

Top News

NEWS FROM THE TOP END OF
THE SEVENTH-DAY ADVENTIST
CHURCH IN AUSTRALIA

NOVEMBER 2017



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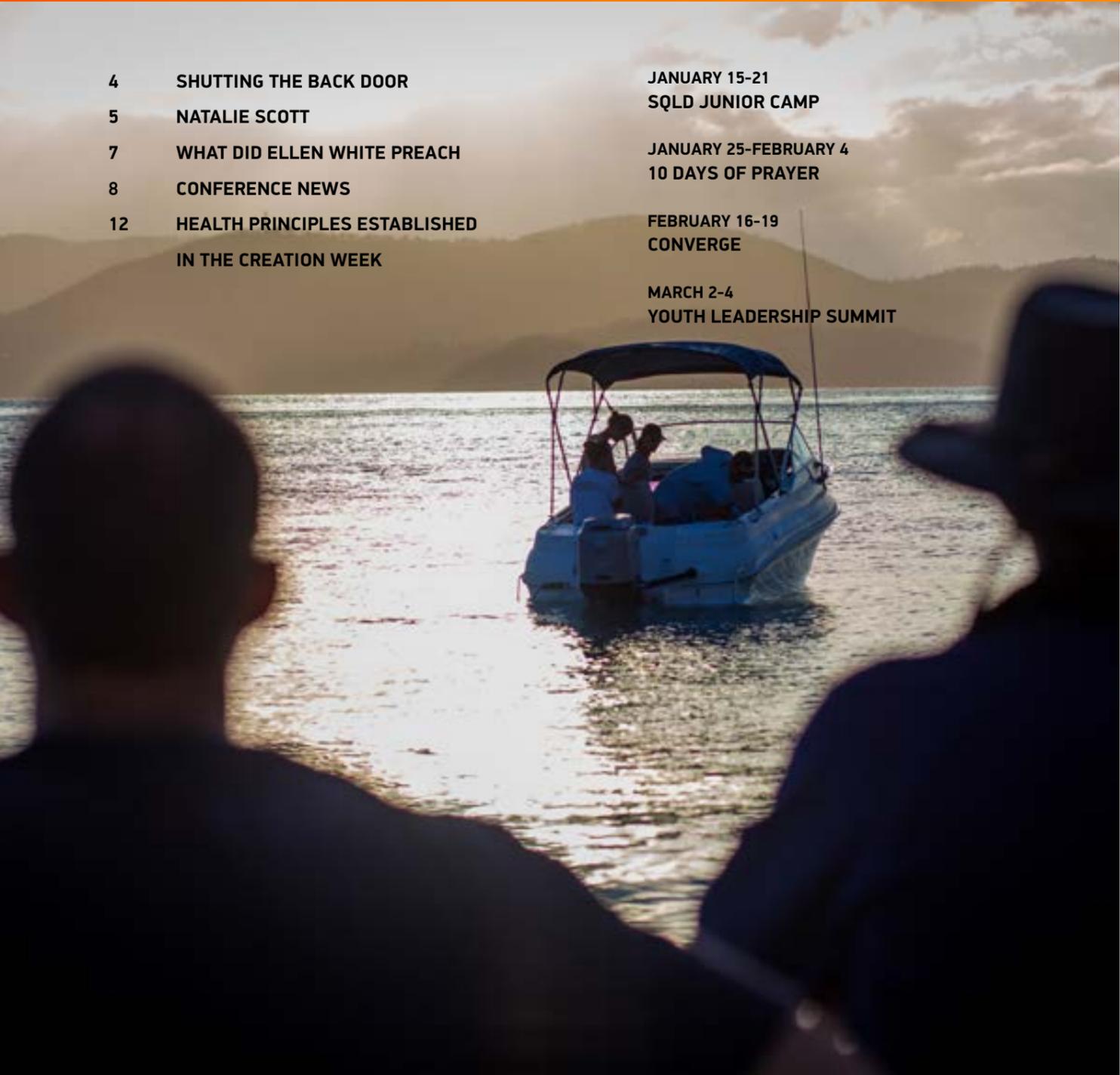
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CONVERGE

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YOUTH LEADERSHIP SUMMIT



DRIVEN

It was one of those general checkups by my doctor and I was dreading it. I was obese and knew the results wouldn't be good – and they weren't. Any category you care to name, whether it was pulse rate, blood sugar, blood pressure, cholesterol etc, were all a long way out of the healthy range. More and more indicators were telling me I was headed down a bad path fast, and then one day something clicked.

