



Revelation Reveals Life at Its Best

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Some people think we each have a time we're going to die, that that time is set, and there's nothing we can do about it—so health habits don't matter! That attitude is totally out of touch with all the scientific evidence clearly demonstrating that our daily choices affect our likelihood of living a long and healthy life. **Revelation 12:9** exposes Satan for the deceiver he is and says he "DECEIVES the whole world." He deceives millions of Christians into thinking it makes no difference how they treat their BODIES as long as their "hearts" are right with God. They accept the temporary pleasure of some defiling physical indulgence—drugs, alcohol, tobacco, harmful articles of diet, sexual immorality—and in the process destroy both body and soul. Listen to these plain words in **Revelation 21:27**, "There shall by no means enter into it [the Holy City] anything that DEFILES, or causes an ABOMINATION or a lie, but only those who are written in the Lamb's Book of Life." Those who defile their bodies with abominations are *outside* the city.

Yet **Revelation 14:7** urges us to "Fear God and give glory to Him . . ." and giving glory involves a commitment of our entire being, our lifestyle. Look at **1 Corinthians 6:19-20** and **10:31**: "Do you not know that your BODY is the TEMPLE of the Holy Spirit who is in you, whom you have from God, and *you are not your own?* For you were *bought at a price* [redeemed by Jesus' blood]; therefore glorify God in your body and in your spirit, which are God's. . . . Whether you EAT or DRINK, or WHATEVER you do, do all to the glory of God." In **Romans 12:1** Paul earnestly appeals, "present your BODIES a LIVING sacrifice, holy, acceptable to God, which is your reasonable service." Authorities in the field of Preventive Medicine tell us our LIFESTYLE practices are killing us. Our choices contribute to disease and premature death *or* health and long life. Let's look at practices that are destroying millions of lives—and what we can do about them!

Dying For a Smoke? The Sixth Commandment says, in **Exodus 20:13**, "Thou shalt not kill." Dr. Linus Pauling—one of the few scientists ever to win *two* Nobel Prizes—said that every cigarette you smoke takes 14-1/2 minutes off your life. In other words, smoking is *committing slow suicide*. Tobacco causes hundreds of thousands of deaths each year from *cancer, emphysema, and heart disease*. But Christ can deliver you from this addictive, health-destroying habit just as He healed the sick 2000 years ago. The Bible says in **Matthew 7:7-8**, "ASK, and it shall be given you; SEEK, and ye shall find; KNOCK, and it shall be opened unto you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it *shall* be opened." You can be delivered—by the power and grace of God, you can quit!

Fighting the Battle of the Bottle? Alcohol affects our brain, the organ through which the Holy Spirit communicates with us. That's why the devil brewed alcohol in hell's laboratory, because alcohol deadens the brain! When people start drinking, after a few drinks they don't have many inhibitions, so drinking and sexual immorality go together. Drinking goes with a moral fall. **Proverbs 20:1** says, "Wine is a mocker, strong drink is raging: and whosoever is DECEIVED thereby is not wise." Alcohol causes crime, serious marital problems, family problems, and job-related problems, all as a result of drinking. Don't talk to me about "responsible drinking." There's no such thing! You become *irresponsible* when you drink

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because it *deceives* you. Shakespeare said of alcohol: “O God! that men should put an enemy in their mouths to steal away their brains.”

Man’s Original Diet: When God created the human race, He gave them a magnificent diet of grains, nuts, and fruits—a vegetarian diet. **Genesis 1:29.** The diet God gave provides very adequate protein. Strong animals like the horse and cow get all the protein they need from the oats and corn and other grains they eat. They get their protein firsthand, from the earth, and grow big and strong. The man who kills them and eats their flesh is getting his protein SECONDHAND. It wasn’t until the time of Noah’s Flood that God gave people permission to eat flesh food. The average life span before the Flood was 900 years! **Genesis 5:5; 5:27; 9:29.** But right after the Flood—since the catastrophic Deluge ripped up trees and plants and temporarily destroyed all vegetation—God gave Noah and his family permission to eat meat. And immediately man’s life span was shortened by hundreds of years! Ever since, men have lived much shorter lives. It’s not a sin to eat meat, for God gave permission to do so. But if you eat a lot of meat, you’ll have more animal fat in your diet—and in your arteries. So you need to cut down on that high fat in your diet. If you want the best diet, of course, you’ll choose a vegetarian one, as God intended.

Clean & Unclean Animals: God’s distinction between clean and unclean animals goes back long before there was a Jewish nation. In **Genesis 7:2** God mentions it to Noah, centuries before Abraham, the first Jew.. When we note the ANATOMICAL guidelines built into the animals, we realize it goes back to Creation: clean animals have split hoofs and chew the cud; clean seafood have fins and scales—**Leviticus 11 & Deuteronomy 14.** God’s clean-unclean distinction was not just for Old Testament times. **Isaiah 66:15-17** shows it will still be in effect when Jesus returns: “Behold, the Lord will come with fire . . . and the slain of the Lord shall be many. They that sanctify themselves, . . . eating swines’ flesh, and the abomination, and the mouse, shall be consumed together, saith the Lord.” God never said we could eat unclean animals! Nor should we want to—someone noted that “He was a *valiant* man who first ate an oyster!”

