



Too much on your plate?!

“Man shall not live by bread alone”

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Power of Appetite: “its indulgence so fearful that the Son of God subjected himself to such a test, how important that we feel the necessity of having appetite under the control of reason. **Our Saviour fasted nearly six weeks, that he might gain for man the victory upon the point of appetite. How can professed Christians with an enlightened conscience, and Christ before them as their pattern, yield to the indulgence of those appetites which have an enervating influence upon the mind and heart?** It is a painful fact that habits of self-gratification at the expense of health, and the weakening of moral power, is holding in the bonds of slavery at the present time a large share of the Christian world. Many who profess godliness do not inquire into the reason of Christ’s long period of fasting and suffering in the wilderness. His anguish was not so much from enduring the pangs of hunger as from his sense of the fearful result of the indulgence of appetite and passion upon the race. **He knew that appetite would be man’s idol, and would lead him to forget God, and would stand directly in the way of his salvation.**” (RH Sept. 1, 1874, par. 2-3)

Warfare Christ “was insensible to hunger. Engaged in constant prayer to His Father for a preparation to resist the adversary, Christ did not feel the pangs of hunger. He spent the time in earnest prayer, shut in with God. It was as if He were in the presence of His Father. He sought for strength to meet the foe, for the assurance that He would receive grace to carry out all that He had undertaken in behalf of humanity. The thought of the **warfare** before Him made Him oblivious to all else, and His soul was fed with the bread of life, just as today those tempted souls will be fed who go to God for aid. He ate of the truth which He was to give to the people as having power to deliver them from Satan’s temptations. He saw the breaking of Satan’s power over fallen and tempted ones. He saw Himself healing the sick, comforting the hopeless, cheering the desponding, and preaching the gospel to the poor,—doing the work that God had outlined for Him; and He did not realize any sense of hunger until the forty days of His fast were ended” (5BC 1080.2). ... “He told Satan that in order to prolong life, **obedience to God’s requirements was more essential than temporal food.** To pursue a course of deviation from the purpose of God, in the smallest degree, would be more grievous than hunger or death.” (*Redemption* 48; 5BC 1083.2)

Anguish “As soon as Christ entered the wilderness of temptation His visage changed. The glory and splendor which were reflected from the throne of God and His countenance when the heavens opened before Him, and the Father’s voice acknowledged Him as His Son in whom He was well pleased, were now gone. The weight of the sins of the world was pressing His soul, and His countenance expressed unutterable sorrow, a depth of anguish that fallen man had never realized. He felt the overwhelming tide of woe that deluged the world. He realized the strength of indulged appetite and unholy passion which controlled the world and had brought upon man inexpressible suffering.” (Con 36)

Appetite “The indulgence of appetite had been increasing and strengthening with every successive generation since Adam’s transgression, until the race was so feeble in moral power that they could not overcome in their own strength. **Christ, in behalf of the race, was to overcome appetite by standing the most powerful test upon this point.** He was to tread the path of temptation alone, and there must be none to help Him, none to comfort or uphold Him. Alone He was to wrestle with the powers of darkness. As in his human strength man could not resist the power of Satan’s temptations, Jesus volunteered to undertake the work and to bear the burden for man, and overcome the power of appetite in his behalf. In man’s behalf He must show self-denial, perseverance, and firmness of principle paramount to the gnawing pangs of hunger. **He must show a power of control stronger than hunger and even death.**” (Con 36-37)

☞ “He went to the wilderness to be alone, to contemplate His mission and work. **By fasting and prayer He was to brace Himself for the bloodstained path He must travel.**” (DA 114) ... “With Christ, as with the holy pair in Eden, appetite was the ground of the first great temptation. **Just where the ruin began, the work of our redemption must begin. As by the indulgence of appetite Adam fell, so by the denial of appetite Christ must overcome.** ... From the time of Adam to that of Christ, self-indulgence had increased the power of the appetites and passions, until they had almost unlimited control. Thus men had become debased and diseased, and of themselves it was impossible for them to overcome. In man’s behalf, Christ conquered by enduring the severest test. For our sake He exercised a self-control stronger than hunger or death. ... “Weak and emaciated from hunger, worn and haggard with mental agony, “His visage was so marred more than any man, and His form more than the sons of men.” Isa. 52:14. Now was Satan’s opportunity. Now he supposed that he could overcome Christ.” (DA 118)

Obedience “Often the follower of Christ is brought where he cannot serve God and carry forward his worldly enterprises. Perhaps it appears that obedience to some plain requirement of God will cut off his means of support. Satan would make him believe that he must sacrifice his conscientious convictions. **But the only thing in our world upon which we can rely is the word of God.** [Matt. 6:33 quoted]. Even in this life it is not for our good to depart from the will of our Father in heaven. **When we learn the power of His word, we shall not follow the suggestions of Satan in order to obtain food or to save our lives.** Our only questions will be, What is God’s command? and what His promise? Knowing these, we shall obey the one, and trust the other.” (DA 121)

⚠ “Fasting or prayer that is actuated by a self-justifying spirit is an abomination in the sight of God.” (DA 280)

🔴 “Fasting and prayer will accomplish nothing while the heart is estranged from God by a wrong course of action.” (2T 149)

“Paul was ever on the watch lest evil propensities should get the better of him.
He guarded well his appetites and passions and evil propensities.” (Letter 27, 1906)

