

HOPE FOR HUMANITY

REVELATION TODAY

PRESENTATION 13 • LIVING YOUR LONGEST LIFE

SLIDE • HIPPOCRATES. Hippocrates was a Greek doctor who lived about 400 years before Jesus was born. He was the author of the famous Hippocratic Oath, and while he was clearly a man of considerable wisdom, he gets a lot of credit for saying things he didn't actually say. The words, "First do no harm," don't actually appear in the Hippocratic Oath, although that sentiment can be deduced from the text of his famous statement. And if you thought Hippocrates said, "Let your food be your medicine and your medicine be your food," you'd be mistaken. No one knows exactly where that came from, but it certainly didn't come from Hippocrates.

But even though we don't know where the quote came from, the idea that some foods have healing properties is accurate.

SLIDE • LEAFY GREENS. Leafy green vegetables—kale, spinach, arugula, and so on—are high in vitamin C and a host of other vitamins, they contain antioxidants (which protect your cells from damage).

SLIDE • BERRIES. Berries are extraordinarily good for you, high in fiber, vitamins and antioxidants.

SLIDE • NUTS/SEEDS. Nuts and seeds are packed with protein, healthy fats and vitamins, sweet potatoes are a good source of carbohydrates, vitamins and minerals, (**SLIDE • OATS**) while simple oats are amazingly nutritious, containing soluble fibers, they're filling so they can help with weight loss, and on and on. A simple oat. You can go on down a list of foods that are incredibly good for you, inexpensive, easy to find and easy to eat.

SLIDE • HEALTHY FOOD. So if all of this is good for you—apples, whole grains, walnuts, avocados, broccoli, onions, lentils—and if it's so easy to find, and so simple to eat... Why in the world are we so sick?

SLIDE • DEEP FRIED FOOD. I think we both know. The reason might just be that we prefer our food if it looks like... this. Deep fry it, slather it in butter, cook it in fat, drown it in salt. What in the world can we expect?

SLIDE • SODA CAN. Take water. Add flavorings, and then add NINE teaspoons of sugar. And then drink gallons of it. Any wonder why we're ill?

SLIDE • BOWL OF CEREAL. Your favorite breakfast cereal may contain enough sugar to sink a battleship. Feed that to your children every morning and you shouldn't wonder why they can't sit still in school.

SLIDE • WHITE BREAD. God created wheat, but someone took the roughage out of it and started making bread out of highly refined white flour. That white bread is digested rapidly and causes significant fluctuations in blood sugars. You don't need to be a doctor to know that's far from ideal.

See, it isn't hard to figure some of this out. I'm not ignoring that some people have complexities in their health. We acknowledge that. But we (**SLIDE • CIGARETTES**) understand something about cause and effect. Smoke, and you're going to damage your lungs and dramatically increase your odds of developing lung cancer. (**SLIDE • ALCOHOL**) Drink alcohol, and you're causing a long list of problems.

By the way—did you ever do that thing when you were a child and put an old coin into... a certain soft drink? Let's try that now. We'll see how we're doing at the end.

SLIDE • BODY/ILLNESS. The human body is fragile. There's so much that can go wrong, and often does. Kids get cancer. People—usually older—develop dementia. There are debilitating diseases like Parkinson's and ALS that we don't know a lot about and that seem to strike at random. So you'd think that we'd be careful about doing the best we can with what we've got.

SLIDE • PRESCRIPTION DRUGS. The CDC says 85% of Americans over the age of 60 are using prescription drugs. And almost 1 in 5 kids aged under 12. The most commonly-used drugs for people aged 20–59? Antidepressants.

Don't misunderstand me. If a person needs to take a prescription drug, they should. But the question we have to ask ourselves is, Why are we here? What's wrong that we're in this health-care mess?

SLIDE • HOSPITAL. About 659,000 people in the United States die from heart disease each year—that's 1 in every 4 deaths. Heart disease costs the United States about \$363 billion a year. There's a heart attack every 40 seconds in this country—and every other western country is basically the same. And heart disease is just one of many lifestyle-related diseases that are causing such huge problems.

SLIDE • SALT. Americans consume about 3400 mg of salt a day, even though the recommended daily salt intake is less than 2300. You can easily get 1800 mg of salt in one burger.

