



## THE BIBLE AND DIET

The Holy Scriptures have much to say about the care of the Body Temple. The principles of the laws of life are carefully set forth from Genesis to Revelation. But while the Bible gives us some valuable information concerning rest, exercise, temperance and the use of alcohol etc. it gives us the **most information** about the things we put in our mouths. Print out, and prayerfully fill out the work sheet below on the important subject of “The Bible and Diet”.

### The Things God Says We Should Eat

- 1) What was the original diet that God provided for Adam and Eve? Gen. 1:29

**Note:** The Great Chemist in the sky ordained that **fruits, nuts** (the fruit of the nut tree) and **grains** (herb bearing seed) should supply all the elements of nutrition that the original pair needed before sin entered our world. Originally there was no death. Adam and Eve were not chasing chickens and cows through the Garden of Eden with a knife to make them a meal.

- 2) After man sinned, what changes were made in man’s diet? Gen. 3:18,19

**Note:** When Adam and Eve came forth from the hand of the Creator the food was perfect and man’s digestion was perfect. After sin entered, man’s food deteriorated (Gen. 3:18) as did his ability to assimilate it. God in His divine wisdom added **bread** (cooked food Lev. 2:4, Matt. 6:30) and **vegetables** (herbs of the field) to maintain man’s strength.

- 3) What else was man allowed to eat after the flood? Gen. 9:3

**Note:** God allowed man to eat flesh foods in order to shorten his life “his days shall be an hundred and twenty years” Gen. 6:3. Though Heaven allowed this change, “from the beginning it was not so” Matt 19:8. God in His wisdom required some restrictions with meat-eating. The closer we approximate God’s original plan the better health we will have.

- 4) What were the children of Israel eating just before they crossed the Jordan River into Canaan?  
Josh. 5:11,12

**Note:** The history of God’s people just prior to crossing the Jordan parallels the history of modern Israel just before crossing into Heavenly Canaan. They did much walking (Joshua 5:6), slept outdoors, bathed in cold water ate “old corn” and the fruit of the land. Modern, mechanized society wars against this simple healthful lifestyle. The overuse of cars and motorbikes, sleeping with indoor air pollution, the neglect of cold showers and baths and the eating of processed foods is working against our best interest. The unhealthy Western lifestyle that many people live, is NOT preparing them to cross over into Heavenly Canaan.

- 5) What is one notable characteristic of the disobedient who reap affliction? Psa. 107:17,18

**Note:** The disobedient abhor all manner of meat (the food God ordained that we eat.) Many rebellious Church members denounce lettuce, carrots, and sprouts as “rabbit food”. People openly proclaim their finicky attitudes about food as if it were a badge of distinction. Yet the Scriptures teach that God eventually punishes “food complainers” Numbers 21:4-6.

6) What important benefit did Jesus derive from adhering to a plain, simple diet? Isa. 7:15

**Note:** Eating complicated meals deranges the stomach and affects the mind. Eating meals that have many different types of foods in it, often causes fermentation in the stomach. The resulting mild intoxication affects judgment. After Nadab and Abihu destroyed their power of discrimination through strong drink God instituted a statute that would help Israel to “put the difference between holy an unholy, between unclean and clean (Lev. 10:8-11).

### Heaven’s Dietary Restrictions

7) When God allowed man to eat meat after the flood, what stipulation did he have to observe? Gen. 9:3,4; Lev. 19:26

**Note:** Blood contains element that are injurious to the health. Animals are frequently killed that have been driven quite a distance for the slaughter. Their blood becomes feverish. When they have to travel far, they become nauseated and exhausted, and in that condition are killed for market. Their blood is highly inflamed, and those who eat of their meat, eat poison. Some are not immediately affected, while others are attacked with severe pain, fever, or some other unknown disease.

8) What decision was set forth in the Great Council that confirms that the Church during NT times should **still** refrain from eating blood? Acts 15:28,29

**Note:** It seemed “good to the Holy Ghost” to continue to refrain from eating blood. The passage of time has not removed the health objections to eating flesh which contains blood. This health law survived the elimination of the ceremonial law by Christ’s death on the Cross because dietary cholesterol and fat still damages our blood vessels.

9) What other delicacy were God’s ancient people commanded to abstain from? Lev. 3:17

**Note:** The consumption of animal fat increases the fat content of the blood, which impedes circulation. When the red blood cells become coated with lipids they stick together and cannot flow into some of the tiny capillaries.

10) In Deut. 14 and Lev. 11 God gave His people a long list of forbidden meats. What two words were used to describe these forbidden meats? Deut. 14:3,19

**Note:** These meats were called **abominable** and **unclean**. The eating of abominable food makes the **individual himself** abominable Lev. 11:43,44. Nothing that “works abomination” will enter into Heaven Rev. 21:27. Although most Churches teach otherwise, there IS a difference between what the Bible says a Christian eats, and what the unbelieving heathen eats.

11) In the journey from Egypt to Canaan what quantity of food was given as a general standard? Ex. 16:16-18

**Note:** Because overeating causes many health problems, God limited **the quantity** of food His people were to eat. They were complaining in Ex. 16:3 of not being able to eat “to the full”. An omer is equal to **three quarts**. This is only a **general guideline**. God showed His compassion in allowing His people to gather a little “more or less”. This teaches that even food of the highest quality was not to be over-eaten. God enshrined His meal plan by putting a golden pot of manna in the Ark Heb. 9:4. This golden pot teaches that we need to eat Heaven’s approved diet, at the right time, in the right amounts.

