



Principle #2 Trust in Divine Power

“Keep your wants, your joys, your sorrows, your cares, and your fears before God.... ‘The Lord is very pitiful and of tender mercy.’ James 5:11. His heart of love is touched by our sorrows and even by our utterances of them.... Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel. No calamity can befall the least of His children, no anxiety harasses the soul, no joy, cheer, no sincere prayer escapes the lips, of which our heavenly Father is unobservant, or in which He takes no immediate interest. ‘He healeth the broken in heart and bindeth up their wounds.’ Psalm 147:3.”— Ellen White

As Seventh-day Adventist Christians we believe in a higher power, and that higher power is God. We believe in having a close and personal relationship with our Savior who cares for us and loves us immensely. One of the Seventh-day Adventist health principles is trusting in God. While trusting in

God may not seem to be health related, we believe that trust is something that benefits our mental and emotional health. This in turn can benefit our overall physical health.

What Exactly is Divine Power?

The definition of divine power is:

Pertaining to a god, especially the Supreme Being.

Addressed, appropriated, or devoted to God; religious; sacred.

Proceeding from God; godlike; characteristic of or befitting a deity: divine magnanimity.

As mentioned above, divine power is God and God alone.

Trusting in God = Good Health

For the last several years studies have found people who actively believe in a form of divine power (go to church, pray, etc.) have lower blood pressure, stronger immune systems, live longer, have better mental and emotional health, and higher levels of happiness and life satisfaction than their peers!

On top of this, Adventists believe that God can provide us with healing and health and that this is His desire for us.

“Beloved, I wish above all things that you may prosper and be in health, even as your soul prospereth.” 3 John 2

We know that in all things, God wants the very best for us, and we trust that He will guide us. By trusting in Him we are able to function in more positive ways when we encounter stress, are late for work, find ourselves faced with the loss of a job, or other unfortunate life-happenings.

“Trust in the Lord with all thine heart, and lean not unto thine own understanding ...it shall be health to thy navel, and marrow to thy bones.” Proverbs 3:5, 8

Resources <https://lifeandhealth.org/topics/mindfulness/spiritual-health>
<https://lifeandhealth.org/topics/mindfulness/emotional-health>