

Vegetarian Diet: Bible Truth or Human Invention? Part 1

By David Qualls

Seventh-day Adventists have long enjoyed a reputation for living longer, healthier, and happier lives. Numerous medical studies and media stories have high-lighted the benefits derived from the healthful lifestyle practiced by many in the Adventist Church.



See for example: <http://ngm.nationalgeographic.com/ngm/0511/feature1>

It is difficult to argue with the evidence offered by both the fields of science and medicine in support of the health principles espoused by the Seventh-day Adventist Church. But are they biblical? What does the Bible tell us about healthful living, especially in these last days of earth's history?

Right from the beginning, God spelled out the appropriate diet for His new creation:

I have provided all kinds of grain and all kinds of fruit for you to eat; but for all the wild animals and for all the birds I have provided grass and leafy plants for food. Genesis 1:29-30 (NEV).

Thus God's original Eden diet for humans included fruits, nuts, seeds, and grain. But then sin entered the picture. God adjusted the diet to meet the changing conditions:

Thorns also and thistles shall it [the ground] bring forth to thee; and thou shalt eat the herb of the field [vegetables]. Genesis 3:18.

Now God's acceptable diet included vegetables. But then came the flood. For the third time in history, God adjusted the

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Preparation for Christ's Coming

From Sermons and Talks, Volume 1

Talk at the Ministers' Meeting, Kansas camp meeting, May 14, 1889

We take the words of Brother [O. A.] Olsen in regard to the coming of the Lord, and we think how it has been presented to us in a striking manner that the end of all things is at hand; the Lord is at the door. What influence has it had to solemnize our minds and arouse in us an earnestness to separate from us everything that is offensive to God? Then to think that, after all, He is nearer now than when we first believed. The day of the Lord is right at hand, and it is not safe for us to delay [to prepare for] His coming.

Do you think that any of us, when He comes, will be brought before the great Judge and will feel that we have devoted too much time to preparation? Will such thoughts come into our minds? Shall we think that we have been altogether too sympathetic, that we have devoted too much time in winning souls back to Christ, and binding up the brokenhearted? No indeed. Our thoughts will be these as we look back to those who stand before the Judge: "Why didn't I help them at such a time when I ought to?" or, "O, I am glad I did deny myself and help them to stand on the solid rock." These are the very thoughts that will come up to us in the judgment when everyone is judged according to the deeds done in the body.

And as many are weighed in the balance, they will be found wanting. Then they will proclaim their sins upon the housetop. They will not be afraid to have everybody know their sins, if they can only make restitution for them and save one soul. But let us thank God today that we are not yet before the judgment seat of God, but we have an Intercessor, one who has loved us so that He gave His own precious life for us individually, just as though there was not another soul in the universe. He died for us, and we are of infinite value of Jesus Christ. How can we measure the sacrifice He has made for us? Then we should feel how we have wounded and bruised the Son of God and put Him to an open shame when we deny Him.

It is not that you come out in words and deny Him, but in your actions you deny Christ so that He is ashamed to call you brethren. We want every one of us to be consecrated to God.

Let the plowshare go deep, and uproot all this Phariseeism, and let this self-righteousness be torn all to pieces. The very best way to have this done is to fall on the Rock and be

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acceptable diet to meet the changing conditions. Note what was added:

Every moving thing that liveth shall be meat [food] 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. Genesis 9:3-4.

God now included animals in the acceptable diet. But notice that He placed restrictions on what kind of animal products could be eaten and how they must be prepared. Here it explicitly forbids eating meat with blood in it. Leviticus 17:10-16 spells it out more clearly. This is carried over into the New Testament times where we see the early Christian church forbid its members from eating meat containing blood or anything that had been strangled (Acts 15:29).

Furthermore, we note that the concept of clean and unclean animals was already known at this time. Right before the flood, the animals came into the ark under the guidance of an angel in a certain manner.

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. Genesis 7:2 (also v. 8; 8:20).

Later God spelled out in more detail in Leviticus chapter 11 and in Deuteronomy 14:3-21, what constitutes clean and unclean animals.

