

# **Let's Talk About the Health Message**

## **Part 4:**

### **The Three Classes of People**

## **Part 5:**

### **Balanced vs. Extreme**

## **Part 6:**

### **Further Instruction from the Spirit of Prophecy,**

### **Upheld by God's Word**

## RECAP and INTRODUCTION

In last week's presentation we approached the Word of God regarding the health message and we found 3 things:

1. That health reform is the outworking of solid biblical faith;
2. That the all-encompassing principle of the health message is self-sacrifice and service;
3. That health reform and the 3 Angels' Messages are inseparable.

I shared the 5 hopes that I have for you:

1. Since the health message is light from God, I hope you value the health message as light from God;
2. Since consecrated Christians are eager to please God. I hope that you want to know more about the health message in order to please God;
3. If you are seeking more information, I hope that you seek with the intent of making reforms in your own life. And because you are seeking for this reason, my hope is that you are grounded in the only faith that overcomes the world and leads to true obedience.
4. Since there are eternal consequences attached to receiving or rejecting health reform, I hope that you are able to relate this significance to yourself, and to your work and responsibilities as a Christian;
5. Since health reform and the 3 Angels' Messages cannot be separated, I hope that by fulfilling the above 4 hopes, that you will be better prepared to give this message to the world.

Today we're going to have a more detailed look at some of the instruction contained within the health message. We'll look at some of the more general principles and also instruction regarding eating meat, eating dairy products and eggs, and eating a purely plant-based vegan diet. We'll start by reading Spirit of Prophecy quotes, and then we'll go to the Bible to find the same instruction in God's Word. I want to not only share the specific instruction with you, but I also want to strengthen your faith in the gift of prophecy that we have been blessed with. So we will use God's Word to uphold His prophet.

Today's presentation is divided into 3 sections. I've started with number 4 because we're continuing from last week's presentation. Last week we had parts 1, 2, and 3. This week we have parts 4, 5, and 6:

4. There are 3 Classes of People;
5. Balanced vs. Extreme;
6. Instruction from the Spirit of Prophecy upheld by God's Word.

## PART 4: THE THREE CLASSES OF PEOPLE

There are 3 classes of people when it comes to Bible truth. These 3 classes represent three different approaches that people take when presented with the Word of God:

1. People can outright reject the whole truth;
2. People can take some of the truth, and leave some it;
3. People can take all of it.

What do you do? Which class describes you? I hope you have made the decision to take all of it.

If you've rejected truth, you wouldn't be here, so I know you haven't rejected it outright. But what happens to the truth if we only take some of it? Well, nothing actually happens to the truth. Truth is truth and will not change. But if we only take some of it, rather than all of it, we hurt ourselves. By taking only some of it we are actually subjecting the truth to our own discretion. We place ourselves as judge of the truth by picking and choosing aspects that please us, or that agree with us. Rather than letting our standards and desires be judged by the truth, we are judging the truth by our own standards and desires. We need to conform our entire lives – our beliefs, behaviours, and reasoning – to the Bible standard, rather than the other way around. So I pray that none of us here are hurting ourselves by judging the Word of God with by our own standard and desires.

Now, just as there are these 3 classes of people when it comes to receiving Bible truth, there are 3 classes of Seventh-day Adventists when it comes to the health message:

1. Some people profess to welcome all the truth and live by the motto, "Thus saith the Lord," yet they reject the health message;
2. Some people profess to welcome all the truth and live by the motto, "Thus saith the Lord," yet take portions of the health message and reject other portions;
3. Then there are those who take the whole message because it comes with the truth.

Last week we established that health is a biblical priority. Counsel on health is found in the Word of God, which means, if we reject it, then we are rejecting the Word of God. Even though we might profess to be wholly consecrated Christians, if we do not receive the whole health message then we are placing ourselves in that class of people who make themselves judges of God's Word, and we are hurting ourselves. And if we are hurting ourselves, ultimately we are hurting the work that God would have us do, as well as the people who would benefit from that work.

As I highlight the need for the whole-hearted reception of health reform, I'd like to remind you that it can only be done through faith. What is the faith that overcomes? The faith that overcomes is believing that Jesus is the Christ, the Son of the living God.

