

God's Free Health Plan

In the book of Daniel, we find the story of Nebuchadnezzar, king of Babylon, capturing the city of Jerusalem, along with Daniel and his three friends, Hananiah, Mishael, and Azariah (better known today as Shadrach, Meshach, and Abednego) along with other young people, and took them back to Babylon to be trained in the Babylonian way of life.

Daniel 1:3-5, 8

"And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes; Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king."

Much to their surprise, they were not mistreated, but, rather placed in the Babylonian schools. They were going to be taught by the best teachers and given food and drinks directly from the king's table. But notice what Daniel had decided before he came to Babylon.

Vs. 8

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself."

So in **verse 12** Daniel asks permission to be given a test.

Vs. 12

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

The word "Pulse" comes from the Hebrew word "Zeroa" meaning vegetables, fruits, grains, legumes, etc. In other words, Daniel was asking for a trial diet of fresh fruits, nuts, grains, and vegetables, along with pure water to drink. At the end of ten days, he and his three friends were found to be, "Fairer and fatter" than the others that didn't follow God's dietary plan. You might ask, "What was wrong with the king's food or the wine that he drank?" Daniel and his friends had been taught never to eat anything that was unclean or that had been offered to idols, nor to drink anything that wasn't pure. He had been taught the same things that God is trying to teach us. Notice as we read:

1 Corinthians 3:16-17

"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."

1 Corinthians 10:31

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

God's plan for His people is for them to keep themselves pure and not to destroy their bodies, whether its what we eat or drink or what we do, we are to "Do all to the glory of God."

So in this study we want to take a look at what the Bible says about some of the popular things we eat, drink or do to our bodies. Lets start with what we drink.

Proverbs 20:1

*"**Wine is a mocker, strong drink is raging:** and whosoever is deceived thereby is not wise."*

Proverbs 23:29-33, 35

*"Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? **They that tarry long at the wine; they that go to seek mixed wine.** Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. **Thine eyes shall behold strange women,** and **thine heart shall utter perverse things.** They have stricken me, shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will seek it yet again."*

Obviously this is talking about the effects of alcohol on the brain. Notice these quotes from the book Proof Positive, by Dr. Neil Nedley.

"Brain cells cannot be regenerated once they are lost."

*"With just a single drink and a low blood alcohol level of .02 percent, **there is blunting of the frontal lobe** capacities with a decrease in judgment and inhibitions."*

*"**Every time** a person takes a few drinks of an alcoholic beverage, even a few beers or cocktails at a social function, **he permanently damages his brain, and probably his heart and liver also.**"*

*"Dr. Knisely has now demonstrated that this brain damage is not merely an end effect; **but occurs progressively from the first cells destroyed by the very first drink a person takes;** and that the damage accumulates relentlessly with every drink he takes hereafter at any time or place."*

But you might say, "Wait a minute, doesn't the Bible say, don't get drunk, but that a little wine is good?" Let's look at what the Bible says about that.

1 Timothy 5:23

*"Drink no longer water, but **use a little wine for thy stomach's sake** and thine often **infirmities.**"*

At first look, you might think that the Bible is advocating using a little alcohol for your stomach's sake, but notice, he apparently had been using just water. Let's back up a few verses so we can take this passage in context, listen to what Paul is telling Timothy.

1 Timothy 5:21-23

*"I charge thee before God, and the Lord Jesus Christ, and the elect angels, that thou observe these things without preferring one before another, doing nothing by partiality. Lay hands suddenly on no man, neither be partaker of other men's sins: **keep thyself pure.** Drink no longer water, but use a little wine for thy stomach's sake and thine often infirmities."*

Obviously, it would be hard to keep pure, while drinking something that was impure, spoiled or rotten! The Bible has already shared with us that we should stay away from juice that has

fermented, so Paul is not advocating that Timothy drink fermented juice, but rather pure grape juice. Pure, non-fermented, fresh grape juice has healing properties in it that is good for the body, when taken in moderation. Can you imagine Jesus partaking in drinking something that would alter His ability to make good decisions? Or that was impure? If Jesus wouldn't do it, then we shouldn't either.

