

THE WORD OF

TRUTH

Bible Study Course

Ye shall know the truth, and the truth shall make you free.

John 8:32

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OUR DIET, AND HOW IT AFFECTS OUR PLANS FOR HEAVEN

In order to gain the greatest knowledge and understanding from the study of the Word of God and to recognise the presence of the Holy Spirit working in us, the mind needs to be clear. The more obstructions we can remove from the mind the more we perceive of the word of life.

How do we clear the mental pathway to the voice of God? Firstly, remove every known sin. Secondly, do what we know to be right, and lastly, correct the defects in the physical and mental chemistry.

Points one and two are self evident, but how do we correct and improve upon the biological function of the brain and the body? You will have possibly noticed that when you are sick it is difficult to do anything, whether it be physical or mental. Even the mental focus required in prayer is hard to do when ill. Health is like water, we take it for granted and even waste it, until there is not enough of it. Then, when health is gone, we long to know — how to regain health and stay healthy? The wise, of course, will act upon this question before there is a breakdown that may leave one scarred for life, or worse, lose eternal life! There are eight principles proven to be the foundation of sound health. They are simple and, for the most part, free...

1. Wholesome food
2. Clean water
3. Physical exercise
4. Fresh air
5. Right amount of sunlight.
6. Adequate rest
7. Peace of mind: This is only obtainable when one obeys the Creator
8. Temperance: Moderate quantities of that which is good and abstaining from that which is harmful.

Up to this point in our course of study we have looked at the way to relate to God from a mental, or spiritual approach. Of course, it is through the mind that we communicate with our Creator and actually *know Him*. So how does the physical part of man enter into that kind of relationship with a purely spiritual Being? What we eat affects the way we think and that means our spirituality! That is why God has devoted a portion of His word to inform us how we may have the best possible knowledge of Himself through a clear mind and perception of spiritual things.

This lesson will attempt to examine Gods diet for His people and how you and I may gain the maximum physical and spiritual blessing from a God who has provided for our every need.

GOD IS NOT RESPONSIBLE FOR SICKNESS

1. In respect to the physical part of man, what is God's desire for His people?

3John 2

Note: Jesus came to show us the way to eternal life. He also wishes us to enjoy this life free from sickness.

2. The work of Jesus was to reveal the truth of the Father and the Gospel of salvation. What was another prominent part of His ministry?

Matthew 4:23

3. What accompanies healing of disease?

Psalms 103:3, James 5:14,15

Compare 2Chronicles 7:14

Note: It is sin that causes disease. It follows then, that to stop doing that which destroys is the first step toward restoration. Clearly, turning away from sin will include ceasing every practice that weakens the body or mind. God said, He will heal us. That means, if we ask for it, He will provide the power to cease from the sin causing the disease.

Interestingly, the great Healer associates our healing with the healing of the land. As we take Christ into the heart, Christ's methods will be used in every phase of life, including our farming techniques and the way we prepare food.

4. What has God promised to do as a consequence of our turning away from our sin?

Exodus 15:26

Note: What were the diseases of the Egyptians? Egypt is a symbol of the world steeped in sin (God leads us out of Egypt Ex.20:2). The diseases of the world are the maladies we hear of continually – heart disease, cancer, diabetes, arthritis and so many more. Why are the people of the world thus afflicted? Because we have forsaken the Lord and

indulged dietary and lifestyle habits that are a direct violation of our being. That is, these practices work against that which would keep us alive and well! While diet certainly affects physical health, it also has an affect upon our spiritual health, and that effect is much greater than many realise.

DIET WILL AFFECT SPIRITUALITY

5. How does God implement His healing when we turn away from our sin?

Isaiah 55:2

Note: "Fatness" may mean either prosperity (Isa.17:4; 10:16; 3John 2), or obesity. From Deuteronomy 32:13–18 we see that intemperate eating caused overweight. The same indulgent appetite caused the soul to forsake God. When God says to eat that which is good and let thy soul delight itself in fatness, He obviously does not mean to indulge to the point of becoming weakened in our response to Him.

