

Vegetarian Diet: Bible Truth or Human Invention? Part 3

By David Qualls

In Part 2 (see last month's Journal), we learned that the Bible clearly teaches that at certain times in sacred history, God calls for His people to follow a diet more closely resembling the original diet—God's ideal diet. At the end of time, during the Day of Atonement, while God is preparing a people to stand during earth's most momentous hour, a time when God is restoring all things (Matthew 17:11), His people will lovingly and willingly follow His every command and wish.

In this final article of the series we examine additional reasons why God would have His people move towards the ideal Eden diet.

The Mind Body Connection

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."
3 John 2.

Here is a significant Bible principle. God wants us to be in good health, not only spiritually, but also physically and mentally. The three are tied together and are interdependent. If we are groggy from poor physical health, do you think we will be able to praise God and make spiritual progress as well as if we were alert? The obvious answer is No. Now notice this next verse:

"And the very God of peace *sanctify you wholly*; and I pray God your *whole spirit and soul and body be preserved blameless* unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23.

God wants to sanctify (set apart for holy purpose) us
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The Mind of Christ

From Youth Instructor, February 11, 1897

"Let this mind be in you, which was also in Christ Jesus; who, being in the form of God, thought it not robbery to be equal with God: but made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: and being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross."

Jesus Christ "counted it not a thing to be grasped to be equal with God." Because divinity alone could be efficacious in the restoration of man from the poisonous bruise of the serpent, God himself, in his only begotten Son, assumed human nature, and in the weakness of human nature sustained the character of God, vindicated his holy law in every particular, and accepted the sentence of wrath and death for the sons of men. What a thought is this! He who was one with the Father before the world was made, had such compassion for a world lost and ruined by transgression, that he gave his life a ransom for it. He who was the brightness of the Father's glory, the express image of his person, bore our sins in his own body on the tree, suffering the penalty of man's transgression until justice was satisfied, and required no more. How great is the redemption that has been worked out for us! so great that the Son of God died the cruel death of the cross, to bring to us life and immortality through faith in him.

This love, understood by the human agent, gives inexpressible preciousness and importance to the plan of salvation.

This wonderful problem—how God could be just, and yet the justifier of sinners—is beyond human ken. As we attempt to fathom it, it broadens and deepens beyond our comprehension. When we look with the eye of faith upon the cross of Calvary, and see our sins laid upon the victim hanging in weakness and ignominy there,—when we grasp the fact that this is God, the everlasting Father, the Prince of Peace,—we are led to exclaim, "Behold, what manner of love the Father hath bestowed upon us!" Christ could at any moment have called legions of angels to his side; he could have swept every sinner from the face of the earth, and created new beings by his power; but God so loved the world, degraded as it was by sin, that "he gave his only begotten Son, that whosoever believeth on him should not perish, but have everlasting life."

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wholly (completely). Now why would the verse include our *bodies* as being preserved blameless? We could understand our soul being preserved blameless, and perhaps our spirit (mind), but our bodies also? It turns out that God wants *all* of us, the physical, mental, and spiritual, to be sanctified and set apart for His holy purpose; to be preserved blameless. And let's not miss the significance of the Second Coming in this verse. Here is a clue that the Bible author has provided. As we approach the time of the Second Coming, this verse will become more and more important.

Body Temple Principle

"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?" 1 Corinthians 6:19.

One of the most profound and significant statements in all the Bible is this verse. We are the temple, the dwelling place, the habitation, of the Holy Spirit. God Himself wants to come and live inside of you and me. We do not own ourselves. We belong to God. We must therefore do all in our power and through His grace to keep that body temple clean, and pure, and healthy so that we can welcome the very presence of God into our bodies, our minds, our spirit. In another place, the Bible tells us:

"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 3:16-17.

Just as Jesus cleansed the temple here on earth (John 2:13-16), so He wants to cleanse our soul temples so that He may dwell there. He wants to communicate with us and to share many good things with us. He wants to live out His life in and through us (Galatians 2:20). Having a healthy body and mind allows Him to do this most effectively.

Sin Affects Things — Cause and Effect

When God created this earth, He declared it to be "very good." Genesis 1:31. But then sin entered as an unwelcome intruder. Along with the "freedom" and the knowledge of good and evil, came suffering, woe, and death. God cursed the earth because of sin (Genesis 3:16-19). As the sin grew worse over time so the curse grew worse.

The Bible states this principle this way, "...so the curse causeless shall not come." Proverbs 26:2.

The curse causeless shall not come. In other words, we reap what we sow. Paul states it like this:

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting." Galatians 6:7-8.

How we treat our bodies or minds has far reaching consequences to our soul. It works the other way as well. If we do not have a right attitude toward spiritual matters, toward God, it will affect our minds and our bodies.

