

VISITING PROGRAM TRAINING CLASS

Ninth Class

January 5, 1968

(WIVES PRESENT)

FORMAT:

1. Open with prayer.
2. World news discussion and drill (5 - 8 minutes).
3. Difficult scripture drill (30 minutes).
4. Sermonettes and evaluations (30 minutes).
5. Recess (10 minutes).
6. Lecture (one-and-one-half hours).*
7. Assignments for next class.

DIFFICULT SCRIPTURES

1. Disprove: Paul did not eat meat (I Cor. 8:13).
 - A. As shown in Verse 4, Paul was talking about those meats offered in sacrifice unto idols.
 - B. Paul showed that Christians know an idol is nothing and that there is only one God (Verse 4). But some of the brethren who were new and weak ate the meat still thinking the god was in the meat or that it had special significance since it had been offered to the idol. Because of this, their conscience was being defiled.
 - C. Verse 10 shows some may have been eating meat in the temple or were close to doing so. They would not worship there, but they could get a cheap meal there, something like a church supper. This led the others who were weak to feel bold to go also into the temple to eat meat. But they still ate the meat with the consciousness that it had been offered to an idol.
 - D. This was causing the weak brother to perish (Verse 11).
 - E. Paul condemned the whole idea of going into the temple to eat meat as sin against the brethren and Christ (Verse 12). Later in this same letter (I Cor. 10:19-23) Paul shows that though the idol is nothing there is a demon spirit behind it, and that spirit permeates the idol's temple or false church as well. Therefore, Paul said they should never

fellowship with demons, which they would be doing by eating meat in the temple. In I Corinthians 10:21 Paul told them they can't be partakers of God's table and the table of demons. Acts 15:29 shows a command from James to all the Church to abstain from meat offered to idols.

- F. Paul condemned the idea of eating meat in the temple and their flaunting of their knowledge and liberty before those who were weak and didn't yet understand, not the eating of meat per se. So in Verse 13 Paul is saying that if eating meat would make my brother to offend as their eating meat in the temple would cause their brothers to sin, then he wouldn't eat meat.
 - G. The fact is that Paul did eat meat, and he condemned vegetarianism as a doctrine of demons (I Tim. 4:1-3).
2. If someone invites you to dinner and serves pork, should you eat it and not ask questions about it, so you don't offend him? (I Corinthians 10:27.)
- A. The context has nothing to do with clean or unclean meats, but with meat offered to idols (Verses 19 and 28).
 - B. You don't have to ask whether or not what you are eating is pork, you can readily discern that. The question here is whether or not that which you are served has been offered to idols.
 - C. If you want to take this verse out of context, then if your host puts cyanide, razor blades, or a bowl of acid in front of you, you should eat it, lest you offend him. This is, of course, ridiculous!
 - D. The true meaning is if they went to an unconverted person's house for a meal, they didn't have to ask him if the meat he served them had been offered to an idol. Idols are nothing to true Christians, and whether or not the meat had been offered to an idol is of no importance.
 - E. However, if the host or someone else brought up the subject and told them the meat is offered in sacrifice to an idol, they should refuse it, not because it harmed them, but because of the conscience of the other person, lest he feel idol worship was all right or lest he think they were hypocrites for claiming to be Christians and appearing to worship the idol by eating meat sacrificed to it (Verse 28).
 - F. The whole crux of the matter is setting the right example before the unconverted or weak brethren, not clean and unclean meats.

HOW TO MAINTAIN GOOD HEALTH AND PREVENT SICKNESS

I. WHY SHOULD WE BE CONCERNED ABOUT OUR HEALTH

Why should we devote a lesson in this visiting Program Training Class to the subject of health? Why is it important? III John 2-- It is Almighty God's express will and intent that His people be in health -- and for good reason!

GOOD Health is one of the seven laws of success. Our health will vitally affect, first of all, our success in this Christian life -- the degree to which we overcome and grow spiritually -- and secondly, our success in this class -- the degree to which we can be used in God's Work!

A. To Grow Spiritually

In order for us to use this physical life as God intended -- to build godly character -- we need to have the very best health possible. A tired, run-down, sickly body will automatically cause you to have a dull, lethargic mind. In order to have a sharp, clear, alert, sound mind, you must have a healthy, vibrantly alive, physical body.

Any of us can think more clearly, concentrate better and retain what we learn much more easily if we are in good health! Our spiritual growth -- the extent to which God's Spirit can enlighten, inspire and motivate us -- will be in direct proportion to the condition of our health!