I made a complete change to my diet and lifestyle and introduced a daily exercise program. Rain, hail or shine, and Tasmania would often throw all three at me, I would be out exercising. I remember walking one day with an umbrella pointed sideways as the wind drove horizontal rain into my legs. One morning I was kayaking and had to come back after only 25 minutes as I couldn't stand the cold any more – it was 3 degrees!

As I look back at that lifestyle change, I note how driven I was. I don't think I have had that much focus and determination at any time before or since. But I should! We all should! In regards to what? Telling people about Jesus! It's the one thing that drives every genuine Seventh-day Adventist Christian.

Driven by Mission is a slogan that we have come to embrace in the office as we focus on what should be our priority for God's work in this Conference. I'm keeping this front and center. It challenges me, but I know this is where my drive should be, and I read it in my devotions the other day:

"The conversion of souls to God is the greatest, the noblest work in which human beings can have a part. In this work are revealed God's power, His holiness, His forbearance, and His unbounded love. Every true conversion glorifies Him and causes the angels to break forth into singing." (7T, 53)

To what extent
do **YOU** have
a personal plan for mission?

Our greatest work is to be **driven by mission**. Is that my primary focus? Is it yours? The AUC Structure Review team asked church members the question, "To what extent does your church have a clear and known plan?" 80% said "little to no extent." That's tragic. To what extent do YOU have a personal plan for mission?

I want to be like Peter and John who declared "we cannot help speaking about what we have seen and heard" (Acts 4:20). I want the experience of Jeremiah, who said "his word is in my heart like a fire, a fire shut up in my bones. I am weary of holding it in; indeed, I cannot" (Jeremiah 20:9). Perhaps it's time to seek the Lord earnestly, asking for a passion and enthusiasm for the things of God that results in being **driven by mission**. That's what I am going to do. How about you?

Darren Slade
President
Northern Australian
Conference



OUR VISION IS TO CONTINUE
"EXPERIENCING AND
SHARING HOPE
IN JESUS CHRIST"

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Top News is the official magazine of the Seventh-day Adventist Church in Northern Australia. All articles express the opinions of their authors and not necessarily those of the Seventh-day Adventist Church.

SHUTTING THE BACK DOOR

"Shutting the back door" by Jerry Page – interim editor of Ministry and ministerial secretary of the General Conference of Seventh-day Adventists, Silver Spring, Maryland, United States. Article first appeared in the July 2017 issue of Ministry® International Journal for Pastors, www.MinistryMagazine.org. Used by permission.

One evening in 1984 at family worship, Janet and I prayed for our Lord to bring to our young family someone interested in knowing Jesus and studying the Bible. I was the personal ministries director for the Rocky Mountains Conference, which led us to be in a different church nearly every Sabbath, training members on how to reach out for Jesus. We knew we needed to be involved ourselves and to have our son, Tyson, experience that joy, not just listen to his parents encourage everyone else to share their faith.

The very next day a friend called to say that her cousin Sal wanted to study the Word. So, as a family, we began to meet every week with Sal, and later with his girlfriend, Nancy, too. We studied the Word but also talked about various subjects and shared our lives together. Sal also helped us with needed repairs around the house. We became close friends.

More than a year later we received a call to move across the country to another conference. We had the wonderful joy of witnessing Sal and Nancy being baptised just before we moved. As they began to attend a local church, we realised how hard it was to connect them to someone in that church who would have nearly the same kind of love and concern to disciple them as we had. We tried to introduce them to several families, but nothing really developed to help assimilate them into the church family.

IF CHURCH MEMBERS JUST TOOK ON ONE OR TWO PEOPLE AS THEIR MISSION, WHAT A DIFFERENCE IT COULD MAKE!

Within a year they had slipped out the back door of the church and away from their growing relationship with Jesus. We were broken-hearted. A couple of years later they asked me to come back and marry them. We had committed to keep our friendship going, and at least once a year, for about 20 years, when we came back to the area, we would always take them out to eat, worship with them at a church, introduce them to some members, and pray they would get involved again.