The Curse Rests More Heavily at the End Times

As disobedience increases, so does the curse. Just as God

cursed the ground and the living things on the earth after sin entered the world (Genesis 3), so as sin increases, the curse increases. Disease among humans and animals increases. The Bible clearly teaches that sin will increase as we approach the end of time.

"But evil men and seducers shall wax worse and worse, deceiving, and being deceived." 2 Timothy 3:13. (See also 2 Timothy 3:1.)

"And as it was in the days of Noe [Noah], so shall it be also in the days of the Son of man." Luke 17:26.

The effects of sin and the subsequent curse are only worsening. This impacts God's creation more and more. No longer is it safe to eat the animal products as it was in former times. The modern techniques of mass production of animals in the agribusiness are contributing to more and more disease and problems. Notwithstanding the fact of modern advances in sciences, technology, and agricultural practices, the whole problem of the meat industry only seems to worsen. For every advance, there seems to crop up another, worse problem to take the place of the one just solved.

God in His mercy has prepared an increase in knowledge of His word and of His creation so that we may choose a better, healthier diet. This coincides with His desire that we have clear minds and healthy bodies (as much as possible in a sinful world) so we can better serve Him and to enable us to better withstand the fiery trials and temptations of earth's last days.

Conclusion

By their choices in diet, health, and other lifestyle issues, God's people will show that they have surrendered to Christ and are preparing to live with Him and the other saints throughout eternity. They are anxious to join their Savior. They desire that nothing stands in the way between them and their Jesus. They are willing to answer the call,

"I beseech you therefore, brethren, by the mercies of God, that ye present *your bodies a living sacrifice, holy, acceptable unto God*, which is your reasonable service. *And be not conformed to this world: but be ye transformed by the renewing of your mind*, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:1-2. *DAJ*

Created to Soar

By Dane and Vicky Griffin

We live in a world where "anything goes." If it feels good, do it; if it feels right, it is right; if you want it, take it; if you can't afford it, charge it! Too often, even Christians think this way. But Paul has something to say to those with this "anything goes" philosophy: "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."¹

Not your own

If you believe the Bible, you know you do not own yourself. You were purchased at a great price, which means

THREE ANGELS KITCHEN

Mom's Bread Layered Cake

Original family recipe by Lesley Orellana

INGREDIENTS


- 1 bag whole wheat bread (crusts trimmed or removed)
- 2 20 oz. cans crushed pineapple
- 3 packages Natural Dessert Orange Jell-O*
- 3 packages Natural Dessert Raspberry Jell-O*

TOPPING

- Blend until smooth:
- 1 container Tofutti Better Than Cream Cheese*
- ¼ cup sweetener of your choice
- 1 tsp vanilla
- 2 Tbs Earth Balance or Soy Garden margarine*
- ¼ cup rice milk (or soy, almond, or cashew milk)

DIRECTIONS

1. Use a deep (at least 3.5 inches) 9X13 inch Pyrex baking dish. Layer the bottom of the dish with whole wheat bread slices then add a layer of pineapple (use one can for this layer). Add another layer of bread on top of the pineapple. Set aside.
2. Bring 10 cups of water to a boil. Remove from heat and pour ONLY 5 cups of water into mixing bowl. Add the 3 packages of Raspberry Jell-O. Stir with a fork or whisk until well dissolved. Pour over the bread layer.
3. Add another layer of bread, the rest of the pineapple, and top with one more layer of bread. Set aside.
4. Put the remaining 5 cups of boiling water in a bowl then add the 3 packages of Orange Jell-O to it. Stir with a fork or whisk until well dissolved. Pour over the entire cake.
5. Chill in the refrigerator until firm. Spread the topping over the cake and decorate with fresh strawberry slices or any other fruit of your choice.

*You can find the vegan Jell-O, cream cheese, and margarine at any health food store (Whole Foods Market or Akin's) 



BIRTHDAYS & ANNIVERSARIES

April

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|----------------------|---------------------|
| 8 – Adriel Simpson | 25 – Julie Orellana |
| 14 – Barbara McGuire | 26 – Suzanne Smith |
| 15 – Jeff Eldred | |

that God has a double claim on you: He created you; then He redeemed you. Because God is your Owner, and because He cares about you, He wants to alert you to the dangers of this sinful world. And so He warns, “Take heed to yourselves, lest at any time your hearts be overcharged with surfeiting [gluttony], and drunkenness, and cares of this life, and so that day [His second coming] come upon you unawares.”²

Out of control

In Philippians 3, Paul describes a group of people “whose God is their belly.” He calls these people “enemies of the cross.” That’s bad news for anyone who cannot control his appetites, passions, or desires. But the good news is just two verses later: “He is able even to subdue ALL things unto Himself!”³

Chicken—or eagle?


A farmer found an eaglet and put him in his barnyard, along with the chickens and turkeys. The eagle seemed content with his companions, even when he developed a 9-foot wing span!

