

## God's Way of Victory A Case History

1 The situation:

2 When you went to the Health Retreat, **your appetite was fully educated to**  
3 **demand a meat diet, and therefore you seem to think no blame should be**  
4 **ascribed to you**, because you have made no change in this respect. **But this is**  
5 **an error.** {Lt73-1896.1}<sup>1</sup>

6  
7 **Because you have not changed, do not entertain the idea that you have no**  
8 **changes to make**, that your practices were entirely as they should be. **If your**  
9 **habits and opinions are stereotyped<sup>2</sup>, then the Lord cannot lead you to**  
10 **advanced, purifying reforms. You, my brother and sister, have a serious**  
11 **question to ask daily, "What must I do to be saved?"** [Acts 16:30.] The  
12 Lord Jesus says, **"My sheep hear my voice, and I know them, and they follow**  
13 **me."** [John 10:27.] **We are to follow on step by step** to know the Lord, that  
14 we may know His goings forth are prepared as the morning. **"Follow thou**  
15 **me."** [John 21:22.] **"He that will come after me, let him deny himself, and**  
16 **take up his cross daily, and follow me."** [Luke 9:23.] {Lt73-1896.2}

17  
18 What constitutes the daily cross?

19 **What constitutes the cross? The requirements of Jesus that cut directly**  
20 **across human devisings, human indulgence of appetite, human**  
21 **calculations, human practices and habits.** ... To be a practical Christian  
22 **accepting duties that involve self-denial, cuts across human inclinations**  
23 **and human habits.** {Lt73-1896.3}

24

25 What happened with Judas?

26 **He did not receive the words of Christ and improve;** there arose in his heart  
27 an opposition to the light. **He treasured his defects, and held them as if he**  
28 **considered them a precious treasure. The defects poisoned the whole**  
29 **man.... This history has a warning for us.** {Lt73-1896.5}

30

31 God has spoken plainly upon the deleterious effects of a meat diet. We must  
32 fast and pray for moral courage to obey.

33 **I have no hesitancy in speaking on this question.** You have the light in the  
34 testimonies; ... You do not choose to receive the light. **The Lord has spoken**  
35 **plainly in regard to the deleterious effects of a meat diet and its influence**  
36 **upon children. Whenever I have seen children feeding upon flesh meats,**  
37 **since the light was given me from heaven, I have felt that if the parents**  
38 **only knew what they were doing, they would fast and pray for moral**  
39 **courage, and God-given wisdom and grace to do right.** {Lt73-1896.6}

40

41 Fasting and prayer cleanse the heart, promote a receptive frame of mind.

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<sup>1</sup> This letter, written to the physician manager of a sanitarium and his wife, not only addresses their insistence that they had to eat meat, but also his approach to managing the institution.

<sup>2</sup> Stereotyped implies falling invariably into the same pattern of behavior.

42 **For certain things, fasting and prayer are recommended and appropriate.**  
43 **In the hand of God they are a means of cleansing the heart and promoting**  
44 **a receptive frame of mind.** ... If our appetites clamor for the flesh of dead  
45 animals, it is a necessity to fast and pray for the Lord to give His grace to deny  
46 fleshly lusts which war against the soul. {Lt73-1896.7}

47  
48 What is the preferred motive for change?

49 **There should be far less anxiety as to what we shall eat and what we shall**  
50 **drink to gratify our fleshly appetites; but we may well encourage the**  
51 **appetite of the soul....** {Lt73-1896.8}

52  
53 We must meditate upon the Word constantly.

54 **We must be constantly meditating upon the Word,** eating it, digesting it,  
55 and by practice, **assimilating it, so that it is taken into the life current.** “He  
56 that eateth me, even he shall live by me.” {Lt73-1896.10}

57  
58 What fast should be recommended and why is it recommended?

59 **The true fasting which should be recommended to all is abstinence from**  
60 **every kind of stimulating food, and the proper use of wholesome, simple**  
61 **food, which God has provided in abundance.** {Lt73-1896.10}

62  
63 What is the cure?

