

God's Law of Pure Water

"Let the waters...be gathered together unto one place"

Creation

"And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so. And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good."

Genesis 1: 9, 10

God sends water

"Behold, I will stand before thee there upon the rock in Horeb; and thou shall smite the rock, and there shall come water out of it, that the people may drink. And Moses did so in the sight of the elders of Israel."

Exodus 17:6

"And did all drink the same spiritual drink: for they drank of that spiritual Rock that followed them: and that Rock was Christ."

1 Corinthians 10:4

Here we see that God not only sent water for the peoples' physical needs, but he used it as an object lesson of the spiritual water needed from Christ the rock.

Our lives will flourish with water

"But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper."

Psalms 1: 2, 3

"And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shall be like a watered garden, and like a spring of water, whose waters fail not."

Isaiah 58:11

"But whosoever drinks of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

John 4:14

Just as water is the only beverage that can completely satisfy our bodies and bring healing and health, so the Water of Life can only satisfy our souls.

"As the palm-tree, drawing nourishment from fountains of living water, is green and flourishing in the midst of the desert, so the Christian may draw rich supplies of grace from the fountain of God's love, and may guide weary souls, that are full of unrest, and ready to perish in the desert of sin, to those waters of which they may drink and live. He is ever pointing his fellowmen to Jesus, who invites, "If any man thirst, let him come unto me, and drink." [John 7:37.] This fountain never fails us; we may draw, and draw again."

"In health and in sickness, pure water is one of Heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system, and assists nature to resist disease."

Counsels on Diet and Foods, 419

Physical benefits of drinking water

- Supplies the necessities of the system:

Every function of life is carried out in a water medium.

Every cell needs water; 70% of the body weight is water.

Blood is about 90% water and carries food, oxygen and necessary substances to every cell.

Lungs – no oxygen transfer can happen without water.

Skin – Sweat glands expel impurities and moisten skin.

Muscles – half of the body water is in the muscles; study showed that those who drank what they lost during a treadmill test far outran those that did not.

Bone Joints are lubricated by water from the cartilage on the ends of the bones. If not properly hydrated, swelling around the joints occur to increase water to the joint.

Vertebral Bones and Discs – Discs between the vertebral joints in the back need lots of water to support 75% of upper body weight, the fibrous material supports 25% of the upper body weight. Flexion/extension produced by walking and exercises creates a vacuum effect in the anatomical space between the vertebra drawing water in and re-hydrating discs. Re-hydration of discs also occurs when pressure is relieved during sleep. If disc wedges are not hydrated, back muscles work harder to maintain upright position (our center of gravity is in front of the spine). The muscles are more easily strained, leading to spasm, making them more susceptible to injury. Eighty percent of back pain is due to muscle spasm. (Water, exercise, and good nutrition are very important for a strong, pain-free back).

Brain – 85% of the gray matter is water; when the body is dehydrated, water is drawn away to eliminate wastes. Headaches, mental dullness and fatigue can be the result.

- Assists nature to resist and stop disease
- Relieves pain
- Reduces fevers
- Purifies the blood
- Invigorates vital organs

- Cleanses tissues – the body uses 2500 glasses of water daily. It is an amazing recycling system because we actually lose only around 10 glasses daily that need to be replaced.

The body accumulates waste produced from body machinery, food, unhealthful drinks, and medicines. Waste is absorbed through the skin and inhaled from the air.

Water is the universal cleanser. The body needs enough to flush every cell. The kidneys need 1 quart of water to eliminate 1 gram of waste. Double that to do it well.

“Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.

Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the

wilderness shall waters break out, and streams in the desert.”

Isaiah 35:5

How much water should we drink?

Just when thirsty? Thirst sensation decreases with age and dehydration. Thirst sensation will come back as you increase your water intake.

In a dehydrated state the body's cells and tissues hang on to water, and the urine becomes concentrated – dark yellow.

Drink enough water so that the urine is very pale yellow, almost clear.

