

DISCOVER PROPHECY



It Pays To Read The Owner's Manual

14

Increase in Health Disorders

More people are dying each year to illness and disease. Despite modern technology's advances in medicine, people are still dying of the same old causes.

The three major causes of death here in the United States are heart disease, cancer and stroke. All of which are lifestyle related. Even though modern medicine has provided a means to trace and track these diseases, people are still dying of them.

These causes of death are, like many others, a result of a choice of lifestyle, rather than a matter of chance. Though cancer and cardiovascular diseases can be hereditary, it is often the result of one's own choice to live. How you treat your body today, may effect the way you die later.

Prosper In Health

God desires that we not only grow stronger spiritually, but mentally, emotionally and physically! He wants us to be as happy as we can be and since our health relates, to a great degree, to our happiness, He wants us to be healthy. "Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers" 3 John 2.

In contrast, the devil wants to destroy our lives and will use any means necessary to accomplish that task. "The thief comes only to steal, kill and destroy; I came that they might have life, and might have it abundantly" John 10:10. Whereas the devil will use any means possible to destroy our lives, God desires that we live an abundant life.

Since God wants us to be happy in every realm of life, including our physical bodies, He has given us instruction within His word as to how we might be able to live a longer, happier life. If understood and practiced, you will find greater happiness and joy! "Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete..." 1 Thessalonians 5:23.

If we are true to God's word, and we seek to come closer and closer to Christ, we will find every aspect of ourselves becoming better and better in Jesus Christ. Even our bodies!

A Temple of God

In describing our personal physical bodies, the Bible uses the symbolism of the Old Testament sanctuary. At this point in the New Testament church, there is no longer a need for an earthly sanctuary and sacrificial system. Whereas the sanctuary building once represented the dwelling place of God, it no longer does. Now He dwells within each one of those who have given their lives over to Him. "I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship" Romans 12:1.

According to the Bible, when we give our whole lives over to Jesus Christ, He then wants dominion over us entirely, even our physical bodies. This is done by us asking, "What does Jesus want me to do with my body?"

"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body" 1 Corinthians 6:19,20.

"Whether, then, you eat or drink or whatever you do, do all to the glory of God" 1 Corinthians 10:31. Whatever we do, we want to glorify Jesus Christ! Now, we must ask ourselves, how can we glorify God in our bodies? That would be simple in concept, "Live Healthfully," but how is it that God wants us to live? By understanding that our bodies are no longer ours when we accept Jesus Christ.

Because of His death on the cross, He bought us back. When we give ourselves over to Him, we follow each and every part of His will for us, including that which reflects our body.

If God says in His law that "Thou shalt not kill" Exodus 20:13, then we shouldn't be doing any killing. Even if that killing is the killing of ourselves; a slow suicide! So what are some of the things that would kill us physically? If God wants us to treat our bodies good, because they are temple of His Spirit, what should we be sure to do and what are some things we definitely should not do?

Tobacco Kills

Cigarettes are deadly. In today's modern world, this is no surprise. Everyone knows that cigarettes are not just bad for you, but they will kill you! My stepfather died of cancer to the throat just a few years ago. What a horrible sight it was to see him lying there on the bed, with a tracheotomy in his neck, hardly able to speak or breath, living a miserable life.

Cigarette smoking contributes to a great deal of health conditions. Let me just list a few of them:

Heart disease: Though heart disease is mostly effected by the narrowing of the arteries, supplying blood and oxygen to the heart, cigarettes, when smoked, take the nicotine into the system. Once the nicotine enters the body's system, it begins to constrict the arteries, making the passage way smaller and more difficult to transport the blood and oxygen. If you have just finished a high fat meal, your blood will greatly thicken, making transport through normal arteries difficult, but smoking a cigarette after dinner will make the chances of heart attack very likely!

Strokes: Much like a heart attack, strokes occur when the arteries to the brain are prevented from transporting blood and oxygen. When the oxygen doesn't get to the brain, the brain dies (or at least part of it). This is a stroke. And cigarettes make the arteries smaller, allowing less oxygen access to the brain.

