

Vineyard Labourer Bible College

Practical Exercises Module 2

“Among the first things to be aimed at should be a correct position, both in sitting and in standing. God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.” Child Guidance page 364 para 3.

“... lift up thy voice with strength; lift *it* up, be not afraid; say unto the cities of Judah, Behold your God!” Isaiah 40:9

“Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.” Psalm 98:4.

“Voice culture is a subject that has much to do with the health of students. The youth should be taught how to breathe properly and how to read in such a way that no unnatural strain shall come on the throat and lungs, but that the work shall be shared by the abdominal muscles.” Counsels to Parents, Teachers, and Students page 297 para 2.

“And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.” Genesis 2:15.

“In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success.” Adventist Home page 142 para 3.

“There is a wide field of service for women as well as for men. The efficient cook, the seamstress, the nurse-- the help of all is needed. Let the members of poor households be taught how to cook, how to make and mend their own clothing, how to nurse the sick, how to care properly for the home.” Adventist Home page 485 para 2.

“Cooking schools should be established, and house-to-house instruction should be given in the art of cooking wholesome food. Old and young should learn how to cook more simply.” Testimonies for the Church vol. 9, page 161.

“Enoch walked with God, and he bore a message of warning to the inhabitants of the old world. . . . As Enoch was, so are we to be. Personal piety is to be blended with the most earnest and energetic warnings and appeals.” Christ Triumphant page 46 para 5.

“Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given.” Steps to Christ by E. White, page 91 para 1.

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Vineyard Labourer Bible College Training for the Christian Walk

2a - GARDENING

- **Original work given to mankind.**
- **Small or large will bring benefits.**
- **Country Living - grow your own food.**
- **Living with wildlife and without man-made chemicals.**
- **What shall I grow?**
- **Learn about edible weeds and native plants in your area.**
- **Object lessons from the garden.**

"In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without attention to the laws involved. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and compliance with the laws governing each is the condition of success.

"The attention required in transplanting, that not even a root fiber shall be crowded or misplaced, the care of the young plants, the pruning and watering, the shielding from frost at night and sun by day, keeping out weeds, disease, and insect pests, the training and arranging, not only teach important lessons concerning the development of character, but the work itself is a means of development. In cultivating carefulness, patience, attention to detail, obedience to law, it imparts a most essential training.

"The constant contact with the mystery of life and the loveliness of nature, as well as the tenderness called forth in ministering to these beautiful objects of God's creation, tends to quicken the mind and refine and elevate the character; and the lessons taught prepare the worker to deal more successfully with other minds." C.G. page 56 para. 1 - 3.

"No line of manual training is of more value than agriculture. . . . Let the teacher call attention to what the Bible says about agriculture. . . . In the study of agriculture, let pupils be given not only theory, but practice." Ed. page 219.

"A return to simple methods will be appreciated by the children and youth. Work in the garden and field will be an agreeable change from the wearisome routine of abstract lessons." T.5. Page 179.

"In planning for the culture of plants, let the teacher seek to awaken an interest in beautifying the school grounds and the schoolroom. A double benefit will result. That which the pupils seek to beautify they will be unwilling to have marred or defaced. A refined taste, a love of order, and a habit of care-taking will be encouraged; and the spirit of fellowship and co-operation developed will prove to the pupils a lifelong blessing.

"So also a new interest may be given to the work of the garden, . . . as the pupils are encouraged to remember those shut in." Ed. pages 212, 213.

"Of the almost innumerable lessons taught in the varied processes of growth, some of the most previous are conveyed in the Saviour's parable of the growing seed." Ed. page 104.

"As parents and teachers try to teach these lessons, the work should be made practical. Let the children themselves prepare the soil and sow the seed." Ed. page 111.

"There is a simplicity and purity in these lessons directly from nature that make them of the highest value. . . . The children and youth, all classes of students, need the lessons to be derived from this source. In itself the beauty of nature leads the soul away from sin and worldly attractions, and toward purity, peace, and God. For this reason the cultivation of the soil is good work for children and youth. It brings them into direct contact with nature and nature's God." Special Testimonies On Education page 60.

"The great Teacher brought His hearers in contact with nature, that they might listen to the voice which speaks in all created things; and as their hearts became tender and their minds receptive, He helped them to interpret the spiritual teaching of the scenes upon which their eyes rested. . . . So we should teach." Ed. page 102.

Original Work Given To Mankind

"The Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace or surround them with the artificial adornments and luxuries that so many today are struggling to obtain. He placed them in close touch with nature and in close communion with the holy ones of heaven.

