

## **Fit for Life with Christ Eternally**

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## Time Sheet

| <b>Pages</b>  | <b>Part</b> | <b>Time (min)</b> |
|---------------|-------------|-------------------|
| 1             | Intro       | 2                 |
| 2, 3          | Songs       | 5                 |
| 4             | Man         | 2                 |
| 5             | Intro       | 2                 |
| 6-11          | I           | 25                |
| 12-15         | II          | 15                |
| 16-23         | III         | 25                |
| 24-27         | IV          | 10                |
| 28-34         | V           | 20                |
| 35-37         | Conclusion  | 5                 |
| <b>Total:</b> |             | <b>111</b>        |

## Explanation

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- **12 Pairs of Brain Nerves**

"The brain nerves that connect with the whole system are the only medium through which heaven communicates with man and affects his inmost life." Education p. 209

**The 12 pairs of Brain Nerves are connected to the 5 Senses:**

1. **Hearing:** VIII
2. **Smell:** I
3. **Touch:** V
4. **Sight:** II, III, IV, VI
5. **Taste:** V, VII, IX, X, XI, XII

- **31 Pairs of Body Nerves: Connected to the 11 Systems of the body**

"The will is the governing power in the nature of man bringing all other faculties under his sway. It is through the nerves that the orders of the will are to communicate with the various parts of the body and there are arbitrarily carried out... **Whatever hinders** the circulation of the **electric current in the nervous system** thus weakening the vital powers and lessening mental susceptibility makes it more difficult to arouse the moral nature." Education, p. 209, 289

The 31 pairs of Spinal Body Nerves take their origins from the Spinal Cord and are named according to the Vertebrae: 8 cervical, 12 thoracic, 5 lumbar, 5 sacral and 1 coccygeal. Almost all humans are born with 33 separate vertebrae. By adulthood, most have only 24. This is due to the fusion of the vertebrae in certain parts of the spine during normal development. Different textbooks give different answers to this question. The confusion comes from the fact that the two lowest vertebrae -- the sacrum and the coccyx -- are each one bone, but they are made up from smaller bones fused together.

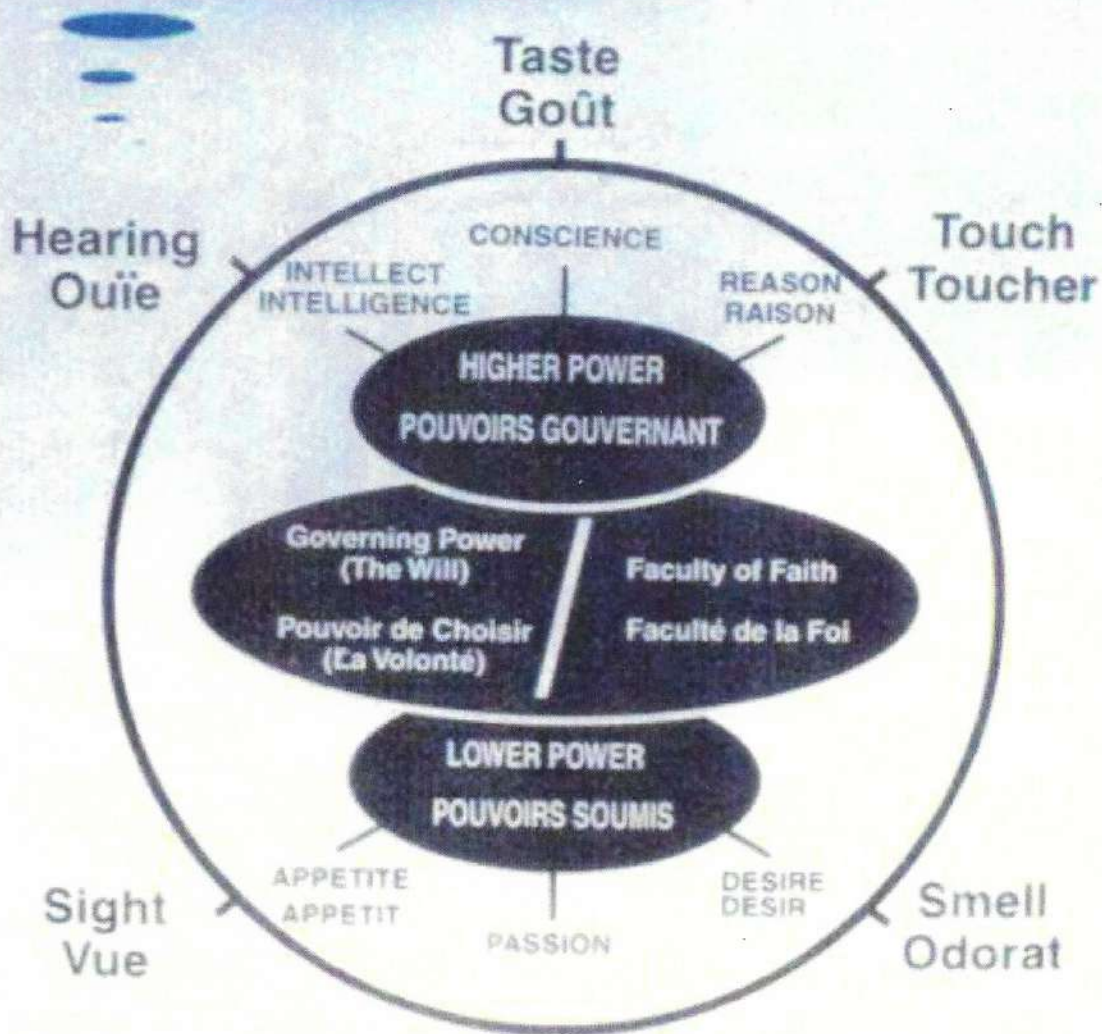
There are 24 separate vertebrae; then there is the sacrum, which is formed from 5 fused vertebrae; and finally the coccyx, which is formed from between 3-5 fused vertebrae. Therefore, if the coccyx and sacrum are each classed as one vertebra, then there are 26 vertebrae. If the fused vertebrae are all counted separately, then there are **32-34 vertebrae**.

