

Health and Healing Lesson 4 2Q 2010

The Water of Life

SABBATH

Read memory text – thoughts?

Is the water of life literal or metaphorical? From where does the water of life originate? Is it physical? What is the water of life?

From Friday's Lesson:

- The priest had that morning performed the ceremony which commemorated the smiting of the rock in the wilderness. That rock was a symbol of Him who by His death would cause living streams of salvation to flow to all who are athirst. **Christ's words were the water of life.** There in the presence of the assembled multitude He set Himself apart to be smitten, that the water of life might flow to the world. In smiting Christ, Satan thought to destroy the Prince of life; **but from the smitten rock there flowed living water.** As Jesus thus spoke to the people, their hearts thrilled with a strange awe, and many were ready to exclaim, with the woman of Samaria, "Give me this water, that I thirst not." John 4:15. {DA 454.1}

What is the water of life? How do we partake?

- He who seeks to quench his thirst at the fountains of this world will drink only to thirst again. Everywhere men are unsatisfied. They long for something to supply the need of the soul. Only One can meet that want. The need of the world, "The Desire of all nations," is Christ. **The divine grace which He alone can impart, is as living water,** purifying, refreshing, and invigorating the soul. {DA 187.2}

Jesus did not convey the idea that merely one draft of the **water of life** would suffice the receiver. He who **tastes of the love of Christ will continually long for more;** but he seeks for nothing else. The riches, honors, and pleasures of the

world do not attract him. The constant cry of his heart is, More of Thee. And He who reveals to the soul its necessity is waiting to satisfy its hunger and thirst. Every human resource and dependence will fail. The cisterns will be emptied, the pools become dry; **but our Redeemer is an inexhaustible fountain.** We may drink, and drink again, and ever find a fresh supply. He in whom Christ dwells has within himself the fountain of blessing,--"a well of water springing up into everlasting life." From this source he may draw strength and grace sufficient for all his needs. {DA 187.3}

What is the water of life?

- As the plan of redemption begins and ends with a gift, so it is to be carried forward. The same spirit of sacrifice which purchased salvation for us will dwell in the hearts of all who become partakers of the heavenly gift. Says the apostle Peter: **"As every man hath received the gift, even so minister the same one to another,** as good stewards of the manifold grace of God." Said Jesus to His disciples as He sent them forth: **"Freely ye have received, freely give." In him who is fully in sympathy with Christ there can be nothing selfish or exclusive.** He who drinks of the **living water** will find that it is "in him a well of water springing up into everlasting life." The **Spirit of Christ within him** is like a spring welling up in the desert, flowing to refresh all, and making those who are ready to perish eager to drink of the water of life. It was the **same spirit of love and self-sacrifice which dwelt in Christ** that impelled the apostle Paul to his manifold labors. "I am debtor," he says, "both to the Greeks, and to the Barbarians; both to the wise, and to the unwise" (Rom. 1:14). "Unto me, who am less than the least of all saints, is this grace given, that I should preach among the Gentiles the unsearchable riches of Christ" (Eph. 3:8) (Testimonies, vol. 5, pp. 730, 731).

Would the water of life be the life of Christ? Is that the same as the love of Christ, the character of God, being partakers of the divine nature, having the law written on the heart?

What does it look like when someone drinks of the water of life?

- When the **love of Christ is enshrined in the heart**, like sweet fragrance it cannot be hidden. Its holy influence will be felt by all with whom we come in contact. The **spirit of Christ in the heart is like a spring in the desert**, flowing to refresh all and making those who are ready to perish, eager to drink of the water of life. {SC 77.3}

Love to Jesus will be manifested in a desire to work as He worked for the blessing and uplifting of humanity. It will lead to love, tenderness, and sympathy toward all the creatures of our heavenly Father's care. {SC 77.4}

- **This world was established and is sustained by the compassionate love of the Creator.** God is the giver of all we have. He calls upon us to return to Him a portion of the abundance He has bestowed on us. {9T 50.1}

Can one experience the water of life without giving it away, without giving to others?