"In the garden that God prepared as a home for His children, graceful shrubs and delicate flowers greeted the eye at every turn. There were trees of every variety, many of them laden with fragrant and delicious fruit. On their branches the birds caroled their songs of praise. Under their shadow the creatures of the earth sported together without a fear.

"Adam and Eve, in their untainted purity, delighted in the sights and sounds of Eden. God appointed them their work in the garden, "to dress it and to keep it." Genesis 2:15. Each day's labor brought them health and gladness, and the happy pair greeted with joy the visits of their Creator, as in the cool of the day He walked and talked with them. Daily God taught them His lessons.

"The plan of life which God appointed for our first parents has lessons for us. Although sin has cast its shadow over the earth, God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity. The sick need to be brought into close touch with nature. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid." M.H. page 261.

"Labor Was Appointed for Man's Happiness.--God is a lover of the beautiful. He has given us unmistakable evidence of this in the work of His hands. He planted for our first parents a beautiful garden in Eden. Stately trees were caused to grow out of the ground, of every description, for usefulness and ornament. The beautiful flowers were formed, of rare loveliness, of every tint and hue, perfuming the air. . . . It was the design of God that man should find happiness in the employment of tending the things He had created, and that his wants should be met with the fruits of the trees of the garden.

"To Adam was given the work of caring for the garden. The Creator knew that Adam could not be happy without employment. The beauty of the garden delighted him, but this was not enough. He must have labor to call into exercise the wonderful organs of the body. Had happiness consisted in doing nothing, man, in his state of holy innocence, would have been left unemployed. But He who created man knew what would be for his happiness; and no sooner had He created him than He gave him his appointed work. The promise of future glory, and the decree that man must toil for his daily bread, came from the same throne." A.H. page 27.

Small or large will bring benefits

The amount of garden that you can have will depend upon where you live. If you live in a unit your garden may be limited to a few pot plants. Maybe just a couple of herbs and a few flowers. These may be in pots or window baskets. If you live in a house with an allotment you might have room for a small vegetable garden, flowers and a couple of trees. If you live on a small acreage you might have a large vegetable garden, fruit trees, flowers, and trees for shade, flowers, and fruit. If you live on a large acreage you might have orchards, market gardens or grow produce for sale, as well as a small garden around your house.

But no matter how much or how little garden you have it will bring benefits. It will remind you that God is the author of all creation. It is only by His blessing and power that a seed germinates, grows, and develops into a plant. And despite the curse of sin, there can still be seen much beauty in plants, their flowers and fruits. They are refreshing to the sight, and can be pleasant to the smell. Just to watch plants that you care for grow can also be rewarding. To eat food fresh from the garden with the life force still in them is delightful to the taste and good for your health.

Country Living - grow your own food

"The Lord desires His people to move into the country, where they can settle on the land and raise their own fruit and vegetables, and where their children can be brought in direct contact with the works of God in nature. Take your families away from the cities, is my message.--Letter 182, 1902." M.M. page 311.

"He who taught Adam and Eve in Eden how to tend the garden would instruct men today. There is wisdom for him who holds the plow and plants and sows the seed. The earth has its concealed treasures, and the Lord would have thousands and tens of thousands working upon the soil who are crowded into the cities to watch for a chance to earn a trifle. . . . Those who will take their families into the country place them where they have fewer temptations. The children who are with parents that love and fear God are in every way much better situated to learn of the Great Teacher, who is the source and fountain of wisdom. They have a much more favorable opportunity to gain a fitness for the kingdom of heaven." A.H. page 143.

"If possible, the home should be out of the city, where the children can have ground to cultivate. Let them each have a piece of ground of their own; and as you teach them how to make a garden, how to prepare the soil for seed, and the importance of keeping all the weeds pulled out, teach them also how important it is to keep unsightly, injurious practices out of the life. Teach them to keep down wrong habits as they keep down the weeds in their gardens." Pamphlet - What Shall We Teach? By Ellen White, page 6 para.4.

"God loves the beautiful. He has clothed the earth and the heavens with beauty, and with a Father's joy He watches the delight of His children in the things that He has made. He desires us to surround our homes with the beauty of natural things.

"Nearly all dwellers in the country, however poor, could have about their homes a bit of grassy lawn, a few shade trees, flowering shrubbery, or fragrant blossoms. And far more than any artificial adorning will they minister to the happiness of the household. They will bring into the home life a softening, refining influence, strengthening the love of nature, and drawing the members of the household nearer to one another and nearer to God." M.H. 370.

