

Simple Foods

“Beloved I wish above all things that you mayest prosper and be in health.” 3 John 2.

Today we are going to look at Health reform. There are a number of components to health Reform. So today we are going to focus on diet reform, and starting in the book of Genesis 1:26-27, God pronounces that He is going to make man, and he is made in His own image. vs 27, 28 He Blessed them after He made them, and told them to replenish the earth. And in vs 29, God instructs what human kind should be eating.

Gen 1:29 “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 tree yielding seed: to you it shall be for meat.

So were told here that God gave to human beings every herb that bears seed and every fruit tree. This was to be their food.

After the creation of humanity, and the description of that in Ch 2, you notice the fall of mankind in Ch 3, By the time you get to Gen 3:9 You see the punishment that God is about to inflict upon Adam and Eve. But connected to this punishment, was the

Everlasting Gospel was this promise of Hope, verse 15. Connected to this curse or punishment, there is also dietary changes. Verse 18, it tells you the effects of what this curse will be, on the planet, and an additional food item that was introduced into their diet., “Thorns and thistles shall it bring forth to thee; **and thou shalt eat the herb of the field:**

So the original diet is given in Gen 1:29, and additional food item is Gen 3:18. The original diet composed of nuts grains fruits, and after the curse herbs of the field were introduced to our diet. We have to consider them to be vegetables.

This passage was given to EGW in 1909, This was the last General Conference that she attended. In Washington DC, Which is now the location of the GC Headquarters. She spoke on a number of subjects at the GC, but one of them was on the issue of Health Reform. Testimonies to the Church Vol 9, pg. 153, “The Health Work”

When we deal with the subject of prophecy and past stories they are often types or prefiguring of the end of the world. An example..Matt 24:37-39. We know this fairly well that past stories or events typify the End of the World. And if you go to 2Pet 3:6-7 we would be told that in the story of Noah, the world

was destroyed by a flood, but now it is to be destroyed by fire. 2Pet3:6-7.

Now you can look these stories at the end of the world and they will have some differences.

We can not only go to OT and NT stories, but we can also go to other stories in the history of Gods church that can prefigure to the END of the World and this GC conference is like that.

Test to the church Vol 9 This is not just general councils for us, but this is a genuine issue affecting the church in some way. Not in some general and moral way, but has some prophetic significance to us.

The Lord speaks to EGW at this 1909 GC Conference. “The Lord has shown me, I’m instructed to bare a message to all our people on the subject of health reform. For many have back slidden, from their former loyalty to health reform principals”. **Par.1,pg. 153.**

Now when we are talking about this back sliding, The first vision on or the first instructions on health reform, were given around 70 years prior to this, there was much counsel given in the early part of our church history by the time you get to 1909,

where EGW ministry is coming to an end, she sees that Gods church has back slidden, and they no longer following or being loyal to the health principles that they know, this is the direct reference to our history.

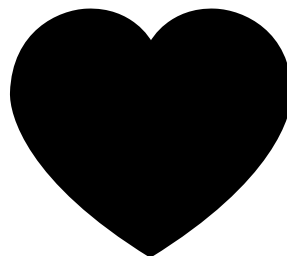
We today, have back slidden from the loyalty that we should have to the health reform principals. Like our for fathers in this history, many of the people at that conference, were not even fully aware what those principals were.

“Gods purpose for HIs children, is that they should grow up into the full stature of men and women in Christ. In order to do this, they should use a right, every power of mind soul and body. They can’t afford to waste any mental or physical strength”.

Talking about the mind..



The Soul...



And the Body....



The word soul as used in inspiration, can mean a number of different things. In the book of Genesis, when God breathed into Adam, he became a living soul. Like many Hebrew words, that get used into the English, the word soul can have different connotations. In this context, When EGW talks about Mind, Soul, and Body, she is referring to the brain. When she is talking about the soul she is speaking about the heart.

So it's mind heart and body, this is not the only place she uses this word soul that represents the heart. but its a convenient point to make this observation here. Of course when we say the heart, we are not talking about this organ thats in our chest.

Heb 8:6 A new ministry is better than old ministry. An Excellent ministry is Hebrew 7, Jesus is compared to Melkisedek in comparison to Abraham

Vs 9, this old covenant and the new one, **vs 10**. The Law is written in their mind and heart.

Written in the Mind and in the Heart (soul) the Ten Commandments are written on our hearts, as well as being put into our mind. EGW says we need to use every power in the correct way. We are not supposed to waste any mental or physical strength. So when we think about the mind. Think about the intellect.

