

Conquering on the Mental Battlefield - Part 4

Key #4: The Body/Mind Connection -

Rest

“Make it a habit not to sit up after nine o’clock. Every light should be extinguished.” Daughters of God, 177

“Sleep is worth far more before than after midnight. Two hours’ good sleep before twelve o’clock is worth more than four hours after twelve o’clock.” Manuscript Releases, vol. 7, 224

Exercise

“Teach the students that right living depends on right thinking, and that physical activity is essential to purity of thought.” Education, 209

Diet

“The relation of diet to intellectual development should be given far more attention than it has received. Mental confusion and dullness are often the result of errors in diet.” Education, 204

“The abuses of the stomach by the gratification of appetite, are the fruitful source of most church trials. Those who eat and work intemperately and irrationally, talk and act irrationally. An intemperate man cannot be a patient man. It is not necessary to drink alcoholic liquors in order to be intemperate. The sin of intemperate eating, eating too frequently, too much, and of rich, unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgment, preventing rational, calm, healthy thinking and acting. And this is a fruitful source of church trials.” Counsels on Diet and Foods, 50

Biblical Support For Vegetarian Diet

“Neither shall ye eat any flesh that is torn of beasts in the field; ye shall cast it to the dogs.” Exodus 22:31

“Ye shall not eat of any thing that dieth of itself....” Deuteronomy 14:21

In the book of Daniel, who survived the fall of Babylon? What was their diet?

Preparation for Canaan:

1. Relocation - to the country
2. Dietary change - manna (vegetarian)