64 A person may be addicted to the use of alcohol or stimulating drinks in some  
65 shape, and **he has confused his reason. He does not sense his responsibility.**  
66 **What cure would you advise** for a person who thus indulges a habit that is  
67 rebuked even by the beasts of the field? ... **You would not say, “You may use**  
68 **strong drink moderately. Continue within bounds, but never indulge to**  
69 **excess.”** {Lt73-1896.11} You would say, “**There is no such thing as helping**  
70 **you, unless you co-operate fully with my efforts, and sign the pledge of**  
71 **total abstinence.** {Lt73-1896.12}

72  
73 Recognize the habit has now become a physical disease that can only be  
74 overcome with the help of Jesus.

75 **Your habit is a bad one. You have by indulgence made it second nature,**  
76 **and it cannot be controlled unless the moral powers shall be aroused, and**  
77 **you shall look unto Jesus, trusting in the grace He shall give you to**  
78 **overcome this unnatural craving.”** You would say, “You have lost your self-  
79 control. **Your self-indulgence is not only a moral sin, but it is a physical**  
80 **disease.** {Lt73-1896.12}

81  
82 Seek the grace of God that brings transformation.

83 **God’s grace is needed! ... All the pledges in the world will not make you or**  
84 **your wife health reformers. No mere restriction of your diet will cure your**  
85 **diseased appetite.** Brother and Sister M. **will not practice temperance in all**  
86 **things until their hearts are transformed by the grace of God** and they shall  
87 wear Christ’s yoke and have Christ’s meekness and lowliness of heart. {Lt73-  
88 1896.34}

89

90 Successful reformation begins in the heart. External efforts always fail.

91 **Christianity proposes a reformation in the heart. What Christ works**  
92 **within will be worked out under the dictation of a converted intellect. The**  
93 **plan of beginning outside and trying to work inward has always failed, and**  
94 **always will fail.** {Lt73-1896.35} Standing as you do, my brother and sister,  
95 **God's plan with you is to begin at the very seat of all difficulties, the heart,**  
96 **and then from out of the heart will issue the principles of righteousness;**  
97 **the reformation will be outward as well as inward.** {Lt73-1896.36}

98

99 Anticipate and cooperate in receiving the implanted blessings.

100 **God's way is to give man something he has not. But you have said, I want**  
101 **it not. God's way is to make man something he is not. Man's way is to get**  
102 **an easy place, and indulge appetite and selfish ambition.** God's plan is to  
103 **set man to work in reformatory lines,** then he will learn by experiences how  
104 long he has pampered fleshly appetites, and ministered to his own  
105 temperament, bringing weakness upon himself. **God's way is to work in**  
106 **power. He gives the grace if the sick man realizes that he needs it.** Man is  
107 too often satisfied to treat himself according to the methods of quackery, and he  
108 vindicates his manner of working as right. **God proposes to purify and refine**  
109 **the defiled soul; then He will implant in the heart His own righteousness**  
110 **and peace and health, and man becomes complete in Him.** {Lt73-1896.37}

111

112 Through the grace of Christ, self-denying action gains the desired victories.

113 **Through the grace of Christ men are to use their God-given faculties to**  
114 **reform themselves; by this self-denying action, which the Lord of heaven**  
115 **looks upon with approval, they gain victories over their own hereditary**  
116 **and cultivated tendencies.** {Lt73-1896.38} **The principle of self-denial and**  
117 **self-sacrifice, as revealed in the example of Christ, of John the Baptist, of**  
118 **Daniel and the three worthies, is to pass like a plowshare through**  
119 **hereditary and cultivated habits, through all circumstances and**  
120 **surroundings.** {Lt73-1896.41}

121

122 Transformation comes as a vital living, animating principle that takes  
123 possession of the entire man.

124 **Christianity ... is a living, animating principle that takes possession of**  
125 **mind, heart, motives, and the entire man. ... It is a vital, personal**  
126 **experience that elevates, purifies, ennobles the whole man.** {Lt73-1896.43}

127

128 Daniel and his companions enjoyed the reward those who seek to serve God in  
129 the best possible health, and shows the superiority of God's plan.

