



# BENEFITS OF GARDENING

Emil Bainhardt  
Western Field Health Leader  
Novato, California

*"And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." Genesis 2:15.*

The idea of doing gardening and yard work may arouse mixed emotions. Many people love being outdoors, enjoying the weather and exercise that gardening provides and the fragrance of plants and flowers, while others dislike getting dirty; encountering insects and other creepy crawlies; and irritating low back, hip, and knee problems.

The purpose of this article is to promote the physical benefits of yard and garden work, to suggest ways of managing flare ups, and to help readers to recognize the benefits of healthful physical labor.

## Working in the garden ...

- Burns calories
- Builds strength and stamina
- Improves memory



- Can lower blood pressure
- Helps the body to make Vitamin D and absorb calcium (Remember sunscreen)
- Produces more healthful, organic food
- Can relieve stress, depression, and anxiety
- Can enhance family togetherness and social connection
- Helps addiction recovery
- Heals and empowers the body

## Gardening with children

Gardening is a beneficial and fun activity for children. It teaches lessons for life, builds character, and introduces important aspects of science. Here are a few benefits of sharing gardening with children:

- Family vegetable gardening helps the whole family eat a more healthful diet.
- Tending to the needs of plants generates hard work and requires consistent dedication. Children learn about responsibility by taking care of plants—tending, watering, and weeding.
- Gardening teaches children where food comes from and helps them to understand why it's important not to waste food. It also underscores the need to conserve the earth's resources.
- Working in the garden teaches children about the science of plants (botany), including photosynthesis, worms, fertilizer, composting, and the life cycle of various plants.
- In the garden, children see the wonders of God's creation.
- Most youngsters love to get dirty. Gardening is the perfect opportunity for that. Studies into the microbiome of the soil and the human body reveal that working with dirt strength-

ens the a person's immune system and reduces a tendency to allergies and asthma.

- Gardening teaches patience, which is rewarded when the plants grow and produce fruit and vegetables.
- Gardens and children need the same things—patience, love, and someone who will never give up on them.  
—Nicolette Sower, wholechildcounseling.com.

## Preventing injuries

Yard work usually is moderately physical, and people may even try to complete a checklist of tasks within a certain period of time, such as 4-6 hours. Depending on your daily physical activity, you may have to readjust your expectations for your body and practice pacing yourself.

For example, if you normally walk 20-30 minutes every day for physical exercise, you should probably aim to spread out your yard work checklist to 1-2 tasks per day and give yourself time to stop and rest, instead of trying to get the entire list done in one day. If you know that your joints are vulnerable to overuse, consider putting a brace on your knee, wrist, or back before you start a task to keep from overdoing it. Lastly, if you are trying to tackle a task that is greater than your physical stamina can manage, ask for help or hire help. Frequently people who know what their body can handle or can feel when fatigue is setting in still push their limits. That is when injury occurs.

Sister Ellen G. White wrote the following paragraph about the spiritual benefits of gardening: "From the work of seed sowing and the growth of the



# Good-bye to Health Habit

October 31, 2023, the last day of our five-year lease, has come and gone (9 months ago now!). Health Habit closed its doors on October 20, 2023. It was a bittersweet day for all of us. How we wished things had gone differently, but how thankful we were that the end was here!

With my surgery happening right in the middle of closing the store, things were a bit crazy. We will forever be indebted to Dana and Natalie for taking most of the load of wrapping up the sales. One thing is for sure! God encouraged me to practice "letting go." Not only could I not be there for the last day (like I had hoped), but I also couldn't help (like I had wanted to) with packing everything up. Once the store closed to the public, the burden fell mostly on Christian.

But there have been many blessings with the timing of all of this.

The entire property sold on October 15, 2023. The new owner is extremely kind. He understood all of our needs and graciously gave us an extra week to finish moving out. He was so much easier to work with than the previous owners!

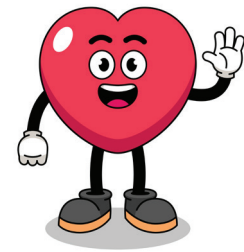
Our customers tried diligently to buy whatever they could to help us finish well. One lady told me, "Just tell me what you use the supplement for, and I'll buy it."

