
Partnering with God in Health and Wellness Series

Class Three

God Designed Food vs Man-made "food"

I. GOD'S ORIGINAL FOOD DESIGN

A. When God created the world, everything was created perfectly. Regarding our food supply, Genesis tells us that "God saw that it was good." The Bible is a wonderful instruction manual for how we should live our lives, both spiritually and physically. What did God give us for food?

And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food." (Gen 1:29)

"... have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." (Gen. 1:28)

"Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs." (Gen. 9:3)

B. It is quite easy to justify multiple dietary lifestyles based on biblical teachings. One could contend for the original design of the Garden of Eden, which would have existed without killing, and therefore, everyone would be vegetarian. After the flood, however, God gave Noah a clear word that all living things could be considered for food. God's chosen people were given clear instructions on how to eat, which often included eating meat.

C. God designed the earth and everything on it. God also designed our body and the intricate details of how it should function. Since we must eat for survival, it only makes sense that God has created and provided for us everything we need to live long, healthy lives.

II. GOD'S ORIGINAL DESIGN HAS BEEN ALTERED DRAMATICALLY

1. Genetically Modified or Genetically Engineered (GM, GMO or GE). A Genetically Modified Organism (GMO) is a complete and total manipulation of God's original design. It is the result of a laboratory process where genes are taken from one species and inserting it into another to obtain a desired trait or characteristic.

A. Growers have been grafting trees, breeding animals and hybridizing seeds for years. However, GMO is distinctly different. In traditional breeding, you can mate one type of pig with another type of pig and you get a new variety of pig. However, you cannot mate a pig with a potato or a chicken. This is what is happening.

B. Even when species are related, such as a horse and donkey, if you breed the two animals, the offspring (a mule) is sterile.

C. The same is true for plants. When you inter-breed two species of plants, you create a plant that cannot reproduce itself. This refers to all “seedless” varieties of “food.” Seedless fruits or vegetables cannot reproduce themselves.

Then God said, “Let the earth bring forth grass, the herb that yields seed, and the fruit tree that yields fruit according to its kind, whose seed is in itself, on the earth”; and it was so. And the earth brought forth grass, the herb that yields seed according to its kind, and the tree that yields fruit, whose seed is in itself according to its kind. And God saw that it was good. (Gen. 1:12-13)

(Genesis 1:21, Genesis 1:25)

D. The two main traits that have been engineered in crops are:

1. Herbicide tolerance
2. The ability of a plant to produce its own pesticide.

Herbicide tolerance allows poisonous weed killer to be sprayed directly onto a plant and not kill it. Some types of *GMO cotton produce its own pesticide* within the plant which kills and deters insects, saving the farmer from needing to spray. However this makes the plant toxic, not just to insects, but anyone or anything consuming them. When farmers in Indiana let their sheep graze on these GMO cotton plants, thousands of sheep died.

E. GMO “foods” are toxic, but also infertile. The crops are designed to not reproduce themselves. This forces farmers to rely on Monsanto for all of their crops year after year.

F. What percentage of foods grown in the United States is GMO?

Soy – 91%
Cotton – 88%
Canola – 88%
Corn – 85%
Papaya – 50%
Sugar Beets – 90%

2. Processed, chemical filled food-like substances. Our food supply has been stripped, refined, heated, treated, bleached, burned, chemicalized, and otherwise destroyed of anything resembling its original Godly design.

A. We are eating food-like products that are ***designed by man (not God)*** to taste better, look better, smell better and make us artificially feel better. They hold no nutritional value. They are designed and marketed, not for health, but so that we are attracted to it, buy it, get artificial satisfaction from it, and want more of it.

B. Buying man-made food-like substances such as packaged foods and fast foods are not intended to bring health or life to the human body. The goal of McDonald’s, Hershey’s or Kellogg’s is not to bring healthy products to market. Their goal is to make the most money with the least amount of investment.

Their goal is addiction. An addicted customer is a life-long customer.

C. Commercials and marketing tactics are built on lies. Advertisements for soda and beer show the ***false reality*** of happiness, joy, sex, and healthy people when the reality is that consuming these products brings misery, obesity and sickness. We must separate ourselves and show discernment between the world’s false reality and God’s reality.

That we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, but speaking the truth in love, may grow up in all things into Him who is the head – Christ. (Eph. 4:14-15)

3. We have left the farm, the gardens and nature for the city. Most of us are living today completely disconnected from the earth God designed. We were all designed to live with the earth and steward it well for ourselves and those around us.