When thinking about the heart, think about the emotions, or the feelings. So the intellectual understanding that we have something and our emotional response to that, are both required to be engaged when we consider the subject of health reform. The purpose of this is that we may grow up to the full stature of men and women.

When she talks about the full stature she's actually quoting about a Bible passage. **Eph 4:13** "Till we all come in the unity of the faith, and the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ. "

"The Question on how to preserve the health becomes one of a primary importance. When we study this question in the fear of God we are to learn that it is best for both our physical and spiritual

advancement. To observe simplicity in diet, let us patiently study this question. We need knowledge and judgment in order to wisely in this matter. Natures laws are not to be resisted but obeyed.”
1909 GC Pg.151

The subject of health which is a primary importance to us, is not only for our physical benefit, But is equally if not more important for our spiritual advancement.

Like most people in the world, many Adventists see this reform diet as a restriction on their liberty. sometimes it's preserved as some kind of punishment upon us, that the foods we like are being taken from us. But She clearly tells us the reason why God has Blessed us with this information is so we can advance in our spiritual development.

And the other important aspect to this whole subject can be capitulated in one word. **“Simplicity”**

If you can remember one word that encapsulates the whole subject of health reform, whether it's dress, diet or any other aspect of reform It's the concept or diet of Simplicity. This should be the primary reference point of anything we should do.

Sometimes people become confused about combining different foods, about what they can and can not eat, when we should eat, and when we should not eat. And while all these things are important and they have their place. We should have understanding of those things, The key not thought should always be is to have this understanding of Simplicity.

And if we focussed on diet reform and using this concept many of the confusing ideas or questions that we have would be answered, if we just observed simplicity.

Now this question of simplicity should be studied patiently. The changes that are required must be carefully and systematically undertaken.

EGW says to move wisely in these areas, she also talks about the laws of nature. The laws of nature should be obeyed not resisted or fought against. And one of the laws of nature we should follow the concept of Simplicity.

Above all other issues, this is the core component to a successful application of health reform. If you did nothing more than ate simply we would advance in

our health. Recover from sickness, this is why this is far more important principal than any other.

“Those who received the instruction of the evils of the use of Coffee, Tea, Flesh food, and unhealthful food preparation, and are determined to make a covenant with God with a determined sacrifice, will not continue to indulge their appetite with food that they know to be unhealthful. God demands that the appetites be cleansed. And that self denial be practiced in regards to those things which are not good. This is a work that has to be done, before His people can stand before Him, a perfected people”.

EGW speaks about flesh foods tea and coffee, as adventist we are all aware of these things, but she also speaks about rich food preparations, and rich foods.

Rich Foods What makes it Rich foods:

- Salt
- Sugar
- Fat

These are the 3 elements that make the food rich, in of themselves they are not particularly harmful what makes them unhealthy of these are used in excess. And unfortunately what we would consider a normal

diet you will find actually consists of a rich diet. Most of our diets consist of too much of the these 3 components in excess. And often in SOP or our favourite health expert would defend the use of these 3 elements, Salt, and Sugar, Fat. These is what constitutes or makes the food rich and especially in the 21St century we are using these 3 items in excess.

You might think that only the western countries might face this problem. it's not, on every continent the income level of that country, most people eat a rich diet, they eat either too much Salt sugar or fat.

And when you think about simply in diet that concept of simplicity can cover a number of different things, but one of them is the induction of these 3 items.

As EGW indicates to live this way would cost us, it would demand a sacrifice on our part, what we must not continue to do ,if we want to progress both physically and spiritually is indulge our appetites in these food things, More than the, she says that God demands that we should do this. That we practice self denial and that our appetites are cleaned. And all this must be done, before we can stand before Him as a perfect people. And we all know that we

stand before Him a perfect people after Michael stands up.

Dan 12:1 “And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book”.

Ch 39 GC The Time of Trouble, Where Jesus leaves the Sanctuary just prior to His second Advent, JTOT, mentioned here, a statement is made, Rev 22:11 “He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still”.

