

THE ONE TRUE GOD LESSON #13

LOUD CRY OF THE FOURTH ANGEL

DANIEL'S FAST

INTRODUCTION

THE BATTLE OF THE BELLY

When Israel camped in the Wilderness of Sin they murmured, and complained about the lack of food. They even wanted to return to the bondage of Egypt that they might eat their fill of the flesh pots of slavery. Where they could eat their fill of the food they loved! This provoked God to anger because they lacked trust in His ability to provide for their needs. Yahweh heard their murmuring and promptly provided them abundantly with manna.

Let us pray:

Holy Father grant us Thy holy spirit to enlighten our minds that we may understand and assimilate Your word into our very being. May it become part of our very character? We ask this in the name of Jesus your Son. Amen.

Exodus 16:2-5. "And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger. Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no. And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily."

What lesson should we learn from Israel's test and failure? Can we not identify our own weakness in this test? Are we not prone to disregard God's commands when it comes to what we eat, especially when it comes to the "Battle of the Belly?"

And what is the "Battle of the Belly? Why is it called a battle?" It is a well-known fact that eating brings

people pleasure. But how greatly our choices are influenced by this gratification may only fully be understood and revealed when a trial comes. For many, food is nothing short of an idol. The "Battle of the Belly" is the test over whether we will love and obey every word that proceeds out of the mouth of Yahweh when it effects our favorite food cravings!

Even when impaired with sickness and bad health and potential death, many choose to continue eating the same rich processed foods that are destroying them and causing their unhealthy conditions. Many patients instruct their physician, "don't mess with my diet, just give me the right pill and make me feel better. But don't tell me I have to change how I eat."

When Israel faced the belly battle. They had come to place such a high priority on their "flesh pots," that they actually preferred to go back to slavery in Egypt than to part with their rich foods! Their fellowship with Yahweh and joy in following His leadership was completely dissolved in their lust for their loved foods. Are we so connected with food as an idol that we make that same decision and murmur as they did about Yahweh's diet? Murmuring is the first step in the path to rebellion!

1st Corinthians 10:12, 13. "Wherefore let him that thinketh he standeth take heed lest he fall. There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

This is a vital question that must be addressed by each one of us, the "Battle of the Belly" test will come to each one who will pass through this world on their way to the Heavenly Canaan! Because we tend to deceive ourselves into thinking we are spiritually better off than we really are, Yahweh uses tests to reveal the true condition of our hearts!

This is how our Heavenly Father often works with us, because we need the testing to expose unknown

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strongholds of spiritual Egypt (worldliness) that are still in our hearts. When our dietary pleasures are exposed and we find ourselves in need of healing, we must surrender once again to Yahweh's will concerning a healthful diet. When our belts need to be tightened and our stomachs grumble with desire, we need to reconfirm our choice to serve God rather than complaining and setting our feet upon the path of apostasy, we should stop and pray. Father, You know our need. We surrender it to You. Give us the strength to only eat that which You have declared as fit for our consumption. Whether you heal me or not I will faithfully praise and honor Your Name. How dramatically different will be our response to the belly test if we will just remember to surrender to Yahweh completely and pray faithfully.

Notice that after ancient Israel followed the diet that Yahweh prescribed the Israelites after 40 years in the wilderness were not feeble. Psalms 105:37. "He brought them forth also with silver and gold: and there was not one feeble person among their tribes." And when Moses died at 120 years old the record states in Deuteronomy 34:7. "And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated." It is evident that trust in Yahweh and obedience to His health rules is very profitable.

Now we turn to the prophet Daniel and his ten-day trial. It doesn't take long on a 100% pulse or raw vegetable and fruit diet with only clean water to drink to make a marked difference in one's appearance. I for example have only been on a juicing diet for six weeks and my arthritis and knee pain are less by 85 to 90% already and I can get up from a kneeling position without help. That is amazing because for at least five years I have had to have help getting up when in a kneeling position. Also, my energy is up. It seems I have the energy of 20 years ago. No drug out feelings, I actually want to do things now. Oh, by the way, I have lost from 257 down to 221 in that same six weeks.