## PART 5: BALANCED vs. EXTREME

### BALANCED

What does it mean to be balanced? To be balanced simply means to be in a stable position where we will not fall.

Do you think that non-Christians, when hearing about Abraham's experience of offering his son Isaac upon the alter, would say that Abraham was a balanced man? Most people would say that he was teetering over the edge. I know of people who say that Abraham was insane. I know of people who look to God's requirement of Abraham and describe God as cruel because they see this scenario as too extreme to comprehend. They can't see the love that is shown in this history. Yet this obedience of Abraham is one of our truest examples of love for God, of obedience by faith.

For the Christian, this experience and example of Abraham is what it means to be in balance. If we are going to place ourselves in a position where we are not going to fall, then we need trust God and obey His requirements to the same degree as Abraham was asked to.

When we follow the health message, taking every principle and applying it to our lives, there will be people who think we're teetering on the edge of reason. They'll think that we've gone to extremes, and that we've taking this "health thing" too far. But the only balanced position to be in is to take all of it. And when we do, we can expect that our decisions and our example, which are the outworking of solid biblical faith, will be challenged.

*"There is a large class who will reject any reform movement, however reasonable, if it lays a restriction upon the appetite. They consult taste, instead of reason and the laws of health. By this class, all who leave the beaten track of custom and advocate reform will be opposed, and accounted radical, let them pursue ever so consistent a course." CTBH 55.3*

*"There are many among professed Christians today who would decide that Daniel was too particular, and would pronounce him narrow and bigoted. They consider the matter of eating and drinking of too little consequence to require such a decided stand,—one involving the probable sacrifice of every earthly advantage. But those who reason thus will find in the day of judgment that they turned from God's express requirements, and set up their own opinion as a standard of right and wrong. They will find that what seemed to them unimportant was not so regarded of God. His requirements should be sacredly obeyed. Those who accept and obey one of His precepts because it is convenient to do so, while they reject another because its observance would require a sacrifice, lower the standard of right, and by their example lead others to lightly regard the holy law of God..." CD 30.3*

Ellen White clearly describes a healthy, balanced approach to health reform as this:

*“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful.”*

Notice the words “entirely” and “everything.” There is no room for “some”, or “most”.

Ellen White also describes those with a healthy, balanced stance on health reform in this way:

*“They understand clearly the principles of health.” CD 197.2*

*“There is a real common sense in dietetic reform.” CD 198.3*

People who have a healthy approach to health reform “understand clearly the principles of health” and use “a real common sense in dietetic reform.” To “dispense entirely with everything hurtful, and to use judiciously that which is healthful” demonstrates understanding of the principles of health reform, and is also common sense.

## **EXTREME**

Ellen White clearly describes what extreme means in regard to health reform:

*“Do not go to extremes in regard to the health reform. Some of our people are very careless in regard to health reform. But because some are far behind, you must not, in order to be an example to them, be an extremist. You must not deprive yourself of that class of food which makes good blood. Your devotion to true principles is leading you to submit yourself to a diet which is giving you an experience that will not recommend health reform. This is your danger. When you see that you are becoming weak physically, it is essential for you to make changes, and at once. Put into your diet something you have left out. It is your duty to do this...” CD 204.1*

*“Those who take an extreme view of health reform are in danger of preparing tasteless dishes. This has been done over and over again. The food has become so insipid as to be refused by the stomach.” CD 203.1*

*“The persons thus afflicted were not compelled by poverty to adopt a meager diet, but did so in order to follow out their own erroneous ideas of what constitutes health reform.” CD 197.1*

*“Some honestly think that a proper dietary consists chiefly of porridge. To eat largely of porridge would not ensure health to the digestive organs, for it is too much like liquid.” CD 200.3*

Extremists, in the context of health reform, are those people who, while “dispensing with everything hurtful,” also dispense with those things which are healthful. They make the mistake of restricting too much of what their body needs to their detriment, either with the quality of food, the quantity of food, the variety of food, or the preparation of food. They fail to exercise common sense and to demonstrate an understanding of the principles of health reform.

