

Paul tells us in the Romans: “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” (Rom 12:1,2). The Christian lifestyle is different from that of the world. Christ is our example.

1. What does the Bible say are the two extremes of ‘Christian’ behaviour?

Galatians 5:4 You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace.

Galatians 5:13 You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

Fact: As Christians we are to avoid the extreme behaviours of religious fundamentalism, and using religion as a license for unrestrained sin.

2. Who is it that dwells in our hearts and minds?

1 Cor 6:19-20 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.

Fact: To be alert and responsive to the prompting of the Holy Spirit, Seventh-day Adventists have long promoted a healthy lifestyle. God’s medium for communication is through our minds. Unhealthy practices such as abuse of drugs, alcohol and narcotics destroys our bodies and minds and reduces our ability to hear the voice of God speaking to us via the Holy Spirit. God is our Creator. His health laws are for our benefit. He knows what is best for us.

3. What did God direct our first parents to do?

Gen 2:15 ... God .. put [man] in the Garden of Eden to work it and take care of it.

Gen 3:19 By the sweat of your brow you will eat your food until you return to the ground ...

Fact: Adam and Eve were placed in the garden of Eden to tend and to take care of it. Laziness and excessive inactivity were recognised by God as being counter-productive for our physical and spiritual wellbeing.

4. Who’s ways should we be following as and example of Christian behaviour?

Phil 2:5 In your relationships with one another, have the same mindset as Christ Jesus:

1 John 2:6 Whoever claims to live in him must live as Jesus did.

Fact: If we are to identify ourselves as Christians the Bible instructs us to live as he lived.

Conclusion

As a church, Seventh-day Adventists have set certain minimal standards including the abstention from tobacco, alcohol, narcotics, and unclean flesh foods, and the evidence of a growing Christian experience in dress and leisure activities. These are a basis for further growth and do not define all of God’s ideal for us. Our walk is to be a progressive one. We will all mature at different rates, and because of this we will not judge weaker brothers or sisters (Rom.14:1;15:1).

Seventh-day Adventists Believe:

We are called to be a godly people who think, feel, and act in harmony with the principles of heaven. For the Spirit to recreate in us the character of our Lord we involve ourselves only in those things which will produce Christlike purity, health, and joy in our lives. This means that our amusement and entertainment should meet the highest standards of Christian taste and beauty. While recognising cultural differences, our dress is to be simple, modest, and neat, befitting those whose true beauty does not consist of outward adornment but in the imperishable ornament of a gentle and quiet spirit. It also means because our bodies are the temple of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures. Since alcoholic beverages, tobacco, and the irresponsible use of drugs and narcotics are harmful to our bodies, we are to abstain from them as well. Instead, we are to engage in whatever brings our thoughts and bodies into the discipline of Christ, who desires wholesomeness, joy, and goodness.

Fundamental Belief No. 22

Review Exercises

- Galatians 5:4** You who are trying to be _____ by the ____ have been _____ from Christ; you have fallen ____ from _____.
- Galatians 5:13** You, my _____ and _____, were called to be _____. But do not use your freedom to _____ the _____; rather, _____ one another _____ in _____.
- 1 Cor 6:19-20** Do you not know that your _____ are _____ of the Holy Spirit, who is ____ you, whom you have _____ from God? You are ____ your ____; you were _____ at a _____. Therefore _____ God with your bodies.
- Gen 2:15** The LORD God _____ the ____ and put him in the Garden of Eden to _____ it and _____ of it.
- Gen 3:19** By the _____ of your _____ you will ____ your _____ until you return to the ground, since from it you were taken; for dust you are and to dust you will return.”
- Phil 2:5** In your _____ with one another, have the same _____ as _____:
- 1 John 2:6** Whoever claims to _____ in ____ must live as _____ did.
- Romans 12:1-2** Therefore, I _____ you, brothers and sisters, in view of God’s _____, to _____ your _____ as a living _____, holy and pleasing to God—this is your _____ and _____ worship. Do not _____ to the pattern of this world, but be _____ by the _____ of your _____. Then you will be able to _____ and _____ what God’s will is—his good, _____ and _____ will.