We are to recognize that we are the temple of Yahweh and give glory to Him by maintaining that temple in good condition. How you may ask? Well that is what we want to find out. Yahweh wants us to be

healthy and vibrant; to shine. We want Him to actually dwell within us. He will not dwell in a sick or defiled temple in the fullness of His intent. We must cooperate with Him in cleaning the soul temple so He can fully dwell within us.

1st Corinthians 10:31. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

DANIEL IN ANCIENT BABYLON--10 DAYS

Ten days can change the appearance of a man or woman. King Nebuchadnezzar destroyed Jerusalem in 607 B.C. and took Daniel and his three friends back to Babylon to train them in the art of the Babylonian ways of thought. Daniel and his three friends were assigned a special diet.

Daniel 1:5. "And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so, nourishing them three years, that at the end thereof they might stand before the king."

The king wanted to train these scholars in the ways of Babylon three years. He commanded them to partake of his own meat and drink, which he thought would be optimal for their health.

Likewise, the world often believes that what they are eating is healthy and optimal. They go to Burger King to eat the king's meat and drink. But when the effects of this diet become evident, when they become sick, hurt all over, and have no energy, some begin to realize that the king's meat and drink is actually poor in nutrients and rich in diseases. You may say, but I am a vegetarian. Well, do you cook your food? Cooking kills most of the vitamins and minerals and absolutely kills all the enzymes which are of vital importance for optimal health. It is these things that cooking destroys that we absolutely need in our bodies. Live bodies require live food, not dead food.

Daniel and his friends were taught from the word of God to enjoy a simple diet provided by their creator, and not to eat unclean foods. King Nebuchadnezzar intended to feed the young men unclean meats and wine which Yahweh had prohibited. Daniel, trained

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from his youth by the word of Yahweh, understood that his body was God's temple. He was not willing to defile himself with the king's meat and drink thereby causing Yahweh to have to leave his body temple.

Daniel 1:8. "But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore, he requested of the prince of the eunuchs that he might not defile himself."

So vital were the commandments of Yahweh concerning food, not only for Daniel's physical health but also for his eternal salvation, not to defile his temple for Yahweh's dwelling, that Daniel was willing to risk the king's displeasure and nobly asked to be exempted from eating foods that would defile him.

Leviticus 11:44-47. "For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: neither shall ye defile yourselves with any manner of creeping thing that creepeth upon the earth. For I am the LORD that bringeth you up out of the land of Egypt (representing sin), to be your God: **ye shall therefore be holy, for I am holy.** This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth: **To make a difference between the unclean and the clean, and between the beast that may be eaten and the beast that may not be eaten.**" (Emphasis added).

God drove out the heathen nations of Canaan because they had defiled themselves with not only idolatry and other sins but also that of a polluted and unhealthy diet. Yahweh committed to Israel these principles so that purity might be preserved in the earth. Israel was to be able to administer the divine remedy for health and spiritual growth. Are we not spiritual Israel of today? Remember Romans 15:4. "For whatsoever things were written aforetime were written for our learning, that we through patience and comfort of the scriptures might have hope." Are we not called to preserve that same knowledge in the world today?

Daniel was esteemed with loving favor by the prince of the eunuchs. When he presented his request, the prince was afraid that the health and intellect of Daniel and his friends might fall short of the other students if they did not eat the rich delicacies of the king's table. He thought they needed some pork chops and maybe a steak to supply them with plenty of protein.

This is the attitude of many today. If you tell your friends and family that you are going to McDonalds to get a Big Mac, they are totally unconcerned. Yet if you tell them you are going to eat fruits and vegetables, they will panic and begin questioning your decision. Immediately they will advise you to be careful and to take supplements. Yet ironically, after they warn you of the danger of deficiency, many can be found drinking coffee or an alcoholic drink, or eating a greasy burger with fries and a Coke. It's a strange world that we live in today. Satan has perverted the understanding of health and nutrition in the minds of the majority.