Then one year when I called Sal, he shared that the elders from the little church I had last encouraged him to try were coming to visit with him and Nancy about their upcoming rebaptism! They had attended the church,

become involved in the Wednesday night study and prayer group, felt drawn into helping in some ministries of the church, and now they were back! When I told our family about Sal and Nancy, they all said, "Hallelujah, they are home!"

That was more than 10 years ago, and Sal and Nancy are still deeply involved, helping the church in a number of ways, like Vacation Bible School, a small group study, and construction projects. Sal just preached his first sermon a few months ago. He shared his testimony of how he became offended over relationship issues and thought of quitting again, but the Lord helped him to see it was the enemy trying to draw him away. They are back to stay. What a joy it will be on that first day of eternity when our family and Sal and Nancy fall down at Jesus' feet, praising Him for His grace as we begin forever and ever together!

"For what is our hope, or joy, or crown of rejoicing? Is it not even you in the presence of our Lord Jesus Christ at His coming? For you are our glory and joy" (1 Thess. 2:19,20).

One of the biggest challenges we face in churches around the world today is keeping in the church the precious people the Lord helps us bring to Him. The latest research indicates that 49 out of every 100 new Adventist members eventually leave the church.¹

As we think of the need for every member to be involved

for their own spiritual growth and the good of the church (total member involvement), the ministries of going after the one lost sheep or helping love and nurture one who is in danger of getting lost are two of the most beautiful ministries we can do. If church members just took on one or two people as their mission, what a difference it could make.

Let's all pray the Lord will help us shut the back door, keeping his loved ones closer to Him.

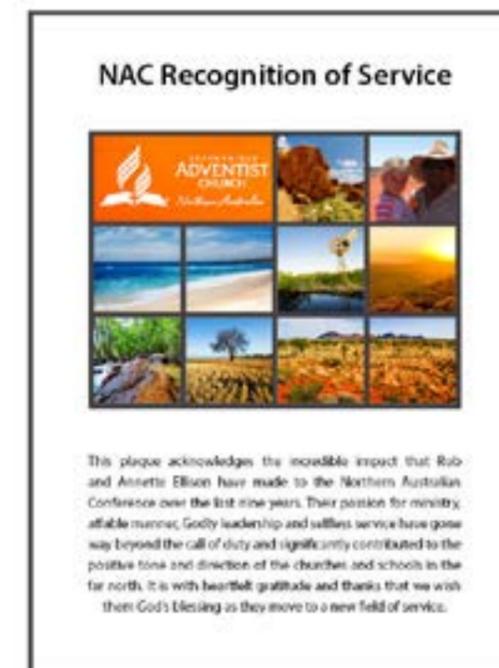
¹ Andrew McChesney, "Every Adventist Urged to Help Stem Membership Losses," Adventist News Network, <https://news.adventist.org/en/all-news/news/go/2016-10-10/every-adventist-urged-to-help-stem-membership-losses/>.

FAREWELL AND THANK YOU

Rob and Annette Ellison will be leaving our Conference this month after many years of faithful service. At a farewell dinner they were presented with gifts, including a plaque (see right). Rob will be starting in South



Queensland Conference on January 15 working in a dual role as the Special Projects Officer in the Conference Office, and Business Manager at Gold Coast Christian College. Thank you so very much for your ministry here. Your time and efforts have been very much appreciated. We wish Rob and Annette all the best as they begin new endeavours in South Queensland.



This plaque acknowledges the incredible impact that Rob and Annette Ellison have made to the Northern Australian Conference over the last nine years. Their passion for ministry, able manner, Godly leadership and selfless service have gone way beyond the call of duty and significantly contributed to the positive tone and direction of the churches and schools in the far north. It is with heartfelt gratitude and thanks that we wish them God's blessing as they move to a new field of service.

NEW SECRETARY/TREASURER - NATALIE SCOTT

We are excited to announce that Natalie Scott will be joining our Conference as the new Secretary/Treasurer (the "new" Rob Ellison) in late January 2018. Natalie brings with her a strong background in governance and financial management.