# Let's Talk About the Health Message

## Part 6

### Introductory

### Workbook

**Instruction from the Spirit of Prophecy**

**Upheld by God's Word**

- A. Health Reform is an integral part of our faith in Christ.
- B. Health is a matter of highest importance.
- C. Health reform is an essential aspect of spiritual sanctification.
- D. Temperance is a principle that is exercised in all things, and has eternal consequences.
- E. Every kind of meat should be discarded, even meats deemed "clean" by the word of God.
- F. Dairy and eggs should not be eaten.
- G. A strict vegan diet is the diet for God's remnant people.
- H. Our ability to be faithful during trial is connected to strict temperance and a vegan diet.

## A. Health Reform is an integral part of our faith in Christ.

*“Reform, continual reform, must be kept before the people, and by our example we must enforce our teachings. True religion and the laws of health go hand in hand. It is impossible to work for the salvation of men and women without presenting to them the need of breaking away from sinful gratifications, which destroy the health, debase the soul, and prevent divine truth from impressing the mind. Men and women must be taught to take a careful review of every habit and every practice, and at once put away those things that cause an unhealthy condition of the body, and thus cast a dark shadow over the mind.”*  
CME 31.4

1. What enforces our health teachings?
2. What do sinful gratifications do to us?
  - a.
  - b.
  - c.
3. Why is it impossible to work for the salvation of men and women without presenting them with the need to break away from sinful gratifications?
4. What kind of religion goes hand in hand with the laws of health?
5. How are men and women able to take a review of their habits and practices?
6. What effect does an unhealthy condition of the body have on the mind?

→ **The principle in Scripture:**

### Acts 24:24-25

<sup>24</sup> *And after certain days, when Felix came with his wife Drusilla, which was a Jewess, he sent for Paul, and heard him concerning the faith in Christ.*

<sup>25</sup> *And as he reasoned of righteousness, temperance, and judgment to come, Felix trembled, and answered, Go thy way for this time; when I have a convenient season, I will call for thee.*

1. What subject did Paul talk to Felix about? (v. 24)
2. What 3 themes make up the faith in Christ? (v. 25)
  - a.
  - b.
  - c.

1Corinthians 9:24 – 27

<sup>24</sup> *Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.*

<sup>25</sup> *And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.*

<sup>26</sup> *I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:*

<sup>27</sup> *But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*

1. What is the theme of this discourse that Paul is giving to the Corinthians?
2. Every man that striveth for the mastery is (what) in (how many) things?
3. What is the reward of being temperate in all things?
4. What did Paul do with his own body?
5. What does Paul say the consequence of not keeping his body under subjection is?

Romans 12:1, 2

<sup>1</sup> *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.*

<sup>2</sup> *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.*

1. What two aspects of the human being are linked together in this passage?
  - a.
  - b.
2. How is it that we are able to present our bodies a living sacrifice, holy, and acceptable to God?
3. While, by the mercies of God, we are able to present our body a living sacrifice, what is happening to our mind?

→ **In your own words, express the teachings of section A.**

## B. Health is a matter of highest importance.

*“Those who have a constant realization that they stand in this relation to God [bought with a price] will not place in the stomach food which pleases the appetite, but which injures the digestive organs. They will not spoil the property of God by indulging improper habits of eating, drinking, or dressing. They will take great care of the human machinery, realizing that they must do this in order to work in copartnership with God. He wills that they shall be healthy, happy, and useful. But in order for them to be this, they must place their wills on the side of His will. CG 399.3*

1. Who will not place food that injures the digestive organs into the stomach?
2. Why will they not do this?
3. Who wills that we shall be healthy, happy and useful?
4. How do we become healthy, happy, and useful?

→ **The principle in scripture:**

3John 1:2

<sup>2</sup> *Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*

1. What two aspects of the human being are linked together in this passage?
  - a.
  - b.
2. John is writing under the inspiration of the Holy Spirit, so who's desire is John expressing in this passage?
3. What two things does God desire for us?
  - a.
  - b.
4. If we place our will on the side of God's will, what two things will be important to us?
  - a.
  - b.
5. How important is our physical health to God? What is it made equal with in this passage?