"He wants us to live where we can have elbow room. His people are not to crowd into the cities. He wants them to take their families out of the cities, that they may better prepare for eternal life. In a little while they will have to leave the cities.

"These cities are filled with wickedness of every kind-- with strikes and murders and suicides. Satan is in them, controlling men in their work of destruction. Under his influence they kill for the sake of killing, and this they will do more and more....

"If we place ourselves under objectionable influences, can we expect God to work a miracle to undo the results of our wrong course?--No, indeed. Get out of the cities as soon as possible, and purchase a little piece of land, where you can have a garden, where your children can watch the flowers growing, and learn from them lessons of simplicity and purity.--General Conference Bulletin, March 30, 1903." 2 S.M. Page 356.

"Peas can be planted in this country [Australia] so as to be yielding nearly all the year round. I have been using tomatoes since New Year's until about two weeks ago. Squashes or pumpkins we have in abundance. Vegetables grow well on this land, but we have not raised many because the land was not prepared for them. Vegetables, fruit, and bread, form our table fare. As we are educating colonials in health principles, we do not, under any circumstances, place meat on the table. Some of our present company are as pupils in a school, and therefore precept and example must be harmonious. Each year we put up not less than six or eight hundred quarts of canned fruit. We have peaches, apricots, nectarines, grapes, plums, and tomatoes canned." 14M.R. page 332.1.

2b - GARDENING - Cont.

Living with wildlife and without man-made chemicals

To watch plants grow, flower and start to bear fruit is thrilling to the soul. For this to happen effectively most plants need interaction with insects. Some insects are useful and pollinate flower, keep other bugs down, and are even good for plants. While other insects eat your plants, lay their eggs on your plants for the offspring to eat, or lay their eggs in your fruit to eat it when they hatch. The same is true of birds. Some birds keep down the nuisance insects, while other eat unripe and ripe fruit. Depending on where you live other kinds of wildlife may find your vegetables, flowers and trees a tasty treat, instead of just eating your grass.

Man-made chemicals of all kinds are produced and sold that are supposed to fix the many and varied problems that we have with wildlife. But if we look into what is really in these man-made chemicals we will find that if we use them we are poisoning the trees, flowers, fruit/vegetables, and the ground in which they grow. Some of these chemicals leave residue that lasts for years. To use them is not wise and is destructive. In the last part of Revelation 11:18 it says, "and shouldest destroy them which destroy the earth." Therefore we should take care of the earth and not destroy it.

So what can we do? To start with we can use companion planting. That is planting certain plants near others that nuisance insects don't like, or try to disguise plants so that nuisance insects cannot readily see them. You can also make your garden more attractive for the birds that eat the nuisance insects so that they help you to keep the numbers down. Birds can be kept out of fruit trees with nets, special close knit fabrics, or even shade cloth. Other wildlife that eat your plants, flowers and trees can be kept at bay with fences, either around your garden or around each plant.

There are also many and varied non-toxic ways to keep nuisance insects at bay. What works in one place may not work in another. Local knowledge is very important. If it is at all possible talk to someone near you who has a man-made chemical free garden and discuss ideas. In many places there are groups, magazines, web sites and shops that you can get information from too.

Always keep in mind that although we want the food for ourselves the animals and insects need food too. So don't be too selfish, leave some for them.

What shall I grow?

What you can grow really depends on where you live. Some plants that will grow in the tropics will not grow in temperate climates, and the reverse is also true. Not only this sometimes plants that grow just a few miles away will not grow where you are because the soil is different, the slope of the land is facing a different direction making it hotter or colder and therefore unsuitable.

The best way to start on getting a garden growing is to talk to your neighbours and see what they are growing. If you ask they may even give you cuttings so that your garden will not cost you so much. Have a variety of plants, and flowers as a garden always looks nicer that way as opposed to having just one type of plant or flower.

Choose fruit and vegetables that grow well in your climate and area. Ask you local plant shop for advice with this. Take into consideration the slope of the land because if it faces west it will be a lot hotter than if it faces the east. In hot climates this means that you will have to find shade for smaller plants and vegetables. In cold climates this means that you will have to make sure that the plants get enough sunlight.

Knowing your climate and location is the key to knowing what to plant.

Learn about edible weeds and native plants in your area.

Some people might ask, "Why would anyone want to eat weeds?" Well, weeds really are herbs with great medicinal values that most people just don't know about now days. For many years we pulled out particular weeds that grew very well on our property. Only to find out, after much research, that they were the very plants that we should be eating to help our health problems.

