

# Health & Peace

## Study Guide

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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### Chapter 1: Our Example

1. Jesus spoke to people in language so \_\_\_\_\_ that none could fail to understand.
  - a. Scientific
  - b. Poetic
  - c. Eloquent
  - d. Simple
2. What did Jesus do when He met people that had drifted under Satan's control?
  - a. Spoke words of stern rebuke
  - b. Spoke words of tender pity
  - c. Refused to speak to them
  - d. Ridiculed them
3. Jesus made each work of healing an occasion for what?
  - a. Gaining fame
  - b. Appealing for money
  - c. Implanting divine principles
  - d. Condemning sinners

### Chapter 2: Days of Ministry

4. What assurance can we have that Christ accepts our work?
  - a. People pay attention when we talk
  - b. Many people are baptized
  - c. It reflects His character
  - d. The conference ordains us
5. What is the highest proof of Christ's greatness?
  - a. Profound teaching
  - b. Attention to small things
  - c. Miracles of healing
  - d. Eloquent speech
6. What false impression do we especially need to guard our children against?
  - e. Religion of Christ is gloomy
  - f. Its ok to eat meat
  - g. Salvation is easy
  - h. It doesn't matter how you dress
6. "The works of Christ...showed in what manner His kingdom was to be established." What two characteristics did He rely on to speak to the hearts of men?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_

7. What is the greatest manifestation of the power of the kingdom of God?

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8. What work will God accept?

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9. What is higher proof of Christ's greatness than the miracles He wrought?

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10. What should we never cause children to feel?

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11. What 2 principles, if followed today, would provide "an abundant supply for the needs of the human family"?

a. \_\_\_\_\_

b. \_\_\_\_\_

12. What text summarizes "the effectual preparation for all labor for God"?

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13. Why did Christ ask who touched Him when the woman with the issue of blood was healed?

- a. He wanted His virtue back
- b. He wanted to rebuke her uncleanness
- c. He was tired of being crowded so closely
- d. He wanted to show His approval

## **Chapter 5: Healing of the Soul**

14. What did the paralytic need "before he could appreciate health of body"?

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15. What happens when we "willfully depart from God's commandments?"

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16. How are Christ's followers to look upon Satan?

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17. Who are we in debt to minister to?

\_\_\_\_\_

**Chapter 6: The Co-Working of the Divine and the Human**

18. What does every “Thou shalt not” imply?

\_\_\_\_\_

19. Name 3 things that “are powerless to gladden the sorrowful heart?”

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

20. What should you do if you are “well adapted to care for the sick,” but lack the education and medical qualifications to be a physician?

\_\_\_\_\_

21. What kind of words should never be spoken at the bedside of the sick?

a. C \_\_\_\_\_

b. C \_\_\_\_\_

**Chapter 7: The Physician, an Educator**

22. Disease is an effort of nature to do what?

\_\_\_\_\_

23. What are the 8 true remedies?

a. \_\_\_\_\_

e. \_\_\_\_\_

b. \_\_\_\_\_

f. \_\_\_\_\_

c. \_\_\_\_\_

g. \_\_\_\_\_

d. \_\_\_\_\_

h. \_\_\_\_\_

24. When we are in fellowship with God and living with unswerving purpose, what elements of strength will we provide to our communities?

a. A \_\_\_\_\_ against evil

b. A \_\_\_\_\_ to the tempted

c. A \_\_\_\_\_ to those seeking the right way

### **Chapter 8: Helping the Tempted**

25. How many people have been reclaimed by reproach?

\_\_\_\_\_

### **Chapter 9: Working for the Intemperate**

26. What categories of people are endangered when public testimonies of a life of sin are given?

a. \_\_\_\_\_

b. \_\_\_\_\_

### **Chapter 10: Help for the Unemployed and the Homeless**

27. The rich and poor should be closely bound together by what ties?

a. \_\_\_\_\_

b. \_\_\_\_\_

### **Chapter 11: The Helpless Poor**

28. Those whose hold on life is weakening need the benefit of what?

\_\_\_\_\_

### **Chapter 12: Ministry to the Rich**

29. What kind of presentation of the gospel will reach the wealthier classes effectually?

\_\_\_\_\_ , \_\_\_\_\_

30. How is disease invited?

\_\_\_\_\_

### **Chapter 15: The Use of Remedies**

31. What are the first two things a sufferer should do that no one else can do for him?

a. Asc\_\_\_\_\_

b. Go to\_\_\_\_\_

## Chapter 16: Mind Cure

32. What common mental states tend to break down the life forces and invite decay and death?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