- **11 Systems are made up of Organs: (See File 10 [www.numbers1317.org](http://www.numbers1317.org))**

1. Nervous
2. Integumentary
3. Muscular
4. Skeletal
5. Respiratory
6. Cardio-Vascular
7. Digestive
8. Urinary
9. Reproduction
10. Endocrine
11. Lymphatic

Man's 2 natures · outward & inward  
2 natures de l'homme · extérieure & intérieure

**Perfect Mind  
Pensée Parfaite**



**Before Adam sinned, his higher power controlled his lower power.**

"God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us the strength and electrical energy that God gave to man at his creation. It took more than two thousand years of crime and indulgence of base passions to bring bodily disease upon the race to any great extent. If Adam, at his creation, had not be endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of nature law, would have become extinct." Testimonies Vol. 3, p. 138, 139

"Electrical measurements indicate that the inside of the membrane (of muscle or nerve) becomes +30 mV with respect to the outside. Thus, the potential inside the membrane changes from -70mV to 0 mV to +30 mV."

God endowed man at creation with 20 times as much vital force as man now has:  
 $20 \times 30 \text{ mV} = 600 \text{ mV}$  of vital force at creation.

Drugs of any kind hinder the circulation of the electric current in the nervous system.

## NATURAL Home Remedies

CLAY WHITE · GRAY · GREEN  
RED · PINK... 

CHARCOAL FROM WOOD 

HYDROTHERAPY  
 WATER TREATMENT

HERBS & PLANTS 

FASTING 

MASSAGE 

### **Brain Nerve Cells and Permanent Pathways - Discovery**

From all **parts** of the body, **messages** are **sent** to the **brain** along a series of **nerve cells**.

Recently it has been **discovered** that a small **growth** appears on the end of the sending fibre of the **nerve cell** each time a **thought** or **action** is repeated.

Thus it **enlarges** so that it becomes **easier** to **repeat** that same **thought** or **action**.

The **sobering** thought, then, is that every **thought, feeling,** or act **repeated** is producing **physical** and **chemical changes** in our **nerve pathways**, either to **bless** or **curse** us when these **changes** have been **strongly established**.

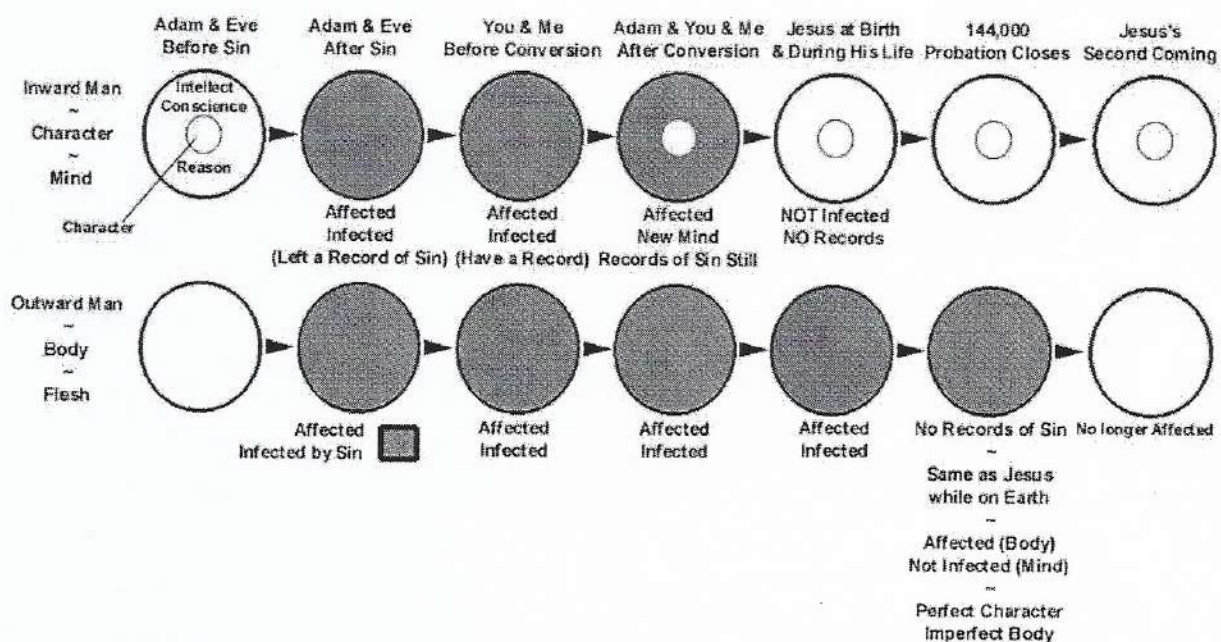
It seems that **habits form** in the **brain** a **permanent** pathway that probably can never be **erased**. **Habits** can be **changed**, but only by **developing** other **habits** that are **stronger** than those a person **wishes** to **overcome**."

