

Evangelistic Health Ministries in Action

By Staci Schefka



Why Health Ministries?

Example of Jesus' Ministry

"Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people." Matthew 9:35

"This world is a vast lazar house, but Christ came to heal the sick, to proclaim deliverance to the captives of Satan. He was in Himself health and strength. He imparted His life to the sick, the afflicted, those possessed of demons. He turned away none who came to receive His healing power. He knew that those who petitioned Him for help had brought disease upon themselves, yet He did not refuse to heal them. And when virtue from Christ entered into these poor souls they were convicted of sin, and many were healed of their spiritual disease as well as of their physical maladies. The gospel still possesses the same power, and why should we not today witness the same results?" *Counsels on Health*, 30.1

"And as you go, preach, saying, 'The kingdom of heaven is at hand.' Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give." Matthew 10:7, 8. "Whatever city you enter ... And heal the sick there, and say to them, 'The kingdom of God has come near to you.'" Luke 10:8, 9

"The world's Redeemer knew that indulgence of appetite was bringing physical debility and deadening the perceptive faculties so that sacred and eternal things could not be discerned. He knew that self-indulgence was perverting the moral powers, and that man's great need was conversion—in heart and mind and soul, from the life of self-indulgence to one of the self-denial and self-sacrifice." *Medical Ministry*, 264.2

Medical Missionary Work is Our End-time Duty to Prepare a People for the Second Coming

"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 message." *Medical Ministry*, 259.1

"We have come to a time when every member of the church should take hold of medical missionary work. The world is a lazar house filled with victims of both physical and spiritual disease. Everywhere people are perishing for lack of a knowledge of the truths that have been committed to us. The members

of the church are in need of an awakening, that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world. To hide our light at this time is to make a terrible mistake. The message to God's people today is, 'Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee.' Isaiah 60:1." *Counsels on Health*, 425.1

"The health reform is one branch of the great work which is to fit a people for the coming of the Lord. It is as closely connected with the third angel's message as the hand is with the body. The law of Ten Commandments has been lightly regarded by man; yet the Lord will not come to punish the transgressors of that law without first sending them a message of warning. Men and women cannot violate natural law by indulging depraved appetites and lustful passions, without violating the law of God. Therefore He has permitted the light of health reform to shine upon us, that we may realize the sinfulness of breaking the laws which He has established in our very being." *Counsels on Health*, 20.3

Our Members Need to be Trained

"Every gospel worker should feel that the giving of instruction in the principles of healthful living is a part of his appointed work. Of this work there is great need, and the world is open for it." *Ministry of Healing*, 147.2

"Many would be willing to work if they were taught how to begin. They need to be instructed and encouraged. Every church should be a training school for Christian workers. Its members should be taught how to give Bible readings, how to conduct and teach Sabbath school classes, how best to help the poor and to care for the sick, how to work for the unconverted. There should be schools of health, cooking schools, and classes in various lines of Christian help work. There should not only be teaching, but actual work under experienced instructors. Let the teachers lead the way in working among the people, and others, uniting with them, will learn from their example. One example is worth more than many precepts." *The Ministry of Healing*, p. 149.1

"Our people should become intelligent in the treatment of sickness without the aid of poisonous drugs. Many should seek to obtain the education that will enable them to combat disease in its various forms by the most simple methods. Thousands have gone down to the grave because of the use of poisonous drugs who might have been restored to health by simple methods of treatment. Water treatments wisely and skillfully given may be the means of saving many lives. Let diligent study be united with careful treatments." *Manuscript 15, 1911*

The People Need to Be Educated on the Laws of Health

"Disease never comes without a cause. The way is prepared, and disease invited, by disregard of the laws of health." *Ministry of Healing*, 234.1

"Gospel workers should be able also to give instruction in the principles of healthful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health. The people need to see the bearing of health principles upon their well-being, both for this life and for the life to come." *Ministry of Healing*, 146.1

"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." *Counsels on Health*, 90.2

Removes Prejudice & Prepares Way for Bible Truth

“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.” *A Call to Medical Evangelism*, p. 7.2

“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.” *Testimonies for the Church*, vol. 9, 211

“Much of the prejudice that prevents, the truth of the third angel’s message from reaching the hearts of the people, might be removed if more attention were given to health reform. When people become interested in this subject, the way is often prepared for the entrance of other truths. If they see that we are intelligent with regard to health, they will be more ready to believe that we are sound in Bible doctrines.” *Counsels on Health*, 452.2

How to Get Started?

1. Assemble a Team

2. Pray for Wisdom

- James 1:5
- “Only the work accomplished with much prayer, and sanctified by the merit of Christ, will in the end prove to have been efficient for good.” *Desire of Ages*, 62.2

3. Read inspired counsel on how to do this work. [<https://egwwritings.org/allCollection/en/4>]

- *Ministry of Healing*
- *Counsels on Health*
- *Healthful Living*
- *A Call to Medical Evangelism & Health Education*
- *The Health Food Ministry*
- *Counsels on Diet & Foods*
- *Medical Ministry*

