

Health and Healing Lesson 9 2Q 2010

Temperance

MONDAY

The lesson ID's Noah as the first person on record to get drunk – any thoughts about that? I heard one person speculate that in the aftermath of the flood the environment had changed and that caused a change in the fermentation process causing the wine to ferment either at a different rate or concentration than occurred before the flood and this is why Noah got drunk. No evidence to prove it, just one person's theory.

Read last paragraph, “The mind...” thoughts?

What things cloud the mind or cause intoxication or undermine reason and judgment?

- Alcohol
- Drugs
- Certain foods
 - High sugar foods, high fat/animal foods
 - **But the sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. The free use of sugar in any form tends to clog the system,** and is not unfrequently a cause of disease. Some think that they must eat only just such an amount, and just such a quality, and confine themselves to two or three kinds of food. But in eating too small an amount, and that not of the best quality, they do not receive sufficient nourishment. {Counsels on Temperance and Bible Hygiene 56.4}
 - According to the American Heart Association added sugars to our diet contribute to obesity, DM II and increased coronary artery disease.
- Sleep deprivation
- Certain medicines
- Medical illnesses

- Over study
 - **Intemperance in study is a species of intoxication, and those who indulge in it, like the drunkard, wander from safe paths and stumble and fall in the darkness.** The Lord would have every student bear in mind that the eye must be kept single to the glory of God. He is not to exhaust and waste his physical and mental powers in seeking to acquire all possible knowledge of the sciences, but is to preserve the freshness and vigor of all his powers to engage in the work which the Lord has appointed him in helping souls to find the path of righteousness.... The command of heaven is to do, to work,--to do something that will reflect glory to God by being a benefit to our fellow men.... {Counsels to Parents, Teachers and Students 405.3}
- Physical deconditioning
- Video games
- Music?

Thoughts?

MONDAY

Alcohol – What impact does alcohol have on the brain? First let's explore some of the different brain regions and their relationship.

Phineas Gage

- Born July 9, 1823 – May 21, 1860
- September 13, 1848 an Iron rod 1¼” diameter 3’7” length, weighing 13.25 pounds blasted through his brain
- He survived and was talking within a few minutes and sat up and awake for the ¾ mile ride to town



Dr. Harlow's Description

- The equilibrium or balance, so to speak, between his intellectual faculties and animal propensities, seems to have been destroyed. He is fitful, irreverent, indulging at times in the grossest profanity (which was not previously his custom), manifesting but little deference for his fellows, impatient of restraint or advice when it conflicts with his desires, at times pertinaciously obstinate, yet capricious and vacillating, devising many plans of future operations, which are no sooner arranged than they are abandoned in turn for others appearing more feasible. A child in his intellectual capacity and manifestations, he has the animal passions of a strong man. Previous to his injury, although untrained in the schools, he possessed a well-balanced mind, and was looked upon by those who knew him as a shrewd, smart businessman, very energetic and persistent in executing all his plans of operation. In this regard his mind was radically changed, so decidedly that his friends and acquaintances said he was 'no longer Gage.'

The prefrontal cortex is the seat of our higher functions of judgment, self-governance, reason, wisdom, etc.

Normal Brain:



Alzheimer's Brain:



You can find spect scans of brains at:

<http://www.amenclinics.com/brain-science/spect-image-gallery/>

Alcohol and drugs damage our brains, particularly our prefrontal cortexes and it is here that we have our highest capacities.

Why is it important to avoid these activities? Because if we damage the PFC we damage our judgment, our ability to self restrain, our characters!

Thoughts?

Alcohol and drugs are damaging no question about it, now let's look at the lesson and use of scripture:

Read second paragraph, "Interestingly, long before..." thoughts?

While it is true avoidance of alcohol would protect the developing fetus, was this the primary purpose? Perhaps, but what else did a Nazirite have to avoid?

- The LORD said to Moses, ² "Speak to the Israelites and say to them: 'If a man or woman wants to make a special vow, a vow of separation to the LORD as a Nazirite, ³ he must abstain from wine and other fermented drink and must not drink vinegar made from wine or from other fermented drink. He must not drink grape juice or eat grapes or raisins. ⁴ As long as he is a Nazirite, he must not eat anything that comes from the grapevine, not even the seeds or skins. ⁵ "During the entire period of his vow of separation no razor may be used on his head. He must be holy until the period of his separation to the LORD is over; he must let the hair of his head grow long. Numbers 6:1-5

Thoughts? Was there something more involved in the Nazirite vow than just protecting the brain from the damaging effects of alcohol?

TUESDAY

Is alcohol good for the heart?