Dr. Chalmers, Insight Magazine

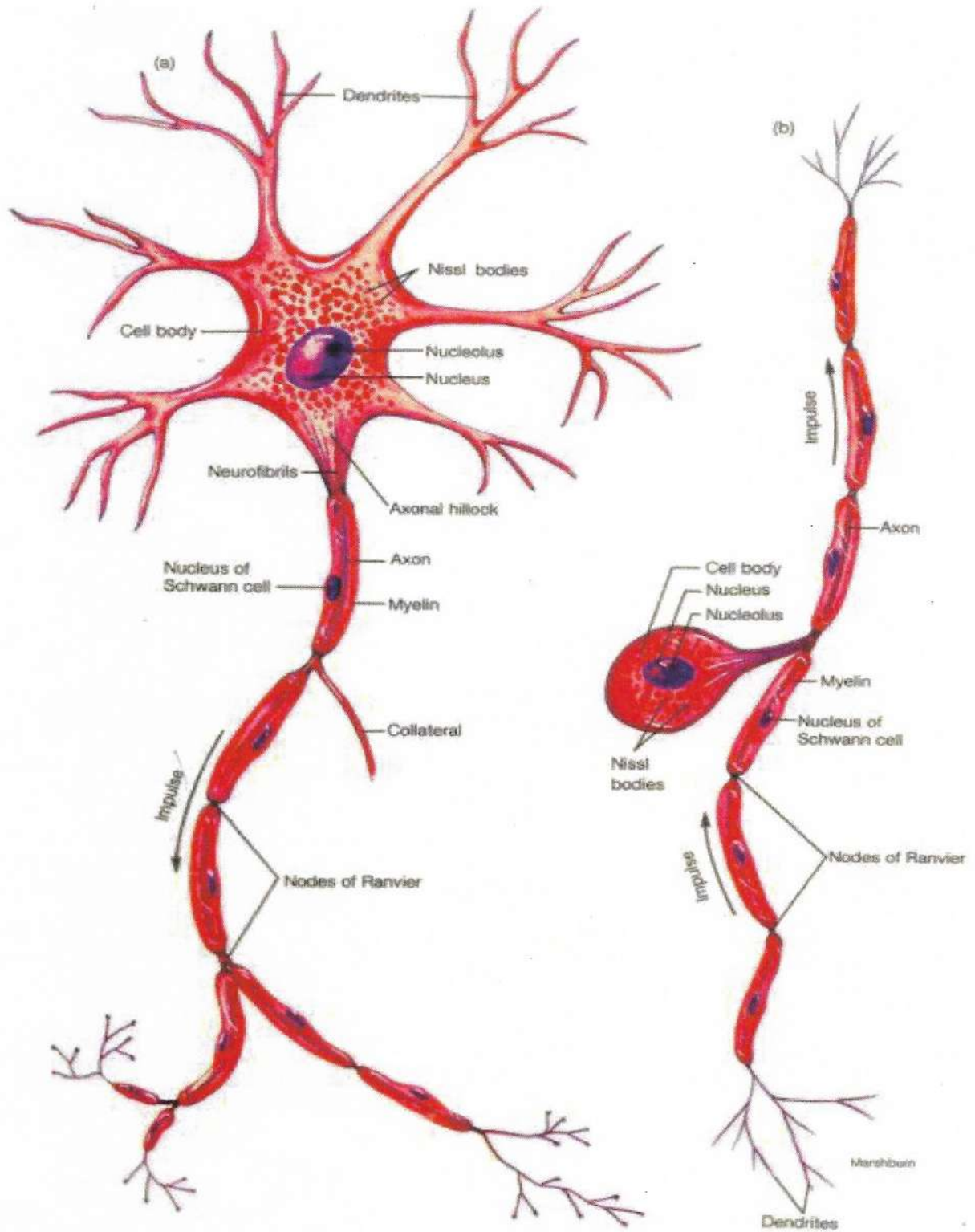
| PERFECT INWARD SPIRITUAL NATURE:<br>SINLESS MIND  | OUTWARD NATURE: PASSION,<br>APPETITE, DESIRE (SINFUL FLESH)                           |
|---|---|
| 1. His spiritual nature was free from every taint of sin. ST Dec. 9, 1897                                   | 1. Took fallen, suffering human nature, degraded and defiled by sin. 4BC 1147         |
| 2. We should have no misgivings in regard to the perfect sinlessness of the human nature of Christ. 1SM 256 | 2. Took upon Him our sinful nature. RH Dec. 15, 1896                                  |
| 3. Not possessing the passions of our human, fallen nature. 2T 508  | 3. Though He had all the strength of passion of humanity, never did He yield. IHP 155 |
|   | He realized the strength of indulged appetite and of unholy passion. 1SM 271          |

This apparent contradiction is easily explained through the 2 Natures of Man which Christ partook of when He became the Son of Man.

Christ was **AFFECTED** by sin but was not **INFECTED** by it.  
The 144000 will be like Christ once transformed by the Holy Spirit.



**Note:** For further study, see: [www.numbers1317.org](http://www.numbers1317.org) file 15, Brain Nerves Under Repair, Court Experience.





## Electrical Measurement of the Membranes - Discovery (2:00)

### Tissue of Muscles or Nerves

God **endowed** man with so great **vital** force that he has **withstood** the accumulation of **disease** brought upon the **race** in **consequence** of **perverted** habits, and has **continued** for **six thousand** years.

This **fact** of itself is enough to **evidence** to us the **strength** and **electrical energy** that **God** gave to **man** at his **creation**.

It **took** more than **two** thousand **years** of **crime** and **indulgence** of base **passions** to bring **bodily** disease upon the race to any great **extent**.

If **Adam**, at his **creation**, had not be **endowed** with **twenty times** as much **vital force** as **men** now have, **the race**, with their **present** habits of **living** in **violation** of nature law, would have **become extinct**. Testimonies Vol. 3, p. 138, 139

**Electrical measurements** indicate that the inside of the membrane (of **muscle** or **nerve**) becomes **+30 mV** with **respect** to the **outside**. Thus, the **potential** inside the **membrane** changes from **-70mV** to **0 mV** to **+30 mV**.