Daniel suggested a ten-day test to compare his diet to that of the other students, and asked for pulse to eat and water to drink for himself and his three friends. The word pulse refers to plant food: fruits and vegetables. What happened at the end of the ten-day trial? Who was in the better health and had a clearer mind?

Daniel 1:15-17. "And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus, Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse. As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams."

Daniel 1:20. "And in all matters of wisdom and understanding that the king inquired of them he found them ten times better than all the magicians and astrologers that were in all his realm."

The knowledge and skill the four Hebrews possessed was partly the result of their superior diet, but it was primarily the gift of God. As they cooperated

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with Him by obeying His principles, and trusted Him to provide the promised health and blessing, He honored them with a large measure of His Spirit and with great God-given talents. The health principles are God's instructions for obtaining health and intellect, but a living faith in our Creator is most essential.

Matthew 4:4. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Faith in Yahweh will lead us, like Daniel, to do the best that we can in caring for the temple of the soul, a dwelling place for Yahweh. He promises to give us health and healing, but not apart from our best efforts to cooperate with His power. We must understand that our cells have been designed to require living food, and that includes brain cells. In order to provide the best opportunity for our body and mind to function, and our spiritual discernment to remain active, we must replenish our system with vital nutrients and avoid all that would weaken and destroy the system.

Psalms 119:104. "Through thy precepts I get understanding: therefore, I hate every false way."

The story of Daniel's diet was considered a matter worthy of the divine record, and that is because it is significant today. Today we are living in conditions that make that same dedication to health and principle vitally important, we are to be modern Israelites, and unfortunately, we are living in a modern Babylon, where the diet has been greatly adapted to sin and much of the food is unfit for consumption. As earth's history is coming to a close, the difference between the clean and the unclean will be life and death for Yahweh's people, whose character will be tested at every turn and who will need all the energy and clarity of mind that they can retain.

1st Corinthians 10:11. "Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come."

TWO WINES IN THE BIBLE

Daniel would not partake of the king's wine. Some may object to his course and label him strict. They may argue, "Well Jesus actually made wine at a wedding." The wine that Jesus made was "new wine" which is straight from the grape. In the Bible, there are two different kinds of wine:

Isaiah 65:8. "Thus saith the LORD, as the new wine is found in the cluster, and one saith, Destroy it not; for a blessing is in it: so will I do for my servants' sakes, that I may not destroy them all."

This "new wine" has to be unfermented wine, in other words, grape juice. There is a blessing in this wine, it is good for the health. Therefore, Yahweh approves of "new wine" in its natural non-alcoholic state as a refreshing drink. Jesus most definitely confirmed this at the wedding feast. But what does the Bible say about fermented or alcoholic wine?

Proverbs 23:29-33. "Who hath woe? Who hath sorrow? Who hath contentions? Who hath babbling? Who hath wounds without cause? Who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things."

Notice that Yahweh warns us not to even look at this type of wine. So, if God told us not to look at fermented wine, and warned us that consuming it would lead to sin, this was obviously not the type of wine Jesus would make at a wedding. His actions never contradicted His words.

1st Thessalonians 5:7-8. "For they that sleep in the night; and they that be drunken are drunken in the night. But let us, who are of the day, be sober, putting on the breastplate of faith and love; and for a helmet, the hope of salvation."

If I were to put gasoline in my body, anyone in their right mind would recognize that I am poisoning myself. It is the same with alcohol. Not only does it cloud the mind, but it destroys the body. It is poison.

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If Daniel had indulged in drinking fermented wine, his mind would have been impaired, and his influence weakened. Yahweh had the highest purposes in store for Daniel, as He does for all who are willing to follow strict principle and who love and trust Him. Because Daniel was true to principle in this matter, he was in a favorable condition to receive the highest blessings and privileges, and he was enabled to carry out a noble work that made him one of the most influential men of God in the history of the world. The book of prophecy that resulted from Daniel's communion with heaven is at this time one of the most important for God's people to study, and was commended by Jesus as one that should be read and understood.