Some Christians have mistakenly concluded that these God-given commands are taken out of the way at the cross. This erroneous view is based on misunderstanding several passages in Paul's writings in the New Testament. Studying these passages in their proper context reveals that the issues deal with the propriety of Christians eating meat served to idols and have nothing whatsoever to do with whether or not one should partake of unclean animals.

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God, apparently, takes this issue seriously for we read in Isaiah 66:17, "They that sanctify themselves...eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD."

God does not change. The ceremonial law of Moses that foreshadowed Jesus, the true Lamb of God, was indeed nailed to the cross. But, the Ten Commandment moral law written in stone with the finger of God Himself and the other laws and statutes not pointing forward to Christ, are perpetual through all time. "I am the LORD, I change not" (Malachi 3:6).

God's End Time Diet

What about today? And what about those who promote a vegetarian diet despite the Bible allowing for a diet that includes clean animals prepared properly (without the blood)? After all didn't Jesus eat fish and other clean meats? If it was good enough for Him, shouldn't it be good enough for me?

Does God have something to say about what diet He wants His people to follow at special times in history? Could we be in

one of those times right today?

These are good questions and we will examine these and their answers from the Bible in Part 2 of this series. Look for the next segment on this important topic in next month's *Three Angels Journal*. [T.A.J.](#)

Coming next month: **Vegetarian Diet, Part 2.**

Food Baskets for the Holidays

By Brad White

As 2007 fades let's take a look back at how God allowed the Three Angels church to work in the community during the holidays. In early November the Community Services team reviewed the budget and found that God had richly blessed the church with funds to help several families with some much needed assistance.

Local assistance centers in Skiatook and Owasso were contacted and we discovered that the need was extremely great, particularly in Skiatook. The people at the Skiatook emergency assistance center said that normally they have around 40 people sign up for assistance but that over 60 people and families had requested help! We were able to help 12 very deserving families in both towns with food and a good spiritual book during the Thanksgiving holiday. Praise God!

One family sent a thank you note saying the basket was the best they had ever received. Seeds were planted a plenty that day! A few families that we had helped in 2006 were again in need of assistance and we were blessed to be able to provide for them again. We pray that God will bless them so that they will have all of their needs supplied through this year. Those who helped delivering the baskets received a great blessing. A big thank you to those who took their time to come and share God's love with others during the distribution!



The Food Basket distribution team.

THREE ANGELS KITCHEN

It was a very intense morning. Home school, house work, and all the other usual things associated with working with my 6 and 3 year old children. As I looked at the clock, I realized that I had less than 30 minutes left before lunch and nothing was prepared! I share with you now the recipe that, by God's grace, saved the day!

Lesley Orellana

Minestrone Soup

(Feeds 6 - 8)

6 cups broth (I combine 6 cups of water with 1 ½ tsp salt, 2 Tbsp McKay's beef style seasoning and 2 Tbsp Nutritional Yeast)

1 jar spaghetti sauce

1 can beans, drained and rinsed

1 10 oz. package of frozen spinach

1 ½ cups elbow macaroni

Garlic, oregano and salt to taste

I have a cookbook that describes this as a "no recipe" soup since any of the above can be changed. You decide on what type of broth, spaghetti sauce, beans and pasta you prefer. I used vegetable broth, Whole Foods spaghetti sauce, and pinto beans but you can add more or less to your taste. The only real directions are to heat the broth first then add all the rest. The longer this cooks, the better it tastes; as long as you make sure not to let it scorch. This is particularly good as a crock-pot soup. *TAJ*

Enjoy!



December was another opportunity for God to use the church to bless others. An ice storm had knocked out power to most of northeast Oklahoma and made simple things like travel and shopping difficult, and threatened to make delivery of items extremely perilous if not impossible – as some of the folks we intended to help were without power and not able to stay in their homes. The church didn't let that stop them from coming out to help. During Christmas time, we try to make the baskets a bit larger with gift cards so families can purchase things to make the holiday a bit more special. Many families we spoke with said that it was a really hard time of the year for them as they wanted to get special things for their kids or grandkids but were unable to because they needed their money just to put food on the table and keep the lights on – given the storm, that had become next to impossible. When the 10 families that we were helping were contacted the morning of the distribution to make sure they would be home to receive their baskets and could store refrigerated items, all 10 of them had had power restored or had gotten some means to heat their homes and cook and store food, and they were so very appreciative of the help.