Is the water of life different from the Tree of Life? Was the Tree of Life literal or metaphorical?

- And the LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the **tree of life and the tree of the knowledge of good and evil.** Genesis 2:9

Was the tree of knowledge a real tree? Did it possess something physical which caused harm?

- **There was nothing poisonous in the fruit of the tree of knowledge itself**, nothing that would cause death in partaking of it. The tree had been placed in the garden to test their loyalty to God.--ST Feb. 13, 1896.

What did they obtain from that tree? Knowledge, exactly as God said, the knowledge of sin, breaking of the law of love, with all its pain and suffering.

Was the death causing effects derived from the Tree of Knowledge itself? What about the tree of life? Is it literal? Was the life sustaining properties derived from the Tree of Life? What does it provide?

- And the LORD God said, “The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from **the tree of life and eat, and live forever.**” Genesis 3:22

This sounds like it provides physical life –

- “Blessed are those who **wash their robes, that they may have the right to the tree of life** and may go through the gates into the city. Rev 22:14

What does it mean to wash their robes? Literal robes? Or are robes symbolic of character? What about the tree? Literal or metaphorical or both?

- Blessed is the man who finds wisdom, the man who gains understanding, ¹⁴ for she is more profitable than silver and yields better returns than gold. ¹⁵ She is more precious than rubies; nothing you desire can compare with her. ¹⁶ Long life is in her right hand; in her left hand are riches and honor. ¹⁷ Her ways are pleasant ways, and all her paths are peace. ¹⁸ **She is a tree of life to those who embrace her;** those who lay hold of her will be blessed. Prov 3:13-18

What does this passage mean?

- What or who is wisdom?
- Is Christ wisdom? What kind of wisdom?
- If one has Christ what does one have?
- What wisdom is gained from Christ?
- Is it the wisdom of the kingdom of God?

- And what is God's kingdom? Is it not the kingdom of love?
- And what is the water of life, is it not Christ and His love?

Is the tree of life literal or metaphorical or both?

- **The fruit of the righteous is a tree of life**, and he who wins souls is wise. Prov 11:30

What is righteousness? Is it not perfect harmony with the law of love?

- **The tree of life is a representation of the preserving care of Christ for His children.** As Adam and Eve ate of this tree, they acknowledged their dependence upon God. **The tree of life possessed the power to perpetuate life**, and as long as they ate of it, they could not die. The lives of the antediluvians were protracted because of the life-giving power of this tree, which was transmitted to them from Adam and Eve (RH Jan. 26, 1897). {7BC 988.9}

What does it mean a "representation"?

- Does it mean it stood or symbolized something else?
- But the tree of life possessed power to perpetuate life, what does this mean?
- Did Adam and Eve's life originate in the tree?
- Did God discover this tree, form Adam out of the dust and put some fruit of the tree in Adam's mouth and then Adam became a living being?
- Did the tree possess life sustain properties by some process of evolution?
- Or, did the Creator choose to use a tree to promote life, but the life still originated and flowed from God?

What does this mean? Are we in need of finding the literal tree of life, or are we in need of finding God, of being reunited with God?

- After the entrance of sin, the heavenly Husbandman transplanted **the tree of life to the Paradise above; but its branches hang over the wall to the lower world.** Through the redemption purchased by the blood of Christ, we may still eat of its life-giving fruit. {7BC 989.1}

Of Christ it is written, "**In him was life; and the life was the light of men.**" **He is the fountain of life.** Obedience to Him is the life-giving power that gladdens the soul. {7BC 989.2}

Is the life giving fruit we eat of different than that of Adam and Eve? Was the life giving power really in some molecules of a plant? Or does life originate and flow from God?