→ **In your own words, express the teachings of section B.**

### C. Health reform is an essential aspect of spiritual sanctification.

*“The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death.” MH 130.1*

1. Through what medium is character developed?
2. What is Satan’s goal regarding our bodies (our physical powers)?
3. If Satan succeeds in enfeebling and degrading our physical powers, what does it mean for us and humanity?
4. What do we need to do with the tendencies of our physical nature?
5. What happens if we don’t do this?

#### → The principle in Scripture:

##### 2Peter 1:5-8

<sup>5</sup> *And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge;*

<sup>6</sup> *And to knowledge temperance; and to temperance patience; and to patience godliness;*

<sup>7</sup> *And to godliness brotherly kindness; and to brotherly kindness charity.*

<sup>8</sup> *For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.*

1. What are we instructed to do to our faith?
2. Which attributes come before temperance?
3. Which attributes come after temperance?
4. If temperance is neglected, will the attributes of patience and godliness, brotherly kindness and charity (self-sacrificing love) develop in the Christian?
5. If the attributes that follow the addition of temperance are not developed in the Christian, will they be fruitful?
6. Will such a one grow in the knowledge of God?

##### 2Peter 1:9

<sup>9</sup> *But he that lacketh these things is blind, and cannot see afar off, and hath forgotten that he was purged from his old sins.*

7. If the Christian fails to be fruitful, and ceases to grow in the knowledge of God acquiring the attributes that follow temperance, what is their condition?
8. What is the reward of the blind (Revelation 3:16, 17)

#### → In your own words, express the teachings of section C.

**D. Temperance is a principle that is exercised in all things, and has eternal consequences.**

*“True temperance teaches us to dispense entirely with everything hurtful, and to use judiciously that which is healthful. There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers.” CG 398.3*

1. What does true temperance teach us?
2. What 4 things are affected by our habits of diet?
  - a.
  - b.
  - c.
  - d.
3. What 2 powers should we subject our appetites to?
  - a.
  - b.

→ **The principle in Scripture:**

1Corinthians 9:25, 27

<sup>25</sup> And every man that striveth for the mastery is temperate in all things. Now they *do it* to obtain a corruptible crown; but we an incorruptible.

<sup>26</sup> I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

<sup>27</sup> But I keep under my body, and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

1. Who is temperate in all things?
2. What is the reason for, and reward of being temperate in all things?
3. How is temperance defined in verse 27?
4. What is the consequence of neglecting to be temperate in all things?
5. What does it mean to be a “cast away”?
6. Does “all things” include eating and drinking?
7. What else is included in “all things”?
8. How is the Christian walk of those who neglect temperance described in verse 26?

→ **In your own words, express the teachings of section D.**

**E. Every kind of meat should be discarded, even meats deemed “clean” by the Word of God.**

*“Flesh was never the best food; but its use is now doubly objectionable, since disease in animals is so rapidly increasing. Those who use flesh foods little know what they are eating. Often if they could see the animals when living and know the quality of the meat they eat, they would turn from it with loathing. People are continually eating flesh that is filled with tuberculosis and cancerous germs. Tuberculosis, cancer, and other fatal diseases are thus communicated.” MH 313.2*

*“In many places fish become so contaminated by the filth on which they feed as to be a cause of disease. This is especially the case where the fish come in contact with the sewage of large cities. The fish that are fed on the contents of the drains may pass into distant waters and may be caught where the water is pure and fresh. Thus when used as food they bring disease and death on those who do not suspect the danger.” MH 314.3*

1. Why was the use of flesh foods objectionable more than 100 years ago?
2. What kinds of diseases were/are found in meat?
  - a.
  - b.
  - c.
3. Have conditions improved or worsened over the last 100+ years?
4. How often are people eating diseased meat?
5. What is one way fish has become contaminated?
6. Are people still placing filth in the oceans?