6. What was prophesied of Jesus concerning His diet?

Isaiah 7:14,15

Note: Christ's fare was not strictly butter and honey. This is a metaphor meaning good, wholesome food. The same symbolic language was used to describe the land of Canaan, a land flowing with milk and honey – a good land (Ex.3:8). God said, Eat that which is good (Isa.55:2). A wholesome diet is here described as being a major contributor to a man's ability to resist temptation and live the holy life. God's Spirit works in the mind of the man and if that mind is benumbed, by contaminants taken into the body, it will not be receptive to the voice of the Spirit. That weakened soul will fall to the temptation.

7. What makes a "good" diet?

Genesis 1:29

Note: To answer this question we must ask the Creator, and He says, every *herb bearing seed – grains*, such as – wheat, barley, oats, rice, etc. and *seeds*, like: millet, sesame and flaxseed. He also mentioned the *fruit of the tree yielding seed – or simply, fruit*. The definition of a fruit is, the part of the plant that contains the seed of the plant and grows from a flower. Examples would be: grapes, berries, apples, peaches, melons, olives, avocados, citrus, pumpkin, choko, tomato, zucchini, cucumber, etc. By definition, this would also include the nut family, such as: pecan, almond, hazel, walnut, brazil, macadamia and so on.

8. After sin entered the hearts of the pair in Eden, what changes did God make to their diet?

Genesis 3:18b

Note: Herbs are the vegetables. Vegetables are described as the leaf, stem and root of the plant. A few example would be: *leaf* – spinach, lettuce, rocket, boc choy; *stem* – celery, asparagus, rhubarb; *root* – carrot, potato, beetroot.

9. What are the leaves, or vegetables designed to do?

Revelation 22:2c

Note: The leaves of the tree were for the healing of the nations. God knew that our sin would bring disease, so He gave the vegetables to help reduce the suffering from those diseases. Herbs help the body fight disease.

FLESH FOODS

10. When did God permit the eating of the flesh of animals?

Genesis 9:1–3

Note: Animal derived foods were not permitted to be eaten until the time of the flood of Noah's day.

15. What did God say would be the consequence of eating the flesh of dead animals?

Genesis 9:5

Note: If a man kills another man, the life of the murderer is to be forfeited as a just penalty for his crime. That penalty is to be administered by men (v.6). When a man kills an animal, similarly, the life of that one will be required at the discretion of the animal. The question then arises – how can a dead animal hurt me? The answer is evident – a dead animal can only do us hurt if we eat it! Does that mean that the killing of animals is a sin? Inhumane treatment of animals and the unnecessary, indiscriminate killing of them definitely is a sin. However, to take the life of an animal with sound reason and to do it in a humane way is not a sin. (Ex.34:20).

So what is God actually telling us when He says, *I will require your life at the hand of the beast?* — He is saying that, eating the flesh of dead animals will shorten your life!

PRE AND POST FLOOD LIFESPANS

Before the flood, the conditions of nature were such as to promote longevity and people lived for almost a thousand years.

The wickedness of the race was to the extreme and God's heart grieved that He had made man (Gen.6:5,6). Did the antediluvian eat the flesh of animals and foster a perverted appetite? Did they perform the acts of violence, immorality and atrocities we see in the world today? — As it was in the days of Noah, so shall it be in the days of the coming of the Son of man (Luke 17:26–30; 2Pet.3:3–7) — They certainly did.

After the flood the conditions of nature had undergone a radical and unprecedented change. Now the globe had an altered atmosphere, causing

an increase in the ultraviolet radiation reaching the surface of the planet, the air pressure was greatly reduced; altered weather patterns (e.g. it did not rain before the flood, Heb.11:7) polar ice caps, a hot equator, areas of barren land and parts uninhabitable now formed a very different world to that enjoyed by the long-lived, pre-flood race.