130 **Why did Daniel and his companions refuse to eat at the king's table? ...**  
131 **Because they had been taught that this class of food would keep the mind**  
132 **or the physical structure in the very best condition of health to do God's**  
133 **service.** {Lt73-1896.50} **The four Hebrew captives were thereafter**  
134 **permitted to have the diet they had chosen.** What effect did it have upon  
135 mind and character? They had conscientiously refused the stimulus of flesh and  
136 of wine. **They obeyed God's will in self-denial, and He showed His**  
137 **approval.** {Lt73-1896.51} **In the light of this scripture history, all the**

138 **testimony of man as to the advantages of a meat diet, or of a great variety**  
139 **of food, should not have the least weight with any human being.** {Lt73-  
140 1896.53}

141

142 Dedication to God without reserve will bring a clear mind.

143 **When the children of faith shall with earnest prayer dedicate themselves to**  
144 **God without reserve, the Lord will honor their faith, and will bless them**  
145 **with a clear mind.** {Lt73-1896.53}

146

147 Only God can subdue the heart.

148 **None but God can subdue the pride of man's heart. We cannot save**  
149 **ourselves. We cannot regenerate ourselves. In the heavenly courts there**  
150 **will be no song sung, "To me that loved myself, and washed myself, and**  
151 **redeemed myself, unto me by glory and honor, blessing and praise." But**  
152 **this is the keynote of the song that is sung by many here in this world.**  
153 **They do not know what it means to be meek and lowly in heart, and they**  
154 **do not mean to know this if they can avoid it.** {Lt73-1896.55}

155

156

### A Further Thought

157 **It is the grace that Christ implants in the soul which creates in man enmity**  
158 **against Satan.** Without this converting grace and renewing power, man would  
159 continue the captive of Satan, a servant ever ready to do his bidding. **But the**  
160 **new principle in the soul creates conflict where hitherto had been peace.**  
161 **The power which Christ imparts enables man to resist the tyrant and**  
162 **usurper.** Whoever is seen to abhor sin instead of loving it, whoever resists and  
163 conquers those passions that have held sway within, **displays the operation of**  
164 **a principle wholly from above.** {ST February 17, 1909, par. 7} Ever since the  
165 time that man aspired to be as God, and fell through Satan's deceiving power,  
166 **there has been a controversy between man and his Maker— a**  
167 **determination on the part of man to gain an independence wholly opposed**  
168 **to the life and lessons of Christ. Christians are to lay this struggle for**  
169 **independence on God's altar. Until we do this, God can not imbue us with**  
170 **His Spirit. All self-sufficiency is to be given up. The will is to be wholly**  
171 **yielded to God's will.** He who is truly seeking for help from on high will  
172 welcome the assistance and counsel that God sends, whatever means He may  
173 employ to give His directions. {ST February 17, 1909, par. 11} **In giving His**  
174 **only-begotten Son to live in our world and to be subject to temptation, the**  
175 **Father has made ample provision that we should not be taken captive by**  
176 **the enemy.** ... By a study of His experience we are to learn to discern the  
177 temptations of Satan, and in the strength of God's grace, to overcome.  
178 **Through the imparted merits of Christ, he who was once a sinful human**  
179 **being may be refined and purified, and stand before his fellow men as a**  
180 **laborer together with God. To the earnest seeker after God the divine nature**  
181 **will surely be imparted.** {ST February 17, 1909, par. 12}

182

183 *All quotations come from the writings of Mrs. Ellen G. White. Compiled by*  
184 *Dan Augsburg of Path2Prayer Ministries. Find more on overcoming at*  
185 *[https://www.discipleheart.com/righteousness-by-faith/the-will-and-gods-way-](https://www.discipleheart.com/righteousness-by-faith/the-will-and-gods-way-of-victory)*  
186 *of-victory. Write us: [discipleheart@protonmail.com](mailto:discipleheart@protonmail.com) 2024 TH2 c*