A. We were not designed to sit behind a desk all day under artificial lighting. We used to sleep, eat, drink, play and live on the earth. Now we wear rubber shoes, have rubber tires and walk on concrete floors all day.

B. We have disconnected ourselves from our food supply, the sun, fresh air, fresh water and everything that God designed for us to enjoy a long, healthy life. Not only do we have limited time in and on the earth, we are choosing artificial, man-made alternatives.

III. GOD IS CALLING US TO TURN AWAY FROM MAN-MADE CREATIONS AND BACK TO HIM

A. We need discernment to understand what foods bring life and what foods bring sickness and disease. ***God's originally designed, unaltered food brings life!*** This is what we must begin to understand to restore health to our physical bodies while we are on this earth.

B. People's health is dramatically changed when returning to God's creation. When people stop eating artificial man-made food-like substances and begin eating real foods, the body responds quickly.

C. Blessing our food. If you have nothing, you may truly be very thankful just to have a bowl of lucky charms, or anything to eat for that matter. However, if we are not lacking, and we have full awareness of the dangers of processed man-made foods, and we continue to choose them over and over in place of God designed foods, could we honestly pray to God that He bless our breakfast of Lucky Charms, Krispy Kreme donuts and a double-latte and expect to walk in great health?

D. God made all things, but He did not make all things to necessarily go into the human body for food and nourishment! He made oil and tar, but we shouldn't consume it, and yet we do in our food supply and make-up products.

E. God created a natural order within our world. If we put our hand in a fire, we will get burned. This is how God made fire, HOT! When we jump off a 100' cliff onto rocks below, we can safely say we won't come out alive. When we put things in the human body that God never designed to go into the human body, often the result is sickness and disease.

F. Major imbalances in a physical body addicted to chemicals and artificial foods can create confusion in the body. Often our bodies become so sick, we do not even enjoy God's creations. We see this often in children addicted to sugar who won't eat vegetables. Many people do not even like the taste of water because they have been drinking soda, coffee and other acidic beverages for so long. ***Your body will change, because that is the way God designed it.*** When you start introducing quality nutrition and turn away from processed chemicals, miracles start to happen!

IV. SAYING YES TO GOD'S FOODS IS THE PATHWAY TO HEALTH

A. In America, we have the most abundance that one could possibly imagine, yet will live with a spirit of lack, depravity and entitlement. This is evident in the way we covet our food. But unfortunately the food choices that we make are creating sickness, disease, bondage and addiction. God's foods do not cause bondage or addiction, but lead to health and life.

B. Why does Paul the apostle who wrote most of the New Testament of the Bible, try to teach us over and over about dying to the flesh? What does it mean to die to the flesh? Paul knows how hard it is and he wanted to relay that message to us so we could avoid the pitfalls of worldly pleasures and have abundant life in Christ.

For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do. (Romans 7:15)

For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live. (Romans 8:13)

(Luke 10:19, Romans 6:12-13, Romans 7:17-19, Romans 7:23-25, Romans 8:5, Romans 12:1-2, Romans 13:14, I Cor. 15:42, 2 Cor. 7:1, Galatians 5:16, Galatians 5:24-26, Galatians 6:8, Philippians 3:19)

C. Dying to the flesh equals breaking unhealthy, addictive patterns that lead to sickness, disease, and depression. These things are hindering us from God's ultimate purpose in our life. Anything we turn to for comfort or pleasure outside of Christ becomes our idol. It is often easy to see cigarettes, alcohol, cocaine, sexual immorality and even our televisions as potential idols, but we rarely consider food. There is a reason Daniel the prophet said no to the king's delicacies.

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank... And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies. (Daniel 1:8-15)

D. Are you ridiculed because you are the weird health freak at your work, or say no to the barrage of sweets and candy at the company Christmas party? Stand firm and set yourself apart.

E. The story of American is similar to the story of Deuteronomy, Chapter 8. The Lord has brought us into a land of water, springs, wheat, barley, fig trees, pomegranates, olive oil and honey. We lack nothing. The Lord says not to forget Him and turn from His ways, lest we perish.

V. HOW DO WE EAT IN A WAY THAT IS LINE WITH GOD'S PURPOSE FOR US?

A. The main goal should be to remove all obvious artificial, man-made products from our daily food supply.

This includes white sugar, white flour, all packaged foods with numerous ingredients that do not resemble food, artificial flavors and colors, MSG, rancid fats, fried foods, artificial sweeteners, genetically engineered foods, soda, white rice, processed dairy products and hormone/antibiotic filled meat products. None of these are of God's original design and they result in sickness and disease.