Minimum: Half body weight in ounces

Example: 130lb ½ is 65lb = 65oz = about 2qts - This amount is the very minimum.

Problems resulting from dehydration

(from *Proof Positive* and *Your Bodies Many Cries For Water*)

Increased risk for:

- Heart Disease
 - The blood is thicker and more viscous.
 - The red blood cells are less flexible with an increased tendency to clot.
 - Strokes and heart attacks are more likely to occur.
- Diabetes
 - The blood is thicker and more viscous.
 - The blood sugar is higher.
 - The kidneys eliminate sugar along with water thus increasing dehydration.
 - The risk of kidney and nerve damage is increased.
- High Blood Pressure
 - The blood volume is decreased causing the blood vessels to constrict to increase the blood pressure.
- Gallbladder disease
 - There is a decrease in water to dilute the bile thus increasing the risk of gallstones.
- Kidney stones
 - There is a decrease in water to dilute the mineral content in the urinary tract thus increasing the risk of kidney stones.
- Rheumatoid Arthritis
 - Water lubricates joint surfaces; if not properly hydrated, swelling around joints can occur to increase water to the joint.
- Back and neck pain
 - Decreased water in discs and joint spaces cause the space where the nerves come from the spinal cord to be smaller putting pressure on the nerves resulting in pain and spasm.
- High Cholesterol
 - Cholesterol makes the cell membrane less permeable to letting water out. In dehydration the body will produce more cholesterol to save water in the cells.
- Headaches
 - In dehydration the brain is one of the first places water is drawn away from to other areas of the body thus resulting in headaches.
- Weight gain
 - Sometimes we interpret the sensation of thirst as the urge to eat. When we are fully hydrated, we will not feel the need to eat as much.
- Asthma and Allergies
 - The body increases its histamine production causing bronchial constriction to save water lost to evaporation in breathing. This increase in histamine also increases the risk of asthma and allergies.
- Hypoglycemia
- Ulcers
- Heartburn
- Colitis and Constipation
- Hiatal hernia

What are some of the contaminants in our water?

➤ Minerals

While minerals are needed by the body, getting them in their inorganic form in water may not be the best. It is better to get them through plants which have the capability of transforming the minerals into the organic structure of the plant which is then better utilized by the body.

- Calcium in the inorganic form can clog up the body and may have a role in atherosclerosis and occlusions, stiffness in joints, kidney stones, and gall stones.

➤ Chemical poisons

- Sodium fluoride – Is a corrosive liquid which in higher concentrations is used for roach and rat killer and pesticides
- Chlorine – Linked to heart disease and cancer (specifically bladder cancer), kills germs but also body cells
- Heavy Metals – lead (where lead pipes are used; some areas have higher levels of lead than others) increasing risk of lowering IQ and attention span
- Agricultural run off – Pesticides (in the US corn belt, half of the waterways are contaminated)
- Nitrate – risk especially to babies
- Radon – radioactive gas can cause increase risk of cancers
- Hazardous waste – from chemical plants, dry cleaners and gas stations- MTBE

➤ Bacteria and viruses

How can we get the best water?

The Body is 70% water – so we want to have the best.

“And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.”

Revelation 22:1

“...And then point them to God's great medicine, water, pure soft water, for diseases, for health, for cleanliness, and for a luxury.” {3SM 280.2}

“I should bathe frequently, and drink freely of pure, soft water.” {MM 106.6}

“The sick should be educated to have confidence in nature's great blessings which God has provided; and the most effective remedies for disease are pure, soft water; the blessed God-given sunshine coming into rooms of the invalids; living outdoors as much as possible; having healthful exercise; eating and drinking foods that are prepared in the most healthful manner.” {15MR 280.3}

“I was taken to the spring, which is a little farther up the mountainside. This spring gives an abundance of soft, pure water, and is a treasure of inestimable worth.” {RH, August 25, 1904 par. 13}

“The water is soft and pure, and there will be an abundant supply both for domestic and irrigating purposes. Oh, how we rejoice to know this. This well is a treasure of more value than gold or silver or precious stones.” {14MR 242.4}

“We have the camp located just in the suburbs of Walla Walla. It is a good location, half encircled with a swift-running stream of pure, soft water in a grove of cottonwood trees.”

