

GREATER RIFT VALLEY CONFERENCE-HEALTH MINISTRIES DEPARTMENT

TO: All churches and Church companies

Message from the Director:

As the new Director of Health Ministries at GRVC, I want to take this opportunity to say thank you for considering me a worthy servant in this Sabbath school department. There are several opportunities to minister to our church and community through the health ministry. I pray that all strategies, topics and contributors for the materials shall take topics that shall be very relevant to a majority of the congregation. Within the first quarter the office shall also circulate the list of professionals that we trust will serve to give the needed counsel on health and living without hearting your principles. The GRVC has wisely thought of exploring the use of the headquarter compound and the health ministries department has been tasked to put up a project and a committee of 8 members voted to think of what to establish. For now a mid-level school of Nursing is proposed and a plan is in pipeline. Pray for this venture because it will be costly but we are sure we serve a God that owns the resources and we shall succeed only when we work under His guidance. My second challenge to God's Servants (health professional) that are called to serve in this movement to revisit the core values of professionals; Be God fearing, professional, transparent, team worker, proper communicator, Accountable, timeliness, dedication to service, excellence in practice and passion in the calling. My encouragement is that, we are all aware of the historical time we are living in reference to the bible, and hope you will partner with us in prayers for the ministry and beckoning of our Jesus's return. **Matthew 16:27** "For the Son of man shall come in the glory of his Father with his angels; and then he shall reward every man according to his works".

Revelation 22:12 And, behold, I come quickly; and my reward [is] with me, to give every man according as his work shall be. I want every member to read books, make decisions of health with appreciation of eternal things. Read medical missionary pg 259

Every church must be turned to be a center for health, healing and wholeness in the community, **"Mission as never before"**

God Bless you.

Limo Edward K (BScN/KRCHN/MA- Development Studies)

DIVINE HOUR PROGRAM

Careful Habits Ensure Good Health

Jeremiah 30:17.King James Bible

For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, [saying], This [is] Zion, whom no man seeketh after.

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Psalm 107:20

He sent his word, and healed them, and delivered them from their destructions.

In essence the world right now has become so complex, dangerous and sickplace that making good choices is more important than ever. To minimize or prevent problems is the best strategy to have a safer and more fulfilling life.

Psalm 142:4

I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul.

Isaiah 11:12

And he shall set up an ensign for the nations, and shall assemble the outcasts of Israel, and gather together the dispersed of Judah from the four corners of the earth.

Isaiah 33:24

And the inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity.

Isaiah 58:8

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

Isaiah 60:15

Whereas thou hast been forsaken and hated, so that no man went through thee, I will make thee an eternal excellency, a joy of many generations.

Jeremiah 3:22

Return, ye backsliding children, and I will heal your backslidings. Behold, we come unto thee; for thou art the LORD our God.

The mind does not wear out nor break down so often on account of diligent employment and hard study, as on account of eating improper food at improper times, and of careless inattention

to the laws of health.... Irregular hours for eating and sleeping sap the brain forces. The apostle Paul declares that he who would be successful in reaching a high standard of godliness must be temperate in all things. Eating, drinking, and dressing all have a direct bearing upon our spiritual advancement.

Health is a blessing which few appreciate.... Many eat at all hours, regardless of the laws of health. Then gloom covers the mind. How can men be honored with divine enlightenment when they are so reckless in their habits, so inattentive to the light which God has given in regard to these things.... Life is a holy trust, which God alone can enable us to keep, and to use to His glory. But He who formed the wonderful structure of the body will take special care to keep it in order if men do not work at cross-purposes with Him.

Health, life, and happiness are the result of obedience to physical laws governing our bodies. If our will and way are in accordance with God's will and way; if we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory.... If we co-operate with Him in this work, health and happiness, peace and usefulness, are the sure result.

He did not die for us in order that we might become slaves to evil habits, but that we might become the sons and daughters of God, serving Him with every power of the being.

"We need to have our souls humbled before God, that every heart may drink in the truth and let it work in the life a reformation that will convince the world that this is indeed the truth of God. Let the life be hid with Christ in God. Only when we seek the Lord as little children... can he use us to the glory of his name." **General Conference Bulletin, June 6, 1909 par. 14**

My dear friends, advance step by step, until all your habits shall be in harmony with the laws of life and health.

Health ministry is a response of gratitude! It is the praise of obedience springing from the comprehension of the righteousness of Christ.

Holy Spirit came to replace Jesus on Earth, and continue His earthly influence
Health Ministry MUST BE ABOUT THE HEALING MINISTRY IN JESUS NAME.