Cancer: The use of tobacco in any form can cause various forms of cancer. Lung cancer and cancer of the throat are the major forms of cancer caused by tobacco. As the smoke and chemicals enter into the body, they begin killing cells and mutating others that cannot be stopped. These mutated cells (cancer cells), are often very strong and grow rapidly, often only destroyed by physically removing or radiation.

Emphysema: This disease is a lack of oxygen and the ability to breathe. Your lungs contain many small sacks. As you inhale, these sacks fill with oxygen and transfer it to the blood cells. As people smoke, taking in the deadly smoke and chemicals, it destroys many of the sacks, providing less space for the oxygen to collect and thus causing a lack of oxygen in the system.

Premature Births: As mothers smoke, they take in the deadly smoke and chemicals. One such chemical is nicotine. This addictive chemical is transferred to the blood stream and transported throughout the mother's body. Since the baby lives as a result of the mother's system, the baby begins consuming the chemicals. This baby is now experiencing the same chemicals as it's mother, only its body is much smaller, thus possibly

causing many birth defects and addictive tendencies. As a result, the baby may be born long before desired.

Poor Circulation: As stated before, the chemicals in the body's system cause the blood vessels and arteries to become smaller. This causes the ability to transport blood throughout the system to slow greatly thus causing a lack of circulation.

Shortness of Breath: This is caused by the destruction of the lungs air sacks.

If you struggle with the addictive substance of tobacco, be sure to let us know when you are ready to overcome. There is no sin greater than the power of Jesus Christ and we would be willing to help you kick the habit. "The things which are impossible with men are possible with God" Luke 18:27.

Healthful Diet

Since God made us and knows what is best for us, included in the Bible are principles of healthful eating. These principles, when boiled down can be stated in one sentence: Eat the healthiest that you can!

In the Garden of Eden, God reveals His ideal of healthful eating. If you want to live the healthiest, this is what you would want to follow. "Then God said, 'Behold, I have given you every plant yielding seed that is on the surface of all the earth, and every tree which has fruit yielding seed, it shall be food for you" Genesis 1:29.

God's ideal healthful diet is to eat only what He made for us to eat. Natural foods, such as fruits, vegetables, nuts, grains, legumes and water was the diet for Adam and Eve. God knew what was best for them. He understood them and what would be best for them and had provided for them just what they needed.

If we want to be faithful to God in all areas of our lives, we will want to live a healthful life. Since God's ideal of healthful living is the food He created for us to eat, we will want to strive toward reaching that goal. For we will definitely live a happier life as a result.

Now God does allow the eating of flesh animals. For me to say that God completely forbids any eating of meat, would not be biblically true. Though God's ideal is for us to be vegetarian, eating only what He created for us to receive, He does allow the eating of meat in certain circumstances. Notice that the introduction of flesh eating was at Noah's ark.

God instructs Noah what to take onto the ark. "You shall take with you of every clean animal by sevens, a male and his female; and of the animals that are not clean two, a male and his female" Genesis 7:2. The world is

about to be completely destroyed by flood. Everything that is on the face of the earth is about to be wiped out, excluding those people and animals upon the ark.

God therefore instructs Noah to take the animals onto the ark. The clean ones by sevens the unclean ones by two.

As God had said, the rains and floods came and destroyed the world by water. The people and animals are safe on the ark. After the ark settles onto dry ground, the animals and people exit. However, now that the vegetation of the earth has been destroyed and that there is now little to eat, God steps aside from the ideal of health and gives Noah and his family a special provision to instead eat some of the animals. Since there were only two of every unclean animal, we know it must have only been of the clean. The book of Leviticus describes the difference between the two.

“Whatever divides a hoof, thus making split hoofs, and chews the cud, among the animals, that you may eat...” The clean animals are those that have these two characteristics, they have hooves that are spilt and they chew the cud (eat their regurgitated food). These would be the cow, elk, deer, etc.

“Among those which chew the cud, or among those which divide the hoof: the camel, for though it chews the cud, it does not divide the hoof, it is unclean...” Those animals that contain one or none of the characteristics, and not both are considered unclean, The camel is one of them. The cat, dog, pig and rodents are some of these.