B. To Do the Work of God

The secondary reason that we should maintain good health is to do God's Work. If we are physically run-down and weak -- and at times sick -- how can we do our part in the Work of God -- whatever that part may be in serving in the local area, as well as by staying on our jobs to contribute as much as possible to the Work?

In order to really produce and be profitable in God's Work, we must maintain the best health possible!

II. BASIC KEYS TO GOOD HEALTH

All of you know that sickness is not normal or natural and that a healthy body is not susceptible to sicknesses and disease -- no matter how many germs it comes in contact with. But you need to apply that knowledge and accept full responsibility for the present condition of your health. And when you do become sick, you should try to understand what caused it and resolve to change in order to avoid repeating that same mistake.

We are living in a physically degenerate age, and all of us are now suffering

from physical weaknesses which we either inherited as a result of the physical sins of our forefathers or which we brought upon ourselves by our own past physical sins. Rather than using this as an excuse for not maintaining the best possible health, however, you should strive all the HARDER to negate those weaknesses by complete obedience to the physical laws of health! There are certain basic keys, which if followed, will insure that each of us in our present circumstances will have the best health possible.

A. Proper Sleep

The first basic key to staying healthy and being alive, alert and productive is getting regular sleep. Our bodies have an inner clock that regulates our metabolism and all our bodily processes. So that this inner clock can function at its optimum level, we need to have a regular pattern of life. This applies to eating and exercising also, but it especially affects the benefits we receive from sleep. The average individual needs about eight hours of sleep, beginning and ending at approximately the same time each night to be effective.

The human body is not like a machine -- it tires. During the time you are asleep, your bodily processes slow down and your internal organs rest as well. At the same time poisons are expelled through your sweat glands, and the body repairs itself. When you skip sleep or get it at odd hours, you throw additional strain on your body, wearing it down, and you upset your metabolism and make your body vulnerable to sickness and disease.

Also, failure to get proper sleep results in loss of memory. This means your study of God's Word is ineffective and your prayers are lackadaisical, which stunts your spiritual growth. In addition, you are more accident prone and tend to be more irritable when you have robbed yourself of needed sleep.

Set a definite, reasonably early time each night to go to bed, and stick to it! Then get up early each morning after a good night's sleep. Make it a regular way of life, and you'll be far more alert, alive, healthy and productive

B. Regular Exercise

The second basic key to good health is regular exercise. No human being on earth can be in good physical condition without regular exercise. Have you ever seen an out-of-condition deer, squirrel or grouse? Their whole way of life is exercise. It is normal to be alive, zestful, energized! But many of us have been living in a physical straight-jacket for years -- in most cases simply because we do not get enough exercise.

I Timothy 4:8 -- God tells us that for the time we are in this flesh, regular exercise is profitable to us. Let's understand why.

Your heart is designed to pump blood through your body. If you are continually inactive, many of your arteries and capillaries will dry up and dissipate, and your blood will not be able to carry enough oxygen to all parts of your body to keep it full of life and energy. As a result, you will begin to feel tired all the time, and your circulation will become poor in your fingers, toes, hands and feet. At the slightest constriction of circulation, they will then begin to tingle and "go to sleep."

Our heart is a muscle, and any muscle out of condition works inefficiently and produces fatigue toxins at twice the rate of muscles that are in good condition. Also, in a time of stress, a heart weakened by lack of exercise is vulnerable to a heart attack.

Drivers involved in automobile accidents sometimes escape serious injury in the accidents but die of heart attacks. This is how a person is literally "scared to death." The heart can't take it and just runs away and bursts. A heart in good condition cannot run away, and it will remain steady after reaching a peak of 180 beats a minute.

As this world and this Work crashes to a close, we are going to be under more and more stress and persecution. We are going to face crisis after crisis, as a Church and as individuals. Knowing what we will face in the very near future, all of us should set ourselves to get in top physical shape!

The best exercises are running, cycling, walking and swimming because these exercises not only tone up muscles in your body, but they also build up your heart and increase the circulation of your blood. We suggest that you buy a book on exercise entitled *Aerobics* by Major Kenneth Cooper. Read and study it, and put it to work! When you first begin "aerobics," you will put a load on your muscles and arteries, so that your body will begin to produce new arterioles for the blood to flow through. The new strain and flow of life-giving oxygen and blood will clean up the old arteries and expel the poisons. The muscles will become healthy, you will lose the feeling of fatigue, and your mind will become much more alert.