THE KING'S MEAT

As for the king's meat that Daniel would not touch, it was unclean according to Yahweh's health laws. God didn't make these laws merely to show His authority, some things God made for food, and some things He didn't for instance:

Leviticus 11:7, 8. "And the swine, though he divide the hoof, and be cloven-footed, yet he cheweth not the cud; he is unclean to you. **Of their flesh shall ye not eat,** and their carcass shall ye not touch; they are unclean to you."

Pigs eat garbage, and you are what you eat. If you follow this fact to its logical conclusion, you will realize that pork was never designed to be eaten. It was designed to clean up the environment: a living waste disposal. And to put that in your mouth is to put garbage in your mouth. Is it any wonder that you feel like garbage after you eat it?

It has been scientifically proven that pigs, sometimes known as swine, are completely unfit for food. Their flesh, known as pork, is infested with a little worm called the Trichina which is linked with a disease known as Trichinosis,

Trichinosis initially involves the intestines. Within a day or two of consumption, symptoms such as nausea, heartburn, dyspepsia, and diarrhea appear; the severity of these symptoms depends on the extent of the infection, later on, as the worms move

through different parts of the body, other manifestations of the disease may appear, such as headache, fever, chills, cough, eye swelling, joint pain and muscle pain, petechial (small skin hemorrhages), and itching.

Most symptoms subside within a few years. The most dangerous case is when the worms enter the central nervous system. They can't survive there, but they may cause enough damage to produce serious neurological defects (such as ataxia or respiratory paralysis), and even death.

By this point in these lessons, we have discussed the reasons why pork, alcohol, bloody steaks and burgers, and greasy fries shouldn't be eaten. But it doesn't stop there. We have only begun to eliminate a few things from the diet. There is much more to God's health plan than that.

We need to recognize that God has laws of health. These can be compared to the law of gravity: it is a natural law designed by God. What goes up, must come down. The same principle applies to your health. If you violate the laws of health, you will suffer the consequences, some believe that God changes His health laws from time to time, but the health laws are as changeless as the law of gravity.

2nd Corinthians 7:1. "Having therefore these promises, dearly beloved, let **us cleanse ourselves from all filthiness of the flesh and spirit,** perfecting holiness in the fear of God."

By this it is evident that God wants us to "cleanse ourselves," and it specifies that this cleansing is not only spiritual—it is physical cleansing as well. The context of this statement is that you are the temple of God, 2nd Corinthians 6:16, our bodies are to be not only free from sin but free from disease and sickness so that God may dwell within us in the full capacity of the intent of John 14:23. "Jesus answered and said unto him, if a man love me, he will keep my words: and my Father will love him, **and we will come unto him, and make our abode with him.**" Therefore, if you are holy as it says in Leviticus 11:45. "For I am the LORD that bringeth you up out of the land of Egypt, (out of sin) to be your God: ye shall therefore be holy, for I am holy." You are not

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to put unclean things into the body temple that would defile it.

Is it possible we don't truly understand the purpose of the cleansing of the sanctuary? When we think of the temple of God. Do we think of something afar off? Do we limit it to a building in heaven or a building on earth? The Bible says we are the temple or sanctuary for the indwelling of the creator. Perhaps the kingdom of God is much closer than we recognize, "O house of Jacob."

It seems that many times we look at the cleansing of the sanctuary as just a spiritual thing and not a physical thing also. We see only the shadow; many do not see the substance. We do not understand that we ourselves were created to be the temple of God on earth.

This sanctuary of the Lord is now defiled and broken down. Acts 15:16. "After this I will return, and will build again the tabernacle of David, which is fallen down; and I will build again the ruins thereof, and I will set it up." Daniel 8:13, 14. "Then I heard one saint speaking, and another saint said unto that certain saint which spake, how long shall be the vision concerning the daily, and the transgression of desolation, to give both the sanctuary and the host to be trodden under foot? And he said unto me, unto two thousand and three hundred days; then shall the sanctuary be cleansed." But before the coming of the Lord it is to be built up and cleansed for Christ loved the church, and gave Himself for it. Eph. 5:26, 27. "That he might sanctify and cleanse it with the washing of water by the word, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish."