1 mV =  $\frac{1}{1000}$  volt ( a clock functions with a 1.5 volt battery)

God **endowed** man at creation with **20 times** as much **vital force** as man now has:

**20 x 30 mV = 600 mV** of vital force at **creation**.

**Alcohol, Cigarette, Drugs, Medication, Spicy Food, Tea, Coffee, Booster Drinks** and more, hinder the circulation of the **electric current** in the nervous system.

**Part IV: Fit for Life with Christ - Brain Nerves Under Attack**  
**What happened to the Nerves in Genesis 3? (10:00)**

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➤ **Mark (1:00)**

**Consequences of Man Separation from God**

1. Man **became** the **habitation** of **demons**
2. Man's **faculties** were **perverted**
3. Man's **lower nature** rules the **higher**
4. Man's **sinful mind** is **characterized** by **selfishness**
5. Man **inherits** a **sinful nature**

➤ **Odette (1:00)**

**Man became the habitation of demons - Mark 5: 2, 6-13**

*"And all the **devils** besought Him, saying, "**Send us into the swine**, that we may enter into them." And forthwith Jesus gave them leave. And the **unclean spirits** went out and **entered into the swine**; and the herd ran violently down a steep place and into the sea (**they were about two thousand**), and were choked [drowned] in the sea."*

➤ **K'Leah (2:00)**

**Satanic agencies took possession of men**

"Satanic **agencies** took possession of **men**. The bodies of human **beings**, made for the dwelling **place** of **God**, became the habitation of **demons**. The **senses**, the **nerves**, the **organs** of men were worked by supernatural **agencies** in the indulgence of the vilest lust. The very **stamp** of **demons** was **impressed** upon the **countenances** of **men**. Human **faces** reflected the **expression** of the **legions** of **evil** with which **men** were **possessed**." Ministry of Healing, p. 142

**"Imagination** and **nerves** have been under the **control** of **demons**"

Testimonies Vol. 3, p. 417

**"Satan** is continually seeking to **influence** human minds by his subtle arts. His is a **mastermind**, given of God, but **prostituted** with all its noble **capabilities** to **oppose** and to make of no effect the counsels of the **Most High**."

Mind, Character and Personality, Vol. 1, p. 18

➤ **Valentina (1:00)**

✚ **Man's faculties were perverted**

"It was through **disobedience** to God's requirements that these **powers** were **perverted**; the affections were **misplaced**, and turned from the **high and holy purpose** to a **lower** aim and to meet a **lower standard**... Originally man's **affections** were in **perfect obedience** to God's will; **but** they have been **perverted, misused, and degenerated** by disobedience...The faculties... have been **warped in a wrong direction**"

Review and Herald, March 1, 1887, p. 129

➤ **Renessa (1:00)**

✚ **Man's lower nature rules the higher**

"**Man**, through **yielding** to Satan's **temptations** to indulge **intemperance**, brings the higher **faculties** in subjection to **the animal appetites and passions**, and when these gain the **ascendancy**, man... **surrenders to the control of Satan**. Through **intemperance**, some sacrifice **one half**, and others **two thirds**, of their **physical, mental, and moral powers**, and become **playthings for the enemy**." Temperance, p. 146

➤ **Manuel (1:00)**

✚ **Man's sinful mind is characterized by selfishness**

"Through **disobedience** man's powers were **perverted**, and **selfishness** took the place of **love**. Men had chosen a **ruler** who chained them to his **car** as **captives**."

Counsels to Teachers, p. 33

➤ **Mark (1:00)**

✚ **Man inherits a sinful nature**

"The **result** of the **eating** of the tree of **knowledge** of **good** and **evil** is **manifested** in every **man's experience**. There is in his **nature** a **bent to evil**, a **force** which, unaided, **he cannot resist**.... he can find help in but **one power**. **That power is Christ**. **Cooperation** with that power is **man's greatest need**." Education, p. 29

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## The Brain Nerves Before and After Sin (2:00)