From genealogy, the flood may be determined to have taken place approximately 1656 years after sin entered. Given the wickedness of the people, for most of that time they would have been involved in the eating of the flesh of dead animals. In spite of this long period of indulging a perverted appetite, the antediluvian maintained a life-span of between 777 – 969 years over 10 generations.

This side of the flood, the life span of the first seven generations, in just 339 years, had deteriorated from 438 – 148 years. Further to this, Shem, who spanned the deluge, lived 83% of his life after the flood and only reached the age of 600 years. This was in contrast to his father, Noah, who lived 950 years, 37% of which was after the flood. Clearly, Shem had been affected by the conditions that diminished the life-span of the race subsequent to the flood.

What do we conclude from these figures? — That the changed environmental conditions, after the flood, would seem to have more to do with the reduced life-span of the post flood inhabitants of this planet than did the eating of the flesh of dead animals.

16. What did God say was the prognosis for this world and for its inhabitants?

Isaiah 51:6

Hebrews 1:10–12

Isaiah 24:3–6

Note: The world waxeth old like a garment and they who dwell therein shall die in like manner. Man and beast languish and mourn under the curse of sin (Joel 1:18; Hosea 4:3).

SHOULD WE EAT FLESH FOODS ?

Let us summarise at this point. God creates man and gives the fruits, grains and nuts as his meat (food). Sin enters, and God adds vegetables to the diet as an aid to curb disease. At the peak of man's sin, God destroys the wicked race and informs the remnant of humanity that they may eat the flesh of animals. He further advises that to do so will wear down their life forces, affect their health and cause premature death.

17. What could be the reason for God giving a pointed directive, permitting men to eat the flesh of animals, when He knew it would shorten their lives?

Genesis 6:5-7

Note: This text seems to be unrelated to the question. However, consider God's motives for the destruction of the world by flood – it was because of the wickedness of the people. Now why would God tell the people to eat flesh? – Could it be to shorten their lives and curtail the long experience in sin? With longevity came the opportunity to practice even greater wickedness and compound the skills for every form of evil invention. So then, if flesh foods were permitted as a means of shortening the lives of the wicked race, consider the following....

18. God has said that eating the flesh of animals will shorten the life of man. What is the situation cited in the following examples?

Luke 24:41-43

Genesis 18:2-8

Exodus 12:3-10; Mark 14:12

Mark 6:34-44, note vv.41,42

Note: Jesus ate flesh foods: beef, lamb and fish and He fed fish to the people. How much flesh food Jesus ate during His incarnation is not stated. Reading Isaiah 7:14,15, it is clear that His diet was not physically, or spiritually debilitating. So what does that say for His eating of flesh foods? -- In the light of Genesis 9:5, His consumption

would have been less than that required to weakened Him.

Should we, today, eat flesh foods? It is permitted by Scripture to eat the flesh of the designated clean animals, but are there any other conditions that mitigate against such a diet? What Jesus ate was obviously acceptable for His time, but what of now? The waxing old of the world, the degeneration of man and of the animal kingdom has certainly created a different set of conditions to that of Christ's day and of Noah's day.

While flesh foods, in small quantities, may not have been a threat to life at the time of Christ, that situation certainly does not exist today. Many of the diseases afflicting man in these last days of the world's history can be traced to the use of flesh foods. Truly, the life of man is being taken by the animals he eats. We need to re-evaluate the counsel of God on this matter of approved flesh foods. Are we still abiding in His will when we indulge the flesh of dead animals? The next question may help.

19. Apart from the permission to eat flesh, what other guidelines has the Creator given in respect to that which will affect our physical and spiritual well being?