Isaiah 65:8

*"Thus saith the Lord, As the **new wine is found in the cluster**, and one saith, Destroy it not; for a blessing is in it: so will I do for my servants' sakes, that I may not destroy them all."*

The new or fresh wine is "*Found in the cluster.*" You get a cluster of grapes fresh from the vine. Let's now move to another area the devil has people hooked on that alter our abilities to make good decisions, and that is the use of Tobacco. I remember one time a man that loved to chew on cigars after he ate, said to me, "*The Bible doesn't say anything about cigars or cigarettes!*" It is true, the words cigar nor cigarette, is not in the Bible. But neither is heroin, cocaine, or opium, mentioned in the Bible, yet we wouldn't say these are okay to use, just because they are not in the Bible, would we? Of course not. Notice what the Lord warns Israel about.

Deuteronomy 29:18-20

*"Lest there should be among you man, or woman, or family, or tribe, **whose heart turneth away** this day from the Lord our God, to go and serve the gods of these nations; **lest there should be among you a root that beareth gall and wormwood**; And it come to pass, when he heareth the words of this curse, that he bless himself in his heart, saying, I shall have peace, though I walk in the imagination of mine heart, to add drunkenness to thirst: The Lord will not spare him, but then the anger of the Lord and his jealousy shall smoke against that man, and all the curses that are written in this book shall lie upon him, and the Lord shall blot out his name from under heaven."*

It is interesting here that the word "*Gall*" comes from the Hebrew word "*Rosh*," meaning a poisonous plant. Likewise, the word "*Wormwood*" comes from the Hebrew word "*La'anah*" meaning poison. Now, where the Bible doesn't spell out the words cigar, cigarette, heroin, cocaine, and etc, yet the Bible does tell us we need to take care of our bodies and not destroy them by putting poisonous things in them! We know, it is a well proven fact that tobacco is poisonous! In any form! Therefore, we should stay away from putting poisons into our body in any form.

The Lord, through His servant Moses, told the children of Israel, on the borders of Canaan, "***Ye have not eaten bread, neither have ye drunk wine or strong drink: that ye might know I am the Lord your God.***" Deut. 29:6

For forty years, God had fed them with manna-bread from Heaven, and they had not partaken of alcoholic drinks; for they must have strong bodies, and clear minds, as they made their long journey to the promised land of Canaan.

Friends, we are on the borders of the Heavenly Canaan; and how important it is for us to practice the principles of temperance and healthful living; for we must have physical endurance for the crisis before us; and we must have clear minds to comprehend the truths of God's Word, through which we are enabled to form a relationship with our Lord.

Power-filled Evangelists, like John Wesley and Charles Finney, used to preach strong sermons against the evils of tobacco, coffee, and tea; but, today, many professed Christians are indulging

in their use. The Bible has set forth principles that apply to the evil indulgences of that time and also apply to the destructive habits of our day. In our society, nicotine, found in tobacco, and caffeine, consumed in coffee, tea, and pop, are poisonous, habit-forming drugs, along with the many other illegal drugs; and their use destroys the body temple. Certainly, every Christian should refrain from using caffeinated beverages. We should eat a nutritious diet that will impart strength and energy, drink plenty of pure water, and exercise frequently in the open air, and get plenty of rest. In our stressful society, the Christian needs to have calm nerves in order to cope with the various situations of life.

Isaiah 55:2

"Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and eat ye that which is good, and let your soul delight itself in fatness."

Many health-conscious people of the world are getting rid of these health destroying habits; but the Christian has a much greater incentive than just wanting to preserve his health. Paul makes this point very clear.