One day a naturalist came to visit. He was intrigued by the eagle that lived with the chickens, and he asked the farmer if he could test the bird, to see if it had an eagle heart or a chicken heart.

The farmer laughed. “He’s been in the barnyard too long—he’ll never fly like an eagle!”

Several times, the naturalist took the bird to the top of the house and let him go. Each time, the eagle flapped right back into the barnyard. Finally, the naturalist took the bird far away, to the top of a mountain, and turned his head toward the sun. You guessed it! The eagle gave an eagle’s cry, soared into the sky, and never returned to the chicken coop.

Reason with the Master

We are like that eagle—bungling through the barnyard of sin and bad habits—when really we were created to soar! Our Master Physician, Jesus Christ, invites us to “reason together”⁴ with Him regarding the instructions in His Owner’s Manual. As you look at the medical findings of the last few years and compare them with His instructions, we think you will be amazed! 

This is Part 3 in the series “Science and The Spirit”. You can find the whole study at: <http://www.youngdisciple.com/yl/stories>

¹ 1 Corinthians 6:19, 20.

² Luke 21:34.

³ Philippians 3:19–21.

⁴ Isaiah 1:18.

Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure.

(Philippians 2:12-13)

ANNOUNCEMENTS

Revival for the End-Time Seminar

Presented by: Pastor Dennis Priebe from Amazing Facts

Location: Three Angels SDA Church - Owasso

Date: Friday and Sabbath, June 6-7, 2008

Friday 7:00 PM: What is the Final Atonement?

Sabbath:

- 10:45 AM: What Is a Seventh-day Adventist?
- 12:30 PM: Potluck Lunch
- 3:00 PM: How Inspired Was Ellen White?
- 6:00 PM: Potluck Supper
- 7:00 PM: Evangelicals and Adventists Together?

Prepare for the coming disaster with a spiritual disaster kit:

The Hidden WORD, The Prayed WORD, The Studied WORD

Presented by: Donna Nicholas, Director of SEALING TOUCH Memorizing Ministry.

Location: Three Angels SDA Church - Owasso

Date: Sabbath, June 28, 2008

Other seminars planned for this year

- Adventist Southeast Asia Projects – Missions Rally August, 2008
- Christianity 101 presented by Tim Reisenberger September, 2008

salvation. It shows him the value God places upon the creatures of his hand. When man can measure the exalted character of the Lord of Hosts, and distinguish between the eternal God and finite humanity, he will know how great has been the sacrifice of Heaven to bring man from where he has fallen through disobedience, to become part of the family of God. In neglecting the great salvation thus provided, man throws scorn upon the world's Redeemer.

Looking unto Jesus with the eye of faith, we can exclaim with the psalmist, "For with thee is the fountain of life: in thy light shall we see light." It will require a sanctified perception to know and acknowledge the existence of Christ before he clothed his divinity with humanity. The word of God is a bright and shining light upon the pathway of the student who will study it with prayer.

The divinity of Christ is our assurance of eternal life. "For he whom God hath sent speaketh the words of God: for God giveth not the Spirit by measure unto him. The Father loveth the Son, and hath given all things into his hand. He that believeth on the Son hath everlasting life; and he that believeth not the Son shall not see life; but the wrath of God abideth on him." He, the sin-bearer of the world, is our only medium of reconciliation with a holy God. But there are some who deny the divinity of Christ. They do not realize the sacredness of the word of the infinite God. That word opens to them the mystery of the incarnation of Christ. But unless the bright beams of the Sun of Righteousness illuminate its pages, revealing by the Spirit the relation which Christ sustains to God and to humanity, it will remain a mystery to them, and will not be accepted as truth. But with this light upon it, those things that have been hidden for ages are revealed. Yet while the word of God explains the doctrines of Christ, and clearly points out every step which it is essential for sinners to take in the plan of salvation, it does not satisfy the curiosity that would pry into those things which the Lord has reserved unto himself.

Dear young friends, are you prepared to behold the Lamb of God, that taketh away the sin of the world? to say, as did Nathanael, "Thou art the Son of God; thou art the King of Israel"? You would do well to contemplate this sacred and eternal truth most earnestly and prayerfully, until your whole being becomes imbued with its greatness. We are too apt to view truths as a whole, and see only the surface, when, if we would ponder them, pray over them, and put to the stretch every mental power, we might understand; for God would give us wisdom, as he did to Daniel. Our spiritual senses would be quickened to understand the deep things of God.

Mrs. E. G. White. *EAG*

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Worship Schedule

Saturday (Sabbath)

Sabbath School.....9:30am
Main Worship Service.....10:45am

Wednesday

Prayer Meeting.....7:00pm

Three Angels Seventh-day Adventist Church - Owasso
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ADDRESS CORRECTION REQUESTED