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✚ Odette

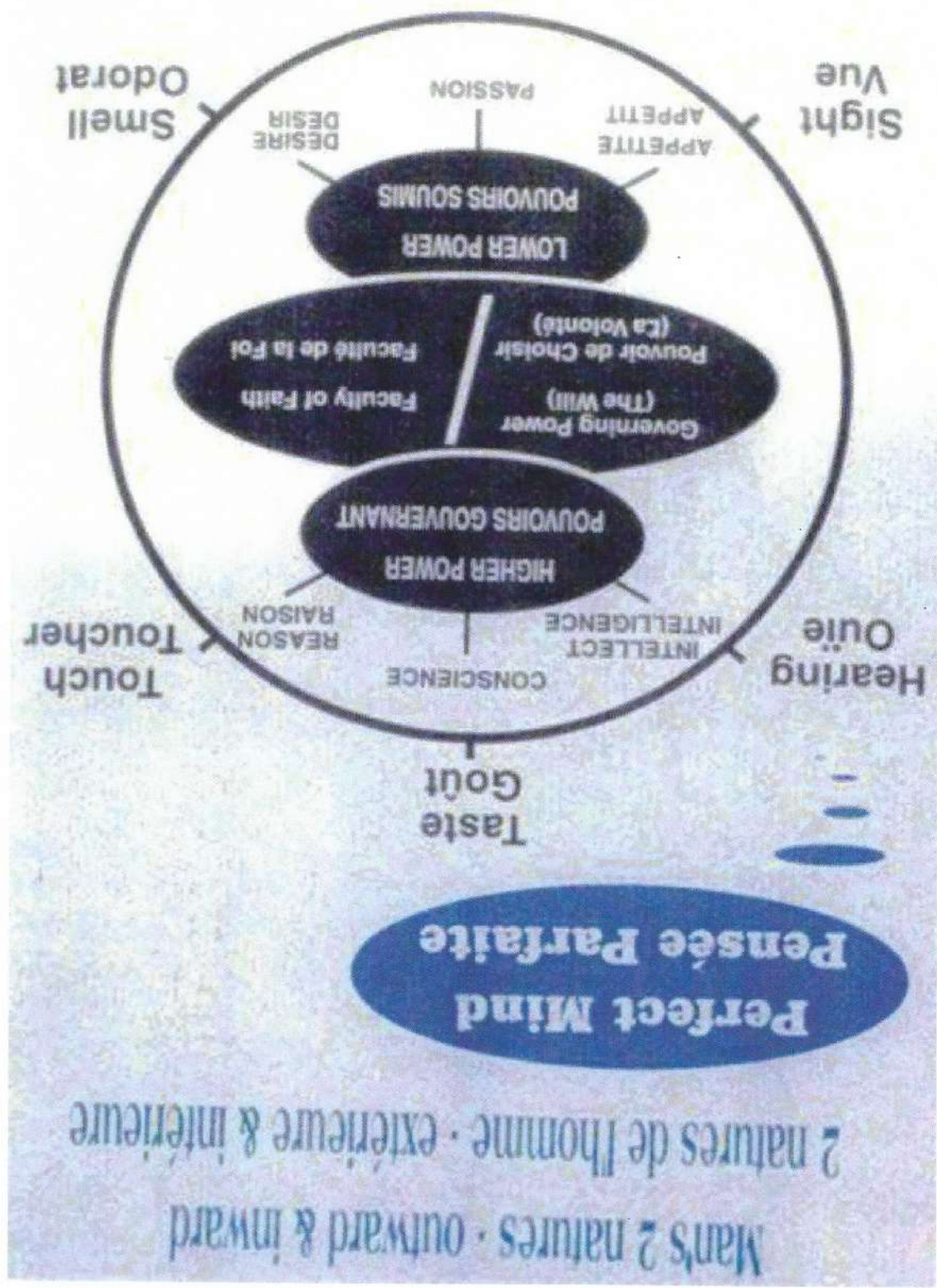
### ✚ Using the 2 Natures of Man – Board

At **creation**, **God** directed **man** in such way that the **Holy Spirit's** control of his being did not in any way detract from the **freedom of his will**. Man was **created** with a **dependent** nature and **continual** communication was **essential** to the harmonious function of his being and the **development** of his **character** which was subject to infinite expansion. Although **entirely free** to choose whether or not he would **continue** to be a **temple** through which God could reveal Himself, **when man chose to separate** himself from God, **he lost this freedom of self-direction**.

**After his separation** from his Maker, man **did not cease** to be a **temple** but instead, as he chose to become independent from the Holy Spirit, **he became an habitation of demons**. By **submitting** his will to **Satan** and following his direction, man's character of **love** was **replaced** by a **self-centered character like** the character of his **new master**.

**Satan** who **understood** the laws governing the operation of man's mind, immediately **took possession of the very channel** God had designed to use **for communicating with man** for the **complete, connected and harmonious** development of his **faculties**. Consequently, **after man** submitted his will to him "the **brain nerves** fell under **the control of demons** and became the **channel** for Satan's **electric currents** by which **he casts his spells** over the **body and souls** of men." Thus **Satan took over** the **brain nerves** and brought **disharmony, perversion and destruction**. **Man** became **affected and infected** by sin: this was his **new carnal nature!** **The lower powers were now governing the higher powers**.

**Sin** had brought a **change** of relationship which caused a **perversion of faculties**, rather than a **transaction** in which certain **holy** faculties were **exchanged** for **unholy** faculties.

