

# Vineyard Labourer Bible College

## Practical Exercises Module 7

“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***

## 7a - Evangelism

### HOW TO DO MEDICAL MISSIONARY WORK Part 1

**As you read through this study remember that it is a practical exercise, so don't just read it - put the knowledge that you gain from it into practical everyday use.**

Remember that the purpose of medical missionary work is to pave the way for the preaching and acceptance of the gospel message. Combined with the gospel it becomes a potent force - a work of complete ministry capable of reaching people in all works of life.

"I can see in the Lord's providences that the medical missionary work is to be a great entering wedge, whereby the diseased soul may be reached." C. H. p. 535 para. 2.

"Do medical missionary work. Thus you will gain access to the hearts of the people. The way will be prepared for more decided proclamation of the truth. You will find that relieving their physical suffering gives an opportunity to minister to their spiritual needs." Ev. p. 514 para. 1.

"I thank God for the medical missionary work. God will call for every soul who is educated to work in this line in connection with the gospel ministry. He has places for them. Let not one stone be placed in the way of those who are striving to teach our youth how to do this work. . . . The Lord desires His people to adopt the light on health reform, leading out in paths of self denial and self-sacrifice. Oh how it has hurt me to have blocks thrown in my way in regard to this subject. . . ." 6 M. R. p. 309 para. 1.

"Children can take part in the medical missionary work and by their jots and tittles can help to carry it forward. . . . By them God's message will be made known and His saving health to all nations. Then let the church carry a burden for the lambs of the flock. Let the children be educated and trained to do service for God." A. H. p. 489 para. 4.

"The principles of health reform are found in the Word of God. The gospel of health is to be firmly linked with the ministry of the Word. It is the Lord's design that the restoring influence of health reform shall be a part of the last great efforts to proclaim the gospel message." M. M. p. 259 para. 1.

"As a means of overcoming prejudice and gaining access to minds, medical missionary work must be done, not in one or two places only, but in many places where the truth has not yet been proclaimed. We are to work as gospel medical missionaries, to heal the sin-sick souls by giving them the message of salvation. This work will break down prejudice as nothing else can." T. 9 p. 211 para. 3.

"Medical missionary work is yet in its infancy. The meaning of genuine medical missionary work is known by but few. Why?-- Because the Saviour's plan of work has not been followed. God's money has been misapplied. In many places practical, evangelistic, medical missionary work is being done, but many of the workers who should go forth as did the disciples are being collected together and held in a few places, as they have been in the past, notwithstanding the Lord's warning that this should not be." C. M. E. p. 10 para. 6.

"There is a work to be done by our churches that few have any idea of. 'I was an hungred,' Christ says, 'and ye gave me meat; I was thirsty, and ye gave me drink; I was a stranger, and ye took me in; naked, and ye clothed me; I was sick, and ye visited me; I was in prison, and ye came unto me.' We shall have to give of our means to support laborers in the harvest field, and we shall

rejoice in the sheaves gathered in. But while this is right, there is a work, as yet untouched, that must be done. The mission of Christ was to heal the sick, encourage the hopeless, bind up the brokenhearted. This work of restoration is to be carried on among the needy, suffering ones of humanity. God calls not only for your benevolence, but your cheerful countenance, your hopeful words, the grasp of your hand. Relieve some of God's afflicted ones. Some are sick, and hope has departed. Bring back the sunlight to them. There are souls who have lost their courage; speak to them, pray for them. There are those who need the bread of life. Read to them from the Word of God. There is a soul sickness no balm can reach, no medicine heal. Pray for these, and bring them to Jesus Christ. And in all your work, Christ will be present to make impressions upon human hearts.

"This is the kind of medical missionary work to be done. Bring the sunshine of the Sun of Righteousness into the room of the sick and suffering. Teach the inmates of the poor homes how to cook. 'He shall feed his flock like a shepherd,' with temporal and spiritual food." C. M. E. p. 22 para. 5 & 23 para. 1.

Medical missionary work covers a broad scope of activity, thus making it possible for all church members to have some part in serving human need. It is not necessary for all to have formal training in medicine in order to do medical missionary work. Note some of the activities outlined in *Ministry of Healing*, dealing with medical missionaries and their work:-

- Teaching principles of healthful living.
- Diet and nutrition.
- Instruction in healthful cooking.
- Health clinics and simple home treatments.
- Ministry to those faced with problems of everyday life.
- Promoting temperance.
- The care of the sick.
- Ministry to the homeless, the helpless poor, widows, fatherless, and aged.
- Childcare, temporary homes and adoptions - orphanages.
- Ministry to the rich through the avenues of health and temperance.

Most, if not all, of these activities can be done by most church members. Below is a list of some of these, with basic instructions, and relevant inspired quotations.