Same event when Michael stands up and level the Holy place,

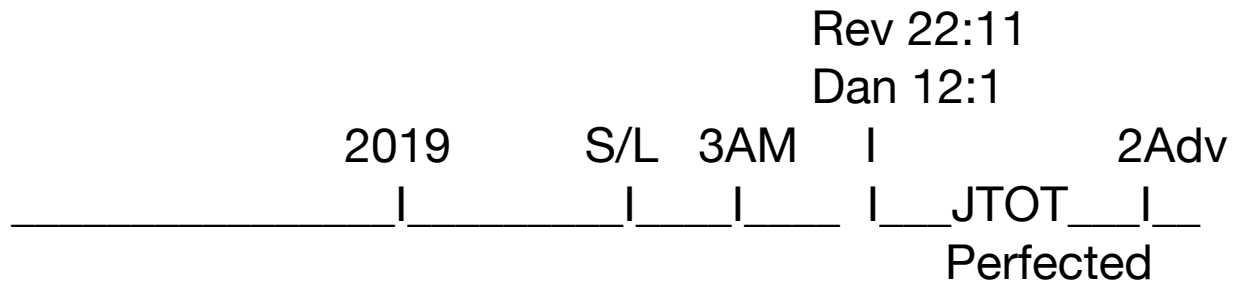
Test Church Vol 9, EGW talks about standing before Him as a perfected people, This is the time period when we are required to do that.

We are in 2019 - 2021, today and this was stated at the 1909 GC conference, we are told to stop our

back sliding, become reinvigorated in our determination to follow the health principles is a message that's in agreement with prophecy. We know that the work of the 3rd Angel is about to be completed soon. As the work finishes, and Gods people stand before Him perfected, we know that this perfection is connected to the 3rd AM, and connected to that work we need to come back from our back slidden condition, and we need to live this simple life. Forsaking not only meat, coffee, and tea but all rich and unhealthful food preparation. and unfortunately int he 21 century that you and I eat that we think are healthy are not only unhealthy but they are rich, because they are rich. They are laced with Sugar Salt and Fat.

And before we can stand before Him, Dan 12:1, we need to go back to this health message that we were given many years before.

The Daniel, 2 the statue on the 43 and 50 charts, that represents the kingdom's of this earth: Babylon MP, Greece, Rome, And as you go into Dan 7-8 , by the time you get to Dan 11.



Dan 12:1,
 Rev 22:11
 Is the history that precedes JTOT,
 Which is just before the second Advent
 An we are living in the history today, in
 In 2019-(2021), thats just before this event

So this 1909 General Conference we are told to
 stop our back sliding, and become reinvigorated
 in our determination to follow the health
 principles, is a message thats in agreement with
 prophecy.

We know that the work of the 3rd Angel is about
 to be completed soon.

As the work finishes, and Gods people stand before Him **perfected**, We know that this work of perfection is connected to the 3rd AM.

And connected to that work, we need to come back from our back slidden condition. We need to live this **simple life**.

Forsaking not only meat, coffee, and tea, but all **rich** and unhealthful food preparation.

And unfortunately in the 21st century that many of the foods that you and I, eat we think we are healthful foods, are not only unhealthy, but they are rich, because they are laced with **Sugar, Fat, and Salt**.

And before we can stand before Him Dan12:1.

We need to go back to this health message that we were given many years before.

TOE
Dan11:40
I _____ 2019 _____ I _____ JTOT _____ I
1909 Perfect

Dan 11:40 “And at the time of the end shall the king of the south push at him: and the king of the north shall come against him like a whirlwind, with chariots, and with horsemen, and with many ships; and he shall enter into the countries, and shall overflow and pass over.”

The reason why this passage is so important to us, is not because it's general counsel. As we read in Matthew 24:36-38, Where it says.. “As it was in the days of Noah, so shall it be at the end of the world.”

As it was in 1909, where God's church has backslidden, we too today are in this back slidden condition.

If you were to read the whole of EGW's discourse at this conference, What she says, is that we

need to reform our diets, go back and begin to practice the instructions we have been given.

What she had instructed the church to do was to go into the cities, that had been visited many years before, and proclaim the 3rd AM.

But before that can be done in a serious way, they were required to reform their diets. The reformation of their diets, was a prerequisite to go and give the 3AM to these fallen and lost cities.

And as we bring all this dynamic this model to the end of the world, and we know there is a time period on which we give the 3rd AM to the lost fallen cities of this world is at the S/L. And the verses we would look at are found in Rev 18.

Rev 18: 2, “And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird.”

In verse Rev 18:3 For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies.

In verse Rev 18: 4 “And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues”.

Instructing Gods people to come out of Babylon.