Natalie is extremely humbled to have been called to the role. She said:

"The call came as a complete surprise – it was not at all where I thought my life was heading, but that's how God works sometimes. I am excited to be stepping out in faith to serve Him and really looking forward to working with everyone in Northern Australia."

Natalie will be making the shift across to Townsville from Darwin, NT. Natalie is a second-generation Darwinite, whose family has strong ties to the Territory, but also has strong ties with North Queensland, with family scattered from Innisfail to Cooktown. Her Nana was born in Cooktown and grew up on the Bloomfield, and her grandfather helped build the airstrip on Horn Island in the Torres Strait. Natalie fondly remembers attending Big Camps growing up, and Storm Co trips to Tennant Creek and Palm Island.

Natalie trained as an accountant, starting her studies in Darwin before finishing them at Avondale College. She trained in audit and assurance with an international professional services firm, working with a wide variety of clients, including not-for-profit entities. Natalie then joined the Northern Territory Government, where she



has held a number of senior roles, before her current position where she has been working for the Northern Territory Auditor-General for the past five plus years as Principal Auditor. Natalie is a Fellow of CPA Australia and has been Deputy President of the Northern Territory Branch Council for the past four years.

Outside of work interests include travelling, reading (though she doesn't get much time for that these days) and spending time with friends and family. Passionate about serving and helping others Natalie has also been involved in a variety of community service activities over the years including: Storm Cos; door knock appeals and fundraising; a "Fly and Build" to Santo, Vanuatu; and more recently a "drive and maintain" trip to Katherine, NT. An active member of her local church, Natalie has held various roles and is regularly involved in mentoring and leadership.

We wish her all the best as she moves east and begins her role in the office. Please keep her in your prayers in this transition, that God will gift her and sustain her in this new calling He has placed on her life.

WHAT DID ELLEN WHITE PREACH

Pr Daniel Matteo - Pastor Edmonton, Mossman and Northern Beaches Churches

About five years ago, I started work as a minister in the Seventh-day Adventist Church. I was determined to grow the church that had been placed under my care. After 12 months working very hard in a small congregation, I was dismayed to see that our membership had dropped! One night I was complaining and pouring my heart out to God saying, "Lord! What's wrong with me? Why can't I grow my church?" I was amazed as an answer from God came and impressed on me so very clearly, "...I will build My church, and the gates of Hades shall not prevail against it" (Matthew 16:18 NIV, emphasis added). Overwhelmed that Jesus had rebuked me by reminding me that the church was His to grow and not mine, I meekly enquired, "Well Lord, what do you want me to do?" The impression came just as powerfully, "Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction." (2 Timothy 4:2, NIV). Since that time, I have endeavoured to do just that: to preach the Bible. Perhaps I haven't always been faithful or prayerful enough, and perhaps my homiletic skills have not always been on point. I usually preach too long. Sometimes I've been tired or rushed and my sermons haven't exactly gone to plan, and sometimes I've done ok. I often have guilt after preaching that I have not been clear, or that I haven't dug deep enough, or that I have dug too deep. However I always know that, for better or for worse, I have preached the Bible.

After all, that is what Jesus Himself called me to do. I also like to think that my brothers and sisters all over the world (both pastors and lay preachers), who are called to preach in Adventist pulpits each week, have a similar experience to myself. We ask the Lord in prayer to give us a message and then, as we spend time in personal relationship with Him, He places on our hearts a topic, verse, passage or story from the Scriptures which we then get up and preach on the Sabbath. When every church in every place is at one time declaring a different section of the Scriptures it means that, as the worldwide Seventh-day Adventist Church, the Spirit leads us all together to proclaim "... the whole counsel of God" (Acts 20:27, NKJV).

I guess that is the reason why it bothers me a little bit to hear people very negatively criticise the preaching in their churches. For a start, many of our lay preachers are inexperienced and vulnerable. They need as much encouragement and positive affirmation as they can get!

Don't get me wrong, I believe in the power of positive criticism. As preachers, we also ought to be open to growing and responding to helpful suggestions so that we can be better communicators. But that's not what I'm talking about. I'm talking about the kind of negative comments and snide remarks that wound and discourage.

