

Lesson 22: The 4th Essential of Holy Living: The Gospel of Health-4

Memory Verse: "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." Genesis 1:29

In this lesson we will look at the last principle of GOD'S PLAN for good health. Let us review:

G stands for God's _____

O stands for Open _____

D stands for Daily _____

S stands for Simple _____ in God

P stands for Proper _____

L stands for Lots of _____

A stands for Always _____

8. N stands for NUTRITION

1. In what area did Satan first bring sin into this world? Genesis 3:6 "And when the woman _____ that the tree was _____ for _____, and that it was _____ to the _____, and a tree to be _____ to make one _____, she _____ of the _____ thereof, and did _____, and gave also unto her _____ with her; and he did _____." Satan got them to sin in the area of E_____.

2. What did Jesus endure in order to conquer appetite? Matthew 4:2-4 "And when he had _____ days and _____ nights, he was afterward an _____. And when the tempter came to him, he said, If thou be the Son of God, command that these _____ be made _____. But he answered and said, It is written, Man shall _____ live by _____ alone, but by _____ word that proceedeth out of the _____ of God."

Note: "The great end for which Christ endured that long fast in the wilderness was to teach us the necessity of self-denial and temperance. This work should commence at our tables and should be strictly carried out in all the concerns of life. The Redeemer of the world came from heaven to help man in his weakness, that, **in the power which Jesus came to bring him, he might become strong to overcome appetite and passion and might be victor on every point.**" 3T 488.2

3. What was the original diet given to mankind? Genesis 1:29 "And God said, Behold, I have _____ you every _____ bearing _____, which is upon the face of all the earth, and every _____, in the which is the _____ of a tree yielding _____; to you it shall be for _____."

4. What was added to man's diet at the fall? Genesis 3:18 "Thorns also and thistles shall it bring forth to thee; and thou shalt _____ the _____ of the field."

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Note: "In order to know what are the best foods, **we must study God's original plan** for man's diet. He who created man and who understands his needs appointed Adam his food. ... Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also 'the herb of the field.' Genesis 3:18." MH 295.3

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

These foods, prepared in as **simple** and **natural** a manner as possible, are the **most healthful and nourishing**. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." MH 296.1

5. What will be our diet in the new earth? Revelation 22:2

"In the midst of the street of it, and on either side of the river, was there the _____ of _____, which bare _____ manner of _____, and yielded her _____ every month: and the _____ of the tree were for the healing of the nations." We will eat from the tree of life.

Isaiah 11:9 "They shall not _____ nor _____ in all my holy mountain: for the earth shall be _____ of the _____ of the Lord, as the waters cover the sea." No one will kill any animal to eat it.

Isaiah 65:21 "And they shall build houses, and inhabit them; and they shall _____ vineyards, and _____ the _____ of them." We will eat the things we grow.

Note: "There the Eden life will be lived, the life in **garden** and **field**." Ed 303.5

Some of the things that Ellen White saw on the table in the New Jerusalem are mentioned: "Soon we heard His lovely voice again, saying, 'Come, My people, you have come out of great tribulation, and done My will; suffered for Me; come in to supper, for I will gird Myself, and serve you.' We shouted, 'Alleluia! glory!' and entered into the city. And I saw a table of pure silver; it was many miles in length, yet our eyes could extend over it. I saw the **fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit**. I asked Jesus to let me eat of the fruit. He said, 'Not now. Those who eat of the fruit of this land go back to earth no more. But in a little while, if faithful, you shall both eat of the fruit of the tree of life and drink of the water of the fountain.'" EW 19.1

6. When did God first allow man to eat meat? Genesis 9:3 "Every _____ thing that liveth shall be _____ for you; even as the _____ herb have I _____ you all things." This was when N_____ came out of the A_____ after the F_____. [see Genesis 7:7; 8:15,16]

Note: They could only eat the clean animals. Why? See Genesis 7:2 "Of every _____ beast thou shalt take to thee by _____, the male and his female: and of beasts that are _____ clean by _____, the male and his female." There were only _____ of each kind that was not clean. If they ate any of them, there would not be any more ever. But there was a reason why God called certain animals "clean" and other animals "unclean". This is why He had more of the "clean" animals on the ark than the "unclean" animals.