No! Tannins are good for the heart which are the chemicals that give food their color and this can be experienced with grape juice.

The lesson did a good job of documenting why the studies which suggested that alcohol might have heart benefit were flawed.

WEDNESDAY

Read third paragraph, “Temperance is so...” thoughts?

Have you ever known someone who was doing something “good” to excess? I have patients who want to eat healthy to the point they are killing themselves – ever know of church members who get so into the health message they actually undermine their health?

Why does this happen? Because people focus on specific do’s and don’ts rather than on the principles involved. I know people who won’t take medications because they believe they should handle their problems with natural remedies, but some situations require meds and to avoid them only results in ruined health.

Read last paragraph, “Ellen G. White caught...” thoughts?

What does it mean to avoid that which is harmful? Can something be harmful in one situation but helpful in another situation?

- A sharp knife used by a murderer or surgeon?
- Alcohol used for recreation or as a medicinal?
- 100% oxygen for healthy lungs or person in respiratory failure?
- Antibiotics for viral infections or for meningitis?
- Amphetamines for recreation or ADHD or narcolepsy?
- Wheat bread for someone with celiac disease or someone without?
- Peanut butter or strawberries for someone with allergies?

Can we make cookie cutter rules about what is harmful or must we use our judgment and decide where, who and in what circumstances?

Are there some things harmful in all situations?

- Deviations from the law of love
- Cigarette smoking
- Nuclear weapons exposure

Does God prefer we avoid harmful substances because He says so? Is there a better reason? What if we don't avoid these substances? What will God do? Try to heal us if we will let Him!

What does it say about God that He wants us to understand, to think for ourselves?

THURSDAY

Read first paragraph – thoughts? Why is harming self more than harming yourself? How does unhealthy choices for you hurt others?

- Those who love you are emotionally hurt
- Your children will be impacted by your example
- Your unborn children will be impacted by your DNA changes
- Your family and society will be impacted by financial burdens your unhealthy lifestyle will have upon them – increased crime to supply you with drugs, increased health care costs to pay for your sicknesses, increased taxes to pay for your childcare etc. etc.

Read second paragraph, “The Bible...” thoughts?

If we don't take care of our bodies what happens? Do we lose autonomy or freedom? How?

If we abuse our bodies with burgers and fries, soft drinks, hard drinks, drugs – does God have to send an angel down from heaven to punish us?

What do we miss out on? Can we experience the fullness of love, joy, happiness if we abuse our bodies?

If we have abused our bodies can God still save us or are we eternally lost? God can save and heal all who trust Him, we still may have health problems on earth awaiting a new body, but we can begin the healing process of recovery here and now.

Read fourth paragraph, “What a price...” thoughts?

How do you understand the language of paying a price, or ransom language in scripture?

- Did it cost God (all three) a lot to save us? Yes, what does this mean? Does it mean that they had to pay one of them off by the blood of the other, or the actual process of redemption had a price to it? Like saving someone in renal failure by donating a kidney, would that cost? Is it because you have to donate the kidney so the doctor would be willing to save?
- What about ransom? What does a ransom do? It is the price necessary to free someone held in captivity. What holds us in captivity?
 - Two things, the lies of Satan about God, which Christ destroyed by His perfect life, death and resurrection. So one price is the price of truth.
 - Secondly, we are held in bondage by sin, and Christ had to deliver humanity from the carnal nature, which He did when He destroyed it at the Cross. We couldn't do this, but Christ being a unique being took our condition upon Himself and perfectly restored the law of love into the human species and destroyed the survival of the fittest, me first, selfish instinct which infects us all. This is the ransom price.

- The blood of Christ is a symbolic way of representing both. The blood represents the perfect life of Christ as well as the truth He revealed about His Father!
- The leaven of **truth** works a change in the whole man, making the coarse refined, the rough gentle, the selfish generous. By **it [the truth] the impure are cleansed, washed in the blood of the Lamb.** COL 102
- The law requires righteousness,--a righteous life, a perfect character; and this man has not to give. He cannot meet the claims of God's holy law. But Christ, coming to the earth as man, lived a holy life, and **developed a perfect character. These He offers as a free gift to all who will receive them.** His life stands for the life of men. Thus they have remission of sins that are past, through the forbearance of God. More than this, Christ imbues men with the attributes of God. He builds up the human character after the similitude of the divine character, a goodly fabric of spiritual strength and beauty. Thus the very righteousness of the law is fulfilled in the believer in Christ. God can "be just, and the justifier of him which believeth in Jesus." Rom. 3:26. {DA 762.2}

FRIDAY

Read third paragraph and discuss

Read questions 2 and 4 and discuss