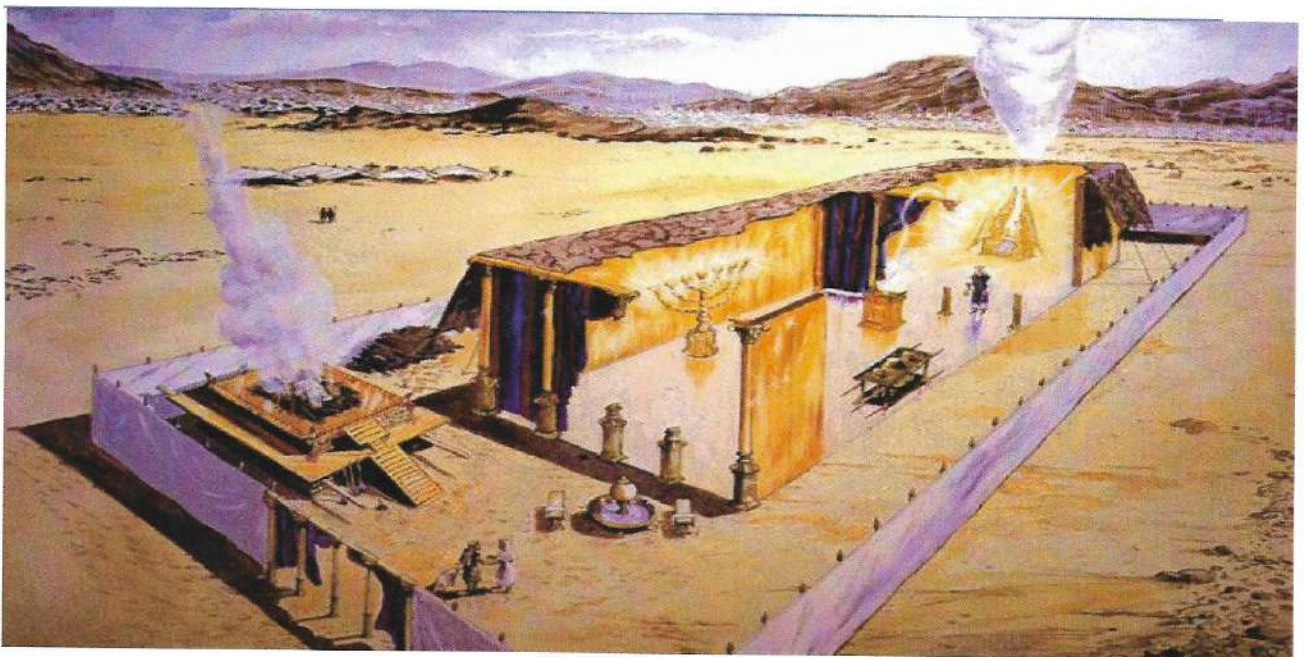


 Because of sin, man's lower power now controls his higher power.

## Part V: Fit for Life with Christ: Brain Nerves Under Repair (20:00)

### ✚ Leila (1:00)

"Pray that the mighty energies of the **Holy Spirit**, with all their **quickening, recuperative**, and transforming **power**, may fall like an **electric shock** on the palsy-stricken soul, causing **every nerve** to thrill with new life, restoring the whole man from his dead, earthly, sensual state to **spiritual soundness**."  
Testimonies, Vol. 5 p. 267



### ✚ K'Leah (1:00)

- ✚ **Christ** chose to accept a **fallen** human nature but **not** its **perversion** of character: He was **affected** by sin but never was He **infected** by it
- ✚ Our **Savior** **overcame** by **uniting** His will with His Heavenly Father's will
- ✚ **Man** may **overcome** by **uniting** his will with His Heavenly Father's will
- ✚ **Man's** **lower nature** is to be in **subjection** to the new **higher nature**
- ✚ **Revival** and **Reformation** means **temperance**: the **only** way to real victory

- ✚ **Sanctification** is a process of a **lifetime**: the work of the Early Rain
- ✚ **Supreme Love** is the great binder

### ✚ Leticia (1:00)

Our Advocate **chose** to accept a **fallen** human nature but not its **perversion** of **character**: He was **affected by sin** but **never** was He **infected by it**.

### ✚ Renessa (1:00)

*"For in that he himself hath suffered being tempted, he is able to succour them that are tempted."* Hebrews 2: 14-18

### ✚ Manuel (1:00)

*"Christ was in all points tempted like as we are, yet without sin."*  
Hebrews 4:15

### ✚ Valentina (1:00)

*"But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death."* James 1: 4, 5

### ✚ Mark (1:00)

#### **DEFINITION OF THE KNOWLEDGE OF GOOD AND KNOWLEDGE OF EVIL**

"Where once was written only the **character of God: the knowledge of good** was now written also the **character of Satan: the knowledge of evil.**"  
Education, p. 26



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Education, p. 26

## Leila (1:00)

"**Sin** has **degraded** the **faculties** of the **soul** [**intellect, conscience, reason, will and faith**]." Ministry of Healing, p. 451

## K'Leah (1:00)

- ✦ "The **result** of the **eating** of the **tree** of **knowledge** of **good** and **evil** is manifested in **every** man's **experience**.
- ✦ There is in his **nature** a **bent to evil, a force which**, unaided, **he cannot resist**.
- ✦ To **withstand** this **force**, to **attain** that **ideal** which in his inmost soul he **accepts** as alone **worthy**, he can find **help** in **but one power**.
- ✦ That **power is: Christ**.
- ✦ **Co-operation** with that power is **man's greatest need**." Education p. 29

**+ Odette (4:00)**

| <b>PERFECT <u>INWARD</u> SPIRITUAL<br/>NATURE: SINLESS MIND<br/>(INTELLECT, REASON, CONSCIENCE)</b>         | <b>IMPERFECT <u>OUTWARD</u> CARNAL<br/>NATURE: SINFUL FLESH<br/>(PASSION, APPETITE, DESIRE)</b> |
|---|---|
| 1. His spiritual nature was free from every taint of sin. ST Dec. 9, 1897                                   | 1. Took fallen, suffering human nature, degraded and defiled by sin. 4BC 1147                   |
| 2. We should have no misgivings in regard to the perfect sinlessness of the human nature of Christ. 1SM 256 | 2. Took upon Him our sinful nature. RH Dec. 15, 1896  |
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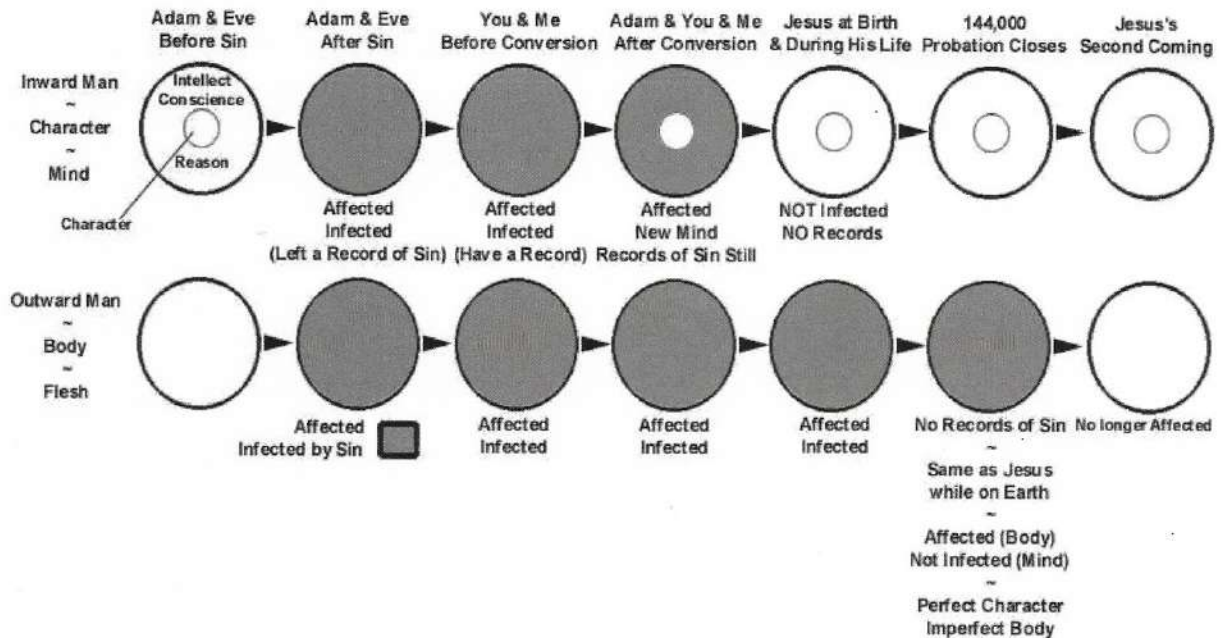
**This apparent contradiction is easily explained through the 2 Natures of Man which Christ partook of when He became the Son of Man.**



