

These Perilous Times
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Revisiting Our Health Message

Part I – Diet

With diabetes, obesity, heart disease, and cancer of every sort having reached pandemic proportions in the United States, physicians are performing more surgeries, health professionals are prescribing more medications, and professional advice than ever before.

Crash diets that promise quick weight loss elicit many who struggle with weight problems. There is even a TV game show called, "The Biggest Loser," where the contestants are required to lose the most weight in the least amount of time as possible, {to be the winner of the contest} while being put through an extreme physical, and mental training regimen by a weight-loss guru!

Owners of commercial health spas, and gymnasiums are enjoying astronomical spikes in

new memberships; due to over-weight America, and God's remnant people are not immune!

We know the lasting effects of good health practices—good health is not an accident, its intentional!

We believe in a holistic Christianity, that envelops the balance of four distinct behavioral objectives; **Spiritual, Mental, Physical, and Social**, that when ascribed to, will lead us to a closer connection to our Lord and Savior!

What does this mean for us?

Obvious Signs Do Tell The Season

Food sources that contribute to poor health

Most people are aware of the fact that more and more food franchises are advertising that their establishment produces the "biggest burgers," {with several toppings} the "best pizzas," {with several toppings} the "best subs," {with several toppings} the "best shakes and ice-cream," the "best stakes,"

and the "tastiest fried chicken" that your money can buy, et cetera! What many of these well-known establishments don't tell you, {Perhaps they don't know themselves} is about the cumulative health risks and damage such unhealthy food products can cause!

The question that I want to raise is; can we prayerfully come to some conclusion of the type of diet God's people should be advocating as we anticipate the Lord's Soon Coming?

Without becoming fanatical, single-minded or bias let's examine the facts from God's Holy Word and the counsel from God's inspired messenger to His church, to get a clearer upstanding!

Diet-the Genesis Account-In the Beginning

And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the

earth, wherein there is life, I have given every green herb for meat. {food} and it was so.”
Genesis 2.29, 30, {emphasis provided}

Notice that even the animals that Adam gave names to while in the Garden of Eden were vegetarians, and not to be consumed for food. However, after the flood we know that God pronounced certain animals clean and unclean and ok for consumption, {See Leviticus 11}.

While God's people were in the wilderness He feed them with manna from heaven for forty years containing no animal products at all,¹ But because of their unbelief, and perverted Egyptian-acquired appetites God also rained down flesh for their consumption, {Emphasis provided}.²

¹ Ex. 16:15, 35; Num. 11:7; Deut. 8:16; Heb. 9:4; Rev. 2:17

² Psalms 78:22-33

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”

I Corinthians 3.16, 17, {Emphasis provided}

But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, {food offered to idles, clean and unclean, as well as delicacies- junk food} nor the wine which he drank, therefore he requested of the prince of the eunuchs that he might not defile himself.”

Daniel 1.8, {Emphasis provided}

After three years on a vegetarian diet, and only water to drink the four Hebrew worthies were ten times wiser in learning than all the members of the king's staff. ³

³ Daniel 1:18-21

Then was Jesus led up of the spirit into the wilderness to be tempted of the devil. And when He had *fasted forty days and forty nights*, He was afterward an hungered." Matthew 4:1, 2

After Jesus had prayed and fasted His mind was crystal clear enabling Him to resist the temptation of the devil.

During the time of the Jewish economy, {the time of the earthly sanctuary, and ceremonial law} especially on the "Day of Atonement" the Israelites would fast while searching their souls, and heart for any sin they was in their lives and repent. Today we are living in the "Antitypical Day of Atonement," or "Investigative Judgment" prior the Coming of Christ, how do God's remnant reciprocate to the Spirit's leading when confronted with a lack of self-control concerning our diets?

Counsel from God's inspired messenger

{Sugar}

"Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings

peevisness into the disposition... Anything that hinders the motion of the living machinery, affects the brain very directly. And from the light given me, sugar, 'when largely used' is more injurious than meat..."⁴ {Emphasis provided}.

Preparing for Translation

Flesh foods

"Among those who are waiting for the coming of the Lord, meat eating will eventually be done away with; flesh will cease to form a part of their diet... A diet of flesh meat tends to develop animalism. A development of animalism lessens spirituality, rendering the mind incapable of understanding truth..."⁵ {Emphasis provided}.

Vegetables

"Prove thy servants I beseech thee, ten days; and let them give us pulse, {vegetables that are legumes} to eat, and water to drink ... and at the end of the ten days their countenances appeared fairer and

⁴ E. G. White. Counsels on Diet and Foods, pp. 327, 328.

⁵ *Ibid*, p. 382.

fatter, {healthier looking} in the flesh than all the children which did eat the portion of the king's meat, {food}." Daniel 1.12, 15.
{Emphasis provided}

"Vegetables, fruits and grains should compose our diets. Not an ounce of flesh should enter our stomachs. The eating of flesh is unnatural. We are to return to God's original purpose in the creation of man..."⁶ {Emphasis provided}.

Let's practice temperance in all things!



⁶ Ibid, p. 380