In Ezekiel chapter 1 we find that God's throne is mobile, it is in constant motion. His throne is not a fixed throne. Are we not to be the throne of God? Jesus said, "if a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him." John 14:23. Perhaps we, like the Jews, have failed to recognize the truth that we are God's temple, His

throne, His dwelling place and sanctuary, the fullness of Him that filleth all in all, His body, the true church. It's not an organized denomination. If we would have the blessing of health, we must come to recognize this vital truth. The water and the blood agree as one (1st John 5:8). The soul temple must be cleansed by the blood of Christ, and the body must be cleansed as well!

There is a messenger that is to come that will make this message clear to the bride of Christ. That messenger is revealed in Malachi 3:1. "Behold, I will send my messenger, and he shall prepare the way before me: and the Lord, whom ye seek, shall suddenly come to his temple, even the messenger of the covenant, whom ye delight in: behold, he shall come, saith the LORD of hosts."

1st Corinthians 3:16, 17. "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." The Lord will come to his temple. But he will have a clean temple for His dwelling! The Holy Spirit is the Lord himself (see 2nd Cor. 3:16, 17). Now the sanctuary in preparation for the Lord's coming is being cleansed by the everlasting covenant of grace and the blood of Christ? So, do you realize that you are that temple, that holy place wherein dwells the presence of God? Do you agree with the word of God, and will you accept it as a permanent engraving inside the most holy place of your own heart? Can you confess that Christ and the Father are personally living in your flesh? Will you allow Them to create in you the victory and the perfection and the righteousness that Jesus possessed in the flesh two thousand years ago?

The message of the prophet Elijah is being repeated at this time in the world's history, and this message includes a recognition of the true temple of God and a cleansing of the sanctuary with the blood of the everlasting covenant. Today this message calls us to cleanse ourselves so that we might be ready for the coming of Christ to His temple! Here is the message of Elijah, the very message given in these 13 lessons.

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Malachi 4:4-6. “Remember ye the Law of Moses my servant, which I commanded unto him in Horeb for all Israel, with the statutes and judgments. Behold, I will send you **Elijah the prophet before the coming of the great and dreadful day of the LORD:** And he shall turn the **heart of the fathers to the children, and the heart of the children to their fathers,** lest I come and smite the earth with a curse.”

The curse causeless shall not come. The everlasting covenant of grace has been established for the changing of our hearts. It is evident by our sufferings that the curse has come, and the cause can only be that we have turned from the laws given to Moses. But God “has healing in His wings” (Mal. 4: 2), and He wants to heal you!

Romans 12:1 “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.”

THE EIGHT LAWS OF HEALTH

There are eight basic laws that govern what the body needs in order to have good health. They are Nutrition, Exercise, Pure Water, Sunshine, Temperance, Fresh Air, Rest, and last but not most important, Trust in God. All of these laws are part of God’s health plan and are contained in His manual, known as the Bible, it is much better to learn from our Creator how to maintain the body in good health and prevent disease, than to look for answers when disease occurs. However, if the body does become diseased, we can always find help in the One who “healeth.” (Exodus 15:26).

The information contained in these lessons may be all that you need to find the fast track to health, but should you need more assistance, please contact me at the address at the end of this lesson. I will address the eight laws in reverse order as given.

Proverbs 3:5-8, “Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear

the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”

To trust in God with all your heart leads to joy and peace, which are essential to health and happiness. He will also give us the power we need in following the divine health principles. If we trust in God fully, He will bless our health and will keep the diseases of Egypt (diseases of the world), from coming upon us!

Psalms 119:73. “Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.”

HE DIESIGNED US. THEREFORE, He would know what is best for the body He designed. This principle is the most important of all. That is why these lessons are centered on gaining a knowledge of who God is, His promises, and His healing power.