#### 1. Giving simple treatments.

A knowledge of water treatments is invaluable. The use of water in various forms has wide benefits, not only for home purposes, but as a medium for service to neighbours and friends.

In addition to water treatments, there is massage and the simple use of herbs and their oils. There are many good books available on herbs and their oils, and we will cover some of this information in *Health and Hygiene* module 8.

"Begin to do medical missionary work with the conveniences which you have at hand. You will find that thus the way will open for you to hold Bible readings. The heavenly Father will place you in connection with those who need to know how to treat their sick ones. Put into practice what you know regarding the treatment of disease. Thus suffering will be relieved, and you will have opportunity to break the bread of life to starving souls." M. M. p. 239 para. 4.

## 2. The care of the sick.

Caring for the sick is something every church member can do. All you need to do is look around you and you will find sick lonely people everywhere. One of the most comforting things we can do for them is read precious promises from the Word of God.

"In the Word the Saviour is revealed in all His beauty and loveliness. Every soul will find comfort and consolation in the Bible, which is full of promises concerning what God will do for the one who comes into right relation to Him. Especially will the sick be comforted by hearing the Word; for in giving the Scriptures God has given to mankind a leaf from the tree of life, which is for the healing of the nations. How can anyone who reads the Scriptures or who has heard them read, lose his interest in heavenly things, and find pleasure in amusements and enchantments of the world." 5 B. C. p. 1134 para. 10.

"The Scriptures are to be received as God's word to us, not written merely, but spoken. When the afflicted ones came to Christ, He beheld not only those who asked for help, but all who throughout the ages should come to Him in like need and with like faith. When He said to the paralytic, 'Son, be of good cheer; thy sins be forgiven thee;' when He said to the woman of Capernaum, 'Daughter, be of good comfort: thy faith hath made thee whole; go in peace,' He spoke to other afflicted, sin-burdened ones who should seek His help. Matthew 9:2; Luke 8:48."

"So with all the promises of God's word. In them He is speaking to us individually, speaking as directly as if we could listen to His voice. It is in these promises that Christ communicates to us His grace and power. They are leaves from that tree which is "for the healing of the nations." Rev. 22:2. Received, assimilated, they are to be the strength of the character, the inspiration and sustenance of the life. Nothing else can have such healing power. Nothing besides can impart the courage and faith which give vital energy to the whole being." M. H. p. 122 para. 2 & 3.

"Those who minister to the sick should understand the importance of careful attention to the laws of health. Nowhere is obedience to these laws more important than in the sickroom. Nowhere does so much depend upon faithfulness in little things on the part of the attendants. In cases of serious illness, a little neglect, a slight inattention to a patient's special needs or dangers, the manifestation of fear, excitement, or petulance, even a lack of sympathy, may turn the scale that is balancing life and death, and cause to go down to the grave a patient who otherwise might have recovered." M. H. p. 219 para. 1.

Careful attention should be paid to the patient having sunlight, a properly ventilated room, and appropriate temperature. "Care should be taken so to prepare and serve the food that it will be palatable, but wise judgment should be used in adapting it to the needs of the patient, both in quantity and quality. In times of convalescence especially, when the appetite is keen, before the digestive organs have recovered strength, there is great danger of injury from errors in diet." (M. H. p. 221 para. 2.)

Too much visiting of the sick may wear out the patient when he is in the greatest need of quiet, undisturbed rest. To a convalescent or a patient suffering from chronic disease, it is often a pleasure and a benefit to know that he is kindly remembered and this can be done by sending a small gift or card.

"Often prayer is solicited for the afflicted, the sorrowful, the discouraged; and this is right. We should pray that God will shed light into the darkened mind and comfort the sorrowful heart. But God answers prayer for those who place themselves in the channel of His blessings. While we offer prayer for these sorrowful ones, we should encourage them to try

to help those more needy than themselves. The darkness will be dispelled from their own hearts as they try to help others. As we seek to comfort others with the comfort wherewith we are comforted, the blessing comes back to us." M. H. p. 256 para. 2.

### 3. Imparting basic principles of nutrition and healthful living.

Basic health principles can be gained and gathered from all the *Health and Hygiene* studies. This information can be shared with those in need of such information. Another good place for information is the [Healthful Living](#) page on *Vineyard Labourer Web Site*.

Over many years God gave Ellen White a lot of information about nutrition and healthful living, and here are just a few quotes:-

"Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue." C. G. p. 378 para. 3.

"Meat is not essential for health or strength, else the Lord made a mistake when He provided food for Adam and Eve before their fall. All the elements of nutrition are contained in the fruits, vegetables, and grains." C. D. p. 395 para. 2.