12) What phrase does the Bible use to describe a friendly meal that is served with an evil motive? Pro. 23:6-8,3

**Note:** The Bible tags certain meals as “deceitful meat”. Much of the refined food we purchase from the store has been adulterated. The Bible principle of considering diligently what is set before us (Pro. 23:1) is an endorsement of the practice of reading the ingredients listed on the label of food we purchase. Many food manufacturers in their efforts to make a profit, have an “evil eye” toward the health the consumer. Foods containing a lot of chemical additives should be avoided.

### The Timing of Our Meals

13) What words does the wise man use to communicate that there is a time for everything, including meals. Copy Eccles. 3:1 below.

14) What had God instructed the prophet concerning his taking sustenance while on a specific spiritual assignment? 1Kings 13:7-9 What happened later? 1Kings 13:23,24

**Note:** One basic principle taught by this story is that we should eat (or not eat) when God says so. We should not eat between meals, when angry, upset or overly tired. Satan’s temptation to get Christ to turn stone into bread (Matt. 4:3) was not only a ploy to get Him to use His powers for selfish means, but also an attempt to get Christ to eat “good food” at the “wrong time”. Because of the time it takes for food to pass through the digestive system, there should be 5 or 6 hours between every meal.

15) What is the higher, spiritual purpose of fasting (abstaining from food or drink)? Deut. 29:6

**Note:** Abstaining from food for a short time can improve our focus and resolve to **know that He is the Lord our God**. When combined with prayer, fasting sends a message to Heaven that the object of our petition is more important than our daily food. We should value a Word from the Lord **more** than our “necessary food” Job 23:10.

### The Proper Disposition at Meal Times

16) What words does Solomon use to describe the importance of the meal time atmosphere? Copy Pro. 15:17 below.

**Note:** Mealtime should be a time of love and gratitude. The food God has created for us to eat should be “received with thanksgiving” 1Tim. 4:4. Grief, anger, anxiety and excitement reduce blood flow to the stomach thus hindering digestion.

17) What does the book of Proverbs say is **better** than a “house full of sacrifices with strife”? Pro. 17:1

**Note:** A handful of dry granola “with quietness” is better than a abundance of food with strife and contention.

18) What is the ideal way to control both the atmosphere and the nutritional content of our meals? 1Cor. 11:34 (first part.)

**Note:** The context of this text suggests that Paul is saying that the Lord’s Supper is not intended to be a time when men may satisfy their natural hunger. It is designed to be a memorial of the world’s greatest and most solemn event, and not a banquet. But this Bible text also teaches that eating at home (or carrying a lunch from home) better insures the quality of our food. We are also instructed to drink water from our **own** cisterns Pro. 5:15. Eating out is become increasingly more hazardous.

### Diet’s Relationship to the Deep Issues of the Heart

19) What was the grand spiritual reason that God gave His people a special diet in the wilderness? Ex. 16:4

**Note:** God gives His people a prescribe diet to “prove them” whether they will keep His commandments or not. The process of “proving” is to show the individual what is within his or her heart Deut. 8:2. The problem with Laodicea (the church of the last

days) is that she **does not know her own spiritual condition** Rev. 3:17. Diet is a powerful tool for discovering unperceived pockets of rebellion towards God.

20) What are the two appetite-related characteristics of rebellion found in Deut. 21:18-21? What was the penalty for this rebellion?

**Note:** Uncontrolled eating and drinking are prime indicators of rebellion. Unless repented of, it leads to death. In Zeph. 3:1-4 God's ancient people were described as filthy, disobedient, predatory and treacherous. The marginal reading for filthy is "gluttonous". The Hebrew word for filthy is: *mara'* (4754) it means "to whip, i.e. lash (self with wings, as the ostrich in running)". Uncontrolled appetite is self-destructive behavior. This uncommon Hebrew word *mara'* is only used twice in the whole OT. In Job 39:18 the root idea encompassed in gluttony is revealed. Here *mara'* is translated: "lifteth up herself".

21) God maintained a separation between ancient Israel and the heathen nations around them. What did God command for them to do to preserve this separation? Lev. 20:24,25

**Note:** Many articles of food eaten freely by the heathen about them were forbidden to the Israelites. It was no arbitrary distinction that was made. The things prohibited were unwholesome. And the fact that they were pronounced unclean taught the lesson that the use of injurious foods is defiling. That which corrupts the body tends to corrupt the soul. **It unfits the user for communion with God**, unfits him for high and holy service.

1) By our dietary choices, we make powerful statements on deep spiritual issues. Read Gen. 3:6 Eve was deceived by Satan, but Adam was not (1Tim. 2:14). What statement was Adam making when he chose to eat that fruit?

**Note:** By the act of biting the forbidden fruit Adam declared that his love for his wife exceeded his loyalty to God. Esau's bite of lentils proclaimed that a full stomach was of greater value than the birthright Gen. 25:29-34. By our meal time choices all of us are declaring either our loyalty or rebellion towards God. It is never safe to go directly against God's will as revealed in His Word.