

structive lifestyle to one that heaven can approve. In **John 15:5** Jesus says, “Without Me, ye can do nothing.” On the other hand, the apostle Paul triumphantly proclaims in **Philippians 4:13**, “I can do all things through Christ who strengthens me.” Without Christ, we

can do *nothing*. With Him, we can do *all* things! Jesus says, “Surrender all, and let Me work miracles in your life. Put your life on the altar and give Me your heart. My welcoming arms are out for you!” **R**



by Mark Finley

Some people think we each have a time we're going to die, that time is set, and there's nothing we can do about it—so health habits don't matter! That attitude is totally out of touch with all the scientific evidence clearly demonstrating that our daily choices affect our likelihood of living a long and healthy life. **Revelation 12:9** exposes Satan for the deceiver he is and says he “*deceives* the whole world.” He deceives millions of Christians into thinking it makes no difference how they treat their *bodies* as long as their “*hearts*” are right with God. They accept the temporary pleasure of some defiling physical indulgence—drugs, alcohol, tobacco, harmful articles of diet, sexual immorality—and in the process, destroy both body and soul. Listen to these plain words in **Revelation 21:27**, “There shall by no means enter into it [the Holy City] anything that *defiles*, or causes an *abomination* or a lie, but only those who are written in the Lamb's Book of Life.” Those who

defile their bodies with abominations are *outside* the city.

Yet **Revelation 14:7** urges us to “Fear God and give glory to Him . . .” and giving glory involves a commitment of our entire being, our lifestyle. Look at **1 Corinthians 6:19-20** and **10:31**: “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* [redeemed by Jesus' blood]; therefore glorify God in your body and in your spirit, which are God's. . . . Whether you *eat* or *drink*, or *whatever* you do, do all to the glory of God.” In **Romans 12:1** Paul earnestly appeals, “present your *bodies* a *living* sacrifice, holy, acceptable to God, which is your reasonable service.” Authorities in the field of Preventive Medicine tell us our *lifestyle* practices are killing us. Our choices contribute to disease and premature death *or* health and long life. Let's look at practices that are destroying millions of lives—and what we can do about them!

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Dying For a Smoke?

The Sixth Commandment says, in **Exodus 20:13, KJV**, “Thou shalt not kill.” Dr. Linus Pauling—one of the few scientists ever to win *two* Nobel Prizes—said that every cigarette you smoke takes 14-1/2 minutes off your life. In other words, smoking is *committing slow suicide*. Tobacco causes hundreds of thousands deaths each year from *cancer, emphysema, and heart disease*. But Christ can deliver you from this addictive, health-destroying habit just as He healed the sick 2000 years ago. The Bible says in **Matthew 7:7-8**, “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.” You can be delivered—by the power and grace of God, you can quit!

Fighting the Battle of the Bottle?

Alcohol affects our brain, the organ through which the Holy Spirit communicates with us. That’s why the devil brewed alcohol in hell’s laboratory, because alcohol deadens the brain! When people start drinking, after a few drinks they don’t have many inhibitions, so drinking and sexual immorality go together. Drinking goes with a moral fall. **Proverbs 20:1, KJV** says, “Wine is a mocker, strong drink is raging: and whosoever is *deceived* thereby is not wise.” Alcohol causes crime, serious marital problems, family problems, and job-related problems, all as a result of drinking. Don’t talk to me

about “responsible drinking.” There’s no such thing! You become *irresponsible* when you drink because it *deceives* you. Shakespeare said of alcohol: “O God! That men should put an enemy in their mouths to steal away their brains.”

Man’s Original Diet:

When God created the human race, He gave them a magnificent diet of grains, nuts, and fruits—a vegetarian diet. **Genesis 1:29**. The diet God gave provides very adequate protein. Strong animals like the horse and cow get all the protein they need from the oats and corn and other grains they eat. They get their protein firsthand, from the earth, and grow big and strong. The man who kills them and eats their flesh is getting his protein *secondhand*. It wasn’t until the time of Noah’s Flood that God gave people permission to eat flesh food. The average life span before the Flood was 900 years! **Genesis 5:5; 5:27; 9:29**. But right after the Flood—since the catastrophic deluge ripped up trees and plants and temporarily destroyed all vegetation—God gave Noah and his family permission to eat meat. And immediately man’s life span was shortened by hundreds of years! Ever since, men have lived much shorter lives. It’s not a sin to eat meat, for God gave permission to do so. But if you eat a lot of meat, you’ll have more animal fat in your diet—and in your arteries. So you need to cut down on that high fat in your diet. If you want the best diet, of course, you’ll choose a vegetarian one, as God intended.

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Clean & Unclean Animals:

God’s distinction between clean and unclean animals goes back long before there was a Jewish nation. In **Genesis 7:2** God mentions it to Noah, centuries before Abraham, the first Jew. When we note the *anatomical* guidelines built into the animals, we realize it goes back to Creation: clean animals have split hoofs and chew the cud; clean seafood have fins and scales—**Leviticus 11 & Deuteronomy 14**. God’s clean-unclean distinction was not just for Old Testament times. **Isaiah 66:15-17** shows it will still be in effect when Jesus returns: “Behold, the Lord will come with fire . . . and the slain of the Lord shall be many. They that sanctify themselves, . . . eating swine’s flesh, and the abomination, and the mouse, shall be consumed together, says the Lord.” God never said we could eat unclean animals! Nor should we want to—someone noted that “He was a *valiant* man who first ate an oyster!”