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7. What restriction did God put on eating animals? Genesis 9:4 "But _____ with the life thereof, which is the _____ thereof, shall ye _____ eat." They were not to eat the _____ with the meat.

8. How did God distinguish between clean and unclean animals? Deuteronomy 14:6-8 "And every beast that _____ the _____, and cleaveth the cleft into _____ claws, and _____ the _____ among the beasts, that ye shall eat. Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the coney: for they _____ the _____, but divide _____ the hoof; therefore they are _____ unto you. And the swine, because it _____ the _____, yet cheweth _____ the cud, it is _____ unto you: ye shall not _____ of their _____, nor touch their dead carcase." Only the animals that _____ the cud AND have _____ that are divided into _____ parts are clean. These animals are animals that eat only grass and other plants. No animal that ate other animals could be eaten.

9. What sea animals are considered clean? Deuteronomy 14:9 "These ye shall eat of all that are in the waters: all that have _____ and _____ shall ye eat:" Many of the sea animals are scavengers which eat up all the dead and decaying matter in the ocean. This is how the ocean is kept clean, but these animals are not good for food!

10. What other dietary restrictions are given in Deuteronomy 14:11-20? "Of all clean birds ye shall eat. But these are they of which ye shall _____ eat: the _____, and the _____ after his kind, And every _____ after his kind, And the _____, and the night _____, and the _____, and the _____ after his kind, The little _____, and the great _____, and the _____, And the _____, and the gier _____, and the _____, And the _____, and the _____ after her kind, and the _____, and the _____. And every creeping thing that flieth is _____ unto you: they shall not be eaten. But of all clean fowls ye may eat." Again, the clean birds are those that eat seeds and vegetation. None of the birds of prey are clean.

11. What else does God tell us about eating animals? Deuteronomy 14:21 "Ye shall _____ eat of any thing that _____ of _____."

Note: Why would an animal die of itself? The animal was so sick that it died. God does not want us to eat sick animals because it will make us sick too. "It is **dangerous** to eat meat; for **animals are suffering from many deadly diseases**. Those who persist in eating the flesh of animals **sacrifice spirituality** to a perverted appetite. **Their bodies become full of disease.**" 4MR 386.2

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12. What parts of animals should never be eaten? Leviticus 3:17 "It shall be a _____ statute for your generations throughout all your dwellings, that ye _____ neither _____ nor _____."

Note: "Upon their settlement in Canaan, the Israelites were permitted the use of animal food, but **under careful restrictions which tended to lessen the evil results**. The use of swine's flesh was prohibited, as also of other animals and of birds and fish whose flesh was pronounced unclean. Of the meats permitted, **the eating of the fat and the blood was strictly forbidden**." MH 311.3

"Only such animals could be used for food as were **in good condition**. No creature that was torn, that had died of itself, or from which the blood had not been carefully drained, could be used as food." MH 312.1

13. What diet did God give the children of Israel in the wilderness? Exodus 16:15 "And when the children of Israel saw it, they said one to another, It is _____: for they wist not what it was. And Moses said unto them, This is the _____ which the _____ hath given you to _____."

14. What was it like? Exodus 16:31 "And the house of Israel called the name thereof Manna: and it was like _____ seed, _____; and the _____ of it was like _____ made with _____."

Numbers 11:7-8 "And the manna was as _____ seed, and the colour thereof as the colour of _____. And the people went about, and _____ it, and _____ it in mills, or _____ it in a mortar, and _____ it in pans, and made _____ of it: and the _____ of it was as the taste of fresh _____."

15. What is said about it in Psalm 78:24-25? "And had rained down manna upon them to eat, and had given them of the _____ of _____. Man did eat _____ food: he sent them _____ to the full."

16. Why did He send them meat? Numbers 11:4-6 "And the mixed multitude that was among them fell a lusting: and the children of Israel also _____ again, and said, Who shall give us _____ to _____? We remember the _____, which we did eat in _____ freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic: But now our soul is _____ away: there is _____ at all, beside this _____, before our eyes." They complained about the _____. Psalm 78:29 "So they did _____, and were well filled: for he _____ them their _____ desire."

Note: God does not force us to do things His way. If we insist on our own way, He will let us have it, but then we must reap the consequences of our choices. He warns us that if we insist on our own way the consequences will not be good.

