**HEALTH AND SANCTIFICATION**

On the sixth day of creation week, God created man as the crowning act of His creation. Fresh from the hand of God, man bore in his body, the image and likeness of God. “And God saw all that He had made and it was very good.”1 In his sinless state man was healthy, happy and holy. The fall of man affected his whole being. This included his physical, mental and spiritual well-being. God’s redemptive ministry, therefore, must include the restoration of the whole person.

There is an increasing recognition in the scientific world today, that man can no longer be fragmented into separated components for investigation and treatment. Physical, mental, social and spiritual well-being are so closely and intimately bound that what affects one necessarily affects the other. In dealing with the needs of our fellow human beings, then, we are turning again to a realization that was obvious in the time of Daniel and Nebuchadnezzar. It is no longer considered adequate to deal with only one specialized area. Man must be viewed, treated and even won to Christ in the holistic sense. This whole-man approach must of necessity include the religious or moral aspect, as well as the physical mental, and social aspects.”2

Therefore, health and sanctification cannot be separated. The whole man ministry is the biblical approach to the ministry of redemption. The divine counsel of the Apostle John is so relevant for us today – “Beloved, I wish above all things that thou mayest prosper and be in good health, even as thy soul prospereth.”3

Sanctification is the work of the Holy Spirit. It is through the mind that the Holy Spirit communicates with us. The close relationship that exists between the mind and the body requires a health body to have a healthy mind. Therefore, the health of my body and my mind will determine the extent to which the Holy Spirit can facilitate my sanctification.

“The one great object of health education and the main purpose behind the doctrinal emphasis on health in the Seventh-day Adventist Church is the perfection of the Christian character. Since body and soul cannot be separated, health is essential for wholeness, and wholeness is the key to sanctification. “… Our message is not only part of, but one of the basic integral parts of the healing, restoring, transforming process of sanctification.”4

Divine revelation reveals that “The physical life is to be carefully preserved and developed, that through humanity, the divine nature may be revealed in its fulness.”5

“The development of our powers is the first duty we owe to God and to our fellow men. In making a profession of faith in Christ, we pledge ourselves to become all that it is possible for us to be, as workers for the Master, and we should cultivate every faculty to the highest degree of the perfection.”6

The Seventh-day Adventist philosophy of health “places the laws of life and health that govern our spiritual and mental dimensions on the same plane as that which is known as the moral law. These laws have the same Author, and in establishing each, He had our wellbeing in mind. All law is an expression of the mind and will of God…… willful violation of either category of God’s laws handicaps the execution of His will in us and for us.”7

The mission of the church is to carry the Gospel to all the world. This includes the gospel of physical, mental and spiritual healing and restoration to a world that desperately needs it. We cannot share this abundant life with others, if we are not experiencing it ourselves. The greatest goal of health is sanctification - the restoration of the image of God in this life - physically, mentally socially and spiritually.

“The sanctification set forth in Sacred Scripture, has to do with the entire being - spirit, soul and body. Here is the true idea of the entire consecration… True sanctification is an entire conformity to the will of God….. Jesus awakens a new life which pervades the entire being.”8

“If we would be sanctified in soul, body or spirit, one must live in conformity to the divine law. The heart cannot preserve consecration to God, while the appetites and passions are indulged at the expense of health and life.”9

Health and wholeness can no longer be a side issue in the proclamation of the redemptive ministry of Jesus Christ. It is an integral part of the gospel and the Three Angels Messages. God’s servant to the remnant church counsels that “The principle of health reform is 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 effort to proclaim the gospel messge.”10

In their book, “Happy, Healthy and Holy,” the authors point out “The whole plan of salvation revolves around God’s intent to make his people whole again. The physical, mental and spiritual dimensions of life are to be fully integrated and dependent upon one another that modern science which has tended to dichotomize the physical from the spiritual, is beginning to realize that such specialization and fragmentation violates the fundamentals of the healing process.”11 As a church, we have been guilty at times - especially in our evangelistic endeavors - to emphasize the spiritual ministry to the exclusion of the mental, social and physical concerns. There must be a new emphasis given to the gospel of health, as we stand on the threshold of the imminent return of our Lord.

1. Genesis 1:31, The Holy Bible N.I.V.
2. Healthy, Happy, Holy –Leo Van Dolsan, J. Robert Spangler. Page 13.
3. 1 John 1:2 – The Holy Bible – K.J.V.
4. Healthy, Happy, Holy –Leo Van Dolsan, J. Robert Spangler. Page 54,55.
5. Christ Object Lesson – Ellen G. White. Page. 348.
6. Ibid – Page 329,330.
7. Healthy, Happy, Holy –Leo Van Dolsan, J. Robert Spangler. Page 59.
8. The Sanctified Life- Ellen G. White. Pages 7-9.
9. Ibid. – Page 29.
10. Medical Missionary- Ellen G. White. Page 259.
11. Healthy, Happy, Holy –Leo Van Dolsan, J. Robert Spangler. Page 60