→ **The principle in Scripture:**

*Deuteronomy 14:21*

*Ye shall not eat of any thing that dieth of itself...*

1. What causes an animal to die “of itself,” meaning without being involved in an accident or being killed?

*Note: Disease and the cellular breakdown of aging are the conditions that will cause an animal to die of itself.*

2. Is a distinction made between clean and unclean animals in this passage of Scripture?

*Note: The unhealthful condition of an animal takes priority over the animal’s designation of “clean.” We are commanded not to eat these animals.*

Exodus 22:31

*And ye shall be holy men unto me: neither shall ye eat any flesh that is torn of beasts in the field; ye shall cast it to the dogs.*

1. What has been the experience of an animal that has been torn by beasts?

*Note: An animal that has been torn by beasts has been hunted. Fear has caused adrenalin and other chemicals to be released into the animal's body in its attempt to fight, or flee, for its life. Modern animal raising and slaughter techniques cause this same fear response in the animals that we buy at the market, or purchase from the farm. Adrenalin, cortisone-like secretions, and steroids stimulate fear pheromone production, and are eaten by humans when they eat the meat. "Stress, fear, and pain when animals are being slaughtered results in several disease processes in the humans which eat the meat" (Animal Stress Results in Meat Causing Disease, Irwin H. Putzkoff, PhD, MD, Professor of Nutritional Physiology.)*

Downer Animals

*"Downer" is the name given to animals in the meat industry that are unable to stand up. There are various reasons that they are not able to stand up: Mastitis (inflammation and infection of the udder in dairy cows), Metritis (inflammation and infection of the uterus), Hypomagnesaemia (low levels of magnesium in the blood), Ketosis (a type of diabetes), Dystocia (obstructed labour), nerve damage, pelvic fracture, long bone fracture, or neurological disease. Downer animals are supposed to be euthanized, and discarded. Their meat is not to be permitted into the food chain to prevent the diseased animal's meat from being eaten.*

Downed Cow: The True Story of One Anonymous Animal Born into the Meat Industry

*(From peta.org)*

*"After the other animals were removed from the truck, she was left behind, unable to move. The stockyard workers used their customary electric prods in her ear to try to get her out of the truck, then beat and kicked her in the face, ribs, and back, but still she didn't move. They tied a rope around her neck, tied the other end to a post in the ground, and drove the truck away. The cow was dragged along the floor of the truck and fell to the ground, landing with both hind legs and her pelvis broken. She remained like that until 7:30 that evening.*

*"For the first three hours, she lay in the hot sun crying out. Periodically, when she urinated or defecated, she used her front legs to drag herself along the gravel roadway to a clean spot. She also tried to crawl to a shaded area but couldn't move far enough. Altogether she managed to crawl a painful 13 to 14 yards. The stockyard employees wouldn't allow her any drinking water; the only water she received was given to her by Jesse Pierce, a local animal rights activist who had been contacted by a woman who witnessed the incident. Jesse arrived at noon. After receiving no cooperation from stockyard workers, she called the Kenton Valley Police. A police officer arrived but was instructed by his superiors to do nothing. He left at 1 pm.*

*"The stockyard operator informed Jesse that they had permission from the insurance company to kill the cow but wouldn't do it until Jesse left. Although doubtful that he would keep his word, Jesse left at 3 pm. She returned at 4:30 pm and found the stockyard deserted. Three dogs were attacking the cow, who was still alive. She had suffered a number of bite wounds, and her drinking water had been removed. Jesse contacted the state police. Four officers arrived at 5:30 pm. State trooper Jan Wuchner wanted to shoot the cow but was told that a veterinarian should kill her. The two veterinarians at the facility would not euthanize her, claiming that in order to preserve the value of the meat, she could not be destroyed. The butcher eventually arrived at 7:30 pm and shot the cow. Her body was purchased for \$370.50.*

*"The above story is not an isolated incident."*

Excerpt from "Meat Consumption and Cancer Risk," The Physicians Committee

*"The World Health Organization has determined that dietary factors account for at least 30 percent of all cancers in Western countries and up to 20 percent in developing countries. When cancer researchers started to search for links between diet and cancer, one of the most notable findings was that people who avoided meat were much less likely to develop the disease. Large studies in England and Germany showed that vegetarians were about 40 percent less likely to develop cancers compared to meat eaters. In the United States, researchers studied Seventh-day Adventists, a religious group that is remarkable because, nearly all members avoid tobacco and alcohol and follow generally healthy lifestyles, about half of the Adventist population is vegetarian, while the other half consumes modest amounts of meat" ... "This fact allowed scientists to separate the effects of eating meat from other factors. Overall, these studies showed significant reductions in cancer risk in those who avoided meat"... "Vegetarians are at the lowest risk for cancer and have a significantly reduced risk compared to meat-eaters."*