- **Christ is the source of our life, the source of immortality. He is the tree of life,** and to all who come to Him He gives spiritual life (RH Jan. 26, 1897). {7BC 989.8}
- **Christ . . . was the tree of life to all who would pluck and eat** (MS 95, 1898). {7BC 989.6}

Thoughts? Is the water of life and the tree of life the same? How do we partake of them?

What do these insights tell us about the idea that the sin problem originated in the Tree of Knowledge and life is primarily obtained from the Tree of Life?

- The same power that upholds nature, is working also in man. **The same great laws that guide alike the star and the atom control human life. The laws that govern the heart's action, regulating the flow of the current of life to the body, are the laws of the mighty Intelligence that has the jurisdiction of the soul. From Him all life proceeds.** Only in harmony with Him can be found its true sphere of action. For all the objects of His creation the condition is the same--**a life sustained by receiving the life of God, a life exercised in harmony with the Creator's will.** To transgress His law, physical, mental, or

moral, is to place one's self out of harmony with the universe, to introduce discord, anarchy, ruin. {Ed 99.2}

Thoughts?

SUNDAY

Again explores the metaphor of water – when we think about water what properties does water have and what does water do or what is water used for?

- Water cleanses, internal and external
 - Christ cleanses from sin, both internal (mind/character) and external all physical deformities at the second coming
 - According to the Center for Disease Control, what is the single most important means of preventing the spread of infection? Handwashing!
 - There are 52 million cases of the common cold each year in the United States,
 - More than 250 types of food borne illnesses.
 - Ten to 20 percent of Americans are infected with the flu virus each year.
 - The CDC released a report showing that proper handwashing nearly cut in half the incidence of pneumonia-related infections in children under five worldwide. Pneumonia is the leading cause of death in children under five globally.
 - Proper handwashing has also been shown in other studies to be responsible for a 47% reduction in impetigo, a highly contagious bacterial skin infection.
 - A recent FDA study reveals that proper handwashing can stop up to one half of all food borne illnesses, such as E.coli and salmonella.
 - Kids who wash their hands at least four times a day experience 24% fewer sick days from colds, flu and the like, and 51% fewer sick days due to stomach ailments

- American Society of Microbiology studies showed:
 - 97% of females and 92% of males say they wash their hands after using bathroom
 - of these only 75% females and 58% males washed
 - 50% of middle and high school students say they wash after using the bathroom
 - of these 33% of females and only 8% of males used soap while washing hands
- Minnesota Department of Health led three observational studies at public restrooms:
 - 2003 Back to 50's Car Show Event—64% females washed and 30% males
 - 2003 State Fair—65% females washed and 39% males
 - 2004 State Fair—75% females washed and 51% males

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Always use soap and water if your hands are visibly dirty.

If soap and clean water are not available, use an alcohol-based hand rub to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast-acting.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand.
- Rub hands together.
- Rub the product over all surfaces of hands and fingers until hands are dry.

- What spiritual lessons do we learn from hand washing and the reduction in illnesses? Do we get less spiritual sickness, problems if we partake of Christ multiple times a day and wash our hearts and minds in His love? Do we have less fear, insecurity and make better decisions?

Other lessons from water?

- Water is a requirement of life
 - Christ is a requirement of life
- We are composed of water and need water to live
 - We are composed of energy, which emanates from God, designed to be in constant flow, or giving. We need energy from God to live.
- Water is stable, not volatile, and is used to extinguish fire
 - We are branches plucked from the fire of sin and God's love extinguishes the damages and soothes our burns and heals our hearts
- Water can present in many forms, liquid, solid, gas
 - God's love presents in many ways, gentle, compassionate, discipline, firm, patient, and surrendering of ourselves to save others

Others?

First paragraph states, "His offer is still valid today, for He never changes." Is that true? If it is true that our God of love never changes, He is always love, why do some teach He becomes wrathful and vengeful and uses His power to inflict pain and suffering on His creatures?