“What we need is mountain advantages, where we can have an abundance of pure soft water that is not poisoned by the schemes of men.”--Letter 256, 1908. {6BIO 180.4}

The best water is pure, soft water; the best sources of water are from springs, wells, and streams. Filtering may be necessary to take out impurities.

Also good sources of water:

Raw fruits and vegetables, fresh juices, herb teas

Things that do not count as water:

Alcohol, coffee, tea, milk, sodas

Powerful promise!

“And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.”

Exodus 23:25

Water –Externally

II Kings 5: 14 “Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean.”

Hydrotherapy increases the body’s reactions to normalize – It has a direct effect and a reactionary effect on the body. These effects help the body in its efforts to maintain and regain normal function and health. Warmer treatments speed up the activity of the body, while cooler treatments have a slowing down effect.

Body reactions to hydrotherapy:

- Increases blood circulation
- Regulates blood circulation
- Equalizes blood circulation
- Brings nutrients and oxygen to the cells
- Cleansing – increases sweating, opens blood vessels and pores, eliminates impurities
- Soothes nerves
- Relieves pain
- Reduces fever
- Relieves head congestion
- Relieves pain and inflammation of eyes
- Stops disease
- Produces a tonic effect – cold or cool bath

Main purpose of Hydrotherapy is to:

Move blood! Increase circulation! Bring nutrients and oxygen to the cells!

Spiritual Water

Fountain of Cleansing – the blood of Jesus Christ

“In that day there shall be a fountain opened to the house of David and to the inhabitants of Jerusalem for sin and for uncleanness.” *Zechariah 13:1*

“But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanses us from all sin. *I John 1:7*

“And from Jesus Christ, who is the faithful witness, and the first begotten of the dead, and the prince of the kings of the earth. Unto him that loved us, and washed us from our sins in his own blood.” *Revelation 1:5*

“Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no *life in you*. Whoso eats my flesh, and drinks my blood, has *eternal life*; and I will raise him up at the last day.” *John 6:53, 54*

“*Life in you*” “This is true of our physical nature. To the death of Christ we owe even this earthly life. The bread we eat is the purchase of His broken body. The water we drink is bought by His spilled blood. Never one, saint or sinner, eats his daily food, but he is nourished by the body and blood of Christ. The cross of Calvary is stamped on every loaf. It is reflected in every water spring.”

“*Eternal life*” “It is by receiving the life poured out on Calvary’s cross that we can live the life of holiness. And this life we receive by receiving His word, by doing those things which He has commanded.” *Desire of Ages, 660*

Holy Spirit

“When the poor and needy seek water, and there is none, and their tongue fails for thirst, I the LORD will hear them, I the God of Israel will not forsake them. I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water.” *Isaiah 41:17, 18*

“For I will pour water upon him that is thirsty, and floods upon the dry ground: I will pour my spirit upon thy seed, and my blessing upon thine offspring.” *Isaiah 44:3*

“I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire.” *Matthew 3:11*

“In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. He that believeth on me, as the scripture has said, out of his belly shall flow rivers of living water. (But this spoke he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet given; because that Jesus was not yet glorified.)” *John 7:37-39*

God’s Word

“That he might sanctify and cleanse it with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.” *Ephesians 5:26, 27*

“And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle. His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire; And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters.”
Revelation 1:13-15

Drink Water with JOY

“Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation. Therefore with joy shall ye draw water out of the wells of salvation.”
Isaiah 12:2, 3

“As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: When shall I come and appear before God?”
Psalms 42: 1, 2

“And the Spirit and the bride say, Come. And let him that hears say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.”
Revelation 22:17

References Material used:

The Bible

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