“These you may eat, whatever is in the water: all that have fins and scales, those in the water, in the seas or in the rivers, you may eat...” Of the water creatures, the animals that we are free to eat are those that have both the fins and scales. Most fish are among these. Your salmon, trout, bass, etc.

“But whatever is in the seas and in the river, that do not have fins and scales among all the teeming life of the water, and among all the living creatures that are in the water, they are detestable to you” Leviticus 11: 1-10. These unclean water animals would include all shelled animals, such as crab, clam and shrimp.

Why would God allow the people to eat only certain meats? Remember that God’s desire is that you live the healthiest you can! Eat the healthiest, is God’s ideal! God would rather that you not eat any meat, but if you must, He says that you can only eat those animals and creatures that are clean.

Here’s a fun idea for you and your family. Take two sheets of paper and begin going through the animals

of the earth and distinguish which are clean and which are unclean based on this understanding of God’s ideal. Once you’ve done that, note what each group has in common. Want to know what you’ll find? Those animals that are unclean are those that are scavengers; the ones that clean up the garbage of the earth. The crabs and clams eat the garbage of the sea, the pigs and dogs the garbage of the earth.

The cow is clean, the pig unclean. Why? Because the pig eats the garbage and the cow does not. The pig has so much disease associated with it. Trichina Larva lay often in the meat of pigs and many people each year are dying because they eat pork. God desires that we be healthy and happy, not sick and miserable. So when you are considering what you can and cannot eat, ask yourself this, “What would God want me to do?”

An example of this was in the life of Daniel and his three friends. You’ll find this experience in the first chapter of the book of Daniel.

They had just arrived in Babylon and were to begin their training in the schools of Babylon. As part of this training, they were needing to eat the food provided. “And the king appointed for them a daily ration from the king’s choice food and from the wine which he drank...”

When Daniel saw all of the food that was given to him to eat, he decided that it would not be best for him to eat it. “But Daniel made up his mind that he would not defile himself with the king’s choice food or with the wine which he drank...” The food that was given them had been sacrificed to the heathen gods and as was a practice of the Israelites, they could not defile themselves of any food that had been offered as such. So Daniel chose not to eat any of the king’s food.

This got the attention of the guard and the guard tried to persuade Daniel to eat of the food for fear of becoming ill. Daniel instead came up with another plan. “Please test your servants for ten days, and let us be given some vegetables to eat and water to drink...” Daniel could have asked for anything, but rather he asked for God’s ideal diet.

Daniel understood that God’s ideal is that we eat the healthiest we can. If we must eat meat, then eat among the clean animals. But if we can eat healthier, we should! Daniel knew that he could, so he asked for the ideal Eden diet. What was the result? “And at the end of the ten days their appearance seemed better and they were fatter than all the youths who had been eating the king’s choice food. So the overseer continued to withhold their choice food and the wine they were to drink, and kept giving

them vegetables to eat...” You can test God. Step out in faith and see for yourselves whether God’s plan is best or not. Do it and you’ll discover it is the best diet. “And as for every matter of wisdom and understanding about which the king consulted them, he found them ten times better than all the magicians and conjurers” Daniel 1.

Speaking of those people who God is very displeased with, the Bible says that they are those, “Who sit among graves, and spend the night in secret places; who eat swine’s flesh, and the broth of unclean meat is in their pots.... These are smoke in my nostrils, a fire that burns all the day” Isaiah 65:4,5. God really doesn’t want us to eat unclean foods.

Alcohol Kills

What does the Bible have to say about the subject of alcohol? “Wine is a mocker, strong drink a brawler, and whoever is intoxicated by it is unwise” Proverbs 20:1. According to the Bible, if we want to follow God with our whole heart, and seeking to bring Him glory in our body, we would refuse to drink the destructive drink of alcohol.

“Those who linger long over wine, those who go to taste mixed wine. Do not look on the wine when it is red, when it sparkles in the cup, when it goes down smoothly; at last it bites like a serpent, and stings like a viper” Proverbs 23:30-32.