MONDAY

Read first paragraph "Read Acts..." thoughts? Do churches to this today? If someone hears about Christ, is convicted, and wants to follow Him and says to a church pastor, "There is some water, what is stopping us from baptizing me?" what would happen? Would there likely be a baptism at that time? Why not?

Were the Apostles wrong in not requiring a six week baptismal course and pledge of loyalty to an established doctrinal statement? When we are baptized are we baptized into Christ or into a specific organization? What did Paul say about the idea of being baptized into different groups?

- I appeal to you, brothers, in the name of our Lord Jesus Christ, that all of you agree with one **another so that there may be no divisions among you** and that you may be **perfectly united in mind and thought.** ¹¹ My brothers, some from Chloe’s household have informed me that there are quarrels among you. ¹² What I mean is this: **One of you says, “I follow Paul”; another, “I follow Apollos”;** another, “I follow Cephas”; still another, “I follow Christ.” ¹³ Is Christ divided? Was Paul crucified for you? **Were you baptized into the name of Paul?** ¹⁴ I am thankful that I did not baptize any of you except Crispus and Gaius, ¹⁵ so no one can say that you were baptized into my name. ¹⁶ (Yes, I also baptized the household of Stephanas; beyond that, I don’t remember if I baptized anyone else.) ¹⁷ For Christ did not send me to baptize, but to preach the gospel—not with words of human wisdom, lest the cross of Christ be emptied of its power. 1Corinthians 1:10-17

Thoughts? Is this different than saying, “were you baptized into the Methodist church, or Baptist church or SDA church?” Or are we baptized into Christ? Or are only those in the SDA church baptized into Christ? Does Christ have His true followers in other organizations? If someone is baptized by another church are they baptized into Christ?

How should we act as Christians toward those in other organizations? Do we consider them members of Christ’s body? Should we as a church refuse to baptize someone into Christ who doesn’t want to be a member of the SDA church? Should we require someone to adhere to all the 28 fundamentals before they are baptized into Christ?

Water of baptism – what is baptism? Does water baptism cleanse from sin? Is water baptism necessary to be saved? The lesson asks us to read Romans 6:1-6, this is from my paraphrase:

Romans 6:1 What, then, should we say about this amazing healing plan? Should we spread the infection of distrust and selfishness, cause more devastation and destruction so that the power of God's healing solution may be more fully displayed? ² Absolutely not! We have taken the antidote, and the infection of distrust and selfishness has been purged from our hearts; how then, can we choose to be reinfected with distrust of God and practice selfish methods again? ³ Or don't you realize that all of us who were immersed in the truth of Christ Jesus were immersed in selflessness and have died to self-centeredness? ⁴ We symbolically demonstrate we have joined him in dying to self by being buried in water, in order that just as Jesus arose from the dead displaying the life giving glory of the Father, we too live a new life displaying God's glorious character in our lives. ⁵ If we have joined him in dying to self, we will absolutely join him in his resurrection and new life! ⁶ For we know that when our old selfish heart and fear ridden mind trusts God and surrenders to be crucified with Christ, the infection of selfishness is purged, and our heart is no longer controlled by Satanic principles – ⁷ because anyone who dies to selfishness is free from Satan's methods, principles and control.

Thoughts?

TUESDAY

Uses of water in the Bible – how was water used in Old Testament times?

The priests would wash their hands and feet before any ministry in the sanctuary and also before entering the Holy Place. What does this symbolize?

What is the Holy Place a symbol of? The church with the Lamp (Living and written Word of God), the Showbread (Christ the manna that came down from heaven), golden altar (heart of converted in which prayers mixed with incense offered to God).

Who are represented by the daily priests? The believers, and what does the water represent? The Holy Spirit which takes Christ's love and character and reproduces it in us enabling us to carry out any ministry for God.

WEDNESDAY

The lesson points out that staying hydrated while exercising allows one to maintain strength and not fatigue – how does this relate to our spiritual strength and living water?

THURSDAY

Any thoughts on water therapy?

FRIDAY

Read questions 2 and 3 and discuss