REST

Rest is very important! In fact, God created an entire day for it each week. Rest aids in renewing the mind and body and repairing the damages that often result from stress and labor. It is necessary to maintain energy, resilience and joy. It aids in lifting the spirits and helps to keep the mind clear and alert. Those who are well-rested are much less anxious, depressed, grouchy and cranky. In appointing time for rest, God shows that He cares for our physical and spiritual health. Exodus 20 8-11. “Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the Sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the Sabbath day, and hallowed it.”

AIR

Fresh air electrifies the blood and gives it a bright red tone, indicating that it is full of oxygen. When oxygen is depleted in the system, the cells cannot

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work effectively and retain health. Fresh outdoor air is full of oxygen and is usually much more pure than the air inside of poorly-ventilated buildings. Mold and other chemicals in the air greatly affect your mind and body.

TEMPERANCE

1st Cor. 9:25. “And every man that striveth for the mastery is temperate in all things.” By the way, God is not saying to be temperate in bad things. The word of God must be understood in its complete context, God asks us to abstain from bad things and to partake only of good and healthful things, and do so temperately, or in moderation. If I study my Bible for twelve hours a day every day, I am being intemperate. If I drink four gallons of water in an hour, I could die of water intoxication, even though water is good for the body. Temperance in diet and habit leads to temperance in spirituality.

SUNSHINE

Nothing would live without sunlight, including man. Plants need sunlight to grow, and all animals need plants for the oxygen and food they provide. For a fact sunshine can change your mood. It lowers blood sugar. It also lowers cholesterol by converting it to vitamin D. Sunlight utilizes calcium and phosphorus, increases red and white blood cells, strengthens the immune system, calms nerves, increases adrenalin, destroys germs on skin, reverses jaundice, and other things.

Malachi 4:2. “But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.”

1st John 1:7. “But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.”

1st Peter 2:9. “But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should show forth the praises of him who hath called you out of darkness into his marvelous light.” God

wants us to live in the light. He wants us to recognize the fullness of the light so that we can have healing and health. He wants us to dwell in the fullness of His sunshine, and not in darkness, spiritually and physically also.

WATER

Water is necessary for life. It is probably the most important and widely-used substance found on the planet. Water is used for many body functions, such as producing tissues and fluids, transporting substances, controlling body temperature, and cleansing the tissues. Drinking plenty of water helps eliminate wastes which often pollute the bloodstream as well as the tissues. Water leaves the system in large quantities as it carries toxins out of the body through the urinary system and sweat glands. It is vitally important to constantly replenish the body’s supply of water. It is best to drink eight or more glasses of water a day to keep the body well-hydrated. Water is also good for cleansing your food, since the toxins in your food will leach out into the water when you allow it to soak.

God has likened His word to water. In Ephesians 5:26, 27 it says “That he might sanctify and cleanse it with the **washing of water by the word**, That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.” In job 23:12 we are told “Neither have I gone back from the commandment of his lips; I have **esteemed the words of his mouth more than my necessary food**. We can live for a while without food but we cannot live very long without water.

Rev. 22:1 “And he showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.”

EXERCISE

We were created to be active! To make ourselves useful and to work the body we have been given. Man’s first labor was to keep the Garden of Eden, and it was a pleasant task. Exercise causes the blood to circulate throughout the body more effectively so that the tissues can be nourished and purified. It also

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develops the muscles, because if the muscles are left without exercise, they will begin to atrophy, “use it or lose it.” The heart is a muscle, and when the body is sedentary the heart cannot be kept in optimal condition to pump the blood throughout the body. It can be weakened and even clogged leading to congestive heart failure. Exercise is so vital that often a smoker who exercises is in better health than someone who doesn’t exercise. Moderate exercise such as walking, swimming and gardening is some of the best remedies for a diseased body.

NUTRITION

We have learned in these lessons that God has specified in His word which things He created to be good for food, and which things were not created to be eaten because they will bring the cures of diseases and unhealthy conditions to the body if taken internally. They are really poison. As our Creator, God has created perfect food that will build healthy cells and a healthy body and prevent disease. The optimal diet is the original one that God gave Adam and Eve in the Garden of Eden. Fruit, grains, nuts, and herbs, these were eaten raw right off the plant, vine, or tree. Dead animals and animal products are not able to promote life and health regardless of what the food pyramid might say. I don’t believe there was cooking going on in the Garden of Eden. That came later when animal flesh began to be eaten.

