

Word of Wisdom Study Class

Class 3 with Barbara Hobbs

Study Notes

July 27th, 2025

<https://www.youtube.com/watch?v=HFVFL0f36dg>

<https://www.livinghopebranch.org/word-of-wisdom-class-3/>

Summary

In this class, Barbara Hobbs discusses the scriptural foundations and practical applications of the Word of Wisdom, emphasizing its role not as an endpoint but as the beginning of a journey toward physical and spiritual health. Barbara highlights the importance of absolute surrender to God's will in all aspects of life, including health practices. The Word of Wisdom is presented as a basic, plain guideline that should be complemented with other scriptural teachings on health, such as proper sleep, avoiding complaining, and maintaining positive attitudes.

Modern scientific research is integrated to support scriptural counsel on sleep, diet, and the detrimental effects of substances like caffeine, sugar, and pork. Barbara stresses the need for prayer, gradual lifestyle changes, and reliance on the Holy Spirit in following these health principles. Additionally, three healthful diets—the DASH, Mediterranean, and MIND diets—are introduced as compatible with the Word of Wisdom. She also underscores the value of cooking from scratch and consuming whole, plant-based foods while cautioning against addiction to substances like caffeine. Finally, Barbara presents the Word of Wisdom as a powerful missionary tool and a foundation for greater revelation and blessings from God when obeyed with faith and humility.

Highlights

1. **The Word of Wisdom is a foundational** but not exhaustive guide to health, requiring complementary scriptural counsel and personal revelation.
2. **Proper sleep is essential** for physical and mental well-being, with experts recommending 7–9 hours nightly and bedtime before 11 PM.
3. **Complaining and negative thinking harm** physical and mental health, while faith, repentance, and positive attitudes bring healing and peace.
4. **Caffeine, sugar, and pork consumption** have scientifically documented adverse health effects and should be avoided or limited.
5. **The DASH, Mediterranean, and MIND diets align** well with Word of Wisdom principles and promote overall health and cognitive function.
6. **Absolute surrender to God's will** encompasses obedience in physical health and spiritual matters, leading to divine blessings and greater understanding.
7. **The Word of Wisdom serves as a missionary tool** that combines spiritual and scientific truths, encouraging sharing health principles with others.

Key Insights

- 1. The Word of Wisdom as a Starting Point for Holistic Health:** Barbara clarifies that the Word of Wisdom is intentionally simple and foundational, designed to be the “milk” for the weak and a starting point for further spiritual and physical enlightenment. This approach encourages continual learning and deeper obedience to God’s commandments beyond just dietary restrictions, integrating prayer, sleep, fasting, and mental attitude. This insight highlights the need for a comprehensive lifestyle approach rather than a narrow focus on a few health rules.
- 2. Sleep’s Critical Role in Health and Spiritual Readiness:** Citing scientific studies, Barbara emphasizes that adequate, quality sleep is vital not only for physical health (reducing cardiovascular risks and aiding weight regulation) but also for emotional stability and spiritual alertness. This aligns with scriptural counsel to retire early and avoid oversleeping, linking physical rest with spiritual preparedness—a holistic view often overlooked in modern religious health discussions.
- 3. The Destructive Power of Complaining and Negative Thinking:** Barbara’s personal testimony about overcoming a complaining attitude illustrates how negative thinking and vocal dissatisfaction deplete spiritual and physical health, causing stress and illness. The scriptural remedy of faith, repentance, and cheerfulness underscores the interconnection between mental health and obedience to God’s commandments, offering a spiritual pathway to emotional and physical healing.
- 4. Scientific Validation of Scriptural Dietary Warnings:** The detailed explanation of caffeine, sugar, and pork’s harmful effects demonstrates a remarkable alignment between modern science and ancient scriptural health guidelines. For example, caffeine’s addictive qualities and its physiological harms correspond with the Word of Wisdom’s caution against “strong drinks.” Similarly, the British WWII sugar rationing study provides compelling evidence for limiting sugar intake, reinforcing scriptural counsel to avoid harmful foods.
- 5. The Importance of Absolute Surrender in Health and Spiritual Life:** Absolute surrender—unconditional yielding to God—is presented as the heart of obeying the Word of Wisdom and other commandments. This surrender is not passive but involves active humility, patience, sacrifice, and obedience. It is the foundation for receiving God’s promises, including greater wisdom and health. This insight ties physical health practices directly to spiritual devotion, emphasizing that obedience is motivated by love and trust in God rather than mere rule-following.
- 6. Complementary Diet Plans Supporting the Word of Wisdom:** The introduction of the DASH, Mediterranean, and MIND diets showcases practical, science-backed eating plans that align with scriptural principles—emphasizing plant-based foods, whole grains, nuts, seeds, and limited processed meats and sugars. These diets provide actionable frameworks for those seeking to live the Word of Wisdom in a modern context, highlighting its ongoing relevance and adaptability.

7. **Health as a Stewardship and Missionary Opportunity:** Barbara reinforces that caring for one's body is a divine stewardship and an act of self-love mandated by scripture. Moreover, living healthfully is also a powerful missionary tool, as it provides a tangible witness of God's wisdom and care. This dual perspective encourages believers to view health not only as personal responsibility but also as a way to bless and influence others spiritually.

Conclusion

This comprehensive teaching connects scripture, personal experience, and modern science to demonstrate that the Word of Wisdom is a foundational guide to holistic health involving body, mind, and spirit. Barbara challenges believers to embrace absolute surrender to God, integrating prayer, obedience, and practical lifestyle changes such as improved sleep, positive thinking, and healthy diets. Barbara encourages continual growth and reliance on the Holy Spirit for guidance, positioning health obedience as both a personal blessing and an effective missionary approach. Ultimately, Barbara calls for a deeper understanding of physical health as part of one's covenant with God, promising that faithful adherence will unlock greater revelation and eternal blessings.