1 Corinthians 6:19-20

*"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? **For ye are bought with a price:** therefore glorify God in your body, and in your spirit, which are God's."*

We want to glorify God in our bodies with healthful practices. Paul also states that the world watches their health to obtain riches and material things of this world, but how much more should the Christian do it, to glorify the Lord!

1 Corinthians 9:25-27

*"And every man that striveth for the mastery is temperate in all things. Now **they do it to obtain a corruptible crown; but we an incorruptible.** I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: **But I keep under my body, and bring it into subjection:** lest that by any means, when I have preached to others, I myself should be a castaway."*

God had mankind's best interest in the Garden of Eden, where He said:

Genesis 1:29

*"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.**"*

Some animals were never intended to be eaten; for these were the scavengers of the earth, sea, and sky. They were created for the purpose of cleaning up the waste; in other words, they were living garbage pails! Remember, God made a clear distinction between the clean and the unclean at the time of the flood.

Genesis 7:1-2

*"And the Lord said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation. **Of every clean beast thou shalt take to thee by sevens,** the male and his female: and of **beasts that are not clean by two,** the male and his female."*

In Leviticus chapter 11, God goes into great detail describing those beasts that may be eaten, and those that may not be eaten.

Leviticus 11:44-47

*"For I am the Lord your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. For I am the Lord that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy. This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: **To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.**"*

Leviticus 11: 1-8

*"And the LORD spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, **These are the beasts which ye shall eat** among all the beasts that are on the earth. **Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud,** among the beasts, **that shall ye eat.** Nevertheless **these shall ye not eat** of them that chew the cud, or of them that divide the hoof: as the **camel**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the **coney**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the **hare**, because he cheweth the cud, but divideth not the hoof; he is unclean unto you. And the **swine**, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. **Of their flesh shall ye not eat, and their carcase shall ye not touch; they are unclean to you.**"*

Key Point:

The Lord is speaking! This is not a Mosaic law, but rather God's law. He says that whatsoever has a split hoof and chews the cud of the land mammals, are clean to eat. But, if they don't have a split hoof and chew the cud they are unclean and should not be eaten. He then gives some examples of what shouldn't be eaten, such as the camel, coney (type of rabbit), hare (rabbit), and swine (pig). God now turns to what we can eat in the waters.

Leviticus 11:9-12

*"These shall ye eat of all that are in the waters: whatsoever **hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat.** And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which is in the waters, they shall be an abomination unto you: They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination. **Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.**"*

Key Point:

Of animals that are in the waters, **if it has both fins and scales, it is ok to eat.** Like trout, salmon, bass, bluegills, carp, crappie, flounder, grouper, halibut, perch, and many more. But, if it doesn't have fins and scales, they are unclean and should not be eaten. Such as, clams, lobster, crab, catfish, eels, turtles, conch, shark, swordfish, crayfish, mussel, oysters, shrimp, to name a few. The Lord now turns our attention to birds, but focuses on what birds shouldn't be eaten.

Leviticus 11:13-20

“And these are they which ye shall have in abomination among the fowls; they shall not be eaten, they are an abomination: the eagle, and the ossifrage, and the ospray, And the vulture, and the kite after his kind; Every raven after his kind; And the owl, and the night hawk, and the cuckow, and the hawk after his kind, And the little owl, and the cormorant, and the great owl, And the swan, and the pelican, and the gier eagle, And the stork, the heron after her kind, and the lapwing, and the bat. All fowls that creep, going upon all four, shall be an abomination unto you.”

Key Point:

Notice that all of these birds are scavengers! They eat dead flesh. So birds that are not prone to eat dead flesh are clean to eat. Birds that are vegetarian has a crop in their throat that helps them in their digestion process. So birds like turkey, chicken, pheasant, quail, dove, duck, partridge, and many more, are clean to eat. The Lord now turns our attention to the animals, that creep on this earth, that should not be eaten.