SLIDE • BURGER. One burger chain offers a burger that contains more than 2800 mg of salt. Salt has been described as the deadliest ingredient in the food supply. Believe it or not, there's one meal at a certain restaurant containing more than 13,000 mg of salt. Even if you share it with someone else, that's a hideous amount of salt. So, we're killing ourselves, basically. And that's not what God envisaged when He said to Adam and Eve, in (**SLIDE • GENESIS 1:29**) Genesis 1:29, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food." That's God writing the menu.

SLIDE • GENESIS 3:1–4. In Genesis 3, Satan said to Eve, "Has God indeed said, 'You shall not eat of every tree of the garden?'" And the woman said to the serpent, "We may eat the fruit of the trees of the garden; but of the fruit of the tree which is in the midst of the garden, God has said, 'You shall not eat it, nor shall you touch it, lest you die.'" Then the serpent said to the woman, "You will not surely die."

God was clear, there. Do eat this, don't eat that. If only Adam and Eve had followed what God said.

Over in the book of Acts, a major church council is held. We know it today as the Jerusalem Council, and in that council they were deciding some important questions and replied to those questions by saying, (**SLIDE • ACTS 15:19–20**) "I judge that we should not trouble those from among the

Gentiles who are turning to God, but that we write to them to abstain from things polluted by idols, from sexual immorality, from things strangled, and from blood.” That’s pretty clear, isn’t it? Don’t eat blood, and for good reason. Back in Leviticus God stated, “The life of the flesh is in the blood.” Nowhere did God say, “Don’t eat fruit!”

SLIDE • 3 JOHN 2. John wrote in 3 John 2, “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

And wouldn’t that seem sensible, given the climate in which we find ourselves? Today we’re dealing with a public health crisis, and God from the very beginning has urged us to be in good health. Because He wants us to live... forever. Jesus connected our eternal life to our diet when He said, (**SLIDE • JOHN 6:56**) “He who eats My flesh and drinks My blood abides in Me, and I in him.” That’s John 6:56. And you know I’m speaking figuratively there, but Jesus was very clear. Eat well, live forever! If your spiritual diet is right, you’ll live forever.

SLIDE • JOHN 6:53–55. “Jesus said to them, “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and My blood is drink indeed.”

SLIDE • JUNK FOOD. The problem is, junk food tastes good. But that’s not the major problem. If you just ate dessert on special occasions, you’d be fine. But we don’t operate the “off” button very well. We’re good at on—wide open—but not so good at restraint. I’m not referring to people with health problems that make it difficult for them to moderate. Plenty of people like that. Some people are predisposed to certain health problems, such as weight gain. But in general, we know the challenges, we recognize them, few people don’t know the difference between healthy and unhealthy food, but the challenge is making good decisions.

But look where this REALLY matters.

SLIDES (2) • 1 CORINTHIANS 6:19–20. “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

This matters to God. And it impacts us spiritually. And that’s what’s most important.

SLIDE • DANIEL. Long before he wrote the book of Daniel, a young Daniel was taken captive, taken as a slave and removed from his home in Jerusalem. He was taken to Babylon, where he was offered Babylonian food, which Daniel knew he couldn’t eat in good conscience as it violated principles God had given His people.

SLIDE • DANIEL 1:8 says, “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.” When encouraged to eat the food offered him by the King of Babylon, Daniel kept his body pure out of honor for God, and as a result God was able to use him to deliver some of the most profound prophetic messages ever given. There would have been no book of Daniel if Daniel was not committed to the principles God gave Him. He kept his mind clear, and he excelled physically and spiritually.

SLIDE • DANIEL 2 IMAGE. God was able to use him to deliver some of the most profound communications ever given to human beings.

Who do you think has been egging us on to put garbage into our bodies and cause ourselves immense harm? There's no question. It wasn't God who said, "Take those vegetables and deep fry them!"

God never encouraged us to use illegal drugs. They do immense damage to the mind. Thank the Lord, addiction can be beaten and many, many addicts have turned their lives around. But drug addiction harms the mind.