33. Nothing tends to promote health of body and soul than this...

\_\_\_\_\_

34. What is one of the surest hindrances to the recovery of the sick?

\_\_\_\_\_

35. What Bible chapter is said to be a prescription for maladies of the body and soul?

\_\_\_\_\_

## Chapter 20: Diet and Health

36. What constitutes the diet chosen for us by our Creator?

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

37. Poor cookery may lead to the loss of what?

\_\_\_\_\_

## Chapter 21: Flesh as Food

38. Should people accustomed to eating meat be urged to change abruptly? YES or NO

## Chapter 22: Extremes in Diet

39. Is it possible to make an unvarying rule to regulate everyone's habits? YES or NO

40. It is far better to save money on these two things than to stint on the supply of food...

a. \_\_\_\_\_

b. \_\_\_\_\_

## Chapter 23: Stimulants and Narcotics

41. What result occurs when the influence of the stimulant is gone?

\_\_\_\_\_

42. What school educates people for the career of drunkenness?

\_\_\_\_\_

## Chapter 24: Ministry to the Poor

43. Where does the restoration and uplifting of humanity begin?

\_\_\_\_\_

44. What are two inexpensive ways for adults to sweep away the clouds of temptation which gather over the souls of our youth?

a. \_\_\_\_\_

b. \_\_\_\_\_

## Chapter 25: The Builders of the Home

45. What must spouses try not to do if they want to retain each other's love?

\_\_\_\_\_

## Chapter 26: Choice and Preparation of the Home

46. What three gifts can you give to your children that are better than material wealth?

a. \_\_\_\_\_ body

b. Sound \_\_\_\_\_

c. n\_\_\_\_\_ c\_\_\_\_\_

## Chapter 27: The Mother

47. What three word phrase should husbands and fathers learn from Jacob?

\_\_\_\_\_

48. What three characteristics should mothers especially cultivate?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## Chapter 28: The Child

49. What three things should parents surround their children with, above all else?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

## Chapter 29: Home Influences

50. What virtues should the father enforce and exemplify in his family?

a. e\_\_\_\_\_

d. p\_\_\_\_\_

b. i\_\_\_\_\_

e. c\_\_\_\_\_

c. h\_\_\_\_\_

f. d\_\_\_\_\_

g. p\_\_\_\_\_ u\_\_\_\_\_

51. What two attributes should parents rule their children with?

a. \_\_\_\_\_

b. \_\_\_\_\_

## Chapter 30: True Education, a Missionary Training

52. Does God's word repress activity in children or bid youth to be less aspiring? YES or NO

## Chapter 31: A True Knowledge of God

53. Where does the revelation of God's love center? \_\_\_\_\_

### Chapter 32: Danger in Speculative Knowledge

54. One spiritualistic theory deceiving educational institutions and churches is that...

God is an e\_\_\_\_\_ p\_\_\_\_\_ all nature

55. If this theory is true, then to attain holiness, a man only needs to...

D\_\_\_\_\_ the power \_\_\_\_\_

### Chapter 33: The False and the True in Education

56. Not all the books written can serve the purpose of this...

\_\_\_\_\_

57. What does the reading of fiction create?

A \_\_\_\_\_ for life's p \_\_\_\_\_ d \_\_\_\_\_

### Chapter 34: Help in Daily Living

58. What are the two things that determine our influence upon others?

c \_\_\_\_\_ and e \_\_\_\_\_.

59. What is the strongest argument in favor of the gospel?

\_\_\_\_\_

60. \_\_\_\_\_ and \_\_\_\_\_ are the Lord's chosen methods of discipline and appointed conditions of success.

61. What often happens that God's plans for us may succeed?

\_\_\_\_\_

62. We need to beware of \_\_\_\_\_ - \_\_\_\_\_.

63. God wants men who are more intent on doing their \_\_\_\_\_ than upon receiving their

\_\_\_\_\_.



