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Q. & A. File No. 25-B-11

Prayer, refreshed by

Christ "Toiled all day + often passed entire time in prayer" WDA 260

Did Holy Spirit restore Him physically?

June 24, 1959

11168 Harris Avenue
Lynwood, California

My dear Brother

Your letter of June 7 raises a question that has perplexed many people. How can the worker for Christ, in the face of heavy pressures and long hours of service, secure the necessary sleep to refresh his exhausted body, mind, and emotions. Jesus had the answer, of course, and as you suggest, Sister White learned the secret.

Keep in mind, however, that Christ was "utterly wearied" from his labors--Ministry of Healing, page 55. His mother and brethren thought that His excessive labors would result in the sacrifice of His life. The zeal of God's house literally ate Christ up. In order to energize and vitalize others, He, Himself, was as it were, devitalized. Virtue went out of Him and physical strength went out of Him in the prosecution of His selfless ministry.

Sister White experienced periods of mental, emotional, and physical exhaustion. She, too, paid the price of her exhausting labors. Yet, the Saviour found in prayer, and through faith in the promises of God, the life of God to replenish the powers of mind, soul, and body. Particularly read Ministry of Healing, pages 55 and 56. And in that connection read Steps to Christ, page 97; Volume II, page 202, 508-509; 582, 664; Volume IV, page 528; Gospel Workers, pages 292-293.

Man's extremity is God's opportunity. God supplies special strength for special responsibilities and service. Counsels of the Bible and the Spirit of Prophecy on the subject of health are general counsels. Men and women commissioned of God with special responsibilities are subject to the laws of the body, mind, and soul as much as anyone else. When these laws are broken in excessive labors, utter weariness

and exhaustion result. When these normal processes and rules that govern physical life conflict with the pressures of long hours of labor, sleepless nights, and inadequate food, the Lord overrules and compensates by matching strength with the extraordinary responsibility. This overwork in some instances where workers are involved must not be considered a sin or violation of God's law. God gave the commission; God supplies the strength to meet the need. The worker concerned in a given instance suffers weariness, hunger, thirst, and exhaustion in harmony with his humanity. The Lord miraculously heals, strengthens, and restores His faithful servant. The worker, however, must make special efforts, himself, to come apart as Jesus said to his disciples and rest awhile. Jesus rested whenever He could, even in the boat that was dashed about upon the tops of the waves. As a general rule, Christ must have gotten His rest and had adequate food, but emergency situations called for emergency resources of strength from God, the Father, and so Christ managed to keep in perfect health.

Yet, we must remember that the very pressures of life's activities were so great, that when Jesus was in his 30's He was thought to be a man half again as old as He really was. The pressure of life and responsibility showed on the Lord. Yet, not in lines of weariness and worry, but in the maturity and appearance of the Saviour. "The zeal of Thine house hath eaten me up," He declared. See John 8:57 and John 2:17. Remember, too, John 4:32,34, "I have meat to eat that ye know not of...My meat is to do the will of Him that sent me and to finish His work." In His mission, Jesus found food for body, mind, and soul. He was so consumed with the object of a world's redemption that all the energies of His physical being were channeled into ministry. None of these energies were exhausted in sin or in needless emotional storms, feelings of guilt. It is here that human beings so often lose their energies. Christ never lost any of His energy in this manner. It was channeled into a life of service. Please read Desire of Ages, pages 92 and 347. Christ's faith brought an increase of vigor to Him. He who was the healer of the body and the soul was, Himself, the recipient of the life and virtue and power of God. The channel was uninterrupted. Christ's life was an Overflow Path. It was also a River in which salvation and healing flowed to the world. But He, Himself, received the life from God that He imparted to the world. Prayer made these things an experience with Christ. Communion with His Heavenly Father brought the necessary resources for his prodigious task.

Sister White was in contact with the same source of life and power. So may every worker be. Christ's experience is to be ours. To look by faith to Jesus is to receive every day a fresh endowment of physical, mental, and spiritual power. But we must look by faith. Faith is the victory. Faith brings the blessing. We must believe and receive Christ, the source of life and power, or we shall be left in the weakness of our

Page 3
June 24, 1959

human resources. How can we do a divine work in human strength? We must have divine power.

The man who lives the life of faith and self discipline will find time for everything that he has to do--for work, for sleep, for food. If emergency situations call for the exercise of reserve powers, then the Lord somehow co-operates with the worker in providing the necessary vitality.

Are the things that we are doing necessary? Are we turning aside for a thousand things that may be good in themselves, but which are secondary? Are we living to save souls and bring glory to God? Is every act an exertion of energy in the right direction? These are questions we must ask ourselves. God will supply the strength if we will supply the channel, yielded and consecrated to the mission of redemption.

Faithfully your friend and brother,

D.A. Delafield, Associate Secretary
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