You'll hear people say, "Surely it's okay to drink alcohol." A University of Washington study released a few years ago stated that there is "no safe level of drinking alcohol."

SLIDE • WOMEN DRINKING. Even light drinking increases the likelihood of breast cancer in women. Binge drinking can alter your genes. The talk you hear about moderate drinking being good for you? Well, God doesn't back that up.

SLIDE • PROVERBS 20:1. "Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise."

We know alcohol is dangerous. (**SLIDE • CAR WRECK**) Think of the traffic deaths and the injuries that alcohol causes. (**SLIDE • VIOLENCE**) So much domestic violence is fueled by alcohol. (**SLIDE • PRISONS**) Prisons are full of people who have committed crimes under the influence of alcohol. (**SLIDE • IMMORALITY**) Alcohol is related to immorality, and there's no question about that.

But didn't Jesus drink wine? What was it that Paul told Timothy? This is 1 Timothy 5:23. (**SLIDE • 1 TIMOTHY 5:23**) "No longer drink only water, but use a little wine for your stomach's sake and your frequent infirmities." Is it possible, Paul could have been advising Timothy to drink alcohol for his upset stomach? Not in light of what the Bible says.

SLIDE • WINE. Grape juice, yes, but not alcohol. Grape juice may help settle an upset stomach, but cabernet sauvignon, not so much. And then of course there's the wedding feast where Jesus turned water into wine. It's interesting that people just assume it was alcohol that Jesus made. But the One who inspired the Bible writers to speak of the dangers of alcohol didn't recommend alcohol use Himself. Of course He didn't create 100 or more gallons of liquor at the end of a wedding feast.

The key you're looking for is right here.

SLIDE • ISAIAH 65:8. "As the new wine is found in the cluster, And one says, 'Do not destroy it, For a blessing is in it,' So will I do for My servants' sake, That I may not destroy them all." Notice the Bible said there's a blessing in it, when it's on the vine. That's Grape Juice.

SLIDE • SMOKER. And so of course smoking isn't the will of God. He wants what's best for you. Jesus died to separate you from habits like that.

SLIDE • WARNINGS 1. Warnings on cigarette packets are graphic, and they're (**SLIDE • WARNINGS 2**) unambiguous.

And I might as well mention caffeine to you, because it isn't harmless.

SLIDE • COFFEE. Caffeine disrupts the chemistry of the brain by affecting levels of neurotransmitters that keep the brain in balance, leading to many different mental illnesses and disorders, including depression.

SLIDE • QUOTE. "Caffeine is the world's..." And according to the experts, it's a mind altering drug. Jesus came into the world so that we could have life. A more abundant life."

SLIDE • JOHN 10:10. “I have come that they may have life, and that they may have it more abundantly.”

God’s plan worked in the beginning.

SLIDE • GENESIS 5:27. Remember, Methuselah lived 969 years. But from then to now there has been a great change. Remember the dietary plan they were following back then?

SLIDE • GENESIS 1:29. “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”

It wasn’t until later that God allowed them to begin eating animals. And even then, look how God moderated this.

SLIDE • GENESIS 7:2. “You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female.”

And later God repeated some of this and gave more information.

SLIDE • LEVITICUS 11:3. “Among the animals, whatever divides the hoof, having cloven hooves and chewing the cud—that you may eat.”

SLIDE • LEVITICUS 11:4. “Nevertheless these you shall not eat among those that chew the cud or those that have cloven hooves: the camel, because it chews the cud but does not have cloven hooves, is unclean to you.”

SLIDE • CAMEL. So that’s the camel.

SLIDE • RABBIT. The next verse says rabbits are unclean.

SLIDE • LEVITICUS 11:7. “And the swine, though it divides the hoof, having cloven hooves, yet does not chew the cud, is unclean to you.”

SLIDE • PIG. Pigs are unclean.

A new report shared about a woman who was told she had a brain tumor, and when doctors opened her head and looked into her brain, they found a parasitic worm in her brain. How did it get there?

(**SLIDE • TRICHINA LARVAE**) It all starts with eating undercooked pork.

But wasn’t that just for the Jews? Notice: the Bible says it will still be important when Jesus comes.