Excerpt from "The Five Worst Contaminants in Chicken Products," The Physicians Committee (2013)

*"A new study from John Hopkins University found levels of inorganic arsenic in chicken two to three times higher than the FDA suggests might be safe. Arsenic is used in chicken feed to kill intestinal parasites, promote growth, and make meat look pinker. There is no federal law prohibiting the sale or use of arsenic-based drugs in poultry feed. Consuming inorganic arsenic leads to increased risk of lung cancer and bladder cancer.*

*"Carcinogens also occur naturally in chicken. In a Physicians Committee study compiled from independent laboratory tests, 100 percent of 100 grilled chicken samples from top restaurant chains in California contained PhIP, a federally recognized carcinogen that has been linked to breast, prostate, and other cancers. PhIP forms naturally from substances found in tissue when the tissue is exposed to direct heat."*

→ **In your own words, express the teachings of section E.**

## F. Dairy and eggs should not be eaten.

### Butter

*“Butter and meat stimulate. These have injured the stomach and perverted the taste. The sensitive nerves of the brain have been benumbed, and the animal appetite strengthened at the expense of the moral and intellectual faculties. These higher powers, which should control, have been growing weaker, so that eternal things have not been discerned. Paralysis has benumbed the spiritual and devotional. Satan has triumphed to see how easily he can come in through the appetite and control men and women of intelligence, calculated by the Creator to do a good and great work.” PH011 79.1*

1. What 10 things are the result of eating butter and meat?

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.
- i.
- j.

2. What does it mean when it is said that butter and milk “stimulate”?

*Note: To stimulate means “to excite, rouse or animate to action.” Flesh foods and their products excite, rouse, and animate the base passions to action. This wars against the higher principles of Christianity.*

### Cheese

*“Cheese should never be introduced into the stomach.” CD 368.4*

*“The effect of cheese is deleterious.” CD 368.6*

*“Deleterious” = having the quality of destroying, or extinguishing life; destructive; poisonous.*

1. Why should cheese never be introduced into the stomach?

### Milk, cream, eggs

*“Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth. God will give His people ability*

*and tact to prepare wholesome food without these things. Let our people discard all unwholesome recipes.” CD 366.1*

1. Why is the safety of using milk, cream, eggs, and butter at risk?
2. What things do we need exclude from our food preparations?
3. Who will give us the ability and tact to prepare meals without these items?

→ **The principle in Scripture:**

*Deuteronomy 14:21*

*Ye shall not eat of any thing that dieth of itself...*

*Exodus 22:31*

*And ye shall be holy men unto me: neither shall ye eat any flesh that is torn of beasts in the field; ye shall cast it to the dogs.*

1. If animals are diseased and unhealthy, will their milk or eggs be healthier than they are?

→ **In your own words, express the teachings of section F.**

## G. A strictly vegan diet is the diet for God's remnant people.

*"In order to know what are the best foods, we must study God's original plan for man's diet." MH 295.3*

*"In choosing man's food in Eden, the Lord showed what was the best diet." MH 311.2*

1. What must we study in order to know what the best foods are?
2. How did the Lord show us what the best diet is for men and women?

### → The principle in Scripture:

#### Genesis 1:27 - 29

<sup>27</sup> *So God created man in his own image, in the image of God created he him; male and female created he them.*

<sup>28</sup> *And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.*

<sup>29</sup> *And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.*

1. What two things did God choose and create for man to eat?
  - a.
  - b.

2. What is an "herb"?

*Note: "Herb" is a term generally used to describe any seed-bearing plant that is used for food, flavoring, or medicine that does not have a woody stem and dies down to the ground after flowering. The term "herb" includes the leaves, roots, flowers, seeds, or other edible parts of the plant. All the vegetables that grow in the garden (roots, beans, legumes, etc.) are classified as "herb."*

3. What is a fruit?

*Note: "Fruit" refers to the fleshy product of a tree that has the seed and can be eaten as food, such as apples, oranges, avocado, and nuts.*

4. This was God's original plan for mankind. Since this is the diet that God chose and designed for Adam and Eve in the days when He saw that everything was good, is it possible that this diet can be improved upon?