With my surgery happening in the middle of all of this, I had to do more praying and less working. (In other words, God did more of the work!)

Andrew, David, and Anne Petrovich as well as Art Schendel gave a whole day of their time to help Christian (and the Nelson boys) with some very difficult projects that they alone could never have accomplished.

We have come to the end of a very eventful five years of our lives! Aside from paying off the debt incurred, Health Habit is now just a collection of memories—good and bad, ugly and beautiful. Due to the changing times, we are grateful that we are no longer running a business here in California.

Why did God move on our hearts to buy the store? We do not know. Were we faithful? We sure hope so!



On one of the final sales days, I was talking to a regular customer. One of the things this customer said was, "You sure helped a lot of people up here!" May God bless our witness! Please continue to pray for the seeds that were planted in the sweet town of Valley Springs. I hope that there will be some saints in heaven who will trace their first convictions of truth to the witness of Health Habit!

God bless you all! Thank you for your valuable prayer support!

Giving our Almighty God this project,

—Sandy Nelson  
(and the rest of the Nelsons)

plant from the seed, precious lessons may be taught in the family and the school. Let the children and youth learn to recognize in natural things the working of divine agencies, and they will be enabled to grasp by faith unseen benefits." —*Christ's Object Lessons*, p. 80 (chapter 6).

Gardening invites you to get outside, interact with other gardeners, and take charge of your own need for exercise, nourishing food, and beautiful surroundings. If you're digging, hauling, and harvesting, your physical strength, heart health, weight, sleep, and immune system all benefit. And those are just the physiological outcomes. Gardening can also cultivate feelings of empowerment, connection, and creative calm. Whether your patch is large or small, a raised bed, community garden, or window box, getting dirty and eating clean are good for you.

## References

Brigit Lim, MPT  
Mayo Clinic Health Systems  
Weston Nurseries  
Ellen G. White  
Jason Wilson

**Disclaimer:** This article is intended to provide helpful and informative material on the subject of gardening. It is provided with the understanding that the author and the publisher are not engaged in rendering medical, health, psychological, or any other kind of personal professional services. If the reader requires such services, a competent professional should be consulted. The author and publisher specifically disclaim all responsibility for any loss, or risk, personal or otherwise, that is incurred as a consequence, directly, or indirectly, of the use and application of any of the contents of this article.

## EVENTS

### NORTHEASTERN FIELD CONFERENCE

Friday, August 30,  
to Monday, September 2, 2024  
Halifax, Pennsylvania

### AMERICAN UNION WORKERS' SEMINAR

Tuesday, October 22,  
to Sunday, October 27, 2024  
Norman Park, Georgia

### AMERICAN UNION CONFERENCE

Friday, December 20,  
to Monday, December 23, 2024  
Norman Park, Georgia

### AMERICAN UNION DELEGATES' MEETINGS

Tuesday, December 24,  
to Wednesday, December 25, 2024  
Norman Park, Georgia



# SANCTIFICATION

Ellen G. White

**T**he sanctification set forth in the sacred Scriptures has to do with the entire being—spirit, soul, and body. Here is the true idea of entire consecration. Paul prays that the church at Thessalonica may enjoy this great blessing. “The very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.” 1 Thessalonians 5:23.

There is in the religious world a theory of sanctification which is false in itself and dangerous in its influence. In many cases those who profess sanctification do not possess the genuine article. Their sanctification consists in talk and will worship. Those who are really seeking to perfect Christian character will never indulge the thought that they are sinless. Their lives may be irreproachable, they may be living representatives of the truth which they have accepted; but the more they discipline their minds to dwell upon the character of Christ, and the nearer they approach to His divine image, the more clearly will they discern its spotless perfection, and the more deeply will they feel their own defects.

When persons claim that they are sanctified, they give sufficient evidence that they are far from being holy. They fail to see their own weakness and destitution. They look upon themselves as reflecting the image of Christ, because they have no true knowledge of Him. The greater the distance between them and their Saviour, the more righteous they appear in their own eyes.



While with penitence and humble trust we meditate upon Jesus, whom our sins have pierced and our sorrows have burdened, we may learn to walk in His footsteps. By beholding Him we become changed into His divine likeness. And when this work is wrought in us, we shall claim no righteousness of our own, but shall exalt Jesus Christ, while we hang our helpless souls upon His merits.

