

# TO LOVE THE LORD THY GOD - Physically, part 31 quotes

## 1 Laws Governing the Human Body

### The Area and Law of DIET and NUTRITION

Our bodies are built up from the food we eat. There's a need for supplying constant energy to every cell and body part, and this energy is derived from the food we eat. There is also a constant breaking down of the tissues of the body, and this tissue breakdown is repaired from the nutrition found in the food. Therefore it is in our best interest to choose to eat only foods that best supply the elements needed for energy, and repairing and building up our body.

In deciding what foods to eat, appetite is not safe to follow. Our appetite often demands food that is not best for health. In order to know what are the best foods for health, we must study God's original plan for man's diet.

“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 a tree yielding seed; to you it shall be for meat.” Genesis 1:29.

“...thou shalt eat the herb of the field”. Genesis 3:18.

Every tree producing edible fruit - which includes nuts, as well as all edible herbs or plants producing seeds, was the diet God appointed for all mankind. This means that grains, fruits, nuts, and vegetables are the foods God chose for each human being. The nutrition received from these simple foods will impart strength, endurance, and a vigor of intellect that you will not be able to obtain by eating a more complex, refined, or stimulating diet.

**2** Those who choose to go outside of God's chosen diet and add flesh meats into their meals are but eating grains and vegetables second-hand. The animal itself received firsthand the greatest nutrition from these live foods, and you would only receive what's left over by eating their flesh. It would be so much better for your body and health to get the life-giving nutritional benefits firsthand by directly eating these natural foods, and not second-hand left overs by eating the flesh of animals, birds or fish!

Besides, you do not need to eat meat in order to be strong and healthy. Elephants grow up to be the biggest and strongest land animals on this earth, and they are total vegetarians. Giraffes grow up to be the tallest animals, and they also are total vegetarians. This means that the belief that mankind needs some form of flesh food in their diet in order to grow up healthy and strong is just not true.

When Daniel and his companions were given a diet that consisted of "a daily provision of the king's meat, and of the wine which he drank" (Daniel 1:5), they realized that this was not the best diet for those who wanted to follow God. So Daniel went to the man in charge of providing their food and requested that for the next "ten days...give us pulse [vegetables] to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants" (Daniel 1:12-13). And the results were that "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" (Daniel 1:15). After 3 years on this simple meatless and liquorless nutritional diet, Daniel and his companions were found to be "ten times better" "in all matters of wisdom and understanding" than anyone else "that were in all his realm" who had chosen to eat a meat diet (Daniel 1:19-20). If you also choose your diet to be meatless and liquorless, and eat only meals prepared from simple natural things, then you will also experience the same as did Daniel and his companions.

Disease is so prevalent throughout all the animal, bird and fish kingdom. Those who eat flesh foods know little what they are eating. Flesh food is filled with disease and cancerous germs, and in eating it is introducing cancer and other fatal diseases into the body. This is one reason why many in the meat processing industry are total vegetarians!

**3** Far too much sugar is ordinarily used in our diet. Cakes, sweet puddings, pastries, jellies, jams, are too high in sugar content and thus produce indigestion. The free use of milk and sugar combined together readily ferments in the stomach and produces alcohol. There have been cases where individuals have died from cirrhosis of the liver, which is a diseased condition wholly attributable to alcohol poisoning, yet they had never drunk liquor in their entire life. It was found that their diet consisted of ice-cream and other milk-and-sugar combined deserts, which produced alcohol.

There should be a specified time for each meal, generally no more than two or three meals a day. At each meal eat just what your body system requires, and nothing more until the next meal. Eating at regular times only of food that is simple and nutritious, and not snacking inbetween, would prevent us from feeling so sleepy after eating, or from suffering so much sickness, or from being so overweight.

**4** Why did God create humans with the need to eat, and what spiritual lessons can we derive from this area and law of health?

Just as we are to eat good food in order to have life, so we must eat good spiritual food in order to have everlasting life.

“Verily, verily, I say unto you, He that believeth on me hath everlasting life....I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world....As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me....It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.” John 6:47, 51, 57, 63.

Jesus, the word of God, is the bread of life, and by choosing to partake of only His good word, then your spiritual life will indeed be nourished and enlivened and able to grow healthy and strong.

“O taste and see that the LORD is good”. Psalms 34:8.

“Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.” Jeremiah 15:16.

## 5

### The Area and Law of WATER

Pure, soft water acts as a solvent, a medium of transportation, a temperature regulator, and a lubricant. More than 60% of our body is made up of water. Our brain, heart, nerves, liver, and skin about 70%. Our blood, lungs, heart and kidneys are comprised of about 80% water. Thus water plays a vital part in our health!

Each day we lose up to 80 oz of water, or the equivalent of ten - 8 oz glasses. This daily loss of water occurs through urination (about 44 oz); perspiration and respiration (16 oz each); and defecation (4 oz). But we only gain back about 24 oz from the food we eat. So the amount of water we need to drink each day just to replenish the deficit is about 56 oz, or at least seven - 8 oz glasses. If we do not get this amount, then we become dehydrated and suffer from all kinds of problems, ranging from fatigue to poor digestion. Going beyond 10% body dehydration can lead to death!

The external application of water is one of the easiest ways of regulating the circulation of the blood, and how restful it is to relax in a hot bath! Impurities are constantly being thrown off through the skin and its millions of pores can quickly become clogged. So it is best to bathe or shower at least twice a week in order to remove these surface impurities and allow the pores to freely function.

**6** Why did God purposely create our body with its need for water, and what spiritual lessons can we discover as to why?

In regards to drinking water: when God gave water to satisfy our thirst, He also used this precious gift to symbolize the importance of a spiritual life and relationship with Him. Jesus Christ is the "living water", and He promises to every spiritually thirsty soul: "If any man thirst, let him come unto me, and drink" (John 7:37). Just as we daily need water in order to sustain our physical life, so each day we need Christ in our life to quench our spiritual thirst.

In regards to the external usage of water: just as taking a bath allows the water to cleanse and purify your body from all surface impurities, so by choosing to follow Jesus and being baptized allows Jesus to thoroughly wash and cleanse your heart and outward life from all sin!

"Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost....be baptized, and wash away thy sins, calling on the name of the Lord." Acts 2:38, 22:16.

“Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also [in the likeness] of [his] resurrection”. Romans 6:3-5.

“For as many of you as have been baptized into Christ have put on Christ.” Galatians 3:27.

Also, just as taking a shower allows the spray of water to cleanse and purify your body from all surface impurities, so by choosing to follow Jesus allows Him to rule in your life, and He will indeed “sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them. And ye shall dwell in the land that I gave to your fathers; and ye shall be my people, and I will be your God. I will also save you from all your uncleannesses”. Ezekiel 36:25-29.

As water is a cleansing agent, both internally as well as externally, then let us allow Jesus through the Holy Spirit to “sanctify and cleanse [us] with the washing of water by the word, That he might present [us] to himself a glorious church, not having spot, or wrinkle, or any such thing; but that [we] should be holy and without blemish...by the washing of regeneration, and renewing of the Holy Ghost” Ephesians 5:26-27; Titus 3:5.