

# Why Do We Care About Health?

Chapter 7 Lesson 3  
Part 2

ByDesign Science, Level 5  
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# Principles of Good Health

## Temperance



- ◆ Think about eating, working, and playing.
- ◆ Is it possible to have too much of these things? Too little?
- ◆ While it is important to have good things in moderating, it is also important to avoid harmful things completely.

# Principles of Good Health

## Air

- ◆ Why is fresh air important for good health?
- ◆ You can get fresh air by spending time outdoors.
- ◆ To freshen the air in your home, open the windows when you can to keep the air flowing.
- ◆ Avoid using chemicals that pollute the air.



# Principles of Good Health

## Rest



- ◆ Getting enough sleep is essential for good health.
- ◆ Sleeping 8-10 hours each night is recommended for teens.
- ◆ Not getting enough rest reduces your ability to think clearly and over time can speed up the onset of age-related diseases.

# Principles of Good Health

## Trust in God

- ◆ Worry can cause diseases such as high blood pressure, heart disease, and cancer.
- ◆ A much healthier response to the stresses in life is to learn to trust in God, who wants to give you peace, health, and happiness.



# Scripture Spotlight



Which health principle is mentioned in **Exodus 20:8-11**?

**Exodus 20:8-11** says to rest on the Sabbath.

# Health Missions



- ◆ Jesus' primary mission on Earth was to reveal God's character and die for our sins so that we could have eternal life.
- ◆ While doing that, He spend a lot of time health sick people.

# Health Missions

- ◆ Our world is still full of sick people today, and, like Jesus, Seventh-day Adventists want to help.
- ◆ While we work on our primary mission of spreading the gospel to the world, we seek to follow the example of Jesus by healing and bringing comfort to the sick whenever possible.



# Health Missions

- ◆ The health ministry of the Seventh-day Adventist Church began in 1866 when the first Adventist health-care facility opened in Battle Creek, Michigan.



- ◆ Dedicated medical pioneers promoted concepts that were considered radical at the time:
  - ◆ Proper nutrition
  - ◆ Exercise
  - ◆ Sanitation
- ◆ These concepts no longer seem radical to us because modern science has since confirmed their value.

# Health Missions

## Adventist Health Care

- ◆ More than a century later, the health-care system sponsored by the Seventh-day Adventist Church today circles the globe, with more than 160 hospitals and nearly 500 clinics, nursing homes, and dispensaries worldwide.
- ◆ More than 70 of these health-care facilities are in the United States, and their combined mission is “Extending Christ’s Health Ministry.”



# Health Missions

## Adventist Health Care



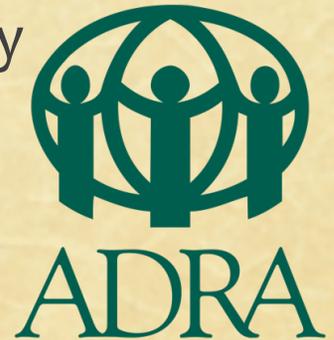
LOMA LINDA  
UNIVERSITY

- ◆ Nearly 8,000 caring employees help 9 million people each year.
- ◆ The Seventh-day Adventist Church also operates many institutions where medical workers are trained.
- ◆ The largest is Loma Linda University in California.

# Health Missions

## ADRA

- ◆ The Adventist Development and Relief Agency (ADRA) was started by the Seventh-day Adventist Church to follow Christ's example of serving and caring for those in need.



- ◆ It searches out deprivation, social injustice, and need – then works to eliminate them.
- ◆ **Deprivation** occurs when someone does not have basic life needs, such as food and water, or a health environment.
- ◆ *Social Injustice* occurs when people are not treated fairly because of things like gender, race, or economic status.

# Health Missions

## ADRA

- ◆ Because health problems are at the core of much of the world's poverty and suffering, ADRA:
  - ◆ Teaches people how to prevent deadly diseases, such as AIDS and malaria
  - ◆ Digs wells to provide clean water for villages
  - ◆ Build latrines (pits in the ground to use as toilets) to dispose of wastes
  - ◆ Teaches people how to prevent disease caused by poor sanitation
  - ◆ Trains local health-care workers for regions where access to health care is difficult
  - ◆ Administers child survival programs to prevent children from starving

# Health Missions

## Medical Missionaries

- ◆ Besides the many medical missionaries serving full-time in the mission field, there are also many individuals who leave their medical practices for short-term mission trips.



- ◆ These volunteers pay their own expenses and donate their time to provide medical care for people in other countries.

# Health Missions

## Medical Missionaries



- ◆ Individual churches and schools often organize these mission trips with ministries, such as Maranatha, ShareHim, and Quiet Hour, to combine evangelism with medical work.
- ◆ College students often take a year off from their studies to go as student missionaries.

# Health Missions

## Medical Missionaries

- ◆ Have you ever been on a mission trip?
- ◆ Do you know anyone who has been on a mission trip?
- ◆ Maybe God will call you to serve others in the medical profession, maybe even in another part of the world.
- ◆ As a young person, how could you help meet the needs of sick or needy people around the world?
- ◆ If you could not travel, what other ways could you help sick and needy people near you or in other countries?