I have heard some suggest that people who have been

called to speak in Adventist churches don't preach what they are supposed to be preaching. "There is too much stuff about love and grace, and not enough about the conspiracies of the Catholic Church! They have watered down the sermons and aren't giving the Three Angels' Messages the way Ellen White wrote that we ought to do!" Perhaps you have heard someone make a remark like that after a sermon in your church? I have.

It made me wonder, "What did Ellen White actually preach when she was in our part of the world?"

In addition to being a voluminous writer, Ellen White was a prolific preacher and was often invited to speak wherever she travelled. It is very interesting to read the biographies of her life by her grandson Arthur L. White because he chronicles things very well, and particularly in the volume about her time Down Under entitled *The Australian Years (1891-1900)*, we get an almost blow-by-blow description of what she did, and most interestingly, he highlights the subjects in her sermonic menu. Here are just a few of many notable examples.

Her first sermon in Australia happened to be at a Conference session on the 24th of December 1891. "Since the next day was Christmas, Mrs White delivered an appropriate message on 'the birth and mission of Christ, illustrating the love of God and showing the propriety of making gifts of gratitude..." (p23). At a Week of Prayer in 1893, "...she spoke on the publishing work; and...on tithing" (p58). A little later that year she "...spoke with great freedom on John 14 to an audience that filled the house." (p70). The very next Sabbath she said, "I spoke from the words of Christ in Matthew 13:12-17...I showed them that those living on the earth are favoured above all people in the possession of precious advanced light." (p71).

Later on, Ellen White was travelling by ship and stopped in Napier where "...she presented her favourite theme, 'The Love of God,' to an attentive audience" (p77). At the New Zealand camp meeting there "Ellen White spoke on phrenology and its perils" (p78). At the same camp "...she spoke on Sabbath observance, at another time on John 14 and the Christian's heavenly home, then on sanctification and transformation of character. The subject of 'dress' was presented, and one evening the school in Australia" (p79).

After this, she stayed in Palmerston North and "...led out with words of comfort and encouragement for the little few who had met together to worship God" especially the young people there of whom she later wrote "I addressed words to them, to instruct and help them in doing right, in loving Jesus in the early years of their life" (90). Meeting on the Sabbath in Petone, she wrote "The Lord gave me words to speak to the people... (from) John 14." (p92).

At a camp meeting in Wellington, "...she took great

pleasure in 'showing our colours on which were inscribed the commandments of God and the faith of Jesus.'" She wrote, "...I told them that we were Seventh-day Adventists, and the reason of the name which distinguished us from other denominations." (p109).

I know there are some of us who might think that list of subjects is a watered-down message. There may be others who feel they are much too strong and direct. But as I read this I am deeply impressed by the great theological balance which pervaded Ellen White's preaching. She was a straight, conservative Christian preacher. She did not mince words or compromise the truth. However, her preaching was liberally tempered with the grace, the love and the words of Christ, and all of it was built on a solid foundation of holy Scripture. Her grandson records that "...her favourite theme..." was "...'The Love of God'" (p77). Therefore themes like love and grace must not be a watering down of the truth. The whole counsel of God must be preached, and they must be the centre of it.

HER PREACHING WAS LIBERALLY TEMPERED WITH THE GRACE, LOVE AND WORDS OF CHRIST

Sometimes our churches remind me of the time I took my kids to a buffet restaurant for dinner. They complained to me that I didn't give them a lot of the stuff they really wanted (the unhealthy food), and I instead gave them a lot of the stuff they really needed (the healthy food). If only they knew I was doing it for their good! We live in a YouTube age where we have access at the tap of a finger to the very best preaching on earth, and because of that we often feed ourselves only what we want. We should allow the Holy Spirit just one hour a week to feed us what we need, don't you think?

For myself, despite what people say, I want to be a preacher who is more faithful to the call of Jesus. In order to get there, like Ellen White, I know the answer is not to move my preaching further away from the Bible but rather closer to it. Whether we really know it or not, inside we are all hungry for God's Word and thirsty for His love. The truth is that we need to hear God's Word: all of it. Not just the parts that interest us. It is my prayer that, despite the human vessel, we can enter our churches to listen to every sermon with an open heart and this prayer on our lips, "Lord, please minister to my spirit through Your Word today." If we will do that we "... will be filled." (Matthew 5:6)



ADRA APPEAL

Charlene Luzuk, Northern Australian Conference ADRA Director

A huge thank you to the hundreds of volunteers who went out door-to-door across our conference and also those churches that held fundraising events to raise money for ADRA. We would love to hear stories and share photos from your experiences, so please email them through to us, or upload them to Facebook. In the coming months we will have the final tallies from churches and will announce the winners of the church that raised the most funds, and the church that raised the most raised per member.