We can learn to control our appetites. We can eat to live rather than live to eat. We don’t have to be among those God speaks of in **Philippians 3:19**, “Whose end is destruction, whose God is their

belly.” The Lord will gladly help us sanctify our tastes if we ask Him. Instead of junk food, we can learn to enjoy the premium fuel our bodies deserve.

Peter’s Corrective Vision:

Some may wonder about the strange vision Peter had in **Acts 10:1-35** when he saw all kinds of unclean animals and God said, “Get up and eat.” Peter’s reply proves that during his entire three-and-a-half years with Jesus, he never heard about any changes in the status of unclean foods. But what did it all mean? Peter himself, who was puzzled at first, explains in **verses 28, 34**: “God has shown me that I should not call any *man* common or unclean. . . . I perceive that God shows no partiality. But in *every nation* whoever fears Him and works righteousness is accepted by Him.” And Peter immediately began teaching about Christ to *gentiles*, people he had formerly despised. Peter’s vision was about people—not food. The Bible interprets itself—if we only let it!

Our health comes to us as a sacred trust. Failure to care for this priceless machinery called our body is an insult to the Creator. Jesus wants us well! He can help us change our careless, self-de-



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Our heavenly Father has so much He longs to teach us! Think of each seminar session as one in a series of steps leading upward—a series of “lessons from heaven.” May we learn our lessons well, so we in turn can teach others. God’s Word, the Bible—our Textbook for this seminar—offers **Learning Unlimited!**

1. A basic health principle God gave many centuries, even millenniums, ago says we must “eat neither _____ nor _____,” and science today corroborates that divine advice in its *warnings against* cholesterol-laden animal fat. (LEVITICUS 3:17)
2. The Bible teaches that “Your _____ is the _____ of the Holy Spirit.” (1 CORINTHIANS 6:19)
3. Some believe the distinction between clean and unclean animals was a purely *arbitrary* one erased by the Cross. But God shows it has a clear *anatomical* basis unchanged since Creation when He specifies “a split _____ and _____ the cud” as points of identification for animals, while fish and seafood must have both “_____ and _____.” (DEUTERONOMY 14:6, 9-10)
4. T F The *original* diet God gave to mankind in the Garden of Eden was a *vegetarian* one which included all different kinds of fruits and grains and nuts—nothing which necessitated death. (GENESIS 1:29)
5. The Good Book says, “Whether you _____, or _____, or whatever you do, do all to the _____ of God” (1 CORINTHIANS 10:31)
6. Despite enticing ads from the liquor industry, God’s Word declares, “_____ is a mocker, _____ is raging; and whosoever is _____ thereby is not wise.” (PROVERBS 20:1, KJV)
7. Though the Bible teaches God’s prohibition against unclean foods is *still in effect* at Jesus’ Return, we shouldn’t be surprised that some churches fail to teach it, for God says the spiritual leaders who have shown no “difference between the _____ and the _____” are the SAME ones who “have _____ their _____ from My Sabbaths.” (EZEKIEL 22:26, ISAIAH 66:15-17)

Your Name: _____ Date _____

SCRIPTURE REFERENCES

- 3 John 1:2** God desires that we prosper and be in health.
- 1 Thess. 5:23** Sanctification includes *body*, mind, and emotions as well as spiritual faculties.
- Romans 12:1** We should present our bodies “a *living sacrifice*” unto God.
- 1 Cor. 6:19-20** Your body is the *temple* of God. Each of us should “glorify God” in our body.
- 1 Cor. 10:31** Whatever you *eat* or *drink*, do all to the glory of God.
- Proverbs 20:1** “Wine is a mocker, strong drink is raging,” and they *deceive* many.
- Pro. 23:29-32** Don’t drink fermented wine. It brings sorrow, woe, and contentions. In the end “it bites like a serpent, and stings like a viper.”
- Isaiah 5:11** Woe to those who intoxicate themselves with strong drink or wine.
- Pro. 31:4-5** Wine and strong drink are not for kings or princes, for their intoxicating effect perverts wise judgment.
- Rev. 5:10** Since we are kings and priests unto God, we need clear minds.
- Genesis 1:29** Man’s *original* diet was *vegetarian*, consisting of fruits, grains, and nuts.
- Genesis 7:2** Noah understood the difference between *clean* and *unclean* animals. Since God gave permission to eat the *clean* animals at the time of the Flood, they were brought by *sevens*—but the *unclean* scavengers by *twos*.
- Lev. 11:1-12** Clean animals must have a split or divided hoof and chew the cud. Unclean animals are those like pigs that don’t have the above features. Clean sea animals must have both fins and scales.
- Isaiah 66:15-17** Those who rebel against God’s dietary standards will not be in the kingdom.
- Isaiah 65:1-5** God classes eating unclean foods with heathen idolatry.
- Acts 10:9-16** Peter’s sheet with all kinds of unclean animals, including rats, alligators, and vultures. God says arise and eat. Peter is horrified! What does God mean? Verse 17 indicates Peter is uncertain.
- Acts 10:28, 34** Peter explains that the vision applies not to *food*, but to calling *Gentiles* unclean. In this vision, God breaks the racial barrier of prejudice. Peter now is open to witness to the Gentiles. The vision deals with the fact that through the Cross, all barriers between *people* are removed.
- Phip. 4:13** Jesus provides spiritual *strength* to *overcome* any bad habit.
- Heb. 4:15-16** Jesus was tempted as we are. He fasted 40 days and overcame—so we, too, can receive His “help,” His power to overcome.