SLIDES (3) • ISAIAH 66:15–17. For behold, the Lord will come with fire and with His chariots, like a whirlwind, to render His anger with fury, and His rebuke with flames of fire. For by fire and by His sword The Lord will judge all flesh; And the slain of the Lord shall be many. “Those who sanctify themselves and purify themselves, To go to the gardens After an idol in the midst, Eating swine’s flesh and the abomination and the mouse, shall be consumed together,” says the Lord.

SLIDES (2) • LEVITICUS 11:9–10. “These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers—that you may eat. But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you.”

SLIDE • UNCLEAN SEA CREATURES. What does that include? And why? Crayfish and shrimp are bottom feeders. They eat the junk off the bottom of the sea floor. Oysters and other shellfish are filter feeders. They filter the water in the ocean and take out the impurities. People wanting to clean up Chesapeake Bay on the East Coast are saying the best thing to do would be to put in lots of

oysters. Each oyster can filter almost 50 gallons of water a day. And where does all the junk go that oysters filter out? In the end, a lot of it ends up on your plate.

SLIDE • LEVITICUS 11:13. “And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle, the vulture, the buzzard...”

SLIDE • BUZZARD. These are unclean. You wouldn't eat one of these at Thanksgiving or Christmas.

SLIDE • JESUS ON CROSS. But didn't these dietary laws change at the cross? Jesus didn't die to cleanse pigs, but sinners! The physical makeup of a pig didn't change at the cross. They are just as unclean after the cross as they were before it. But isn't this only for the Jews? Well, what's the difference between Jew/Gentile stomach? Good health is for all time. We need to get victory over body/soul's destructive habits.

SLIDE • PETER'S VISION. But what about Peter's vision? Let's look at that together. It's in Acts chapter 10. Now be careful. Too many times there's a tendency to allow one passage or even one verse to undo everything else that the Bible says about a subject. So let's look at this carefully.

SLIDE • ACTS 10:9–18. The next day, as they went on their journey and drew near the city, Peter went up on the housetop to pray, about the sixth hour. Then he became very hungry and wanted to eat; but while they made ready, he fell into a trance and saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth. In it were all kinds of four-footed animals of the earth, wild beasts, creeping things, and birds of the air. And a voice came to him, “Rise, Peter; kill and eat.” But Peter said, “Not so, Lord! For I have never eaten anything common or unclean.” And a voice spoke to him again the second time, “What God has cleansed you must not call common.” This was done three times. And the object was taken up into heaven again. Now while Peter wondered within himself what this vision which he had seen meant, behold, the men who had been sent from Cornelius had made inquiry for Simon's house, and stood before the gate. And they called and asked whether Simon, whose surname was Peter, was lodging there.”

Peter didn't understand this. But the Bible interprets this.

SLIDE • ACTS 10:28. Then he said to them, “You know how unlawful it is for a Jewish man to keep company with or go to one of another nation. But God has shown me that I should not call any man common or unclean.

SLIDE • ACTS 10:34. “Then Peter opened his mouth and said: “In truth I perceive that God shows no partiality.” No respecter. God was showing Peter that the gospel was to go the Gentiles now, and that Peter should make no distinction between people based on their race. Isn't that a good idea? He wasn't referencing what people should eat in any way. Peter was bigoted! He was a racist. God was telling him not to be, and to take the gospel to people he had regarded as being unclean.

SLIDE • BIBLE. Remember this: No good thing will he withhold... (Psalm 84:11).

The enemy of souls wants to ruin us. Has counterfeit everything, esp God's plan for good health. God says, eat and drink to the glory of God. Devil says, eat what want, when want, let taste buds be authority. Result is heart disease, cancers, strokes, and minds can't comprehend things of God and wander aimlessly.

There's a great conflict in the last days. We've been privileged to live on the edge of the return of Jesus. One day this world will pass away. God wants you to be with Him forever. And we can prepare for that by giving ourselves completely to Him.

SLIDE • ROMANS 12:1. I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.

SLIDE • ROMANS 12:2. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Remember what Jesus said? Love God with our whole heart, soul, mind, and strength. And God will do in us what we could never do in ourselves.

We're in a battle for the mind, and it's our privilege to be able to give our mind to God. And our body!

Closing illustration to be decided



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