HIGH TECH or LOW TECH SIMPLE REMEDIES STATE OF THE ART MEDICINE
NON OF IT IS MINISTRY UNLESS JESUS IS SHOWN AS THE HEALER
OF ETERNAL DISEASE

Health Ministry should be the greatest manifestation of love the world has ever seen. The incessant quest for our personal welfare has to give way to a concern for others. We need to teach more of the love of Jesus, His method, and His focus on need. Only as my life becomes full of grace can others see Jesus in me. His balance and harmony, His tenderness and compassion. His love and His forgiving Spirit must possess

TRUE GODLINESS IS" TO BE LIKE JESUS" I want to be! Do you?????

AFTERNOON PROGRAM

The Health Ministries Department serves as a resource for information and counsel on health and temperance affairs and advises the Church and its departments and related agencies on health and/or temperance related policies and programs. The Health department promotes a healthful lifestyle among church members through literature, programs and Sabbath services, and provides publications, services and programs to aid outreach to the world concerning the physical, mental and soul-destroying effects of tobacco, alcohol and other substances.

Mission, Vision & Values

Our Mission

Church mission: To share God's love by providing physical, mental and spiritual healing.

Here at the GRVC the statement reads” GRVC is to train, educate, offer quality of health services to the church members and community through- promotive, preventive and curative services and participate in the compassionate work of Christ of restoration of health, in fulfilment of mission of the church

Our Vision

Church Vision: Adventist Health will be a recognized leader in mission focus, quality care and fiscal strength. Here at GRVC we read “GRVC has a well-trained, educated and healthy membership and community as evidenced by the way they eat, dress and operate in there daily lives.

Our Values

GRVC call to professionals (adopted from the health ministries values):

1. **Compassion-** The compassionate just as Jesus in His healing ministry/service delivery
- 2.
3. **Respect-** Human dignity and individuality- This should be demonstrated by our actions and indulgences
4. **Integrity-** Absolute integrity in all relationships and dealings – Both patients and family
5. **Quality-** Excellence/quality in service delivery- Let our services be exceptionally an offering to God before we attach payments.
6. **Stewardship-** Responsible resource management in serving our communities. Even the people handed over to us in service we shall present to God
7. **Wholeness-** Use the health care heritage of the Seventh-day Adventist Church- This strategy you will not go wrong
8. **Family-** Cherish each other as members of a caring family- Be part of that family

THE CHURCH ADOPTED THE *CELEBRATIONS* (AN ACRONYM) STRATEGY TO TEACH HEALTH MINISTRY

In the ministry of health, we are builders of the temple of the indwelling God. *Yet, sometimes, misguided effort builds a somber, dark, foreboding structure. Here, pillars of “self-control” stand tall, forbidding, and strong. Stone ceilings ensure an environment of silence. These doorways keep out the joyful needy and those struggling with addiction. We find few congregants coming into such cold structures of health. How important it is that temperance should be “Divine-Control” not merely “self-control.”

*Outside, there is noise and commotion. People shout, laugh, and play. The pigeons foul the steps and the world goes on its way. The great cathedral of Health Ministry would like to open the doors to all people, not just a select few.

*There is sometimes an aura of sadness about the old churches, a darkness, a gloominess, a sense of repression--no talking, no laughing, no spontaneity. What is missing is the joyousness of praise, the celebration in song of the God in whose name the cathedral has been built, and an awareness that **“The Lord your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you in His love, He will rejoice over you with singing”* (Zeph. 3:17, NKJV).

*In Health Ministry our focus is the worship. *We need to live our lives in praise of God. *As a cathedral exists in order to bring the people close to God, so health and Health Ministry have the same purpose. In the function of the cathedral, there must be a relationship between God and man, praise and worship; therefore, in Health Ministry we must nurture such relationships and extol the beauty of grace.

*It is only by the grace of God that there is any cathedral at all. *Our own personal cathedral is but an expression of His graciousness in permitting our survival. *The maintenance of the cathedral is not only for the wonder of its construction. It is not merely for the discovery of some magnificent carving on the

wall. The buried treasures are not what express the function of the cathedral. *Praise, joy, and celebration of grace fulfill the purpose of our cathedral. **“Fear God and keep His commandments, for this is the whole duty of man”* (Eccles.12:13, NKJV).

*How do we give glory to the most glorious One? How can our actions impact Him? In our joy, in our praise, in our contentment as His children, He is satisfied. *For *“higher than the highest human thought is God’s ideal for His children.”* (*Counsels to Parents, Teachers and Students*, p. 364).