"In the study of hygiene, students should be taught the nutrient value of different foods. The effect of a concentrated and stimulating diet, also of foods deficient in the elements of nutrition, should be made plain. Tea and coffee, fine-flour bread, pickles, coarse vegetables, candies, condiments, and pastries fail of supplying proper nutriment. Many a student has broken down as the result of using such foods. Many a puny child, incapable of vigorous effort of mind or body, is the victim of an impoverished diet. Grains, fruits, nuts, and vegetables, in proper combination, contain all the elements of nutrition; and when properly prepared, they constitute the diet that best promotes both physical and mental strength. "There is need to consider not only the properties of the food but its adaptation to the eater. Often food that can be eaten freely by persons engaged in physical labor must be avoided by those whose work is chiefly mental. Attention should be given also to the proper combination of foods. By brain workers and others of sedentary pursuits, but few kinds should be taken at a meal."

"And overeating, even of the most wholesome food, is to be guarded against. Nature can use no more than is required for building up the various organs of the body, and excess clogs the system. Many a student is supposed to have broken down from overstudy, when the real cause was overeating. While proper attention is given to the laws of health, there is little danger from mental taxation; but in many cases of so-called mental failure it is the overcrowding of the stomach that wearies the body and weakens the mind.

"In most cases two meals a day are preferable to three. Supper, when taken at an early hour, interferes with the digestion of the previous meal. When taken later, it is not itself digested before bedtime. Thus the stomach fails of securing proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired, the whole system is unrefreshed and is unready for the day's duties."

"The importance of regularity in the time for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be regular and abundant."

"So far as possible we should avoid hurried eating. The shorter the time for a meal, the less should be eaten. It is better to omit a meal than to eat without proper mastication.

"Mealtime should be a season for social intercourse and refreshment. Everything that can burden or irritate should be banished. Let trust and kindness and gratitude to the Giver of all good be cherished, and the conversation will be cheerful, a pleasant flow of thought that will uplift without wearying."

"The observance of temperance and regularity in all things has a wonderful power. It will do more than circumstances or natural endowments in promoting that sweetness and serenity of disposition which count so much in smoothing life's pathway. At the same time the power of self-control thus acquired will be found one of the most valuable of equipments for grappling successfully with the stern duties and realities that await every human being."

"Wisdom's 'ways are ways of pleasantness, and all her paths are peace.' Proverbs 3:17. Let every youth in our land, with the possibilities before him of a destiny higher than that of crowned kings, ponder the lesson conveyed in the words of the wise man, 'Blessed art thou, O land, when ... thy princes eat in due season, for strength, and not for drunkenness!' Ecclesiastes 10:17."

Ed. p. 204 para. 3. - p. 206 para. 4.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge."

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient is seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind." C. G. p. 366 para. 1 & 2.

This lesson is continued in 7b.

## 7b - HOW TO DO MEDICAL MISSIONARY WORK Part 2

**As you read through this study remember that it is a practical exercise, so don't just read it - put the knowledge that you gain from it into practical everyday use.**

### 1. Arrange for participation in cooking classes.

Cooking, aside from introducing healthful and non-flesh recipes, is a good medium for giving instruction in nutrition and principles of healthful living.

"The science of cooking is not a small matter. . . . This art should be regarded as the most valuable of all the arts, because it is so closely connected with life. It should receive more attention; for in order to make good blood, the system requires good food. The foundation of that which keeps people in health is the medical missionary work of good cooking."

"Often health reform is made health deform by the unpalatable preparation of food. The lack of knowledge regarding healthful cookery must be remedied before health reform is a success."

"Good cooks are few. Many, many mothers need to take lessons in cooking, that they may set before the family well-prepared, neatly served food." C. G. p. 372 para. 1 - 3.

"Food can be prepared simply and healthfully, but it requires skill to make it both palatable and nourishing. In order to learn how to cook, women should study and then patiently reduce what they learn to practice. People are suffering because they will not take the trouble to do this. I say to such, It is time for you to rouse your dormant energies and inform yourselves. Do not think the time wasted which is devoted to obtaining a thorough knowledge and experience in the preparation of healthful, palatable food. No matter how long an experience you have had in cooking, if you still have the responsibilities of a family, it is your duty to learn how to care for them properly." C. G. p. 372 para. 5.

"I have been instructed to encourage the conducting of cooking schools in all places where medical missionary work is being done. Every inducement to lead people to reform must be held out before them. Let as much light as possible shine upon them. Teach them to make every improvement that they can in the preparation of food, and encourage them to impart to others that which they learn." C. D. p. 471 para. 2.

"Cooking schools are to be held. The people are to be taught how to prepare wholesome food. They are to be shown the need of discarding unhealthful foods. But we should never advocate a starvation diet. It is possible to have a wholesome, nutritious diet without the use of tea, coffee, and flesh food. The work of teaching the people how to prepare a dietary that is at once wholesome and appetizing, is of the utmost importance." T. 9 p. 112 para. 3.