It takes persistence, stick-to-itiveness and character to begin and continue on this regular exercise program, but it will pay off in better health for you today, and may save your life in the next few years!

C. Peace of Mind

The third basic key is peace of mind. Develop a positive approach to life. Don't stew and worry about minor things, and learn to cast your real concerns, worries and burdens on Christ (I Pet. 5:7): Proverbs 17:22 shows that a merry heart does good like a medicine, but a broken spirit breaks up the body.

Many glands in your body respond to mental stimuli and react adversely with your body when you are angry, frustrated, sad, sorrowful or upset in some way. If you argue, you can't properly digest your food. Many people stimulate fatigue in their bodies by constantly being in a downcast attitude.

II Corinthians 10:3-5 -- Bring all your thoughts into obedience to Christ.
Philippines 4:6-8 -- Stop worrying about things beyond your control. Begin to de-emphasize your problems and exercise faith. Refresh yourself with the promises of God and clean up your mind through God's Word. Really believe and know that all things work together for good to those who love and obey God and with whom He is working to perfect for His ruling Family and Kingdom (Rom. 8:28).

Practice a smile, a cheerful greeting, just radiating happiness, and really pursue peace. Don't brood over things. Be open, talk things out, get the problems, misunderstandings and traumas solved quickly.

You'll be surprised if you really begin to practice these things, how much better you'll feel and how some of your chronic ailments, pains and fatigues will subside. If you don't understand just how much mental attitudes and anxieties can cause physical diseases, an excellent book that covers this topic as well as other interesting points about health is None of These Diseases, by S. I. McMillen.

D. Wholesome Diet

1. Eat BALANCED Meals

We are what we eat: Even though we are getting regular sleep and exercise and maintaining peace of mind, unless we are eating properly, we cannot be as healthy as we should be. This is perhaps the most important basic key to good health.

You should eat a wholesome, well-prepared, well-balanced diet. Vegetables and fruit should predominate, unspoiled by injurious dressings and sauces. This should be the major portion of your diet. Next in importance should come protein -- good lean meats, fresh raw milk, butter, eggs and cheese. Last should come carbohydrates -- sparingly -- whole grains and potatoes chiefly. Then drink plenty of fresh, clean water daily.

Most people emphasize these things in just the reverse order. The major part of their diet consists of sugars and starches, followed heavily by protein. Then they rarely eat green leafy vegetables and occasionally have an apple or orange. Some drink virtually no water at all!

It takes more effort for you women to prepare a nourishing, wholesome meal.

It is easier for you to just serve pre-cooked, pre-prepared, pre-packaged foods, than to take the time to bake your own bread, prepare nourishing, colorful salads, carefully wash green leafy vegetables and watch them closely to insure that they cook slowly but are not overcooked or burned. Starchy vegetables and products take virtually no effort on your part to prepare and cook. Many of you are just too lazy to make the effort to insure a healthful, nourishing diet for your families.

Daniel 1:4-16-- Daniel was healthy and wanted to stay that way. He didn't intend to defile his body and sludge up his mind with the rich, starchy, spiced-up concoctions the king was eating. But he was not a vegetarian, and he did drink wine (Dan. 10:3). Daniel simply ate natural vegetables and fruits, and later in life, clean, unadulterated meats and good., natural, unfortified unmixed wines. We would do well to follow his good example in this.

2. Avoid Preservatives and Artificial Colorings, Flavorings, and Supplements

You should avoid knowingly eating foods with preservatives or artificial coloring or flavoring. People today are suffering from unheard of diseases and paying a horrible penalty in their bodies largely due to these factors by themselves. These things are out and out poisons in most cases and are very harmful. To make matters worse, many of them are residual -- they accumulate in your system, polluting your body constantly and building up for a grand, final knockout blow.

It is a simple matter to check the things you buy for preservatives. All products list their contents -- "BHA added to preserve freshness;" alum and sodium this or that. God holds you responsible, where you have the choice, for just being a little careful and not buying these things!

If you are visiting someone's home and you don't know whether or not what they serve contains such things, simply ask God's blessing on and purification of the food, and trust Him. Don't worry about it. But where you are doing the buying and it's your decision, God holds you responsible to do the best you can and only buy that which is wholesome and nutritious.

Mr. Herbert Armstrong has constantly stated that we should eat only those natural foods that will spoil -- and eat them before they do. This is a good overall principle to follow with regard to every area of your diet.