Our focus this year was bringing it back to what the Appeal was like years ago- to have the WHOLE church involved; the less-able folk would stay behind and pray for those who were heading out, and to prepare cool drinks and snacks for when the collectors came back from their door knocking. Those going door-to-door were a little hesitant or nervous about heading out, but they went



out two by two and upon their return, no one could stop talking about their experiences, and how much money they raised, who they met along the way, and how God worked! The whole church took part together as one. So as your churches are planning and setting the calendar for next year, make sure you keep the first few weekends in October free for the ADRA Appeal. Let's see it as an opportunity to draw closer as a church, and to connect with our communities!

RIVERSIDE CONVENTION CENTRE



MINISTRY UPDATE:

Riverside Convention Centre has been a bustle of activity since Big Camp ended in July. The grounds were given a couple of days to recover and then the caravans literally started flooding in! Both sides of the road were full of campers making the most of the beautiful winter weather.

The family units and motels have made a perfect place for many families needing access to the hospital to stay and be blessed, and the budget cabins have been filled with displaced families waiting to be placed in housing around Townsville. These referrals from local agencies are where the ministry side of the Centre really comes into play. Providing a listening ear, a word of encouragement, or a warm embrace when the tears of sadness can no longer be held back, is a humbling experience as the Centre speaks love into their lives.

Since Big Camp, further improvements have been made to the main camp kitchen, with a new ceiling and paint job for the dining room being completed at the end of October, as well as the possum proofing endeavours proving to finally be successful in the roof space!

The motel also had some work done to it, and now the patio area can be enjoyed in all weather conditions thanks to a new laserlight roof replacing the old shade cloth on the pergola.

RE-DEVELOPMENT NEWS:

Thanks to the great leadership of the project manager, plans are well and truly underway for the Riverside Estate re-development. A list of tradies and contractors as long as your arm have walked through the site over the last few months, quoting and advising on ways to move forward. The main campground entry will be at the end of Pugh Street (this will be an entry shared with Aitkenvale Church and the Conference Office), and all going well, the hope is that ground will be broken early next year. Please keep this project in your prayers as final approval is still coming on the plans for the caravan sites and new amenities block. Once this comes, the final movements will be rapid!

Thank you all for your prayers and your financial support of this re-development. May all that happens here on this Estate bring glory, honour and praise to the Father.

THURSDAY ISLAND

CHILDREN'S CRAFT STALL



On Sunday November 5, the Thursday Island Church ladies ran a children's craft stall under the shade of a local fig tree. This was done as an outreach to engage young local families with small children to Bible crafts and also to raise funds for the ADRA Appeal. With a gold coin donation for each craft station, the children had a great time making crafts such as: Jonah in the whale, picture frames, Jesus loves me crowns and Noah clouds and rainbows. They also received a small gift pack to take home for themselves and one for their mum's and dad's to remember the day. With some cold water and fruit salad packs for sale, \$244.00 was raised for the Appeal.

AITKENVALE

BABY BOOM



Aitkenvale Beginners Sabbath School has seen an increase in numbers this year with 6 babies' being born to church families in 2017. Recently 3 dedications were held for some of these families. Rebecca and Andrew dedicated their 3rd child, Stafford, on September 16, Richard and Rebeckah dedicated their first-born, Sebastian, on September 23 and on October 21, Talida and Maddy dedicated their first-born, Malachi. Aitkenvale is enjoying the influx of babies and the new energy they have brought.

NORTH MACKAY

MEN'S MINISTRY CAMPS

Men's Ministry camps at both Eungella on September 1-3, and Dalrymple Heights on October 27-29, saw the men of North Mackay Church engage in activities and questionnaires that allowed for deeper relationships with one another. The spiritual focus was on deepening their relationship with God as the ultimate centre. A great time was had by all connecting with God in nature and with each other, and it is the hope of Men's Ministry in the local church at North Mackay to use this as an avenue in the church to be fishers of other men in 2018.