B. **We need to focus on God designed foods 99% of the time. You will not be perfect.** Knowing exactly how or what to eat can be very confusing in today's processed world. As mentioned earlier, we can debate various nutritional lifestyles based on biblical understanding. However, one thing is not necessary to debate. If God clearly did not create it, it should be consumed very, very rarely, if at all. This needs to be based on your personal conviction and conversations between you and the Lord.

C. **There are many ways to eat healthy.** It is ok for us to have intelligent conversations on the best ways to eat God's food. Should we eat meat or be vegetarians? Is it ok to be vegan? Should we have more fiber or less fiber? How much quality fats should we consume? Are sprouted grains ok and how much should we have on a daily basis? Should we eat more fats and proteins and less carbohydrates? Are natural sugars healthy and how much should we have?

D. Everyone is at a different place with their own health.

VI. GOD'S ANSWER TO VIBRANT PHYSICAL HEALTH

A. Good news! God has created all things. And when he created them He said "it was good." Eating healthy does not taste bad. This is a lie of the enemy. God has created all things gloriously. He created foods to have different and unique tastes because this is how much He loves us. We can eat well and glorify God with our bodies at the same time! (I Cor. 6:19-20)

***God wants us to eat amazing foods that build our body,
not man-made creations that break down and destroy the body***

B. Do we think man's creations are better than God's? Have you ever had a fresh pomegranate? Seeded grapes fresh from the farmer's market? Raw cacao chocolate sauce with coconut oil? How about a fresh fig? God has created an abundance of amazing, healthy foods that bring life! We must recognize that man-made creations are chemically created to create addiction and artificial stimulation. We must choose wisely!

C. People are being dramatically changed by switching to God's creations in the area of food. If you look at all the documentaries, they all eliminate the toxins of the Standard American Diet. If you look at many nutritional programs from educated natural health professionals, you will see they all work to eliminate something causing illness from our food supply.

D. We eat 3-5 pounds of food every day. As Hippocrates said, "Let your food be your medicine and medicine be your food."

What satisfies your mouth with good things, So that your youth is renewed like the eagle's. (Psalms 103:5)

Food - Material, usually of plant or animal origin, that contains or consists of essential body nutrients, such as carbohydrates, fats, proteins, vitamins or minerals and is ingested and assimilated by an organism to produce energy, stimulate growth, and maintain life.

Poison - A substance that causes injury, illness, or death, especially by chemical means. To kill or harm, to pollute, to corrupt

E. Here is the really good news. We can have all the foods that bring us pleasure in life. Food is supposed to be pleasurable. You can make cookies and ice cream without loads of sugar, processed dairy and white flour. There are alternatives to the things we enjoy. We need community and we need creativity.

F. We also need the basics of God's creation. We need fresh air, oxygen, sunshine and fresh water. When someone has a heart attack, stroke or passes out, their medicine is oxygen!

VII. IT IS TIME FOR THE PEOPLE OF GOD TO RISE UP IN THE AREA OF HEALTH AND WELLNESS!

A. God wants us physically healthy on this earth now to fulfill our purpose in and through Him. This is difficult to do when you are struggling with your physical health.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (III John 2)

B. No longer will the body of Christ sit watching on the sidelines. We often talk about caring for our Holy Temple, but putting this into practice has been lacking in the Church. We say one thing, yet serve coffee and donuts every morning at our churches. Fundraisers focus on candy and baked goods. Church sponsored events rarely contain healthy choices.

C. To be in God's will during this season of our lives, we need health in our physical bodies! It is time we become shining lights to the rest of the world in the area of vibrancy in health.

D. If we had a disaster on American soil, how prepared is the church? We are so far removed from God's original design we have become completely reliant on a man-made system.

E. We need a body of Christ call to action in the following areas:

- Local gardens and farms for quality foods are reduced prices
- Purchasing and growing quality heirloom varieties of produce
- Fresh local spring water sources
- Creating exciting, healthy and TASTY recipes using the glory of God's design
- Sharing resources with each other and loving each other in the area of health
- Raw cow and goat's milk, yogurt, butter and kefir sources from grass fed, free-range animals
- Grass fed beef and healthy, free range chickens for quality meat choices
- Beekeepers for honey and royal jelly
- Fruit trees and orchards

D. What can we be doing today?

- Buy from local farmers and co-ops
- Support local businesses and not large corporations
- Buy organic
- Never buy Genetically Modified ingredients of any kind
- Teach our children how to garden and help them understand where food comes from
- Work to change local school lunch programs for the sake of our children's future

We vote with our dollars, create change with our voice and produce with our hands!