One way of getting the full benefit of the vitamins and enzymes and life from the plants so that it can be introduced quickly into the bloodstream is to juice fruits and vegetables. This removes the plant fiber so that the digestion process is bypassed and the nutrients are rapidly absorbed and utilized. Another good way to get more plant nutrient into your system is to make smoothies. This uses the entire fruit or vegetable, so they include fiber and take longer to digest. Smoothies are a convenient way to get life-giving elements into the body. Also, green smoothies are a fast and easy way to get generous amounts of fresh leafy greens, which are very beneficial to health and healing.

These last two lessons were compiled from a book called “THE TEMPLE OF GOD” by David Barron. This book can be obtained from:

Talking Rock Sabbath Chapel

1250 W. Price Creek Rd.

Talking Rock, Georgia, 30175

Phone 706-692-8954.

These last two lessons are given to start you on the path of health and supply you with a basic guide to true principles of a healthy lifestyle. There are however, many details which I cannot cover because of brevity, which should not be ignored. A book I will recommend to you is “DRINK YOUR TROUBLES AWAY” by John Lust.

Deuteronomy 28:58-61. “If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD; Then the LORD will make thy **plagues** wonderful, and the **plagues** of thy seed, even **great plagues**, and of long continuance, and **sore sicknesses**, and **of long continuance**. Moreover, he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also, every **sickness**, and every **plague**, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.”

If this sounds like your present condition, please know that God wants to set you free, just as He freed the captives from Egypt. You may be suffering the effects of sin, but that is not our Fathers will for you.

Let us pray:

Holy Father, we ask You for health and healing please grant this request in Jesus’s name. Amen.

May God bless and keep you is my prayer.

Virgil Prindle

PS. The cleansing of the colon has been known to clear up acne and improve skin condition within days. Individuals who suffer from arthritis and other complaints and who could not walk properly, found

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relief and mobility. With a clean and healthy colon, cancer no longer thrives. Those with diabetes find that their insulin receptors are no longer clogged, so their body begins to handle sugars normally again. This is all because the cleansing of the colon removes the toxic wastes that so often wreak havoc on the system.

DO I NEED TO DETOXIFY?

Do you experience stress regularly?

Do you get fewer than seven hours sleep every night?

Do you wake most mornings feeling tired and lethargic?

Do you regularly feel tired, apathetic or lack energy?

Do you eat less than 3 different fruits a day?

Do you eat a raw vegetable/salad meal less than once a day?

Do you overeat?

Do you eat processed or take-away foods more than once per week?

Do you often find yourself craving for sweet or savory foods?

Do you exercise less than thirty minutes every second day?

Are you overweight?

Do you suffer from stomach pains, heartburn, indigestion, excess wind (gas) or a bloated stomach?

Are you constipated?

Are you a cancer patient?

Do you have high blood pressure or high cholesterol?

Do you experience cold hands and/or feet regularly or have poor circulation?

Do you have a history of antibiotic use?

Do you suffer from allergies or hay fever/sinus infections?

Do you get sores or ulcers in your mouth or on your lips?

Do you suffer from headaches?

Do you notice a lack of concentration, loss of memory or perhaps mental “fog” (cognitive impairments)?

Do you suffer from depression, anxiety or nervousness, or mood swings?

Do you suffer from arthritis, joint pain or stiffness?

Do have any kind of skin problems, including skin cancer?

Do you have blurred vision?

Do you suffer from red or sore eyes?

Do you have dark circles under your eyes?

WOMEN ONLY

Do you experience irregular cycles or excessive menstrual flow?

Do you experience any PMS, e.g. Depression, crying too easily, or moodiness around your period time?

Do you experience cramps, pain or bloating?

Do you experience uncomfortable or distressing menopausal symptoms?