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17. What did God say about this in Psalm 106:13-15? "They soon forgot his works; they waited _____ for his counsel: But lusted _____ in the wilderness, and tempted God in the desert. And he _____ them their _____; but sent _____ into their _____."

Note: "By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. **They did not reach God's ideal of character or fulfill His purpose.** The Lord 'gave them their request; but sent leanness into their soul.' Psalm 106:15. **They valued the earthly above the spiritual, and the sacred pre-eminence which was His purpose for them they did not attain.**" MH 312.2 **When we want our own way in eating, we, too, will not fulfill His purpose He has for us – the sacred pre-eminence which He wants us to have. And we will not reach God's ideal of character that He wants us to have.**

"Because of a failure to deny self, many of God's people are unable to reach the high standard of spirituality He has set for them." CD 58.2

18. Isaiah 55:2 gives us a principle for eating. It says: "Wherefore do ye spend money for that which is not bread? and your labour for that which satisfieth not? hearken diligently unto me, and _____ ye that which is _____, and let your **soul** delight itself in fatness." Nothing that would harm our bodies should enter our mouths.

Note: "If they would only skillfully arrange the bounties with which the Creator has surrounded them, parents and children with a clear conscience unitedly engaging in the work, they would enjoy simple **FOOD.**" CD 399 Grow as much of your own produce as you can. You will be twice blessed: First, you will be blessed by the healthful exercise of working in the garden and from all the lessons that God can teach you while gardening. Second, you will be blessed when you eat the fruits and vegetables which were grown in your own garden – much better than anything you can get in any store.

If you are not used to eating simple, natural food, you may not like it at first, but give your taste buds a chance to adjust and they will. "Persons who have accustomed themselves to a rich, highly stimulating diet have an unnatural taste, and they cannot at once relish **FOOD** that is plain and simple. It will take time for the taste to become natural and for the stomach to recover from the abuse it has suffered. But those who persevere in the use of wholesome **FOOD** will, after a time, find it palatable. Its delicate and delicious flavors will be appreciated, and **it will be eaten with greater enjoyment than can be derived from unwholesome dainties.** And the stomach, in a healthy condition, neither fevered nor overtaxed, can readily perform its task." MH 298,299

19. Ecclesiastes 10:17 gives us another principle for good eating: "Blessed art thou, O land, when thy king is the son of nobles, and thy princes _____ in _____ season, for _____, and not for _____!" It says to eat in due season – at the right times, at regular meals, not between meals. We should eat for S _____. Whatever we eat should be to give us more physical, mental, and spiritual strength.

Note: Not only should we eat the right kind of food, we need to learn how much to eat, when to eat, and what combinations are best for us.

"Many eat **hurriedly** of various kinds of **FOOD, which set up a war in the stomach** and thus confuse the brain. The use of unhealthful **FOOD**, and overeating of even that which is wholesome,

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should alike be avoided. Many eat at all hours, regardless of the laws of health. **Then gloom covers the mind.**" CH 564.4 Would you like your mind to be covered with gloom?

"There should not be a great variety at any one meal, for this encourages overeating and causes indigestion." CD 112.2

"You eat too great a variety at one meal. **Fruit and vegetables** taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. You should understand that every organ of the body is to be treated with respect. In the matter of diet, you must reason from cause to effect." CD 112.6

"The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease." CD 196.4

When should we eat? "It is quite a common custom with people of the world to eat three times a day, beside eating at irregular intervals between meals; and the last meal is generally the most hearty, and is often taken just before retiring. This is reversing the natural order; a hearty meal should never be taken so late in the day. Should these persons change their practice, and eat but two meals a day, and nothing between meals, not even an apple, a nut, or any kind of fruit, the result would be seen in a good appetite and greatly improved health. ... Three meals a day and nothing between meals – not even an apple – should be the utmost limit of indulgence. Those who go further violate nature's laws and will suffer the penalty." CD 181.4

What are some of the principles on how to eat that we learned from these quotes?

- 1) We should not eat H _____ . We need to chew our food thoroughly.
- 2) We should not eat too great a V _____ at one meal.
It causes us to eat too much.
- 3) We should not eat F _____ and V _____ at the same meal.
It produces acidity of the stomach which helps to cause disease.
- 4) The free use of S _____ clogs the system.
- 5) We should not eat too M _____, even of healthful food.
- 6) We should eat at regular hours _____ or _____ times a day,
and eat N _____ between meals.