AYR

AYR ADVENTURER CAMP

Ayr Adventurer Club held a camp at Mountainview Lake Holiday Park at Giru from October 13-15. Five Adventurers camped with their families and 2 others came for the day on Sabbath. The children learnt the rules of camping and earned the camper award. They all had a hand in making damper with some enjoying eating it for the first time. They also had fun exploring the outdoors and having a water fight. Other Ayr Church members joined the campers for the day. There was also one unplanned activity - Mark and Estelle Poots' dog, Ruby, gave birth to five puppies on Sabbath afternoon! Something the kids will always remember.



CAIRNS ADVENTIST COLLEGE

YEAR 6 CAMP

The Year 6 class has just been on their camp to Mungalli Falls. The students enjoyed activities such as abseiling, land sliding, archery, raft building, low ropes, canoeing and finding glow worms. Through these activities they experienced perseverance and courage, and learning to have faith in something outside of their control. They had an awesome time experiencing God and nature.



NORTHERN BEACHES

CAIRNS TANKS MARKETS

What a wonderful day of fellowship, fun and fundraising frivolity was had at the Cairns Tanks Markets on the 29th of October! The teen/youth Sabbath School from the Cairns Northern Beaches group ran a \$2 snow cone market stall to raise money for future social activities to invite their friends to and to pay for their Coca-Cola inspired "Thirst for Jesus Christ" group T-Shirts. Arriving at 8.30am and not leaving until well after 2pm, the young people had a great time engaging with each other and the community, handing out information about their church to interested parties. A big thankyou to Janine Bass for designing the advertising, Katy Matteo for organising the day and Cairns Adventist College for the use of their Snow Cone machine and



marquis. These keen-for-Jesus teens and youth were able to raise (after expenses) approximately \$300 towards their goals together. We are all so totally proud of them for a great effort! John 9:4 says, "I must work the works of him that sent me, while it is day: the night cometh, when no man can work."

DARWIN

PATHFINDER DAY

Darwin Pathfinder Club held their first Pathfinder Day on October 28. After starting in June this year, they used this day as the official launch of Pathfinders in Darwin Church. Praying that God will help this new club to keep on sailing.



NAC YOUTH AND YOUNG ADULT CAMP

FUN IN THE SUN



Youth people from across the east coast of our conference all gathered for a Tropical getaway at Sandy Bay on South Molle Island on October 13-15. With activities like, Jet skiing, snorkelling, fishing, swimming, lazing around on the hammock, and stand up paddle boarding it was hard not to enjoy the beauty of God's natural wonders. Pastor Murray Hunter shared God's Word, pointing to the depths of God's grace and plan for the lives of the young people.



EDMONTON

TRIVIA NIGHT



Edmonton recently enjoyed a church social together with a variety of fun activities and trivia questions. Some of the activities required quite a deal of skill as you can see from the spaghetti towers. The idea was to build a tower as high as possible and which would stand and not collapse as it was being built. Some had good success while others were like the leaning tower of Pisa and sliding to oblivion just before judging. It was a most enjoyable evening and hopefully some new trivia facts were learnt along with how to build a spaghetti tower.

CAIRNS

HARVEST FESTIVAL



Edmonton church is holding a 40 days of prayer to pray for God's guidance in a number of things – for our church members, people who we have had contact with but are not coming now, for the Holy Spirit both in the church and community, for the building project and the ministries we want to achieve. It has been set up with each person having a prayer partner and praying together for these things – those that can meet everyday are doing so. God's work has been experienced in miraculous ways at Edmonton (the way the land was gained and the SPD grant for a church and centre of influence) and God's guidance is needed more than ever at the moment. Please keep Edmonton in your prayers.

October 28 was the day the Harvest Festival (Thanksgiving Service) was celebrated at Cairns Church. Br Paul White was the guest speaker for the day and his message was greatly appreciated by those in attendance. Gifts of homemade cakes and cookies, fresh fruit and vegetables, non-perishable goods and a beautiful painting (below left) made a delightful display at the front of the church. Included in the display were articles from members who displayed something for which they were very thankful.

