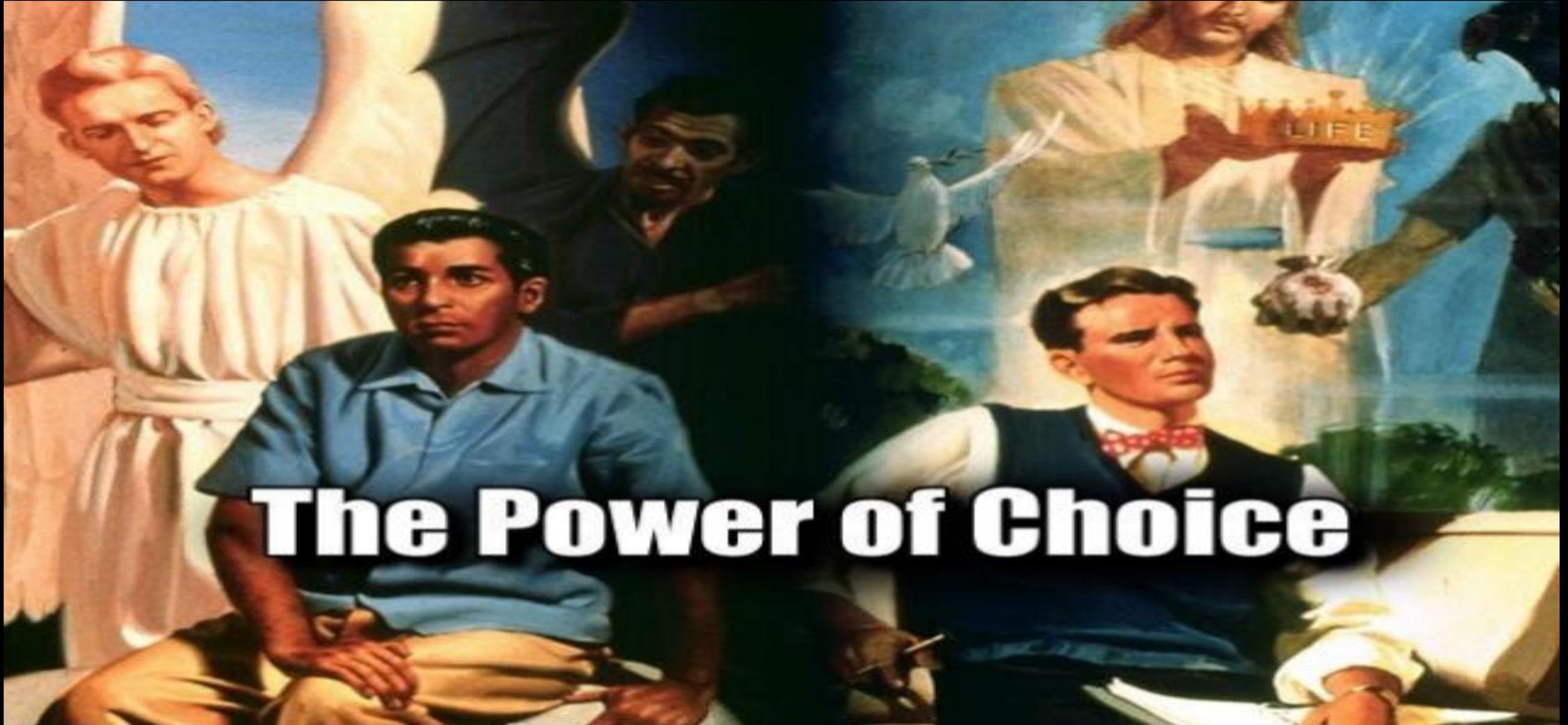
Conclusion: Requirements and Guidelines

The development of Christian behaviour—"God-likeness"—is progressive, involving a lifelong union with Christ. Holy living is nothing less than a daily yielding of the will to Christ's control and a daily conformity to His teachings as He reveals them to us in our Bible study and prayer. Because we mature at different rates, it is important that we refrain from judging weaker brothers or sisters (Romans 14:1; 15:1).

Christians in union with the Saviour have but one ideal: that they shall do their best to honor the heavenly Father, who has provided such a rich plan for their salvation. "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God" (1 Corinthians 10:31).