## Self-righteousness condemned

Our Saviour ever condemned self-righteousness. He taught His disciples that the highest type of religion is that which manifests itself in a quiet, unobtrusive manner. He cautioned them to perform their deeds of charity quietly; not for display, not to be praised or honored of men, but for the glory of God, expecting their reward hereafter. If they should perform good deeds to be lauded by men, no reward would be given them by their Father in heaven.

The followers of Christ were instructed not to pray for the purpose of being heard of men. “But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.” Matthew 6:6. Such expressions as this from the lips of Christ show that He did not regard with approval that kind of piety so prevalent among the Pharisees. His teachings upon the mount show that deeds of benevolence assume a noble form and acts of religious worship shed a most precious fragrance when performed in an unpretending manner, in penitence and humility. The pure motive sanctifies the act.

True sanctification is an entire conformity to the will of God. Rebellious thoughts and feelings are overcome, and the voice of Jesus awakens a new life, which pervades the entire being. Those who are truly sanctified will not set up their own opinion as a standard of right and wrong. They are not bigoted or self-righteousness; but they are jealous of self, ever fearing lest, a prom-

ise being left them, they should come short of complying with the conditions upon which the promises are based.

## Substituting feeling for reason

Many who profess sanctification are entirely ignorant of the work of grace upon the heart. When proved and tested, they are found to be like the self-righteous Pharisee. They will bear no contradiction. They lay aside reason and judgment, and depend wholly upon their feelings, basing their claims to sanctification upon emotions which they have at some time experienced. They are stubborn and perverse in urging their tenacious claims of holiness, giving many words, but bearing no precious fruit as proof. These professedly sanctified persons are not only deluding their own souls by their pretensions, but are exerting an influence to lead astray many who earnestly desire to conform to the will of God. They may be heard to reiterate again and again, “God leads me! God teaches me! I am living without sin!” Many who come in contact with this spirit encounter a dark, mysterious something which they cannot comprehend. But it is that which is altogether unlike Christ, the only true pattern.

Bible sanctification does not consist in strong emotion. Here is where many are led into error. They make feelings their criterion. When they feel elated or happy, they claim that they are sanctified. Happy feelings or the absence of joy is no evidence that a person is or is not sanctified. There is no such thing as instantaneous sanctification. True sanctification is a daily work, continuing as long as life shall last. Those who are battling with daily temptations, overcoming their own sinful tendencies, and seeking for holiness of heart and life, make no boastful claims of holiness. They are hungering and thirsting for righteousness. Sin appears to them exceedingly sinful.

There are those claiming sanctification who make a profession of the truth, like their brethren, and it may be difficult to make a distinction between them; but

the difference exists, nevertheless. The testimony of those claiming such an exalted experience will cause the sweet Spirit of Christ to withdraw from a meeting, and will leave a chilling influence upon those present, while if they were truly living without sin, their very presence would bring holy angels into the assembly, and their words would indeed be "like apples of gold in pictures of silver." Proverbs 25:11....

## Normal fruit bearing

Those who take pains to call attention to their good works, constantly talking of their sinless state and endeavoring to make their religious attainments prominent, are only deceiving their own souls by so doing. A healthy man, who is able to attend to the vocations of life and who goes forth day after day to his labor with buoyant spirits and with a healthy current of blood flowing through his veins, does not call the attention of everyone he meets to his soundness of body. Health and vigor are the natural conditions of his life, and therefore he is scarcely conscious that he is in the enjoyment of so rich a boon.

Thus it is with the truly righteous man. He is unconscious of his goodness and piety. Religious principle has become the spring of his life and conduct, and it is just as natural for him to bear the fruits of the Spirit as for the fig tree to bear figs or for the rosebush to yield roses. His nature is so thoroughly imbued with love for God and his fellow men that he works the works of Christ with a willing heart.

