

## THE PHYSICAL LAWS OF THE KINGDOM

Evan A. Fry, Radio Minister  
 Reorganized Church of Jesus Christ  
 of Latter Day Saints  
 Independence, Missouri

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SCRIPTURE: Doctrine and Covenants Sec. 85, Par. 37,38.

Therefore cease from all your light speeches, and from all laughter, and from all your lustful desires, from all your pride and light mindedness, and from all your wicked doings ... See that ye love one another; cease to be covetous; learn to impart one to another as the gospel requires; cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful; retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated; and above all things, clothe yourselves with the bonds of charity, as with a mantle, which is the bond of perfectness and peace; pray always that you may not faint until I come; behold and lo, I will come quickly and receive you unto myself

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God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow nor crying, neither shall there be any more pain.

It is a strange and contradictory world in which we live. We have more and vastly better trained doctors, than at any time in the world's history. We have more hospitals, equipped with myriads of modern gadgets for the diagnosing, treating, and healing of human bodies. We have the modern miracle drugs, miracles of surgery, miracles of vitamins and diet, miracles of psychiatry. We have more than doubled the life expectancy of man in the past hundred years. Yet we seem to have more illness than we did a hundred years ago. We have conquered many of the great plagues that used to decimate whole cities, but we are told that one half the human race is still sick, and that eighty per cent of the American people need the services of a psychiatrist. Why? Whence comes all this illness?

Dr. Franz Alexander, Director of the Chicago Institute of Psychoanalysis, has said: "The fact that the mind rules the body, is, in spite of its neglect by biology and medicine, the most fundamental fact which we know about the process of life." We are beginning to look into the human mind -- into human emotion, and mental states -- for the cause of much present day illness and disease. Reliable physicians and research men report that from thirty to fifty per cent of our ills and sicknesses have no discoverable physical cause. Dr. Flanders Dunbar, a distinguished psychiatrist who has made extensive research into the relationship of mental and emotional states to physical illness, has discovered and proved statistically that bad emotional states and wrong mental attitudes can make people susceptible even to such an illness as a broken bone. Eighty per cent of the bone fracture cases studied by Dr. Dunbar were repeaters -- that is, they had had two or more accidents involving broken bones. If there is anything that is not mental, it is a broken bone; yet with the wrong mental or emotional attitude people who have just recovered from one broken bone frequently break another one soon after.

In an earlier sermon we have noted that when Jesus said "The kingdom of God is within you," he was speaking to the Pharisees who were anything but kingdom-minded; and that a better translation is that "the kingdom is among you," "in your midst," "available to you." Nevertheless, there is a sense in which this faulty translation is literally true. The laws of the kingdom of God -- and therefore in one sense the kingdom itself -- are within all of us, whether we be good or evil, whether we accept them or not. We are made for good, not evil; for health, not for sickness; for love, not for hate; for faith, not for fear and worry. The laws of the kingdom are an integral, inseparable part of body, mind, and spirit. When we violate those laws, we are fighting against Nature, against ourselves, against God -- and the results are made manifest in disease, and suffering, which have no demonstrable physical cause.

What are some of these physical laws of the kingdom? They are essentially the same as the spiritual and moral laws of the kingdom, for health is wholeness. The human personality rightfully should be a unity of body, mind, and spirit. Any attempt at division, any opposition between these three, any violation of law in any of these three realms, affects the whole personality. A sick mind or a sick spirit will almost inevitably produce a sick body. Therefore, the world which is mentally, morally, and spiritually sick has not yet found physical health, in spite of all the advances of medical science.

In a previous sermon we have pointed to the two great laws of the kingdom -- the man should love God with all his heart, mind, soul and strength, and love his neighbor as himself. Man was made to love God -- to have his life centered in God, not in himself. He was made to have faith in God. When we center our lives in ourselves, it does not take us long to get tired of ourselves, to discover that we are not nearly self-sufficient as we thought. Sooner or later there arises a situation with which we have neither strength or wisdom to cope, and we need God. If we have given our lives to God, if we have faith that he is our Father, and that he means well for us, we can go calmly on our way in the midst of every adversity, and our physical health will reflect our faith and spiritual serenity.

When we live with the attitude that the universe centers in us, and that other people exist to serve us, we are not only living against the laws of the kingdom, but against the laws of our own nature. "He that saveth his life shall lose it, but he that loseth his life for my sake shall find it." Have you ever known a self-centered man or woman, one whose whole life was spent in self-gratification and the pursuit of pleasure, who was truly happy, or even healthy? On the other hand, have you ever known a man or woman who lost himself in service to others who was unhappy? And usually the person who loses his life in serving his fellow man is too busy and too preoccupied to be bothered with his own aches and pains; he is pretty apt to be physically healthy, and to live longer than the selfish, self-centered man.

A multitude of physical ills grows out of the mental, spiritual, and emotional states which ignore God, the Father, and our brother men. Without faith in God, sooner or later we give way to doubt, to fear, to worry, to anxiety -- all of which find their expression in various ills and diseases of the body. A multitude of physical ills grows also out of the mental, spiritual, and emotional states which ignore the needs of fellowmen. When we fail to love our neighbor as ourselves, when we fail to deal with him equitably, righteously, mercifully, humbly, forgivingly, we are setting up conflicts within ourselves which open the door for physical disease, pain, suffering and premature death.

No progressive doctor or psychiatrist denies today that there is a connection between physical disease and such mental and spiritual and emotional states as hate, resentment, anger, hostility, and guilt. When you hate your brother, and want to kill him, you are killing yourself. When you refuse to love him, treat him as your equal, to give him justice, to give him his economic and social rights, you may rationalize and excuse your actions, but your own better nature will condemn you and mark you with a haunting feeling of guilt. If you refuse to recognize that guilt and right the wrong, you will be fighting against yourself. You will be destroyed in the battle, for a house divided against itself cannot stand. Sooner or later the conflict in your personality will result in aches and pains and diseases of the body. In plain language, you will be sick; and the doctor will not be able to find any physical reason for your sickness.

Half of the sick people of the world could be well if they could learn to have faith instead of fear, worry, and anxiety; if they could learn to lose themselves in service to others; if they could learn to replace hate, resentment, and anger with love; and guilt with obedience; if they would live in total obedience to all the laws of the kingdom. Jesus Christ can give us the release we need, can give us the new birth we need, can make us new creatures; can forgive all our iniquities and heal all our diseases. Sickness, suffering, sorrow and death are not the will of God, but the works of that evil one whose works Jesus came to overthrow. The miraculous power of his atonement, his resurrection, his redemption, is available to cleanse us of our guilt, to reconcile us to God and to our brother man, to give us the faith that assures us of the eternal watchcare of a loving and all-sufficient heavenly Father, to give us life instead of death. When Jesus bids us to love both God and neighbor, and to lose our lives in service to others, let us hear and heed him, that we may live our lives in faith, in peace, and in health of body, mind, and spirit.