Strictly avoid artificial supplements and vitamins as well as food "enriched" or "fortified" with such supplements. A balanced diet of natural, wholesome foods is the surest, quickest, best way to health. many of these "health foods," pills and vitamins are very harmful. They get your body out of balance or react adversely. Iron supplements often take the enamel off your teeth, vitamin D during pregnancy can cause mental retardation of your unborn child as well

as heart and bone defects, vitamin K can cause jaundice, etc., etc.

Perhaps in some rare cases a natural dietary supplement may be required for a limited time for a special dietary lack, but a balanced, natural diet is all that is necessary to maintain good nutrition.

3. TOTALLY Eliminate ALL Refined and Processed Foods

Avoid the starchy, greasy, sugary, spiced-up concoctions that may taste good at the moment, but which contain little nutritional value and will simply clog up your system and wreck your stomach and health in time. Virtually all of you know the great harm that is caused by such "refined" or "improved" products as white bread, white sugar, canned fruits and vegetables and pasteurized milk. When this type of food is fed to rats and dogs they become cowardly at first, then go out of their heads and ultimately die of starvation.

This nation is paying the penalty of having a generation grow up on refined and processed "non-foods" rather than on wholesome, nutritional foods. These refined and processed foods are not only definitely detrimental physically, but they are detrimental mentally.

Psalms 104:15 -- God gives mankind bread which strengthens his heart -- gives him courage, stamina and health! The nutrients in natural whole grains do just that! But man "improves" the natural grains and destroys his mind and body!

Where are men of courage and conviction in our nation today? They plead for peace and decry the riots on campuses and the violence in the streets, but they do not have the courage or the will to do anything to solve the problems -- to stand up for decency and order.

Our hospitals are filled with people with mental disorders, and our streets and homes abound with them. Tooth decay affects 98 percent of American people, and our nation is wracked with unheard-of sickness and diseases that are the direct result of its diet of processed and refined foods!

Desserts made with refined ingredients are a big offender among God's people. Most of what is palmed off as dessert today is totally unfit for human consumption! Desserts are not necessary after every evening meal, and on special occasions when you have dessert, serve fruit or nuts or be sure that the dessert is made wholly with natural ingredients. If you are visiting and are offered a dessert that you know is not good food, you can easily turn it down without offending your host or making an issue of it. Simply decline the dessert, and if pressed, you can quietly and graciously say you have already had enough or that you have learned from bitter experience that that type of thing just has an adverse effect on your system.

We recommend a book entitled Food Is Your Best Medicine, by Dr. Henry Bieler, to

all of you, as an excellent basic book on the subject of nutrition. Anyone with any knowledge of God's Word can detect the few areas in which he is off. The vast majority of the principles of nutrition he gives in the book are sound, and it can be suggested for all of you as a textbook on good nutrition.

III. STOP COMPROMISING WITH WHAT YOU KNOW TO DO!

By being in God's Church for years, all of you already know many of these basic keys to good health, but are you acting on that knowledge? Have you put Lesson Two on organizing your time God's way into effect, and are you following a regular pattern of life which includes enough sleep? Are you getting regular exercise of a type that is really beneficial? If not, are you convicted of the need to change, or will you be glad when this lesson "blows over" so that your conscience will not continue to bother you about this aspect of life which you are not changing?

How about your diet? Far too many in God's Church are constantly sick, weak, and physically degenerate -- thickheaded, thickbodied and poisoned. Thousands of God's people have only enough energy after dinner to stagger to the T.V., and sit in a stupor and watch it. In most cases it is not a lack of knowledge, it is simply a lack of the character, the "guts" if you please, to do what they know is right. Just how much sin do you permit yourself? And what excuse do you use?

Many people in God's Church look around and see people in the world and others in the Church losing sleep, burning the candle at both ends, "too busy" to get regular exercise and eating junk and conclude, "Oh well, it doesn't seem to affect them too adversely. It won't hurt me any worse than it hurts them."

Others look to someone else and justify what they do because so and so does it: That, in other words, makes it all right in spite of what they personally know is right. God doesn't reason that way! He holds each of us responsible for doing what we know to do.

Still others think, "Look, I've only got a few more years in this physical flesh. It doesn't matter that much. I'll make it." But it does matter, and with that attitude they may very well not make it!

Some people joke about "abominating" -- meaning to eat what they realize is junk which is not fit to eat. They then justify it by reasoning that the "good" things they eat make up for it, not seeming to realize that such "abominations" not only lack nutritional value, but they are, in effect, poisons to their system. People who reason this way often feel that just because they have changed their diet in one or two ways -- perhaps starting to eat whole-wheat bread and drink raw milk -- that they are now eating God's way! Ridiculous! They have barely made a start in that direction.