One family sent us a card which read: "Thank you for a useful Christmas box. That ice storm took any money we had and you were truly a blessing in an unexpected time of need. Thank you. May God bless all of you." An elderly lady even began to cry on the phone when we contacted her. She was so overwhelmed with the love and generosity. She had been hit hard by the storm; a branch had crashed through the roof of her trailer into her kitchen. Even though some of our members who helped didn't even have heat or power in their own homes at the time we delivered, the Lord moved upon them to help others.

Praise God that he has allowed the Three Angels Seventh-day Adventist Church – Owasso to assist others in our community. *TAJ*

"Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. Love never fails." (1 Corinthians 13:4-8 NKJV)

BIRTHDAYS & ANNIVERSARIES

February

11 – Lesley Orellana

12 – Lillian Boyington

16 – Chris Turnham

ANNOUNCEMENTS

Join the Book Distribution!

The first Sabbath of every month at 2:00 PM we meet back together in the church to go out to the community and distribute free literature. Over the last year and a half we have distributed more than 15,000 pieces of literature! Praise God! Join us in spreading our precious literature “like the leaves of Autumn.”

Righteousness by Faith Seminar

We know it’s early but mark you calendars now! The first weekend of June, Elder Denis Priebe from Amazing Facts will be here to present a seminar on Righteousness by Faith, Spirit of Prophecy, and other important Present Truth topics. Don’t miss this mid-year blessing!

broken. Just as soon as you see there is nothing in you that is righteous, just as soon as you have a dread of sin, you will fall on the Rock, and then it is that Christ can take you and mold you and fashion you into a vessel of honor. But just as soon as you allow your thoughts and feelings to be turned against one another, this is unlike Christ, and just so sure it is that you are not vessels unto honor, but dishonor. You don't give God a chance; you are trying to fashion yourself after a mold of your own imagination, but you want to take that out of your mind, and keep Christ before you every day—when you rise up and when you sit down, when you go out and when you come in.

You want to exercise all that Christian politeness and respect because you are the purchase of the blood of Christ, and He has died upon Calvary’s cross that we might live. Christ Himself has bridged the gulf for us. It is our duty to help those who are downcast. Recollect what their privileges are, and don’t talk of the difficulties, but go right to them and try to bind up the brokenhearted. These are right in the church all around us. Never have an idea that you know more than your brethren, but just keep humble. It was this spirit of surmising that brought all the weakness into the Jewish nation.

We want to learn in the school of Christ meekness and lowliness of heart, and from whom are we to learn these lessons? Jesus says, “I am meek and lowly of heart.” “Learn of Me.” Now, if there is anything in us like self, then Christ cannot dwell there. We want to represent Christ to the world. We must have self hid with Christ in God, and when this is the case we will represent Christ to the world. Oh, there is something wonderful about it—He loves us as He loves His Son [see John 17:23]. Just think of it—loves us as He does His Son! This is wonderful, wonderful. In Him we have all heaven presented to us, and the more we see in Jesus the less we see that is good in self.

You know, just as soon as the heavenly Messenger came from heaven and revealed Himself to Daniel he said, “My comeliness was turned in me into corruption” [Dan. 10:8]. He had such a view of the glory of God that he fell as one dead. He could not talk; he could not see; but the angel took him and set him upon his knees, and yet he could not look at Him.

Then what did he have to do? Veil His glory, and come to him just as Christ came to this world. He took upon Him humanity, then He could talk with Daniel. Brethren, the more we see in Jesus, the less we will see in self; and the more self-esteem we have, the more we are puffed up by the devil. May God help us to put away self and cling to Jesus; then we will spring up and bear fruit to the glory of God. *TAJ*

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Worship Schedule

Saturday (Sabbath)

Sabbath School.....9:30am

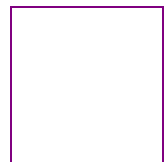
Main Worship Service.....10:45am

Wednesday

Prayer Meeting.....7:00pm

Send comments/suggestions about this newsletter to
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