1Corinthians 10:31
 1Corinthians 6:19,20
 1Corinthians 6:12,13
 Romans 12:1,2

Note: If Jesus were to be on the earth today, as a man, could He eat the flesh of the dead animals and still be true to His own counsel? Animals are now in an advanced state of disease, they groan under their affliction. Typical diseases resulting from the eating of flesh foods would be: cardiovascular disease, coronary occlusion, stroke, intestinal cancer, bowel cancer and the serious disorders of all major organs of the body. There is also the very real danger of "mad cow disease," a devastating affliction that is present in many of the animal

species eaten by man. Is this presenting our bodies a living sacrifice and eating to the glory of God? To defile the body with a disease-generating indulgence is to invite the condemnation of our Creator (1Cor.3:17).

20. What is an essential part of the Christian's warfare against sin?

1 Corinthians 9:24–27, note v.25

Note: "Temperance" is the right use of all things – that is, moderate, or right quantities of that which is good and, the non-use of those things that will harm or diminish the efficacy of the body or mind.

21. What did God say would be the result of eating intemperately?

Proverbs 30:8–9

Psalm 106:13–15

Deuteronomy 32:15–18

Note: The word "convenient" in Proverbs is translated from the Hebrew word CHOQ (Strong's 2706), meaning: *an appointment, or apportioning of time, space, labour, quantity, or usage*. Which is to say, the right quantity for the purpose (temperance).

It is evident that the serious Christian will be particular about what he eats, and what he does not eat, lest his indulgence separates him from the God of his salvation (Isa.59:2). This would also indicate the attitude of Jesus as He chose the amount of flesh He would eat (Isa.7:15).

Whatever the level of non-harm to health and life flesh eating might have been in Biblical times, it is well recognised that the eating of flesh foods in this present age is a definite cause of many of the deadly diseases that afflict mankind. For this reason to abstain from eating animal products altogether would be a major step in preserving or regaining health.

There is a definite link between the mind and the stomach and between the mind and the whole body, one cannot be affected without having

its affect upon the other. Hence, when the biological function of the brain is diseased by flesh eating, the moral function of the mind is seriously distorted and retarded. This means that, a Christian eating flesh foods today will not be able to rise to the level of knowledge and experience with God, that that person would otherwise be able to do, should they have left flesh foods completely out of their diet.

22. God has clearly set forward that we are to make a distinction between that which we may eat and that which we may not eat, and act accordingly. If we choose to eat, or not eat, certain lines of the approved foods, what effect will this have upon our acceptance before God and compliance with heaven?

1Corinthians 8:8; Romans 14:17-20

Note: Eating temperately of approved foods is not a sin. The word translated "meat" is the Greek word, BROMA (Strong's 1033). It does not mean "flesh" per-se, but means simply, "food," including foods approved and/or forbidden by Jewish law.

These passages from 1Corinthians 8:1,8-12 and Romans 14 are set in the context of an admonition to guard our behaviour, lest another person be misguided when they witness our dietary habits. This may well apply to us today, when those who have a partial knowledge of the Scriptures on the subject of eating flesh foods, see those who have knowledge (1Cor.8:9-13), eating the flesh of animals in an age when most, if not all, of the animals slaughtered for human consumption are diseased to one degree or another..

23. Appearing to be very general in referring to food items, the Scriptures say that nothing taken into the body can defile it. How does this statement harmonise with God's instruction to make a difference between the clean and the unclean foods? Also, if what is eaten does not defile the man, what does defile him?

Mark 7:15-23

Note: There is nothing from without a man that, entering into him, can defile him, it goes out with the draught, purging all meats. Are we to understand this statement to mean that God has reversed His earlier command, where He forbade the eating of specific animals? (Lev.11). No. God is consistent and does not have to change His mind because His original plan was defective (Mal.3:6; Num.23:19). The defilement spoken of here is the moral defilement, the corruption of the mind with sin. When God mentions food comprehensively He only means that which He has previously approved (e.g. Gen.9:3). Notice the next question on this point....

24. When God invited Peter to kill and eat, even of the unclean animals, what was Peter's reply and what was the real lesson God was trying to teach Peter?

