

# The Health Message



Week Eight

## inTro



Read This Week's Passage:  
Romans 12:1, 2

### HEALTHY, HOLISTIC LIVING

Extensive research has identified Loma Linda, California as a “blue zone,” a region where a higher-than-usual number of people live longer than the average seventy years. Many Adventists live in this city, and it’s a commonly cited example when we say we tend to live about seven years longer than average and have one of the lowest rates of lifestyle illnesses like cardiovascular diseases and diabetes.

Most early Adventists prioritized establishing the church, studying the biblical time prophecies, and proclaiming Jesus’ return, not maintaining healthy diets and lifestyles. But there were a few, like Joseph Bates, who seemed to realize the importance of holistic living. He stopped drinking alcohol in 1821 and in 1827 helped organize one of the first temperance societies in the United States. He also gave up meat, butter, cheese, and rich desserts in favor of a plant-based diet. His dietary choices were far ahead of their time.

Standard medical practices at the time were little better than guesswork. People generally didn’t know the cause of most diseases, and many were subjected to treatments that we recognize today caused much harm. As God did with other practices, He faithfully led His church to a broader and more comprehensive view of how we ought to treat our bodies, and He helped us understand why. This week, we will explore how the command in Romans to “offer your bodies as a living sacrifice” (12:1; NIV) relates to healthy living in both body and mind.

Handwriting practice grid consisting of 20 rows of dotted lines on a light blue background.



## inScribe

Write out Romans 12:1, 2 from the translation of your choice. You may also rewrite the passage in your own words, or outline or mind-map the chapter.



Go back to your scribed text and study the passage.

**Circle** repeated words/phrases/ideas

**Underline** words/phrases that are important and have meaning to you



Draw **Arrows** to connect words/phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?



Memorize your favorite verse. Write it out multiple times to help with memorization.

Why do you think most Christians live as though physical health has little to do with being a true Christian?

What does it mean to be a living sacrifice?



Read more at [www.inverseible.org/SDAH08-3](http://www.inverseible.org/SDAH08-3)



## inTerpret

After looking at your scribed and annotated text, what special insights do your marks seem to point to overall?



What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

What benefits would you see from making healthier lifestyle choices?



Read more at  
[www.inverseible.org/SDAH08-4](http://www.inverseible.org/SDAH08-4)



What relationship do the following verses have with Romans 12:1, 2?

- 1 Corinthians 3:16, 17
- 1 Corinthians 6:12-20
- 3 John 2
- Exodus 15:26
- Genesis 1:29
- Leviticus 11:1-23
- 1 Corinthians 10:31
- Daniel 1:8-15
- Proverbs 23:19-21

What other verses come to mind in connection with the primary passage?

Review your memorized verse from Romans 12:1, 2.



**inVite**

Meditate on the primary passage again and look for where Jesus is.



How can we make sure we aren't making choices from a legalistic mindset?

How do you see Jesus differently or see Him again?

What is He saying to you personally through these texts?

Prayer Response:



Read more at  
[www.inverseible.org/SDAH08-6](http://www.inverseible.org/SDAH08-6)

The Health Message





## inQuire

Share insights from this week's memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.



In what ways has the health message benefited the SDA Church? In what ways have various health movements detracted from the church's work?

What can we learn from how long it took the early Adventists to adopt these new practices? How should their example inform the way we treat others who are learning about them for the first time?

What might be some wrong motives for healthy living? How are health benefits weakened when done for the wrong reasons?

How do we avoid developing a superiority complex when we have good health?

How do we tactfully, humbly, and lovingly decline something that we have decided not to partake of?

Why should the health message be closely connected with the three angels' messages?