20. Jesus warns us in Luke 21:34: "And take _____ to yourselves, lest at _____ time your hearts be overcharged with _____, and _____, and cares of _____ life, and so that day come upon you _____."

Jesus warns us against "Surfeiting". What is it? The dictionary tells us that it is "Oppressing the system by excessive eating and drinking; the act of feeding to excess." We call it overeating. Jesus tells us that in the last days overeating will cause us to be unprepared for His coming.

Note: "Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and will not affect their spirituality. A close sympathy exists between the physical and the moral nature. The standard of virtue is elevated or degraded by the physical habits. Excessive eating of the best of FOOD will produce a morbid condition of the moral feelings. And if the FOOD is not the most healthful, the effects will be still more injurious. Any habit which does not promote healthful action in the human system, degrades the higher and nobler faculties.

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Wrong habits of eating and drinking lead to errors in thought and action." CD 62.4

"Great care should be taken to form right habits of eating and drinking. The **FOOD** eaten should be that which will make the best blood. The delicate organs of digestion should be respected. God requires us, by being temperate in all things, to act our part toward keeping ourselves in health. ... The spiritual experience is greatly affected by the way in which the stomach is treated. Eating and drinking in accordance with the laws of health promote **virtuous** actions." ML 141.3

So you see, what and how we eat affects us in many ways. Wrong habits of eating don't just make us sick and fat. They affect how we think and what we do. Remember, "The spiritual experience is greatly affected by the way in which the stomach is treated."

21. Proverbs 23:2-3 warns us: "And put a _____ to thy throat, if thou be a man given to _____ . Be not desirous of his _____ : for they are

_____ meat." The "dainties" available today are not what is healthful, but are "deceitful meat." Many things that are offered as food are really "empty calories".

They deceive you into thinking you are eating, but your system is not **nourished** by them.

Note: "Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from **FOOD**, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health." CD 189.3

22. What is the parent's responsibility? Deuteronomy 6:6-7 tells us: "And these words, which I command thee this day, shall be in thine _____ : And thou shalt

_____ them _____ unto thy _____ , and shalt _____ of them when thou _____ in thine house, and when thou _____ by the way, and when thou _____ down, and when thou _____ up."

Note: What is the best age to start **home** school? Do you know what the right answer is? It is when you are **born**. Now that isn't the time to learn to read or to sit down and learn to add and subtract. But there are some important lessons to learn right away. **All** of life is a school. It includes **every** area of your life, not just reading, math, history, science, spelling, handwriting, etc.

The best thing about having HOME school is that you can get a **well-rounded education** in **all** the areas of life. What should be the **first** thing you learn?

"The first education children should receive from the mother in infancy should be in regard to their physical health. They should be allowed only plain **FOOD**, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive **nothing** by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end **she will teach her children the important lesson of controlling the appetite, and of self-denial**, that they should eat, drink, and dress in reference to health." CD 228.4

So the first lesson you should learn in home school is to eat the right kinds of food and to eat them

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only at the proper time. You should learn not to cry and whine for food that is not good for you or for any food when it is not time to eat.

23. If we carefully learn and obey God's laws of health, what is His promise to us?

Deuteronomy 7:15 "And the Lord will take _____ from thee all _____, and will put none of the _____ diseases of Egypt, which thou knowest, upon _____."

Note: "Daniel's parents had **trained him in his childhood** to habits of strict temperance. They had taught him that **he must conform to nature's laws in all his habits**; that his eating and drinking had a direct influence upon his physical, mental, and moral nature, and **that he was accountable to God** for his capabilities; for he held them all as a gift from God, and must not, by any course of action, dwarf or cripple them. **As the result of this teaching, the law of God was exalted in his mind, and revered in his heart.** ... CD 154.4

"The experience of Daniel and his youthful companions **illustrates the benefits** that may result from an abstemious diet, and **shows what God will do** for those who will **cooperate** with Him in the purifying and uplifting of the soul. They were an honor to God, and a bright and shining light in the court of Babylon. CD 155.1

"In this history **we hear the voice of God addressing us individually**, bidding us gather up all the precious rays of light upon this subject of Christian temperance, and **place ourselves in right relation to the laws of health.**" CD 155.2