Acts 10:11–16,28,34,35

Note: God had no intention of having Peter eat that which He had previously forbidden. He was reminding Peter of a principle that has been in place ever since the days of Adam – and that is, all men that serve Him are His people (Isa.56:5–8; Micah 5:7,8; Gal.3:6–9,26–29).

25. What was it that the people of Israel desired and, God reluctantly granted, that resulted in their lean, or diminished spiritual condition?

Numbers 11:4–6

Note: God had already permitted the eating of flesh at the time of Noah, yet He was displeased at this attitude of the Israelites. Does God intentionally weaken a person's connection with Himself? Definitely not! He died to enable it. God was disappointed and angry with the people's complaining and rebellion, He gave them their request and the plague that resulted from their eating of the quails was not an affliction He struck upon the people, but it was the natural consequence of their over indulgence. Eating a temperate portion of the quails would not have harmed them. This account serves to illustrate the powerful hold the appetite for flesh foods has upon the soul. It is not always an easy practice to change.

26. When God approved the eating of flesh foods, what other instruction did He give concerning the preparation of the flesh?

Genesis 9:4; Leviticus 17:10–12

Note: Flesh of animals drained of the blood and washed repeatedly to remove all traces of blood is a process known as "kosher," a word meaning, in accordance with Jewish law.

Much of the disease in the flesh of animals is found in the blood. However, the flavour often sought for in the eating of flesh foods is in the blood. If those who eat flesh prepared it with the proper removal of the blood it would not be as palatable and a lot less of it would be eaten. Fruits, grains, nuts and vegetables would become more appealing.

For these last days, the prudent and dedicated follower of Jesus will therefore choose to eat the foods that will not weaken his faculties and thus numb his perception of God. Fruits, grains, nuts and vegetables are the foods God gave to man to promote his life, well being and mental (soul) connection with Himself.

Once a person is accustomed to consuming flesh, the appetite craves this preferred food and many people, thus held captive by appetite, strongly oppose any attempts to modify the diet. This principle may be illustrated by the tobacco user and those who are overly fond of alcohol, neither of them will readily relinquish the indulgence.

27. What was the nature of the temptation by which Eve fell?

Genesis 3:1–6

Note: The only way the devil can tempt us is through our senses and our carnal desires. Eve was approached through the sense of taste, or appetite. The fact that Satan was able to use this basic human need for food in the sinless pair, indicates that our appetite is a powerful means, by which, the tempter may access the mind of man?

What we allow to enter our blood stream, via the stomach or some

other means, will influence our whole decision making. Good food will sharpen the perceptions, while unwholesome food will dull the mind and make it impossible to break the hold of appetite and sin. Only creative power can release the captive (Isa.61:1). It would then follow that if we can overcome on the point of appetite we will be victorious over every other temptation.

28. What was the nature of the temptations presented to Christ when He was led into the wilderness?

Matthew 4:1–11
.....
Compare 1John 2:15–17

Note: These texts show us that temptation falls into one, or more of three categories. It may be presented as appealing to the flesh - carnal, that which gratifies the senses, the strongest being appetite and sexual; or it may appeal to the eyes - the window to the mind, we look and desire (covet); thirdly it may be to gratify the pride of life - covetousness and idolatry, the desire to exalt self.

The temptations put before Jesus fall into these three categories. It is significant that the first point on which He was tempted was – appetite. Satan's life depended on successfully inducing the Son of God to sin. He could not trust this important assignment to any of the other fallen angels, he must not fail, thus he personally attended to the matter and used his most powerful weapon to appeal to the flesh – appetite indulgence. This temptation has caused the fall of many, both before and after Christ.

Where man fell (appetite), Christ was victorious. The eating of the food was not a sin in itself, remembering that Jesus had not eaten for forty days. However, the issue raised by Satan over Christ's changing the rocks into bread and eating them would have been an act of broken faith in His heavenly Father (Rom.14:22,23). Satan posed to Jesus that

"If He be the Son of God, then command that the stones be made into bread." Had Jesus taken up this challenge, to prove Himself, it would have been tantamount to Him saying -- *My authority, position, Godship and mission are not sure and I am not sure of what I am doing here!* Such an act on Christ's part would have totally confounded the salvation plan.