"In the last great conflict of the controversy with Satan those who are loyal to God will see every earthly support cut off. Because they refuse to break His law in obedience to earthly powers, they will be forbidden to buy or sell. It will finally be decreed that they shall be put to death. See Rev. 13:11-17. But to the obedient is given the promise, "He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure." Isa. 33:16. By this promise the children of God will live. When the earth shall be wasted with famine, they shall be fed. "They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied." Ps. 37:19. [Hab. 3:17, 18 quoted]. **Of all the lessons to be learned from our Lord's first great temptation none is more important than that bearing upon the control of the appetites and passions.** In all ages, temptations appealing to the physical nature have been most effectual in corrupting and degrading mankind. Through intemperance, Satan works to destroy the mental and moral powers that God gave to man as a priceless endowment. Thus it becomes impossible for men to appreciate things of eternal worth. Through sensual indulgence, Satan seeks to blot from the soul every trace of likeness to God. The uncontrolled indulgence and consequent disease and degradation that existed at Christ's first advent will again exist, with intensity of evil, before His second coming. Christ declares that the condition of the world will be as in the days before the Flood, and as in Sodom and Gomorrah. Every imagination of the thoughts of the heart will be evil continually. **Upon the very verge of that fearful time we are now living, and to us should come home the lesson of the Saviour's fast.** Only by the inexpressible anguish which Christ endured can we estimate the evil of unrestrained indulgence. **His example declares that our only hope of eternal life is through bringing the appetites and passions into subjection to the will of God.** In our own strength it is impossible for us to deny the clamors of our fallen nature. Through this channel Satan will bring temptation upon us. Christ knew that the enemy would come to every human being, to take advantage of hereditary weakness, and by his false insinuations to ensnare all whose trust is not in God. **And by passing over the ground which man must travel, our Lord has prepared the way for us to overcome.** It is not His will that we should be placed at a disadvantage in the conflict with Satan. He would not have us intimidated and discouraged by the assaults of the serpent. "Be of good cheer," He says; "I have overcome the world." John 16:33. Let him who is struggling against the power of appetite look to the Saviour in the wilderness of temptation. See Him in His agony upon the cross, as He exclaimed, "I thirst." He has endured all that it is possible for us to bear. **His victory is ours.** Jesus rested upon the wisdom and strength of His heavenly Father. ... [Isa. 50:7-10; John 14:30 quoted]. There was in Him nothing that responded to Satan's sophistry. **He did not consent to sin. Not even by a thought did He yield to temptation. So it may be with us.**" (DA 123)

All-Night Prayer! **"When ... most fiercely beset by temptation, He ate nothing.** He committed Himself to God and, through earnest prayer and perfect submission to the will of His Father, came off conqueror. **Those who profess the truth for these last days, above every other class of professed Christians, should imitate the great Exemplar in prayer.**" (2T 202)

✿ When the world is tested on present truth, "minds will be exercised by His Spirit to search the Scriptures, **even with fasting and with prayer**, until link after link is searched out and united in a perfect chain. Every fact which immediately concerns the salvation of souls will be made so clear that none need err or walk in darkness." (2T 692)

Fever? "... abstinence from food for a short time will lessen the fever and make the use of water more effectual." (2T 384)

"There are some who would be benefited more by abstinence from food for a day or two every week than by any amount of treatment or medical advice. To fast one day a week would be of incalculable benefit to them." (7T 134; CH 477)

Piece of Pie Indulgence on meat · highly seasoned gravies · rich cakes · preserves? People "cannot immediately relish a plain, wholesome, and nutritious diet. Their taste is so perverted they have no appetite for a wholesome diet of fruits, plain bread, and vegetables. They need not expect to relish at first food so different from that which they have been indulging themselves to eat. If they cannot at first enjoy plain food, they should fast until they can. **That fast will prove to them of greater benefit than medicine**, for the abused stomach will find that rest which it has long needed, and real hunger can be satisfied with a plain diet." (CH 148)

Ministers "of Christ ... Will you, **through fasting and prayerful effort**, attain to the completeness and consistency of Christian character?" You should make straight paths for your feet, lest the lame be turned out of the way. A close connection with God will bring to you in your labor that vital power which arouses the conscience, and convicts the sinner of sin, leading him to cry: "What shall I do to be saved?" (4T 400-401)

"Fasting and fervent prayer to God have moved the Lord to unlock His treasures of truth to their understanding. Wily opponents and boasting Goliaths have had to be met, sometimes face to face, but more frequently with the pen. Satan has urged men on to fierce opposition, to blind the eyes and darken the understanding of the people. The few who had the interest of the cause and truth of God at heart were aroused to its defense. They did not seek for ease, but were willing to venture even their lives for the truth's sake." (2T 650)

"All was lost when Adam yielded to the power of appetite. The Redeemer, in whom was united both the human and the divine, stood in Adam's place, and endured a terrible fast of nearly six weeks. **The length of this fast is the strongest evidence of the extent of the sinfulness and power of debased appetite upon the human family.**" (RH August 4, 1874, par. 5)

"... humanity by being united to divinity withstood the fiercest test of temptation in the wilderness. ... the plan of God, devised for the salvation of man, provided that Christ should know hunger, and poverty, and every phase of man's experience. **He withstood the temptation, through the power that man may command. He laid hold on the throne of God, and there is not a man or woman who may not have access to the same help through faith in God.** Man may become a partaker of the divine nature; not a soul lives who may not summon the aid of Heaven in temptation and trial. Christ came to reveal the source of His power, that man might never rely on his unaided human capabilities." (1SM 408)

"There is need of fasting, humiliation, and prayer over our decaying zeal and languishing spirituality." (4T 535)