All who come within the sphere of his influence perceive the beauty and fragrance of his Christian life, while he himself is unconscious of it, for it is in harmony with his habits and inclinations. He prays for divine light, and loves to walk in that light. It is his meat and drink to do the will of his heavenly Father. His life is hid with Christ in God; yet he does not boast of this, nor seem conscious of it. God smiles upon the humble and lowly ones who follow closely in the footsteps of the Master. Angels are attracted to them, and love to linger about their path. They may be passed by as unworthy of notice by those who claim exalted attainments and who delight in making prominent their good works, but heavenly angels bend lovingly over them and are as a wall of fire round about them.

## Why Christ was rejected

Our Saviour was the light of the world, but the world knew Him not. He was constantly employed in works of mercy, shedding light upon the pathway of all; yet He did not call upon those with whom He mingled to behold His unexampled virtue, His self-denial, self-sacrifice, and benevolence. The Jews did not admire such a life. They considered His religion worthless, because it did not accord with their standard of piety. They decided that Christ was not religious in spirit or character; for their religion consisted in display, in praying publicly, and in doing works of charity for effect. They trumpeted their good deeds, as do those who claim sanctification. They would have all understand that they are without sin. But the whole life of Christ was in direct contrast to this. He sought neither gain nor honor. His wonderful acts of healing were performed in as quiet a manner as possible, although He could not restrain the enthusiasm of those who were the recipients of His great blessings. Humility and meekness characterized His life. And it was because of His lowly walk and unassuming manners, which were in such marked contrast to their own, that the Pharisees would not accept Him.

## Meekness a fruit of the Spirit

The most precious fruit of sanctification is the grace of meekness. When this grace presides in the soul, the disposition is molded by its influence. There is a continual waiting upon God and a submission of the will to His. The understanding grasps every divine truth, and the will bows to every divine precept, without doubting or murmuring....

The language of the meek is never that of boasting. Like the child Samuel, they pray, "Speak, Lord; for Thy servant heareth." 1 Samuel 3:9. When Joshua was placed in the highest position of honor, as commander of Israel, he bade defiance to all the enemies of God. His heart was filled with noble thoughts of his great mission. Yet upon the intimation of a message from Heaven he placed himself in the position of a little child to be directed. "What saith my Lord unto His servant?" (Joshua 5:14) was his response. The first words of Paul after Christ was revealed to him were, "Lord, what wilt Thou have me to do?" Acts 9:6.

Meekness in the school of Christ is one of the marked fruits of the Spirit. It is a



grace wrought by the Holy Spirit as a sanctifier, and enables its possessor at all times to control a rash and impetuous temper. When the grace of meekness is cherished by those who are naturally sour or hasty in disposition, they will put forth the most earnest efforts to subdue their unhappy temper. Every day they will gain self-control, until that which is unlovely and unlike Jesus is conquered. They become assimilated to the Divine Pattern, until they can obey the inspired injunction, "Be swift to hear, slow to speak, slow to wrath." James 1:19....

When a man professes to be sanctified, meekness is the inward adorning, which God estimates as of great price. The apostle speaks of this as more excellent and valuable than gold or pearls or costly array. While the outward adorning beautifies only the mortal body, the ornament of meekness adorns the soul and connects finite man with the infinite God. This is the ornament of God's own choice. He who garnished the heavens with the orbs of light has by the same Spirit promised that "He will beautify the meek with salvation." Psalm 149:4. Angels of heaven will register as best adorned those who put on the Lord Jesus Christ and walk with Him in meekness and lowliness of mind....

To man is granted the privilege of becoming an heir of God and a joint heir with Christ. To those who have been thus exalted, are unfolded the unsearchable riches of Christ, which are of a thousandfold more value than the wealth of the world. Thus, through the merits of Jesus Christ, finite man is elevated to fellowship with God and with His dear Son. —*The Sanctified Life*, pp. 7-16.

The *American Union Newsletter* is published monthly by the International Missionary Society, Seventh-day Adventist Church, Reform Movement, American Union. It is complimentary for members and friends and carries items of interest submitted by believers. We reserve the right to make changes as necessary and to refuse to print certain items. To submit news, send your item in an email to [atramirez829@gmail.com](mailto:atramirez829@gmail.com).

4243 US Highway 319 North, Norman Park, Georgia 31771. Email: [info@sda1888.org](mailto:info@sda1888.org) / Website: [sda1888.org](http://sda1888.org).