

Counsels About Eating

Tea is a stimulant, and its exhilarating effects are neither lasting nor beneficial. The same is true of coffee. I have heard people declare that they could not live without their coffee. They were languid and dispirited, and were unfit to take up the tasks of the day, but after they had had their coffee they felt revived and encouraged; but this feeling of strength was only due to the stimulant they had taken. They were, in reality, just as unfit for their tasks as before and had only spurred up their flagging energies. When the influence of coffee had passed away, they were left as much in need of another cup as before they had taken the first cup. {ST, February 17, 1888 par. 8}

We want a work of reformation in our land. There are thousands who can testify to the benefits of discarding these luxuries, and drinking from nature's pure fountain. Why should we go to China and Japan for the products of a backward civilization? Why not banish the narcotic bean and the poisonous herb, and come into harmony with the sanitary laws of the Bible? If we are pursuing a course of action that brings weakness upon us, how can we present to God a holy offering, a living sacrifice? We are required to love God with all our hearts and our neighbor as ourselves; but we are failing of this high requirement, if we are unfitting ourselves by hurtful habits for rendering acceptable service to our Maker and to our fellow-men. How can we think deeply and seriously on the plan of salvation, if our minds are clouded, our nerves unstrung, and our bodies full of pain and disease? If we are knowingly transgressing the laws of health, God cannot sustain and comfort us with his grace. This would only encourage us in wrong-doing. We must put our feet in the path of righteousness, and make all the efforts we can to walk uprightly, and then we may appropriate the rich promises, and we shall realize that we are kept by the power of God through faith unto salvation. {ST, February 17, 1888 par. 9}

We must be fitting up for the society of Heaven. We want to have a right to the tree of life. We want to enter that city where nothing that defileth shall ever come. Our characters must reach the standard of holiness. Every thought and habit must be brought into harmony with the will of God. Jesus came to our world to be our Saviour and example, and it is in his name alone, that we may gain the victory over perverted nature. He overcame in man's behalf, and through his grace we may become "partakers of the divine nature, having escaped the corruption that is in the world through lust." He "suffered, being tempted" for forty days, in the lonely wilderness, he endured fasting and temptation that man might have help to overcome the cravings of appetite, and live, not by bread alone, "but by every word that proceedeth out of the mouth of God." He stood in his integrity, a conqueror, and through him the sons of Adam may also be overcomers. Those who put their energies against the sinful indulgence of appetite, will have his divine aid and sympathy, and "he that endureth unto the end shall be saved."

I saw that there was a measuring yourselves among yourselves, and comparing your lives with the lives of others. This I saw should not be. No one is given us as an example but Christ; he is our true pattern, and each should strive to excel in imitating him. We are co-workers with Christ, or co-workers with the enemy. We either gather with Christ, or scatter abroad. We are decided, whole-hearted Christians, or none at all. Says Christ, "I would thou wert cold or hot. So then because thou art lukewarm, and neither cold nor hot, I will spue thee out of my mouth." {4bSG 13.1}

I saw that some hardly know yet what self-denial or sacrifice is, and what it is to suffer for the truth's sake. But I saw that none will enter Heaven without making a sacrifice. They should cherish a spirit of sacrifice and self-denial. Some have not sacrificed themselves, their own bodies, on the altar of God. They indulge in hasty, fitful temper, and gratify their appetites, and attend to their own self-interest, regardless of the cause of God. Those who are willing to make any sacrifice for eternal life, will have it. And it will be worth suffering for, worth crucifying self for, and sacrificing every idol for. {4bSG 13.2}