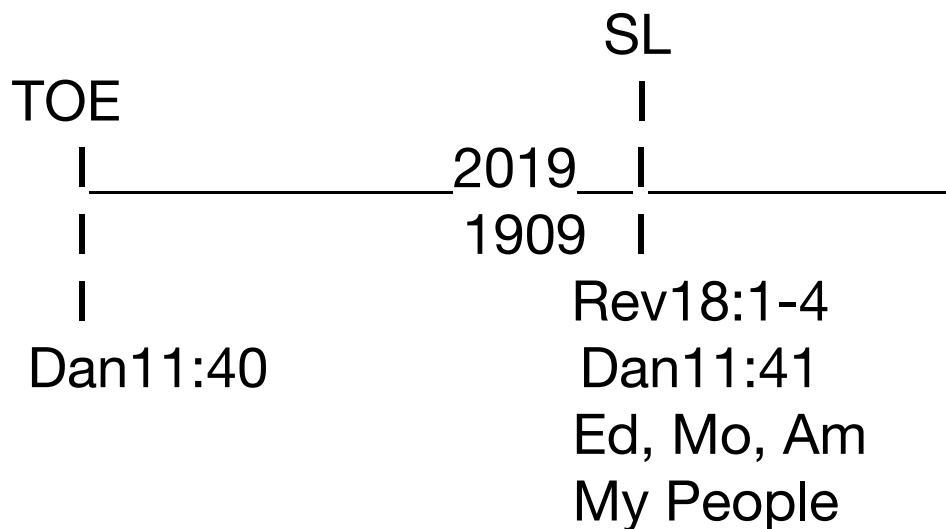
These verses are fulfilled at the **Sunday Law**
Go to GC, Ch 38, “The Final Warning”, 603

Back to Dan11:40, we are living in this verse at the moment. It’s the TOE. All we are looking at, at this stage in Rev 18:1-4. Is the call for God’s people who are in Babylon to leave, occurs at the S/L.

Vs 41 is about people escaping, 3 of them are the same group that are identified in Rev 18:4.

Dan 11:41“ He shall enter also into the glorious land, and many countries shall be overthrown: but these shall escape out of his hand, even **Edom, and Moab,** and the chief of the children of **Ammon.**”

So the people of Dan 11:41 became the people of Rev 18 at the S/L.



So the people in Rev are identified as the people in Dan 11:41 seen at the S/L.

The TOE is Dan 11:40, so we are still living in vs 40, and vs 41 is the S/L,

So this text that we're reading taking from 1909, where she says from this General Conference that we are suppose to reform our diets, in preparation for giving the 3rd AM to the lost cities on the Eastern Sea Bored. Has a direct relevance to us.

We too, must reform our diets, not only stop eating meat or drinking tea and coffee. Most Adventists already meet that criteria. But it's the rich and unhealthful food preparations that we are struggling with.

Too many of us are indulging in our appetites. We eat food that we know to be unhealthful. But today a 110 years later we are now eating food that we are not familiar with. Today we eat food

that we actually think is good for us, but it actually is not. Also we eat food that is prepared in a way that is unhealthful.

There are cooking techniques that are in some ways healthful, and some are not healthful.

But what we need to know as God's people were instructed before giving the 3rd AM to the world.

We too, as we find ourselves coming to a place where we need to stand as a perfect people before Him.

With out an intercessor Michael has stood up, and before we give the 3rd AM. To the world

We must make reforms in our diet.

We haven't even read a passage yet. Where Ellen Whites says that Health Reform is connected to the 3rd AM.

But this principle can be clearly seen as a subject of end time prophecy. Each of us, needs to reexamine how we eat.

That we may glorify God, **In our Mind, Soul, and Body**

Recap:

We read from Gen Ch's 1&3,

- We saw what Gods original intention for man kind was.
- We saw that after the fall that there was a slight modification in the diet.
- Then we went on to Test To the Church Vol 9, pg 153.
- We saw there was a back sliding, in that history the health message was given about 70 years prior. By the time we got to Ellen Whites last General Conference,
- We saw the the Church had back slidden considerably.
- We spoke about the Mind the Heart and the Body. Or as Sister White would call it the, Mental, the Physical, and Emotional.

- We saw how the Old and New testimonies can be types that prefigure the end of the world.
- In 1909, EGW tells the church that they need to make concerted efforts to reform their diets so they can give the 3rd AM to the lost cities. And that they need to correct their backslidden ways so they can stand as a perfected people.
- For us on the line at the End of the world we stand as a perfected people during the JTOT.22