We can learn to control our appetites. We can eat to live rather than live to eat. We don’t have to be among those God speaks of in **Philippians 3:19**, “Whose end is destruction, whose God is their belly.” The Lord will gladly help us sanctify our tastes if we ask Him. Instead of junk food, we can learn to enjoy the premium fuel our bodies deserve.

Peter’s Corrective Vision: Some may wonder about the strange vision Peter had in **Acts 10:1-35** when he saw all kinds of unclean animals and God said, “Get up and eat.” Peter’s reply proves that during his entire three-and-a-half years with Jesus, he never heard about any changes in the status of unclean foods. But what did it all mean? Peter himself, who was puzzled at first, explains in **verses 28 & 34**: “God has shown me that I should not call any MAN common or unclean. . . . I perceive that God shows no partiality. But in EVERY NATION whoever fears Him and works righteousness is accepted by Him.” And Peter immediately began teaching about Christ to GENTILES, people he had formerly despised. Peter’s vision was about people—not food. The Bible interprets itself—if we only let it!

Our health comes to us as a sacred trust. Failure to care for this priceless machinery called our body is an insult to the Creator. Jesus wants us well! He can help us change our careless, self-destructive lifestyle to one that heaven can approve. In **John 15:5** Jesus says, “Without Me, ye can do nothing.” On the other hand, the apostle Paul triumphantly proclaims in **Philippians 4:13**, “I can do all things through Christ who strengthens me.” Without Christ, we can do *nothing*. With Him, we can do *all* things! Jesus says, “Surrender all, and let Me work miracles in your life. Put your life on the altar and give Me your heart. My welcoming arms are out for you!”

Adornment & Dress: We live in a society of compromise and an age where the line of distinction between the world and the church is blurred. But Revelation calls the inhabitants of the earth to fear God and give glory to Him in their lifestyle. Born again, converted sons and daughters of God are to ask, “Lord, what pleases you?” instead of seeking what pleases themselves.

1 Corinthians 10:31 tells us that we are to do all to the glory of God.

When the children of Israel sinned by worshiping the golden calf, the Lord was going to pass judgment upon His people. But before He did, He called them demonstrate whose side they were on. He told them in **Exodus 33:4-6** that they were to take off their ornaments so He would know what to do to them. Those who persisted were indicating that they were persisting in rebellion, they were still stiffnecked as the Bible puts it. With the clear instruction in God’s Word on our adornment, and the fact that we are living in the judgment hour, what we decide to do with our ornaments shows if God has our allegiance or if we persist in our rebellion by thinking we know better than God.

1 Timothy 2:9, 10 & 1 Peter 3:3, 4 tell us that we should not adorn ourselves with the outward ornaments of gold, pearls, and costly clothing. We are encouraged to be adorned with the Christian graces of a meek and quiet spirit. God wants our adornment to be internal. He wants us to wear the fruits of the Spirit – love, joy, peace, patience, gentleness, goodness, faith, meekness and temperance. John Wesley, founder of the Methodist church wrote, “Wearing gold, (by way of ornament,) and putting on costly or gay apparel...ought never be allowed, much less defended, by Christians.” How did the churches slip so far from the Biblical standard? They have become conformed to the world instead of transformed by the renewing of their mind. **Romans 12:2**

What we read, watch, and listen to: With the knowledge that we are living in the judgment hour and that we are to glorify God in all we do, this will affect our choices in what we watch, listen to, and read. Much of what is put out as “entertainment” is nothing more than glorifying all that opposes the law of God. Murder, crime, sexual promiscuity and deviation, fornication and adultery permeate our entertainment forms. Are Christians safe to put this into their mind knowing that beholding we become changed? For instance, take pornography. You wouldn’t think of bringing a pornographic film to church to watch. Yet we give no thought that we are bringing pornography into the temple of the Holy Spirit when we watch it in the privacy of our own home for our bodies are the temple of the Holy Spirit (**1 Corinthians 6:19**). God has given us the standard in His word to make good judgments as to what we should listen to, watch, and read. **Philippians 4:8** tells us to think on whatever is true, noble, just, pure, lovely, of good report, has virtue, and is praiseworthy. If we follow this, we will avoid putting into the temple of the Holy Spirit what dishonors God.

Finances: What we do with our finances will also show who has our allegiance. God’s Word in **Malachi 3** gives clear indication of what would be happening before Christ comes. The context is a context of judgment and before the return of Christ. God tells us that men will be robbing Him in tithes and offerings. **Malachi 3:6-10**. But God says that if we will test Him, He will open to us the windows of heaven so we won’t have room enough to receive the blessing He has for us. The ambassadors of God, His representatives in the time of the end will be glorifying Him in how they use His finances He has made them stewards or trustees over.

We can experience life to its fullest by following the Lamb of the book of Revelation. If we will only surrender all to Him, and trust Him with every area of our lives, He will give us life more abundantly. Will you trust Jesus to help you live a life as an ambassador for Him? May you trust His grace to help you live to give glory to God in all you do.