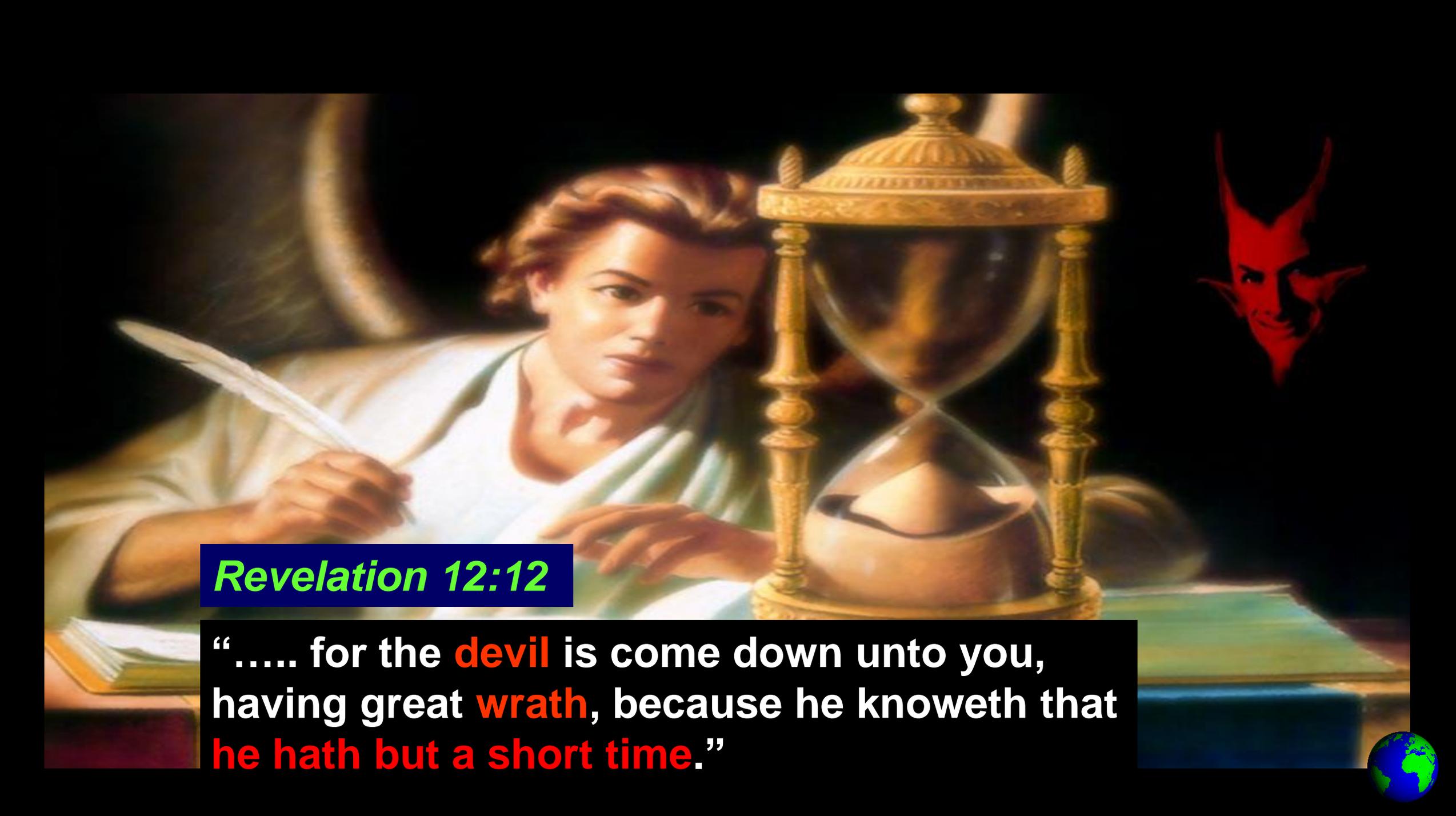


God has given all:



The Power of Choice



An angel with a halo and wings is shown writing in a book with a quill pen. To the right of the angel is a large, ornate golden hourglass. In the background, a red devil's face with horns is visible. The scene is set in a dimly lit room with a book on a desk.

Revelation 12:12

“..... for the **devil** is come down unto you, having great **wrath**, because he knoweth that **he hath but a short time.**”



Enter The Ark of Hope

And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, *and* one shepherd.

– John 10:16



The Ark of the Covenant



Psalms 77:13

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. –
Revelation 3:20





THE END



ARE YOU READY TO MEET JESUS?