Many, when they are given knowledge on specific items, through their own reading or by their local minister, reject that knowledge. They are slaves to their own lusts, their own sweet tooth, and just can't bring themselves to give up that which is sludging up their bodies and ruining their health. They toss off Romans 14:17 to justify their continuance of the defiling of their bodies "Oh well -- let's not get buggy. Remember, the Kingdom of God is not meat and drink!" This scripture has to do with offending a weak brother who is a vegetarian by your liberty of eating meat! It gives no one any justification whatsoever for not changing his abominable eating habits!

Some in God's Church hang onto their old eating habits by saying, "When God's Church commands me not to eat such and such, I'll stop eating it." But God's Church will NEVER begin to legislate on any food other than unclean food.

It is not the purpose of God's Church to give a series of do's and don'ts in regard to diet or any other area of your lives. The Church can only explain the principles. It is then up to the individual to build character by applying that knowledge!

Let's quit kidding ourselves! Let's stop playing little games to justify our rotten diets and hideous eating habits. God holds each of us responsible for doing the very best we can to find out what constitutes proper nutrition and changing our diets to conform to that knowledge to insure good health, stamina, endurance and resistance to disease. Then if through our human weakness we sin, as we all do from time to time, He is merciful to forgive us and heal us through Jesus Christ! But He will neither condone our compromise and willful disobedience, nor heal us, when we continue to justify ourselves and refuse to do what we know we should.

IV. PHYSICAL SIN CAN BE SPIRITUAL SIN!

There is an expression to the effect that "a little knowledge can be a dangerous thing." Much knowledge can also be dangerous if you are not acting on and obeying that knowledge!

James 4:17-- This is the very heart and core of the reason that so many are constantly sick in God's Church, and why so many of those sick are just not healed when they are anointed, but have to tough it out! Many claim to repent of the physical sins that caused the illness, but continue to do the same things that caused it - - they will not change - - yet they know better. Still others toss it off as attributable solely to the fact that this is the end time and we are all so degenerate it couldn't have been avoided.

Galatians 6:7-8 -- Healing is the forgiveness of physical sin! We can't mock God! We can't claim to repent and continue to repeat the same mistakes that caused the illness, knowing better, and expect God to heal us. If you know a particular so-called "food" is not good for you and you eat it anyway, you are committing both physical AND spiritual sin! The thing you ate was harmful to your physical body and the fact that you did it anyway, knowingly, was lust, which caused you to weaken your spiritual character!

Colossians 3:25 -- You are going to pay a penalty for both sins! The more you compromise in this way the more you lose both character and faith.

I John 3:22 -- You can't go wholeheartedly to God in faith for healing when you know you haven't been doing the best you can with the knowledge you have -- when you know you have been compromising continually with that which makes for good health!

I Corinthians 6:19 -- Don't we understand -- can't we grasp that we are the temple of God's Holy Spirit? For those of us who know and understand what physical sin is -- and the penalty that Christ willingly accepted in our place so that we can be healed - - we cannot shrug off or take lightly physical sin with some trite excuse. God does not shrug off or take lightly physical sin. He allowed His Son's body to be utterly broken so that those physical sins could be removed and our bodies healed. Our health was -- and is -- that important to God! How about you?

V. RESOLVE TO BUILD GOOD HEALTH - - AND GOOD CHARACTER

Psalms 91:2-3, 9-10 -- Men, don't sell this area of your life short. If we are to withstand the plagues and disease epidemics that are increasingly coming upon this nation, we must first do our part, and then trust God for the rest. We need to be healthy, energetic, filled with life and have sharp, clear minds in order to really grow spiritually. And we need to be physically strong and full of zest to help finish this Work!

But just as important, you need to use this area of your life to build character, not tear it down! Resolve not to compromise your conscience in any of the basic keys which would insure good health. Resolve that by the way you conduct this area of your life you will BUILD GOOD HEALTH -- AND GOOD CHARACTER!

ASSIGNMENTS FOR NEXT CLASS

1. "Are You Under the Law?" by Mr. Garner Ted Armstrong, November 1967
PLAIN TRUTH.

2. "The New Testament Teaching on Law and Grace"
Reprint #650.
3. "What Kind of Faith is Required for Salvation?"
by Mr. Herbert W. Armstrong. (booklet)
4. "What Do You Mean Salvation?" by Mr. Herbert
W. Armstrong. (booklet)