

NONE OF THESE DISEASES

The three great killers in today's society are heart disease, cancer, and stroke. These are caused primarily by lifestyle choices. Since, in most cases, health is a matter of choice and not chance people should seriously consider choosing a new and better lifestyle.

Studies of mummies of ancient Egypt reveal that the Egyptians suffered from the diseases of atherosclerosis, heart disease, cancer, etc.

When the children of left Egypt God promised that if they would "diligently hearken" to Him and "do that which is right in His sight," and keep "His commandments" they would not suffer from the diseases of the Egyptians. Exodus 15:26

The same promise is applicable today to those who "diligently hearken" to Him, "do that which is right in His sight," and keep "His commandments"

God calls His people to come out and be separate from the world and not touch that which is unclean. 2 Corinthians 6:17-18.

If one truly heeds this call it will have an impact on every aspect of their life, including how they dress, talk, act, eat, etc. 1 Corinthians 10:31.

Many today disregard this important aspect of the Christian life little realizing that our bodies are the temple of God, and if anyone defiles this temple they will themselves be destroyed. 1 Corinthians 3:16-17, 6:19-20.

In view of these principles, one should refrain from the use of things that would tend to harm, impede, or shorten one's life; as well as those things which God has strictly forbidden.

There are many things that fall into this category such as alcohol and other drugs.

The Scripture is clear that no drunkard "shall inherit the kingdom of God." 1 Corinthians 6:10.

There is much council given on this subject, warning of the "woe", "sorrow", "contentions", etc. and instructing one not to be deceived by it. Proverbs 20:1; 23:29-33; Isaiah 5:20-22.

Medical science has shown today that "every time a person takes a few drinks of an alcoholic beverage - even a few beers or cocktails at a social function - he permanently damages his brain and probably his heart and liver also." Dr. Knisely has also demonstrated beyond any doubt "that this brain damage is not merely an end effect, but occurs progressively from the first cells destroyed by the very first drink a person takes, and that the damage accumulates relentlessly with every drink he takes thereafter at any time or place."

This is a most vital point, for it is through the brain that God communicates with man.

Alcohol has become a real problem, even among children. In a survey of alcohol use among school children it was revealed that between grades 7 and 12 76.6% of the boys and 69.9% of

the girls use alcohol.

The break down by grades show that alcohol is used by 46% of all 7th grade children, 61% of those in the 8th grade, 78% by the 9th grade, 87% in the 10th grade, 89% in the 11th, and 91% in the 12th grade.

Half of all violent crimes are committed under the influence of alcohol and over half of all traffic deaths are caused by drinking drivers.

It causes more than 40 billion dollars in economic loss per year.

It is America's number one drug.

Tobacco is another great evil that plagues many of God's people. Of it King James once said: "Tobacco, it is a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and is the black stinking fume, thereof nearest resembling the horrible stigent smoke of the pit that is bottomless."

The Harvard School of Medicine states that "right now we have it in our power to prevent a third or more of all cancer deaths." What is the magic cure? "Overwhelming evidence has established that cigarette smoking alone is responsible for 25-30 percent of all cancer deaths."

Deaths due to smoking exceed 900 per day, or 37 per hour.

"Thou shalt not kill" Exodus 20:13.

If you have trouble with alcohol, drugs, tobacco, of any other of these harmful substances; God can deliver you from them and give you absolute victory.

God's desire for us is that we "prosper and be in health" (3 John 2) and one of the greatest contributors to good health is what we eat. This is why we are told to eat that which is good. (Isaiah 55:2).

How do we determine what is good?

Some people think baby mice dipped in honey is good, while others feast upon such things as live monkey brains, bird's nest soup, blood pudding, roast dog, snakes, lizards, the intestines and organs of various creatures, etc.

God said we are not to touch the unclean, but how can we tell what is clean and what is unclean?

Even before the flood Noah knew the difference between the two.

God gives us very clear guidelines by which to determine the difference between what can and cannot be eaten. Leviticus 11:1-12, 46, 47.

Of the animals He says look at their feet and watch them eat. They must chew the cud and have a split hoof. If they do not then they are unclean and not to be eaten.

Concerning the things in the water they must have both fins and scales.

God always has a good reason for everything He tells us, and this is no exception. He did not tell us why these animals are unclean, He simply said they were and as such we are not to eat them.

Science and medicine tell us, however, that the flesh of our friend the pig contains such diseases as trichinosis, tapeworm, brown worm, parathyroid fever, undulant fever, anthrax, foot and mouth disease, tuberculosis, swine influenza, food poisoning, hog cholera, and swine plague.

"A single serving of infected pork, even a single mouthful can kill or cripple or condemn to a lifetime of aches and pains."

"In all some 60 diseases have been confused with trichinosis."

Man has always tried to argue with what God's Word says when it conflicts with what they want to do, and in the realm of appetite it has always been a particular problem, for so many people are controlled by appetite.

Remember, appetite was the temptation where Adam and Eve sinned, and it was over appetite that Jesus was first tempted in the wilderness when challenged to turn the stones to bread; and it is here that I believe God's people will find one of their greatest temptations in these last days.

As with the Sabbath there are those who try to justify their rejection of this clear instruction by declaring that it was only for the Jews; but as we have seen it was given centuries before there was such a thing as a Jew. It was given as soon as flesh food was permitted to become a part of man's diet.

Still others say that it was done away with at the cross, but the Word of God is very definite that those who disregard this instruction and are found eating these things when Jesus comes will be destroyed. Isaiah 66:15-17.

It is always best to take the Bible for what it says, not what we wished it said. If you do you will live longer, be happier, and have a healthier body and mind. We need to take what God says in simple faith realizing that He is always right.

We are free to commit suicide if we want, but God prefers that we live, live forever with Him.

He says "I am come that they might have life, and that they might have it more abundantly." John 10:10. And that "no good thing will He withhold from them that walk uprightly." Psalm 84:11.

In light of all this, "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. 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." Romans 12:1-2.

Study Helps

- 2 Corinthians 6:17-18 -----What does God call us to do?
1 Corinthians 10:31 -----Will this have an impact on what we eat?
1 Corinthians 3:16-17 -----What warning does God give?
1 Corinthians 6:19-20 -----Why is this subject so important?
NOTE: In view of the above principles one should refrain from the use of things which tend to harm, impede, or shorten one's life; as well as those things which He has strictly forbidden.
Proverbs 23:29-32 -----What is God's warning about alcohol?
Isaiah 5:20-22, 24 -----Who has woe?
Proverbs 20:1 -----What should we not be deceived by?
1 Corinthians 6:10 -----Will drunkards be in heaven?
3 John 2 -----What does God desire for us?
Isaiah 55:2 -----What are we to eat?
Genesis 7:2 -----Did Noah realize a distinction between the animals?
Leviticus 11:1-8 -----How can we tell the difference?
Leviticus 11:9-12 -----What must fish have to be eaten?
Leviticus 11:46-47 -----Why did God give this list?
Isaiah 66:15-16 -----What event is here referred to?
Isaiah 66:17 -----Who will be destroyed in that day?
Romans 12:1-2 -----What does God want you to do?