*The cathedral of health is built of many parts, just like the cathedrals of Europe, the temples of the Far East, or the mosques of Islam. These component parts seem mundane and ordinary, but when fitted together create a wondrous composition that brings glory to our Creator God. This series is a compilation of a few simple, proven practices that ensure the best health possible and is presented as *

CELEBRATIONS (an acronym).* This is not an exhortation to try to make new resolutions.

CELEBRATIONS does not suggest another futile “battle of the bulge.” It does not focus on denial of oneself. *It does away with the concept of a self-regulating, iron-willed, coldly calculating, do-it-yourself project. *Instead, we look to the Divine. In Him, we are victors; in Him, we overcome; in His gift of faith, we can celebrate success. *The elements of ***CELEBRATIONS*** are what make the whole concept of health a success.

- ***C** is for Choices, the cradle of our destiny. The choices we make are the gateways into the cathedral of health.
- ***E** is for Exercise, the elixir of our energy. The exercise required to walk into the cathedral helps us to enter into worship.
- ***L** is for Liquids, the lubricant of our functionality. The living waters, both physical and spiritual, will enliven our praise.
- ***E** is for Environment, the empowerment of our community. The cathedral environment is as important to the expression of praise as the sunshine to a summer’s day.

- ***B** is for Belief, the basis of our spirituality. The belief within our hearts motivates our jubilant service.
- ***R** is for Rest, the restorer of our resiliency. What rest we find sitting in the presence of our Creator and Redeemer!
- ***A** is for Air, the activator of our vitality. The cool air soothes and comforts us. It envelops and enlivens us both physically and spiritually.
- ***T** is for Temperance, the temple of our purity. Within the walls of this cathedral, temperance moderates the music so that it is harmonious.
- ***I** is for Integrity, the incorruptibility of our honesty. With the indwelling of the Divine, how can we be dishonest?
- ***O** is for Optimism, the operant of our sanity. It is our optimistic outlook that causes us to praise Him with zeal.
- ***N** is for Nutrition, the nourishment of our body. The food we receive is like the maintenance person who continually repairs, paints, and refurbishes the cathedral. The sermons are our spiritual food, preparing us for the inner doubts and trials.
- ***S** is for Social Support and Service, the hallmark of our relationship. Recognizing the beauty of our own cathedral and its purpose, we are good stewards, tending and caring for this edifice of praise, this cathedral of joy, this meeting place of God and humanity. At the same time we will spontaneously provide service to other people's cathedrals.

*To enjoy maximal benefits, we need to take these *CELEBRATIONS* principles as a packaged prescription. *We should not say, "We will drink lots of fluids but do not want to change our poor lifestyle habit of insufficient rest!" *This will make us irritable people, known more to the surrounding community as "angry health fanatics!" Imbalanced lifestyle does not produce good health, as in this

example. Irritability has a variety of negative health results. We need to be balanced in applying all the principles prescribed.

*A practical question is, what difference does this health prescription make? *Since the 1950s, researchers in the United States, Australia, Norway, Japan, Poland, New Zealand, the Caribbean Islands, and the Netherlands have published more than 247 studies in the scientific literature that deal with the health status of tens of thousands of Seventh-day Adventists (the most researched lifestyle cohort in the world). Despite the fact that not all Seventh-day Adventists adhere to all these principles, significant evidence proves the advantage of each of them. *Some examples are found in the following studies:

- Dutch Seventh-day Adventist men live an average of 8.9 years longer than their non-Adventist counterparts. Dutch Adventist females live an average of 3.7 years longer.¹
- Norwegian Adventist males live an average of 4.2 years longer than their non-Adventist counterparts. Norwegian Adventist females live an average of 1.9 years longer.²
- Polish Adventist males live an average of 9.5 years longer than their non-Adventist counterparts. Polish Adventist females live an average of 4.5 years longer.³

- Californian Adventist males live an average of 9.4 years longer than their non-Adventist counterparts. Californian Adventist women live an average of 6.2 years longer.

These added years are generally healthy happy years.

1. Berkel J, DeWaard F. Mortality Pattern and Life Expectancy of Seventh-day Adventists in the Netherlands, *International Journal of Epidemiology*, 12(1983):455-459.

2. Waaler H, Hjort PF. "Hoyere levealder hos Norske Adventister 1960-1977: Er budskap om livstil og helse?" *Tidsskr Nor Laegeforen* 1981 Apr 20; 101(11):623-7. (English translation: "Low Mortality Among Norwegian Seventh-day Adventists," 1960-1977: A Message on Lifestyle and Health.)

3. Jedrychowski W, Tobiasz-Adamczyk B, Olma A, Gradziliewicz P. "Survival Rates Among Seventh-day Adventists Compared With the General Population of Poland," *Scandinavian Journal of Socialized Medicine*, 13 (1985):49-52.