All gifts were presented to the community group which cares for the homeless children of Cairns. The gifts were happily accepted by them as there are large numbers of homeless, hungry children in Cairns. A Fellowship lunch which followed the service was enjoyed by all who attended.

CAIRNS

CONNOR ENGLISH BAPTISM

It was Connor English's baptism day. Cairns Church members and friends rejoiced to see Connor English, this bright, young Christian lad, enter the baptismal font. Pr. Daniel Matteo was the officiating minister who baptised Connor. He was supported by Mr Clinton Bond, the Principal of Cairns Adventist College, where Connor is a student. Connor is a dedicated Christian and is always willing to accept responsibility in the church. The first sermon he preached was greatly appreciated by the congregation.





PRINCIPLES OF HEALTH ESTABLISHED IN THE CREATION WEEK

By Gratian Perera, Director of Adventist Health, Northern Australian Conference

Lifestyle principles are God's prescriptions for health, happiness, and holiness! The vast majority of professed Christians pay only a lip service to these God ordained principles. Research confirms that there is a direct correlation between chronic illnesses and the degree of practicing these lifestyle principles. Intentional and strict adherence to these principles result in preventing, arresting, and reversing life threatening chronic illnesses such as heart disease, hypertension, diabetes, and the like.

Where do we find these lifestyle principles? They are all embedded in the creation week! Though the original design of creation is distorted by sin, God has never allowed Satan to diminish the life-sustaining power of these health principles He established. Physical wellbeing could be achieved by understanding and intentionally practicing these lifestyle principles.

On the first day of creation God established the principles of regularity in daily habits. God said; "Let there be light" (Genesis 1:3-5) on the first day and since then the light governs the life on earth. Research has shown that serious health problems are inevitable in changing time zones frequently, like the airline pilot and stewardess does. Life on Earth, including human life, has no ability to continually adjust to drastic time changes. On the second day as the water gathered to its proper resting places and the air began to disseminate the atmosphere (Genesis 1:6-8), God established the second health principle, which is dualistic in nature; proper breathing and the use of water for drinking and for cleanliness. As God caused the land to appear on the third day (Genesis 1:9-13) with its vegetation, though the man was not yet created, God established the third health principle for mankind—the balanced diet. There is a growing understanding today about the advantage of plant-based diet which is beneficial to human happiness and health.

Heavenly bodies were created on the fourth day (Genesis 1:14-19) to regulate and influence agriculture and other aspects of life. Chief among the heavenly bodies was the sun with its heat and radiation, which brings vitality to life when used properly. So, on the fourth day God established the principle of proper use of sunlight for the health and wellbeing of human life. Another principle

of health is that life is perpetuated by unselfish giving. This principle was established on the fifth day when God populated air and water with living creatures (Genesis 1:20-23). As soon as life was perpetuated, the creatures began to develop a relationship with the environment which God so graciously prepared during the first four days of the creation.

Self-control and temperance, as well as exercise and useful activities, were health principles established on the sixth day when God created land animals and our first parents, Adam and Eve, to populate the earth (Genesis 1:24-31). Man was given dominion over creation with the responsibility to control self and govern the earth. He was to engage in pleasant and useful activity of tending the Garden of Eden.

On the seventh day (Genesis 2:1-3), God commemorated the many evidences of love in the work of creation by celebrating Sabbath with Adam and Eve. Sabbath, then onward, became the symbol of grateful, loving, and trusting relationship of man with his Creator. When celebrating each Sabbath, we provide a token of appreciation to God for His plan and provision for our lives. As such, another dualistic health principle was established on the seventh day of the creation—rest and trust in divine power.

Ellen White summarises these lifestyle principles when she penned; "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. (Ellen G. White, Ministry of Healing, p. 128). When we resolve to practice and apply these divine lifestyle principles God established during the creation week, we will inherit and enjoy "more abundant life" (John 10:10) which Jesus came to give freely. "Health is a great treasure. It is the richest possession that mortal man can have. Wealth, honour, or learning is dearly purchased, if it be at the loss of the vigor of health. None of these attainments can secure happiness if health is wanting."—Ellen G. White, Christian Education, p. 16.