More than TWO of these symptoms indicates a toxic buildup. Therefore, anyone who answered YES to two or more questions would benefit greatly from a cleanse/detox. The following cleanse is my best recommendation to remove the toxic build up from your system.

TEN DAY DANIEL CLEANSE DETOX

IMPORTANT: several days before you begin, start eating organic fruits and vegetables and drink plenty of pure water during this time as you prepare for the cleanse. Remember to obey God’s laws of health

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during and after the program: trust in God, fresh air, exercise sunshine, rest, pure water, temperance, hygiene, and nutrition, and always maintain a positive attitude.

DAY 1-5—(you may modify times to fit your schedule but keep the sequence the same).

1, 6:45 AM—morning flush—cleanse your kidneys and bladder and stimulate your bowels by drinking 32 oz. of warm water with the juice of 1 or 2 fresh lemons. Drink all of it while warm. May add a pinch of cayenne and a little honey, no sugar.

2, 7:30 AM—poultice drink—combine 1 tsp. charcoal powder, 1 tsp. psyllium husk, and 1 tsp. bentonite clay with 4 oz. organic apple or grape juice and 4 oz. pure water. Shake the mixture vigorously in a small jar (or stir it rapidly) and drink all of it immediately since it thickens fast. You will be taking a total of 5 servings of this a day for 5 days. (May be obtained at the co-op on Spartanburg highway on the right just prior to crossing over the rail road bridge).

3. 8: AM—breakfast drink—green smoothie.

4. 10:00 AM—poultice drink.

5. 11:00 AM—10 oz. fresh organic apple/carrot juice (5 oz. apple +5 oz. carrot).

6. 12:00 AM—poultice drink.

7. 1:00 PM—10 oz. of fresh organic carrot juice.

8. 2:00 PM—poultice drink.

9. 4:00 PM—10 oz. of fresh organic carrot juice.

10. 5:00 pm—poultice drink.

11. 6:00 PM—10 oz. of fresh organic carrot juice with parsley, celery, beet, and Swiss chard.

12. 7:00 PM—10 oz. of fresh organic carrot juice (this drink is optional; skip it if you are absolutely full).

Drink 1/2 to 1 gallon of water a day in addition to these drinks.

DAYS 6-8 Blend together the following ingredients for a liver/gallbladder flush: 4 oz. fresh lemon juice, 8 oz. pure water, 5 cloves of fresh garlic, 4 oz. virgin, cold-pressed olive oil, cayenne to taste (approx. ¼ to ½ tsp.), and an inch of diced fresh ginger. Take 4 oz. morning and 4 oz. evening for 3 days. Keep refrigerated and make more as needed.

FOR BEST RESULTS

Juice fast for the entire 10 days. Some eat for the 10 days instead of juicing, or use a combination of eating and juicing, but eating can slow the cleansing process. If you decide to eat, eat only raw fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (no head lettuce—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it for lunch. For dressings please see recipes [at http://www.biblical-health.com](http://www.biblical-health.com). If you need a third meal, eat raw fruit only or a raw fruit smoothie. Do not snack!

MANINTENANCE PROGRAM

Eat a vegan diet with 50 up to 100% raw organic foods. Add moderate amounts of fresh seeds like pumpkin, sunflower, and golden flax to your diet. **MAKE JUICING A REGULAR PART OF YOUR LIFE.**

DIABETICS THIS IS IMPORTANT

Always consult your physician first. It is recommended to treat the liver beforehand with coffee enemas which aids in producing glutathione. Dilute all juices by 50% with pure water and check your blood sugar daily. It is recommended adding greens or Barley Green to the juices to slow digestion. Drink the **POULTICE DRINK** with water instead of apple or grape juice. If sugar remains high, cut back on apple and carrot juice and use mostly greens instead for juices or water and Barley Green. Remember that your pancreas needs the enzymes found in live food.

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FOR DIABETIC SMOOTHIE INSTRUCTION VISIT:

<http://www.incrediblesmoothies.com/green-smoothies/diabetis/green-smoothie-recipes-for-type-2-diabetes/>