### → In your own words, express the teachings of section G.

## H. Our ability to be faithful during trial is connected to strict temperance and a vegan diet.

*“In order to reach the highest standard of moral and intellectual attainments, it is necessary to seek wisdom and strength from God, and to observe strict temperance in all the habits of life. In the experience of Daniel and his companions we have an instance of the triumph of principle over temptation to indulge the appetite. It shows us that through religious principle young men may triumph over the lusts of the flesh, and remain true to God’s requirements, even though it cost them a great sacrifice.*

*“What if Daniel and his companions had made a compromise with those heathen officers, and had yielded to the pressure of the occasion by eating and drinking as was customary with the Babylonians? That single instance of departure from principle would have weakened their sense of right and their abhorrence of wrong. Indulgence of appetite would have involved the sacrifice of physical vigor, clearness of intellect, and spiritual power.” Bible Sanctification: A Contrast of True and False Theories, Ellen G. White, page 21.*

1. What 3 things are necessary in order to reach the highest standard of moral and intellectual attainments?
  - a.
  - b.
  - c.
2. If Daniel and his companions had made compromises in their eating and drinking, what would have been weakened (two things)? What would they have sacrificed (3 things)?
  - a.
  - b.
  - c.
  - d.
  - e.
3. If Daniel had, through compromise, sacrificed his spiritual power because of the pressures he faced regarding choices in eating and drinking, do you think he would have had the strength to be faithful under the pressure of being threatened with death?
4. What threat will we face regarding worshipping God on the true Sabbath when the Sunday law comes into effect?

→ **The principle in Scripture:**

Dan 1:12-20

<sup>12</sup> *Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.*

<sup>13</sup> *Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.*

<sup>14</sup> *So he consented to them in this matter, and proved them ten days.*

<sup>15</sup> *And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.*

<sup>16</sup> Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

<sup>17</sup> As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

<sup>18</sup> Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar.

<sup>19</sup> And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.

<sup>20</sup> And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

1. What kind of food did Daniel request for himself and his companions?

*Note: "Pulse" = something sown (only in the plural), that is, a vegetable (as food): - pulse. Strong's H2235*

2. What was the result of eating this plant-based diet?

3. Where did the four friends' knowledge and skill in learning, wisdom, understanding, and healthy countenances come from?

*Note: it was God who gave them these gifts (v. 17.) God blessed the strict temperance of these young men with knowledge and skill in all learning, wisdom, understanding, and physical health. Knowledge, wisdom, understanding, and health, when made practical, mean the ability to discern between right and wrong and to remain faithful in the small duties of life, as well as the fiercest of trials.*

→ **In your own words, express the teachings of section H.**

The objective of Seventh-day Adventist evangelism is to prepare a people for the Lord's soon coming, which is to prepare a people for translation. We, and those whom we minister to, will be facing the same crisis over worship that Daniel, Hananiah, Mishael, and Azariah faced. Strict temperance and a purely plant-based diet is as important to us as it was to Daniel and his companions. We need God's blessings of knowledge and skill in learning, wisdom, understanding and physical health in order to remain faithful ourselves in the trials ahead, and to prepare others for the coming crisis.

## Answer Key

### **A. Health Reform is an integral part of our faith in Christ.**

#### **Spirit of Prophecy**

1. Our example.
2. a. destroy our health b. debase our soul c. prevent divine truth from impressing our minds.
3. Because without health reform, they will not be able to rightly understand the truths so important for this time, nor will they will not be living “true religion.”
4. True religion.
5. Men and women are taught.
6. It casts a dark shadow over the mind.

#### **Scripture**

1. The faith in Christ.
  2. a. righteousness b. temperance c. judgment to come.
- 
1. The role of temperance in obtaining the everlasting life.
  2. (temperate) (all).
  3. An incorruptible crown (or everlasting life).
  4. Brought it under subjection.
  5. Being cast away.
- 
1. a. body b. mind
  2. By the mercies of God.
  3. It is being renewed.