Leviticus 11:29-30

“These also shall be unclean unto you among the creeping things that creep upon the earth; the weasel, and the mouse, and the tortoise after his kind, And the ferret, and the chameleon, and the lizard, and the snail, and the mole.”

Key Point:

The Lord says that the weasel, mouse, tortoise (turtle), ferret, chameleon, lizard, snail and mole are all unclean. While some of these we might never think about eating, we need to remember that the Bible was written for all mankind. Different areas of the world eat different kinds of animals, therefore, the Lord has given us guidelines that will help us, no matter where we live.

Leviticus 11:44-47

"For I am the Lord your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. For I am the Lord that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy. This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten."

Today the devil has made the unclean foods, delicacies! The most common being pork and sea food. Yet God tells us these animals were never meant to be eaten! They were God's answer to keep the earth sanitized!

Now, you might say, "Pastor, that is true in the Old Testament, but in the New Testament, God cleansed all food!" Let's look at this experience that Peter had with the sheet that had all the animals on it.

Acts 10:1-14

"There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian band, A devout man, and one that feared God with all his house, which gave much alms to the people, and prayed to God alway. He saw in a vision evidently about the ninth hour of the day an angel of God coming in to him, and saying unto him, Cornelius. And when he looked on him, he was afraid, and said, What is it, Lord? And he

said unto him, Thy prayers and thine alms are come up for a memorial before God. And now send men to Joppa, and call for one Simon, whose surname is Peter: He lodgeth with one Simon a tanner, whose house is by the sea side: **he shall tell thee what thou oughtest to do.** And when the angel which spake unto Cornelius was departed, he called two of his household servants, and a devout soldier of them that waited on him continually; And when he had declared all these things unto them, he sent them to Joppa. On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: And he became very hungry, and would have eaten: but while they made ready, **he fell into a trance,** And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth: Wherein were **all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air.** And there came a voice to him, **Rise, Peter; kill, and eat. But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean.**"

Acts 10:17

"Now while Peter doubted in himself what this vision which he had seen should mean, behold, the men which were sent from Cornelius had made inquiry for Simon's house, and stood before the gate,"

Acts 10:19-20

"While Peter thought on the vision, the Spirit said unto him, Behold, three men seek thee. Arise therefore, and get thee down, and go with them, doubting nothing: for I have sent them."

Acts 10:28

"And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any man common or unclean."

It is good to notice that Peter says in verse 14 that he had "never eaten anything that is common or unclean." He knew the scriptures well. So, where did God show Peter not to call any "Man" common or unclean? Through the vision of the sheet with all the animals on it! The Jews looked at the Gentiles as dogs and unclean, yet God wanted to get the message across to Peter, that the Gentiles were just as precious to Him as the Jews were. So He uses an analogy that Peter would understand. Rather than draw our own conclusions, doesn't it make more sense to let Peter, who is being led by the Holy Spirit, give us the understanding of the vision? God wasn't communicating a new dietary law! **It was not about food it was about people!**

Peter continues to proclaim that God is no respecter of persons or people.

Acts 10:33-35

"Immediately therefore I sent to thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God. Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him."

As a result of Peter going and preaching to Cornelius and his household, they believed, the Holy Spirit came on them, and they were baptized.

Acts 10:44-47

*"While Peter yet spake these words, **the Holy Ghost fell on all them** which heard the word. And they of the circumcision which believed were astonished, as many as came with Peter, **because that on the Gentiles also was poured out the gift of the Holy Ghost.** For they heard them speak with tongues, and magnify God. Then answered Peter, **Can any man forbid water, that these should not be baptized,** which have received the Holy Ghost as well as we?"*

In chapter 11, Peter is questioned by the other disciples as to why he would go to the Gentiles. He then repeats the experience to them about the vision. How that the Holy Spirit told him to go, of their belief in the truth, and the Holy Spirit falling on them, just like the Holy Spirit had fallen on themselves. After hearing this, all they could do was rejoice that the Gospel was going to the Gentiles!