Here we have seen that the good food that Jesus normally ate helped Him to have a clear mind to perceive the snare woven into what seemed to be a harmless suggestion. How important it must be for us also to eat as God has directed that our minds may also maintain a constant connection with the Holy Spirit. Thus, we, like Jesus may be quick and perceptive to refuse the evil and choose the good (Isa.7:15).

OTHER APPETITE INDULGENCES

We have been discussing appetite and its refinement for the preservation of life and health. Apart from medication, all foods and substances taken into the body are to satisfy appetite, whether that appetite be healthy or depraved. Hence, a study such as this would not be complete without mentioning the use of tobacco, alcohol and drugs.

29. What personal activities will exclude a person from the kingdom of God?

Revelation 21:27

Compare 1Corinthians 3:17

Note: An "abomination" is something that is intensely disliked, abhorred, or detested. Whatever defiles is an abomination to God. Tobacco is an insidious poisons that destroys both the body and the mind. It so weakens the physical, mental and spiritual dimension of a man that the tobacco user finds it very difficult to cast off the narcotic addiction. Nothing but the power of God can set the captive free.

The oft repeated tragedy is that the poor soul may be so enslaved by their addiction they will refuse the call of the Holy Spirit. By thus, shutting out God, they are left powerless to forsake their depraved indulgence. The consequences of such a course is the inevitable and tragic loss of the kingdom of heaven and eternal life

30. What other indulgences has God particularly singled out as among those that cause their perpetrators to be worthy of the wrath of God?

Revelation 9:20,21; 18:23

Note: Quite a list -- evil works, worship of devils, idolatry, murder and fornication. But there is one other, relevant to our topic -- *sorcery*. The word is to do with witchcraft, working in league with the spirit realm. However, it has a deeper meaning. It is translated from the Greek word PHARMAKEUS (Strong's 5332), *from pharmakon (a drug, i.e. spell-giving potion); a druggist ("pharmacist") or poisoner, i.e. (by extension) a magician*. It is clear that mind affecting drugs are intended to be included in the use of this word. Drugs that induce unnatural imagination, mental conditions, or physical effects to the detriment of health are a major crisis in many communities around the world today. The indiscriminate use of these drugs is taking the lives of many people while they make some drug-pusher rich. God will judge this great wickedness, both of the seller and of the user.

31. What unmistakable language does God use to warn the person who eats the forbidden flesh and uses that which God sees as an abomination?

Isaiah 66:17

Note: The reference in this text to "sanctification behind a tree in the midst of the garden" points to the practice of heathen religious ceremonies. The heathen built gardens and groves to situate shrines to their gods. It behooves us to note that, unholy, or unsanctified appetite is in the same category as corrupt religious practice and idolatry. Both are detested and rejected by God (Rev.18:1-3).

32. In his letter to the church at Philippi, Paul gives a brief description of those who become an enemy to the cross of Christ!! What does he say concerning the part appetite indulgence plays in their lives?

Philippians 3:18,19

Note: We saw previously that the temperance of Jesus is held up as an example for us to follow. This text shows the contrast between His temperance and the one who is captive to the vice-like grip of appetite indulgence in all its forms. Poor quality food, alcohol, tobacco and drugs, any one or all of these, will be the master of he whose god is their belly.

33. What has God said concerning the way we use our bodies?

Romans 6:12,13

1Corinthians 10:31

Note: To cease from sinful practices demands creative power, and this is especially true for the reversing of a depraved appetite. Fear not, for the love of God has opened the way to release. Jesus has come to set the captive free (Isa.61:1-3). You ask Him to help you not to do a particular sin, ask Him to help you with your eating and drinking.

34. We may understand that we worship God with the mind (spirit John 4:23), but how does our body enter into the worship of our Creator?