**Christ was AFFECTED by sin but was never INFECTED by it. The 144000 will be like Christ once transformed by the Holy Spirit: AFFECTED but not INFECTED by sin till the Second Coming.**

## ✚ Christ and the 144000: Affected but not Infected

### ✚ Odette (2:00)



### ✚ Odette (1:00)

Upon the consent of man, the **Holy Spirit**, working through man's will, **revitalizes** his **whole** being and through the **24 brain nerves** initiates a process which gradually brings about the **restoration** of all man's **faculties** to **functional** harmony: "the mighty **energies** of the **Holy Spirit**, with all their quickening, recuperative, and transforming power, may fall like an **electric shock** on the **palsy-stricken** soul, **causing** every nerve to thrill with new life, restoring the whole man from his **dead, earthly, sensual** state to **spiritual soundness**." Testimonies, Vol.5, p. 267

### ✚ K'Leah (1:00)

The **faculties** of the mind themselves (**intellect, conscience, reason**) are **not supernaturally restored** to **sinless** perfection, but **rather** are, **through** the **channels** of man's **own will**, so completely **subjected** to the **Holy Spirit**, that they **no longer** function as before under their **own perverted inclinations**

### Mark (1:00)

When the **AGAPE LOVE** becomes the **motivating power** of man's life, the **beautiful character** of the **Heavenly Father** is being **restored** in him.

### Leila (1:00)

The **process** of this **complete new way** of **thinking** and **acting** takes time. **Throughout** man's entire **life**, he has to **choose** to **remain totally dependent** upon the **Holy Spirit** which **supplies** him with the **motivation** and the **power** necessary to **bring** the **lower power** of his nature, (**passion, appetite, desire**), into **subjection** to the Spirit-directed **higher power** (**intellect, conscience, reason**).

### Renessa (1:00)

This **revival must be followed** by a **daily reformation**: by **submitting** to the **Holy Spirit** through **prayer, study** and **meditation** on the **Word of God**, **faithfully obeying** the **8 Laws of Health**, and **using natural remedies** to help **cleanse** the **body** and the **brain**.

### Valentina (1:00)

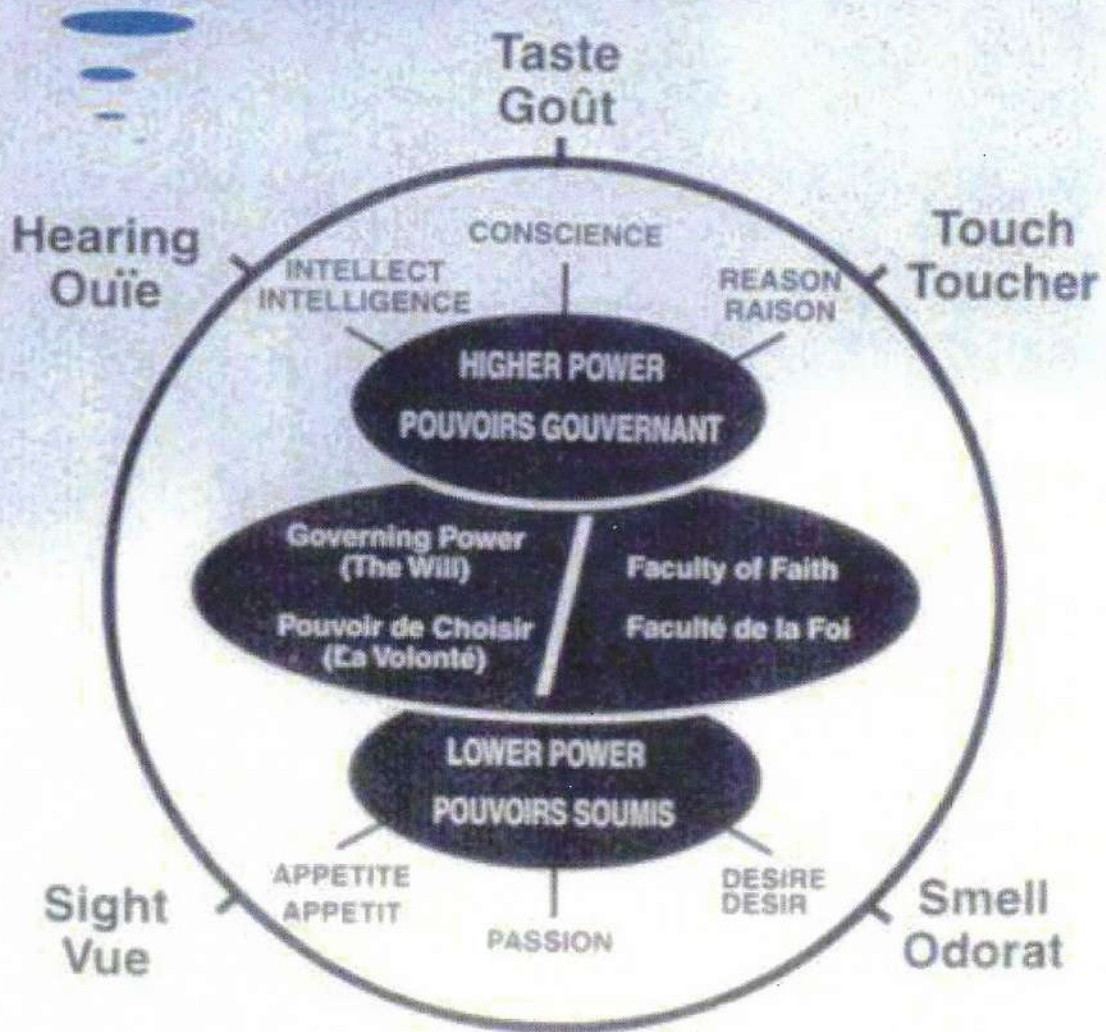
Then **Christ** will **remove** the **knowledge** of **evil** – the **character of Satan** from us in the **Most Holy Place** by removing the **records of sin** and when **probation** closes, a **short while** before **His appearing**, we shall be **like Him**. **Character is not changed** at **His coming**: **only the body** is **transformed** to become **incorruptible**. It is **now** that we must **receive** the **Mind of Christ**.

