

Six Ways Food Can Keep You Spiritually Unprepared

“Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?” Genesis 3:1

“Through temptations addressed to the appetite he has, to a large extent, led men into sin from the time when he induced Eve to eat of the forbidden fruit. It was by this same means that he led Israel to murmur against God. Intemperance in eating and drinking, leading as it does to the indulgence of the lower passions, prepares the way for men to disregard all moral obligations. When assailed by temptation, they have little power of resistance.” Conflict and Courage, 103

“The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character.” Testimonies for the Church, vol. 3, 491-492

Six ways food can keep you spiritually unprepared for what is coming:

1. Eating too frequently:

“There should be no eating between meals, and at least five hours should be allowed to elapse between the meals. ...The dullness from which people suffer is often caused by overeating, and by eating at irregular periods. Dyspepsia brings despondency, and one suffering from this disease, though he may profess to be a Christian, acts in an un-Christlike manner.” This Day With God, 210

2. Eating too much:

“Oh, how many are low in the scale of spirituality, because they will not deny their appetite! The brain nerve energy is benumbed and almost paralyzed by overeating.” Counsels on Diet and Foods, 63

“We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. Overeating befogs the brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath, many have done more than they think to dishonor God.” Child Guidance, 532

3. Eating rich unwholesome food:

“Especially at parties of pleasure is the appetite indulged with but little restraint. Rich dinners and late suppers are served, consisting of highly seasoned meats, with rich sauces, cakes, pies, ices, tea, coffee, etc. No wonder that with such a diet people have sallow complexions and suffer untold agonies from dyspepsia.” Counsels on Health, 111-112

“Intemperance in eating and drinking, and the indulgence of the baser passions, have benumbed the nobler faculties of man.” Ibid, 111

For scientific information regarding problems with dairy products, check out “The China Study” by T. Colin Campbell.

4. Eating meat

Some quickly point out that the Bible permits meat as a part of our diet. However, that is only partly true. The Bible gives strict rules to determine whether or not meat is safe to eat. Those rules are found in Leviticus 11 and Deuteronomy 14. In these chapters the Bible makes a distinction between clean and unclean animals. The unclean are never to be eaten. But what many people do not know, is that these same chapters of the Bible teach us that even of the clean animals, meat is only to be eaten if it fits these criteria:

- A. No blood
- B. No fat
- C. Not from weak or diseased animals

For more information on showing the reasons for a vegan vegetarian diet from the Bible, check out our presentation on the subject entitled, “A Biblical Basis for Vegetarianism”, You can download a free copy of that presentation from the audio resources section of our website.

“...The use of the flesh of animals tends to cause a grossness of body and to benumb the finer sensibilities of the mind.” Counsels on Health, 115

“Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh will cease to form a part of their diet.” Counsel on Diet and Foods, 380-381

There are two interesting Old Testament stories that serve as a parallel to God’s people in the last days. The first is about Israel, who before entering the promised land experienced a change in their diet to manna – clearly a vegan vegetarian menu. The second is Daniel, who survived the fall of Babylon (notice the parallel

to God's people at the end) and once again we see a vegan vegetarian diet – “pulse and water”.

5. Drinking caffeinated beverages:

In 1 Corinthians 10:31 Paul wrote, “Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

“Tea has an influence to excite the nerves, and coffee benumbs the brain; both are highly injurious.” *Counsels on Diet and Foods*, 423

“The mind becomes enervated, and unless through determined effort the habit is overcome, the activity of the brain is permanently lessened.” *Christian Temperance and Bible Hygiene*, 34

“Those who use tea, coffee, opium, and alcohol, may sometimes live to an old age, but this fact is no argument in favor of the use of these stimulants. What these persons might have accomplished, but failed to do because of their intemperate habits, the great day of God alone will reveal.” *Counsels on Diet and Foods*, 421

Note: Regarding the Bible's teaching against the use of alcohol, see Proverbs 20:1, 23:31-35; Isaiah 65:8; 1 Corinthians 6:10

6. Using too much sugar:

“From the light given me, sugar, when largely used, is more injurious than meat.” *Counsels on Diet and Foods*, 328

If you find it a challenge dealing with some of these food issues, then you'll want to make sure you get a copy of our next lesson entitled,

Flipping the Power Switch

In that lesson, we'll look more closely at the keys to connecting with God's power to overcome.

NOTE: Make sure you sign up on our e-mail list to receive some special resources coming soon that will only be made available through our email notifications. To sign up, visit:

www.backtoenoch.org