4. Research Available Resources

- “Professionals” within your own church (not just medical)
- Occasional guest presenter
- Ready-made programs or media resources
 - <https://www.lifestylematters.com> (Balanced Living PowerPoints/videos, Living Free & Quit Nicotine)
 - <https://www.newstart.com/now/> (30-40 minute videos on the Eight Laws of Health by Weimar Institute)
 - <https://diabetesundone.com> (8 session Diabetes reversal program with Dr. Wes Youngberg)
 - <https://www.fullplateliving.org> (Weight Loss Program)
 - <https://lifeandhealth.org> (Articles, Cooking Videos, E-courses on wellness and natural remedies)

5. Make a Plan

- Don’t be afraid to start small! “Do not despise these small beginnings, for the Lord rejoices to see the work begin” (*Zechariah 4:10, NLT*).
- Determine type of events & create a calendar for the year (Zoom cooking class, monthly supper club, quarterly cooking or health class, multi-session seminar, training events, etc.).
- Create a budget.
- Meet as a team and assign tasks (preparation for event & presentation).
- Advertise your event (Facebook page & ads, community calendar of events, mailings, Meetup, etc.)
- Spiritual Component (devotional thought, literature, Bible lesson offers - BSO or *CREATION Life* study guides)
- Follow-up (communication, support, Bible studies, etc.)

NOTE: Emil nbhealthteam@gmail.com to receive our detailed case study training manual for detailed instruction on how setup and advertise your health ministries events.

Sample Class: Plant-Based Eating 101

Food Samples *Items placed in plastic cups and served on round platters.

- *Potato Cheese Sauce* (nacho style) with non-GMO corn chips
- Mini Pizza – ww English muffin half with *Burger Delight* & spaghetti sauce, Violife cheese sprinkle
- Costco Black Bean Burger Bites (with toothpicks) with a little fresh Wholly guacamole from Costco
- Mini Blueberry Muffins

Handouts (email nbhealthteam@gmail.com to receive these handouts)

- Plant-Based Eating 101
- Plant-Based Eating Daily Recommendations
- Vegetarian Starter Kit
- Recipes – Cheese Substitutes, Burger Delight, Blueberry Muffins
- Protein Grocery List

5:30 – Set up laptop, projector, demonstration tables, handouts, etc.

6:00 – Prayer with Team

6:30 – Welcome & Announcements & Opening Prayer

- Introduction of who we are (introduce team members), what we do, and how often we meet.
 - We are a ministry of the [*name your church*]. Introduce team members.
 - “In all our classes we focus on wholistic health (mind, body, spirit). This is because as Christians we believe God cares about our spiritual, mental, and physical well-being and that He has given us Bible-based principles to help us live an abundant life! We believe we are to glorify God in the ways we take care of our health.”
- Announcements (handouts, drawing for gift, donations, like our Facebook page, subscribe to our YouTube channel)
- Introduction to Topic & Prayer

6:35 – Plant-Based Eating 101 Presentation

Why Plant-Based? [15 minutes]

- The Plant-Based Movement (popularity)
- Why Eat Plant-Based from the Bible? (handout & PowerPoint presentation)

Myths Related to Plant-Based Eating [10 minutes]

- Protein & the Vegetarian (**HANDOUT *Protein Grocery List*** & and **DISPLAY** – plant-based protein sources)
- How will I get my calcium if I don’t drink milk? (**HANDOUT – *Vegetarian Starter Kit***)
- **FOOD SAMPLES** – Burger Delight Mini Pizzas & Black Bean Burger Bites

Plant-based Substitutions [10 minutes]

- Begin your transition to plant-based by making simple substitutions
- **HANDOUT – *Plant-Based Eating 101 Substitutions***
- **DISPLAY** – show examples from each category

- **FOOD SAMPLES** – Nacho Cheese Sauce & Blueberry Muffins
- **Recipe Examples** – Take a few sample non-vegetarian or non-vegan recipes and discuss how you could make substitutions to make them plant-based and healthier

Plant-Based Grocery Shopping Tips [10 minutes]

- Share a few of my favorite items **DISPLAY**
 - Nutritional yeast flakes
 - Braggs Liquid aminos
 - Quinoa (other whole grains)
 - Raw cashews
 - Flaxseed or chia seeds
 - Nut butter
 - Dry beans
 - Etc
- Focus on the produce department (colors of the rainbow)
- Whole foods (beans, grains, etc.) rather than processed and packaged foods
- Whole grains (w.w. tortillas, sprouted breads, etc.)
- Read labels
- Brands – Amy’s, Sweet Earth, Simple Truth Kroger (look for plant-based on label), Aldi’s

Kitchen Tools [5 minutes]

- **Plant-based Cookbooks** (*show samples*)
- Highspeed **Blender** (Vitamix or Blendtec) – smoothies, cheese sauces, gravy, soups, nut butter, ice cream, etc.
- **Food Processor** – chopping vegetables, parmesan, cookie dough
- **InstantPot** – Rice, beans, soups, seitan

Plant-Based Eating: Making It Simple [10 minutes]

- **HANDOUT** – *Plant-Based Eating Daily Recommendations*
- **HANDOUT** – *Plant-Based Eating 101* [eating in layers section - idea of power bowls – breakfast / lunch version]

Tips for Eating at Restaurants [5 minutes]

- **HANDOUT** – *Plant-Based Eating 101* [restaurants section]

Personal Testimony on Benefits of Plant-Based Eating [5 minutes]

Questions / Resources / Closing Announcements [5 minutes]