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“IT IS WRITTEN . . .”

3 John 1:2	God desires that we prosper and be in health.
1 Thess. 5:23	Sanctification includes BODY, mind, and emotions as well as spiritual faculties.
Romans 12:1	We should present our bodies “a LIVING sacrifice” unto God.
1 Cor. 6:19-20	Your body is the TEMPLE of God. Each of us should “glorify God” in our body.
1 Cor. 10:31	Whatever you EAT or DRINK, do all to the glory of God.
Proverbs 20:1	“Wine is a mocker, strong drink is raging,” and they DECEIVE many.
Proverbs 23:29-32	Don’t drink fermented wine. It brings sorrow, woe, and contentions. In the end “it bites like a serpent, and stings like a viper.”
Isaiah 5:11	Woe to those who intoxicate themselves with strong drink or wine.
Proverbs 31:4-5	Wine and strong drink are not for kings or princes, for their intoxicating effect perverts wise judgment.
Revelation 5:10	Since we are kings and priests unto God, we need clear minds.
Genesis 1:29	Man’s ORIGINAL diet was VEGETARIAN, consisting of fruits, grains, and nuts.
Genesis 7:2	Noah understood the difference between CLEAN and UNCLEAR animals. Since God gave permission to eat the CLEAN animals at the time of the Flood, they were brought by <i>sevens</i> —but the UNCLEAR scavengers by <i>twos</i> .
Leviticus 11:1-12	Clean animals must have a split or divided hoof and chew the cud. Unclean animals are those like pigs that don’t have the above features. Clean sea animals must have both fins and scales.
Isaiah 66:15-17	Those who rebel against God’s dietary standards will not be in the kingdom.
Isaiah 65:1-5	God classes eating unclean foods with heathen idolatry.
Acts 10:9-16	Peter’s sheet with all kinds of unclean animals, including rats, alligators, vultures. God says arise and eat. Peter is horrified! What does God mean? Verse 17 indicates Peter is uncertain.
Acts 10:28 & 34	Peter explains that the vision applies not to FOOD but to calling <i>Gentiles</i> unclean. In this vision, God breaks the racial barrier of prejudice. Peter now is open to witness to the Gentiles. The vision deals with the fact that through the Cross, all barriers between PEOPLE are removed.
Philippians 4:13	Jesus provides spiritual STRENGTH to OVERCOME physical habits.
Hebrews 4:15-16	Jesus was tempted as we are. He fasted 40 days and overcame—so we, too, can receive His “help,” His power to overcome.
Genesis 35:1-4	When they went to worship, they changed their clothes.
Exodus 33:4-6	Before God judges, He asks us to declare whose side were on.
1 Timothy 2:9, 10	Our adorning is not to be on the outside, but on the inside.
& 1 Peter 3:3, 4	
Philippians 4:8	God gives us guidelines as to what we should put into our minds
Malachi 3:6-10	God asks us to return a faithful tithe and give offerings so He can bless us beyond what we can imagine.

Quick Quiz

Our heavenly Father has *so much* He longs to teach us! Think of each seminar session as one in a series of steps leading upward—a series of “lessons from heaven.” May we learn our lessons well, so we in turn can teach others. God’s Word, the Bible—our Textbook for this seminar—offers **Learning Unlimited!**

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1. A basic health principle God gave many centuries, even millenniums, ago says we must “eat neither _____ nor _____,” and science today corroborates that divine advice in its *warnings against* cholesterol-laden animal fat.

To check your answer, see Leviticus 3:17.

2. The Bible teaches that “Your _____ is the _____ of the Holy Ghost.”

To check your answer, see 1 Corinthians 6:19.

3. Some believe the distinction between clean and unclean animals was a purely ARBITRARY one erased by the Cross. But God shows it has a clear ANATOMICAL basis unchanged since Creation when He specifies “a split _____ and _____ the cud” as points of identification for animals, while fish and seafood must have both “_____ and _____.”

To check your answer, see Deuteronomy 14:6 & 9-10.

4. T F The ORIGINAL diet God gave to mankind in the Garden of Eden was a VEGETARIAN one which included all different kinds of fruits and grains and nuts—which necessitated death.

To check your answer, see Genesis 1:29.

5. The Good Book says, “Whether you _____, or _____, or whatever you do, do all to the _____ of God”

To check your answer, see 1 Corinthians 10:31.

6. Despite enticing ads from the liquor industry, God’s Word declares, “_____ is a mocker, _____ is raging: and whosoever is _____ thereby is not wise.”

To check your answer, see Proverbs 20:1, King James Version.

7. Though the Bible teaches God’s prohibition against unclean foods is *still in effect* at Jesus’ Return, we shouldn’t be surprised that some churches fail to teach it, for God says the spiritual leaders who have shown no “difference between the _____ and the _____ are the SAME ones who “have _____ their _____ from My Sabbaths.”

To check your answer, see Isaiah 66:15-17 and Ezekiel 22:26.