Romans 12:1,2

1Corinthians 6:19,20

Note: A living sacrifice that will glorify God -- the countenance will tell of the cleanliness of body and mind. The best physical condition a person may possess, for their circumstances, will be that resulting from observing the laws of health (listed on p.2). When our worship of God includes the proper care of the body others will see the work of God in our appearance (Eze.36:23).

CONCLUSION

God has given us a health program that may be viewed as having eight well defined segments. The segment discussed in this lesson relates to diet, what we put into our bodies. The most healthful food that may be eaten is that specified by our Creator, viz: .fruit, grains, nuts and vegetables. Fruits, nuts and vegetables should be served in a manner that is as near as possible to the way God made it -- raw. The more man has to do with its preparation the less nutrition the food will contain. Generally, refined commercial products will have synthetic, or inadequate nutritional content and in most cases harmful ingredients such as colouring, preservatives flavouring, white flour and cane sugar. Almost all commercially prepared foods are designed to make money, not make you healthy. Be very selective, reads labels.

Use stainless steel cookware, or Pyrex, glass or baked enamel. Aluminium poisons the food. Slow boiling in minimum water is the best way to cook. Baking, or open grill is next best. Microwave ovens kill food and render it sterile. Cold pressed extra virgin olive oil is the best and most nutritious oil to use in food preparation. All oils change their molecular structure if *overheated* and become more hurtful than beneficial. Animal fat is much worse. For this reason foods fried in fat are harmful. When frying in oil, use cold pressed olive oil and do not let it get hot enough to smoke. If it smokes, throw it away and start again. Use the oil only once and never deep fry. Grains should be well cooked in water, not oil.

Flesh foods and dairy products, while once permitted by God to be eaten, now form a serious breakdown in the nutritional link for the human body. The flesh of dead animals is so diseased it is responsible for most of the human diseases on this planet. For a happier, healthier life everyone would do well to remove all animal products from their diet.

The food we eat and what we indulge (e.g. cigarettes, alcohol, drugs and junk foods) also has a direct influence upon our spiritual well being. The wrong foods will definitely weaken our hold on God and can even destroy our relationship with Him entirely. Conversely, a diet based on God's instructions will serve to greatly enhance our joy and knowledge of God. This is because a good diet clears the mind and opens it to the impressions of the Lord's Spirit; while a poor diet dulls the mind and makes it less able to perceive the voice of God.

Another very important point — in making the change from a flesh-foods/dairy products regime to a vegan lifestyle, the transition must be done slowly. Begin with one vegetarian meal a week, then two vegetarian meals, and so on, until meat and then dairy products are no longer a part of your diet. Too rapid a change in diet can cause discomfort and often is the reason for discontent and subsequent discontinuation of the plan.

As with making the transition away from flesh foods, when changing to a more raw food diet, make the transition gradually. As with every phase of our lives, commit your diet to God and He will help you in your dietary decisions.

Just a few more poignant recommendations that will really accelerate the benefits. Eat no more than three meals a day. Two meals a day is better. Do not overeat. Allow at least five to six hours from the finish of one meal to the beginning of the next, taking nothing into the stomach between meals, except clean water. Each day drink approximately two litres of the best, clean water you have available. Avoid all confectionary and sugary drinks like cordials and soft drinks.

There are two principal reasons why a Christian desires to make the change from flesh foods, dairy products and junk foods to God's diet — that is, God's diet and lifestyle is healthier, happier and produces longer, quality life. The second reason is fundamentally three fold: to please God, to be in the best state of mind to receive God's Spirit and to have the mental acumen to know and understand Him.

May our God, who loves you and wants only your good, strengthen you. He will help you achieve a clean body and pure mind that your experience with Him will be all that it can be. The single, most effectual change you will make in your life to know God better, will be to come into harmony with His laws of health. And this we cannot fully know until we have done it. As with every change we make in our lives for Jesus – we cannot do it without His power.... Ask Him often.