### **B. Health is a matter of highest importance.**

#### **Spirit of Prophecy**

1. Those who have a constant realization of the value of their salvation.
2. So they can work in copartnership with God.
3. God does.
4. By placing our will on the side of God’s will.

### **Scripture**

1. a. body b. soul.
2. John is expressing God's will.
3. a. that we prosper in health b. that we prosper spiritually.
4. a. our physical health b. our spiritual health.
5. It is important above all things; It is equal in importance with our spiritual health.

## **C. Health Reform is an essential aspect of spiritual sanctification.**

### **Spirit of Prophecy**

1. The body.
2. To enfeeble and degrade the body.
3. And entire surrender to evil of our whole being.
4. Subject them to a higher power.
5. Ruin and death.

### **Scripture**

1. Add virtue.
2. Virtue and knowledge of God.
3. Patience, godliness, brotherly kindness, charity (self-sacrificing love).
4. No.
5. No.
6. No.
7. Blind and walking in sin.
8. Rejected by Christ.

## **D. Temperance is a principle that is exercised in all things, and has eternal consequences.**

### **Spirit of Prophecy**

1. To dispense entirely will everything hurtful, and to use judiciously that which is healthful.
2. a. our health b. our character c. our usefulness in this world d. our sternal destiny.
3. a. moral b. intellectual.

### **Scripture**

1. Those who strive for the mastery.
2. To obtain everlasting life.
3. As bringing the body under subjection.
4. Being cast away.
5. To be rejected in the last day.
6. Yes.
7. Everything that has to do with our bodies and our body senses: sleep, exercise, recreational activities, study, work, the music we listen to, the clothes we dress ourselves with, etc.
8. Uncertain.

## **E. Every kind of meat should be discarded, even meats deemed “clean” by the Word of God.**

### **Spirit of Prophecy**

1. Because disease was rapidly increasing.
2. a. tuberculosis b. cancer c. other fatal diseases.
3. Continually.
4. By feeding on filth placed in the oceans by man.
5. Yes.

### **Scripture**

1. Disease and cellular breakdown from aging
  2. No.
- 
1. Fear, terror, threat, fight for life.

## **F. Dairy and eggs should not be eaten.**

### **Spirit of Prophecy**

#### **Butter**

1. a. an injured the stomach;  
b. a perverted taste;  
c. benumbed nerves in the brain;

- d. strengthened animal appetites;
  - e. weakened moral and intellectual faculties;
  - f. ability to discern eternal things is lost;
  - g. benumbed spiritual and devotional experience;
  - h. Satan has triumphed;
  - i. Satan has gained control;
  - j. Intelligent men and women are unable to do the good and great work that God intended they would do.
2. It means that they arouse the animal passions into action.

**Cheese**

- 1. Because it has the effect of destroying life.

**Milk, cream, eggs**

- 1. Because disease in animals is increasing in proportion to man's wickedness.
- 2. Butter, milk, eggs, and cream.
- 3. God.

**Scripture**

- 1. No. That would be impossible.

**G. A strictly vegan diet is the diet for God's remnant people.**

**Spirit of Prophecy**

- 1. God's original plan, which is the Eden diet.
- 2. By choosing and designing man's food in Eden.

**Scripture**

- 1. a. every herb bearing seed b. every tree which yields fruit bearing seed.
- 2. All edible vegetables.
- 3. All edible fruits and berries.
- 4. No. This diet cannot be improved upon.

**H. Our ability to be faithful during trial is connected to strict temperance and a vegan diet.**

**Spirit of Prophecy**

1. a. wisdom b. strength c. the observance of strict temperance.
2. a. their senses of what is right b. their abhorrence of that which is wrong  
c. physical vigor d. clearness of intellect (thinking) e. spiritual power.
3. No. If Daniel did not have the strength to keep his principles under the pressure of conforming to the eating and drinking practices of Babylon he would not have be able keep his principles of worship under the pressure and threat of death to conform to the worship practices of Babylon.
4. Threat of death.

### **Scripture**

1. Pulse (plant foods).
2. Excellent health above others who ate the king's meats and wine.
3. They came from God. God rewarded their strict temperance with the qualities they would need to prosper, to set an example to others, and to successfully meet the life-threatening trials that they faced.