### 2. Look for child care opportunities.

Another important community service is child care. There is constant demand for homes for children, caused by sickness, some unexpected emergency, family troubles, sudden death of parents, etc. Caring for children in this way is Christian service of the highest order. To implement this service see the department responsible for the administration of childcare in your local area.

3. Agitate for and participate in a health clinic in your church.

Time and experience have proved the effectiveness of church health clinics. Those already established bear testimony to the correctness of Spirit of Prophecy instruction and the benefit it brings to both giver and receiver. Church health clinics can be used as health education centres to give water treatments, massage, instruction in nutrition and cooking, principles of healthful living, mental and spiritual therapy.

"Intemperance has filled our world, and medical missions should be established in every city. By this I do not mean that expensive institutions should be established, calling for a large outlay of means. These missions are to be conducted in such a way that they will not be a heavy drain on the cause; and their work is to prepare the way for the establishment of present truth. Medical missionary work should have its representatives in every place in connection with the establishment of our churches. The relief of bodily suffering opens the way for the healing of the sin-sick soul." M. M. p. 322 para. 1.

"In every city where we have a church, there is need of a place where treatments can be given....A place should be provided where treatments may be given for common ailments. The building might be inelegant and even rude, but it should be furnished with facilities for giving simple treatments." T. 6 p. 113 para. 1.

4. Get acquainted with the local hospital, and rest and convalescent homes.

Contact with these institutions could lead to giving help to families in your community.

5. Promote education and temperance.

Adventists have a duty to inform friends and neighbours of the evil effects of tobacco and alcohol. This can now be done in a pleasant and instructive way by use of the 5-Day Plan to stop smoking.

There is also a field of education in the schools. Early instruction on the evils of tobacco and alcohol will help to save many lives in the rising generation.

"We have a work to do along temperance lines besides that of speaking in public. We must present our principles in pamphlets and in our papers. We must use every possible means of arousing our people to their duty to get into connection with those who know not the truth. The success we have had in missionary work has been fully proportionate to the self-denying, self-sacrificing efforts we have made. The Lord alone knows how much we might have accomplished if as a people we had humbled ourselves before Him and proclaimed the temperance truth in clear, straight lines." G. W. p. 385 para. 1.

"The temperance question is to receive decided support from God's people. Intemperance is striving for the mastery; self-indulgence is increasing, and the publications treating on health reform are greatly needed. Literature bearing on this point is the helping hand of the gospel, leading souls to search the Bible for a better understanding of the truth. The note of warning against the great evil of intemperance should be sounded; and that this may be done, every Sabbathkeeper should study and practice the instruction contained in our health periodicals and our health books. And they should do more than this: they should make earnest efforts to circulate these publications among their neighbors."



"The sale of our health literature will in no way hinder the sale of publications dealing with other phases of the third angel's message. All are to prepare the way for the coming of the Lord." C. H. p. 462 para. 1 & 2.

6. Door-to-door visitation with health literature.

Door-to-door visitation with health literature like *Ministry of Healing* and *Counsels on Diet and Food*, would be one way of finding the needs of the community. We are counselled to visit our neighbours and know their needs.

There may be some who would benefit from the treatments, that a clinic could provide. Others may need nursing care or assistance in the home. There are still others, who, through sickness or some unexpected emergency, need to have their children cared for temporarily.

Then there are those with heavy burdens and troubled hearts. They have every material need but are hungry for some kindness and understanding. They want someone to talk to, to give them courage and hope to face a seemingly overwhelming task.

Much sickness is the result of a burdened heart or a guilty conscience. Preventive medicine seeks to eliminate causes of disease. Most doctors agree that over one half of all illnesses (Mrs. White definitely states nine-tenths) have their foundation in the mind. So, by relieving sorrow, by encouraging trust in God, by relieving guilt through assurance of the forgiveness of sin, we are doing genuine medical missionary work.

Here is a field of work that is limitless, and much can be achieved as we share with others the richness of knowledge that God has bestowed upon us.

7. Health literature in motels, medical practices, etc.

A motel, doctor or dentist surgeries, convalescent and nursing homes in the neighbourhood provide a good missionary project. Leaving books like *Ministry of Healing*, notices of health clinics, 5-Day Plan to stop smoking, and other health literature, could pave the way for some person looking for a better way of life.

8. Work for one.

Get church members to work for one soul. To find that one soul, ask the member to take the responsibility of making two or three blocks of houses their missionary field. Get them to carry out the medical missionary work best suited to their ability. By personal contact, friendliness, and Christian service the way will open to work for one soul. This is the business of the church and every church member.

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