Acts 11:15-18

*"And as I began to speak, **the Holy Ghost fell on them,** as on us at the beginning. Then remembered I the word of the Lord, how that he said, John indeed baptized with water; but ye shall be baptized with the Holy Ghost. Forasmuch then as God gave them the like gift as he did unto us, who believed on the Lord Jesus Christ; what was I, that I could withstand God? **When they heard these things, they held their peace, and glorified God, saying, Then hath God also to the Gentiles granted repentance unto life.**"*

Although God has given man permission to eat clean meats, He has never given them permission to eat the **blood** or the **fat** of the animals. Immediately after the flood, when almost all plant life had been destroyed, God gave His consent for man to eat the flesh of the clean animals, but He also added this wise restriction.

Genesis 9:3-4

*"Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, **which is the blood thereof, shall ye not eat.**"*

God reiterates this in Leviticus chapter 17:

Leviticus 17:11-14

*"For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul. Therefore I said unto the children of Israel, **No soul of you shall eat blood,** neither shall any stranger that sojourneth among you eat blood. And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; **he shall even pour out the blood thereof,** and cover it with dust. For it is the life of all flesh; **the blood of it is for the life thereof:** therefore I said unto the children of Israel, **Ye shall eat the blood of no manner of flesh:** for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off."*

The Lord tells us that if we are going to eat meat, it needs to be without the blood in it. He tells us the blood was poured upon the horn of the altar, pointing forward to Christ blood that He was going to shed on Calvary. Because it represents His blood as an atonement for our sins, we are not to eat it. Christ is very clear that if we eat the blood, we will be cut off.

Another reason to not eat the blood is a medical one. The moment an animal is slaughtered, his blood circulation stops; and those toxic wastes, that were on their way to the kidneys for

elimination, remain in the blood. It is these waste materials, including urea and uric acid, that give meat its distinctive flavor. If the animal is diseased, the blood is diseased; and if we insist on eating the flesh, we too become diseased! You would be astonished at the animals that have the diseased parts removed from their carcasses, and then the remains are passed on to the public for food consumption!

You might say, that's in the Old Testament, but in the New Testament the disciples didn't lose sight of the fact God had said don't eat the blood.

Acts 15:13

"And after they had held their peace, James answered, saying, Men and brethren, hearken unto me:"

Vs. 28-29

*"For it seemed good to the Holy Ghost, and to us, to lay upon you no greater burden than these necessary things; That ye **abstain from meats offered to idols, and from blood, and from things strangled, and from fornication:** from which if ye keep yourselves, ye shall do well. Fare ye well."*

Remember, Jesus Christ is the same yesterday, today, and forever. He doesn't change! So when He asks us not to eat meat with blood, He means you and I today. After all we don't want to take casually, the blood of Jesus. Therefore, if we are going to eat clean meat, we need to kosherize it. All kosher **meat** and poultry must undergo a special process to remove it. The **meat** or poultry is soaked in clean water for thirty minutes, then removed to drip dry. After a few minutes of dripping, the **meat** is salted and left to hang for sixty minutes to further draw out any remaining blood.

I have personally found that if I would follow the eight laws of health, I would have a healthier body and mind. What are those eight laws of health? They can be summed up in the acronym NEWSTART. Here is what it stands for:

Nutrition
Exercise
Water
Sunlight
Temperance
Air
Rest
Trust in God

I have found, from experience, that its not just one of them, but by putting all of them into practice will help me to get healthy again. Remember, a healthy body leads to a healthy brain, which helps us to understand the Bible and God's will for our lives. Paul gives us good counsel when he tells us to live our lives for Jesus.

2 Corinthians 5:15

*"And that he died for all, that **they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.**"*

Would you like to make a decision today to begin to practice God's plan for natural health and beauty? Daniel followed it, and God blessed him, just like He will you, if you begin to follow His plan today!