As weeds and native plants grow well where ever you live, it is wise to know which ones you can eat and include them in your diet. They can become either a small or large part of your garden. They will be easy to care for, and should produce some food for you all year round.

To go into specifics here would only help a few people, because weeds and native plants vary vastly depending where you live. Some plants are unique to certain countries, while others seem to be nearly worldwide. The best idea is to look on the internet, book shops, ask at plant shops or health food shops if they know where you can find such information. If you have elderly people in your area, ask them as they can sometimes be a wealth of information. Don't expect to find the information easily. It may take quite some time and a lot of research to find the information you need. It took us nearly 2 years to find an excellent book which covers herbs and edible weeds in our area.

Object lessons from the garden

"Many are the lessons that may thus be learned. Self-reliance, from the tree that, growing alone on plain or mountainside, strikes down its roots deep into the earth, and in its rugged strength defies the tempest. The power of early influence, from the gnarled, shapeless trunk, bent as a sapling, to which no earthly power can afterward restore its lost symmetry. The secret of a holy life, from the water lily, that, on the bosom of some slimy pool, surrounded by weeds and rubbish, strikes down its channeled stem to the pure sands beneath, and, drawing thence its life, lifts up its fragrant blossoms to the light in spotless purity." Ed. page 119.

"While the children and youth gain a knowledge of facts from teachers and textbooks, let them learn to draw lessons and discern truth for themselves. In their gardening, question them as to what they learn from the care of their plants. As they look on a beautiful landscape, ask them why God clothed the fields and woods with such lovely and varied hues. Why was not all colored a somber brown? When they gather the flowers, lead them to think why He spared us the beauty of these wanderers from Eden. Teach them to notice the evidences of everywhere manifest in nature of God's thought for us, the wonderful adaptation of all things to our need and happiness." C.G. page 35.

"Many illustrations from nature are used by the Bible writers, and as we observe the things of the natural world, we shall be enabled, under the guiding of the Holy Spirit, more fully to understand the lessons of God's word. It is thus that nature becomes a key to the treasure house of the word.

"Children should be encouraged to search out in nature the objects that illustrate Bible teachings, and to trace in the Bible the similitudes drawn from nature. They should search out, both in nature and in Holy Writ, every object representing Christ, and those also that He employed in illustrating truth. Thus may they learn to see Him in tree and vine, in lily and rose, in sun and star.

They may learn to hear His voice in the song of birds, in the sighing of the trees, in the rolling thunder, and in the music of the sea. And every object in nature will repeat to them His precious lessons.

"To those who thus acquaint themselves with Christ, the earth will nevermore be a lonely and desolate place. It will be their Father's house, filled with the presence of Him who once dwelt among men." Ed. page 120.

Here are some object lessons that we have learned from our garden:-

- Some animals are helpful and necessary, while others are destructive. The same can be said about angels. God's angels are helpful and necessary in our lives, while those who chose Satan as their leader will try to destroy us. This is also true about activities that we do. Some are healthful for our bodies and our souls, while other are destructive.
- If a plant does not get food and water it will die. So a Christian needs to be watered with the living water, the Holy Spirit (John 7:38, 39); and needs to be fed with the Word of God, the Bible (Jer. 15:16); or they will die spiritually.
- At every stage of the development of a plant it is perfect for that stage. The Christian should be the same. A new Christian will not know everything that a long time Christian will know. But if they live up to all the light that they have, God considers them just as perfect.
- It is God and God alone who blesses a seed and causes it to grow. So it is with the seeds of truth. Men may dig the dirt of the hearts. They may spread the seed of truth around far and wide. But it is God and God alone who blesses that seed and causes it to germinate and grow.
- Plants need time to develop properly. Some take only a couple of months to reach maturity, while others may take years. It is the same with Christians. As they remain in close communion with Jesus Christ they grow to maturity. Some grow faster than others too.
- God has made plants to grow in perfect order, e.g. seed, seedling, plant, flower, then the fruit. A plant that does not follow this perfect order dies. So too with Christians. God has set forth the pathway for them to follow. First they receive the seeds of truth, and accept Jesus Christ as their personal Saviour. The next step is baptism, a renouncing of the old life and a taking up of the new. A continual walk with Jesus Christ is next, which in turn bears fruit. This fruit is not only the fruit of the Spirit, but also in leading more souls to Christ.
- If we create an appropriate habitat we will attract animals and birds to our garden. If we create an appropriate habitat in our homes and churches we will attract others of like faith and those who want to learn our faith.

Read these quotes for further study.

- M.M. pages 296 - 297.
- 3 S.M. Pages 328 - 329.

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