Alcohol has no good qualities. It is deceptive, addictive, destroys brain cells and dramatically affects our ability to reason. Satan uses this vice as a means of destroying peoples health, mind and family. God wants us to have nothing to do with it.

“Woe to those who rise early in the morning that they may pursue strong drink; who stay up late in the evening that wine may inflame them” Isaiah 5:11. “It is not for kings to drink wine, or for rulers to desire strong drink, lest they drink and forget what is decreed, and pervert the rights of all the afflicted” Proverbs 31:4,5.

The best thing to do is abstain from the destructive substance. I know that people can drink a few sips of wine after dinner every once in a while and not get drunk or do anything stupid, but understand the influence that it brings on others who see it. Children or grand children see it in the cupboard and assume that alcohol is OK. In time they begin drinking it. They may abuse it and destroy their lives. Why? Because of your influence.

Doesn’t the Bible say that it’s OK to drink wine? Yes it does, but we must understand that the Bible uses the word wine to refer to two distinctly different grape

beverages, one unfermented and the other fermented. The Hebrew word “yayin” in the Old Testament and the Greek word “oinos” in the New Testament can mean either the fresh, unfermented juice of the grape, or the fermented intoxicating drink. To understand the Bible’s perspective in the topic, we must look at the use of both. Fermented wine the Bible is against, unfermented grape juice is OK.

In all, God desires us to follow His will for healthful living. Those who destroy themselves and do not follow God’s will will ultimately be lost. “For the Lord will execute judgment by fire and by His sword on all flesh, and those slain by the Lord will be many. ‘Those who sanctify and purify themselves to go to the garden, following one in the center, who eat swine’s flesh, detestable things, and mice, shall come to an end altogether,’ declares the Lord” Isaiah 66:16,16.

All Food Clean?

In Acts chapter 10, Peter is up on the roof top and goes into vision. In the vision he sees a large sheet coming down from heaven. On this large sheet is all kinds of animals, both clean and unclean. God then instructs Peter to take some and go ahead and eat. Peter, knowing that the foods are not fit for consumption, chooses not to eat the food. “By no means, Lord, for I have never eaten anything unholy or unclean” Verse 14.

God replies, “What God has cleansed, no longer consider unholy” Verse 15. Was God now saying that it is OK to eat of any animal, that there is no longer any distinction between clean and unclean animals? No. God instead was illustrating a point to Peter. It had nothing to do with food, but rather with treating other people equal. Peter explains the meaning of the vision.

“God has shown me that I should not call any man unclean or unholy” Verse 28. The point God was making was not dietary, but ethnic equality. It matters not what race you are, God loves you and you can receive salvation and be a tool to share the gospel of Jesus with other. “Of Him all the prophets bear witness that through His name everyone who believes in Him receives forgiveness of sins” Verse 43.

Created To Be Eaten

Does 1 Timothy 4:3 say that it’s OK for me to eat whatever I want and that flesh foods should not be forbidden? “...in latter times...men who forbid marriage and advocate abstaining from foods, which God has

created to be gratefully shared in by those who believe and know the truth.”

Does this verse say that all flesh foods can be eaten as long as you’re a believer in Jesus Christ? Is that what it says? Let the verse speak for itself. Note that it says the foods we should be eating are those “which God created to be gratefully shared...” What foods did God create to be eaten? According to the Bible, did God create animals to be eaten? No, that was much later, at the flood.

Instead, God created the natural foods to be eaten. Here, Paul is saying that there would be people who would come along saying we shouldn’t eat those foods which God created to be eaten. This verse says nothing of flesh foods at all.

Living Healthier

It is God’s plan that we live longer and happier. I know that for some to make the change might be difficult, let me recommend that you not make it all over night. Start first by abstaining from the unclean foods, because God doesn’t want us to eat that. Then, learn how to eat healthier. We supply cooking classes to teach how to eat healthier. Remember, though it may be tough, you can do it with Christ. “I can do all things through Him who strengthens me” Philippians 4:13.

Jesus, our high priest will help you overcome, “For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin. Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace to help in time of need” Hebrews 4:15,16.