### Leticia (1:00)

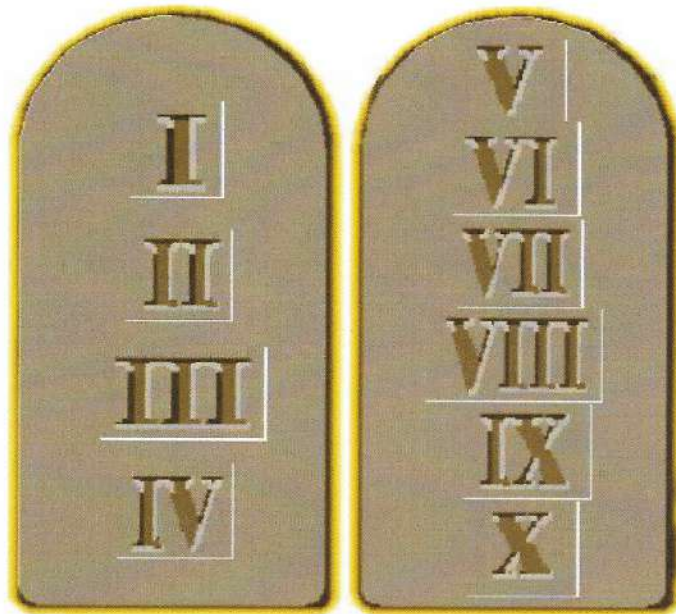
The **life of our Savior** is a **proof** that such **transformation** is possible. **Christ** took our **sinful nature** in its **fallen** condition (**affected by sin**), meeting and **overcoming temptation** through the power of the **Holy Spirit** (**not infected by sin**), **just as man** must. The **Savior's experience** is an **example** of the manner in which **God intends** to bring about the **transformation** of man's life.

Man's 2 natures · outward & inward  
 2 natures de l'homme · extérieure & intérieure

**Perfect Mind  
 Pensée Parfaite**



✚ Manuel - THIS IS THE MIND OF CHRIST - (1:00)  
 ✚ AND THE MIND OF THE 144000 AFTER PROBATION CLOSES



+ Odette



## Conclusion (5:00)

According to the book of **Daniel, chapter 12**, there is a **time of trouble** coming upon the earth **such as never** was since there was a **nation**. The **FIT MAN** of Leviticus 16:21 must **now** prepare to **meet** this time of trouble. There will be very **difficult time** ahead, **especially** in the **big cities** of the world, like **Toronto, Montreal, New York...**



"...The **image** of the **beast** [**666 of Revelation 13 - Sunday Law in the USA then all over the world**] will be formed **before probation closes**, for it is to be the **great test** for the **people** of God, by which their **eternal destiny** will be **decided**."

Selected Message Vol. 2 p. 81 (1890)



### WHEN DOES PROBATION CLOSE?

"When the work of the **investigative Judgment** closes, the **destiny** of all will have been **decided** for **life or death**. **Probation** is **ended** a **short time** before the **appearing of the Lord** in the clouds of heaven."

The Great Controversy, p. 490, 491



### WHAT WILL THE FIT MAN HAVE TO DO AT THAT TIME?

It is not enough for the **FIT MAN** to be fit.

- ✚ He must **warn** the cities.
- ✚ **Tell** the people of the **Judgments** that are coming upon the earth because of disobedience to God's government.
- ✚ **Move** to the **country** to prepare places to receive those who will leave the cities as trouble increases.



**Any of you would like to be Fit for Life with Christ and be trained as Junior Lifestyle Counsellor?**



**How many of you would love to be Fit for Life with Christ right now and be part of the 144000?**



**Let us pray** through the **sanctuary** and ask our Redeemer to **restore** our **brain nerves** so He can **communicate** with us as at **creation** and we can **hear His voice** and **obey His will**.

**Psalm 139: 23, 24 - Scripture Song**