64. Many who profess to be Christ's followers have an anxious, troubled heart because they are afraid...

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65. What is wearing out the life forces of many people?

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### Chapter 35: In Contact with Others

66. Every association in life calls for the exercise of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

67. Our ways of looking at things varies because of these 3 things:

- a. D \_\_\_\_\_
- b. H \_\_\_\_\_
- c. E \_\_\_\_\_

68. When is the work of burden bearers most often understood and appreciated?

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69. What is the enemy we need to fear the most?

- a. The Illuminati
- b. Al-Qaeda
- c. Self
- d. Satan

70. We are to live, not to guard our \_\_\_\_\_ ...but to \_\_\_\_\_ souls.

71. Instead of retaliating, we should \_\_\_\_\_ all cause for \_\_\_\_\_.

72. In addition, we should "do all that lies in your power ...to \_\_\_\_\_ others.

73. What should we do when "under a storm of stinging, faultfinding words"?

74. God often permits those in whom we place confidence in to \_\_\_\_\_ us.

75. What does a cold, sunless religion never do? \_\_\_\_\_

76. What will prevent true refinement from being revealed in us?

- a. Being born into poverty
- b. Having genetic disposition to anger
- c. Considering self to be supreme object
- d. Lack of education

77. What should we do when tempted to complain of what someone has said or done?
- a. Do unto them what they've done unto us
  - b. Pray for God to punish them
  - c. Tell the truth and shame the devil
  - d. Praise something in that person's character
78. The very act of looking for evil in others develops \_\_\_\_\_ in those who look.
- a. Discernment
  - b. Superiority
  - c. Evil
  - d. Compassion
79. Too often we forget that our fellow laborers are in need of \_\_\_\_\_
- a. Strength and cheer
  - b. Constructive criticism
  - c. More money
  - d. Promotion and apologies
80. What takes guilty people by surprise and often awakens their better impulses?
- a. Stern rebuke
  - b. The silent treatment
  - c. Kind forbearance
  - d. Righteous indignation

### Chapter 36: Development and Service

81. Some who engage in missionary service are nerveless, spiritless, easily discouraged. They lack \_\_\_\_\_.
- a. Knowledge
  - b. Mentors
  - c. Prayer
  - d. Push
82. Many who are qualified to do excellent work accomplish little because they...
- a. Lack opportunity
  - b. Lack training
  - c. Attempt little
  - d. Lack encouragement

83. The \_\_\_\_\_ mind is the \_\_\_\_\_ of the man.

84. Who are "not the ones whom God calls to work in His cause"?

Those who wish to prove an \_\_\_\_\_ fit without the trouble of \_\_\_\_\_

or \_\_\_\_\_.

### Chapter 37: A Higher Service

85. The Holy Spirit...

- a. Works with those who will be \_\_\_\_\_.
- b. Molds those who will be \_\_\_\_\_.
- c. Fashions those who will be \_\_\_\_\_.

86. What will give us power to influence others for the higher life?

“this \_\_\_\_\_ of things \_\_\_\_\_.”

87. What 2 things will do what no power on earth can accomplish?

P \_\_\_\_\_ F \_\_\_\_\_

88. What will strengthen into chains of steel and bind the whole man, if not firmly resisted?

o \_\_\_\_\_ e \_\_\_\_\_ h \_\_\_\_\_

89. When we permit this to be broken, “our defense is departed from us.”

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90. Where are the men we must reach?

- a. Surrounded with \_\_\_\_\_.
- b. \_\_\_\_\_ in vice.
- c. \_\_\_\_\_ with \_\_\_\_\_.

91. What is needed in our work more than anything else?

Practical \_\_\_\_\_ of \_\_\_\_\_ with \_\_\_\_\_.

92. We must live a two-fold life:

- a. A life of \_\_\_\_\_ and \_\_\_\_\_.
- b. A life of silent \_\_\_\_\_ and \_\_\_\_\_ work.

93. God is well pleased when we urge past \_\_\_\_\_ and  
\_\_\_\_\_ as a reason why He should bestow upon us  
\_\_\_\_\_ blessings.

94. We honor our Savior by \_\_\_\_\_ that we do \_\_\_\_\_ His  
blessing.