

# What Did God Tell Us We Should Eat? (Part 1)

Ever since Hallelujah Acres' inception in 1992 (over 23 years ago), I have been claiming that the Bible should be our source of information concerning what we should and should not eat!

In May 1993, 22 years ago, in the very first issue of our paper publication, "Back to the Garden," I wrote an article titled "**God's Original Diet.**" On the masthead of this same publication I made this statement: "**Teaching Health From A Biblical Perspective!**"

Well, just as strongly as I have consistently declared that we teach health from a biblical perspective, my teachings have been challenged, sometime very vehemently, and sometimes quite unkindly, by those who claim that my teachings are "not biblical".

One of our detractors went so far as to say that our teachings were "the doctrine of devils," and that because of these teachings; I was in "**danger of losing [my] salvation and going to hell.**"

Through the years, I have attempted to answer critics with a little Scripture here and a lot of Scripture there. Yet no matter how many verses I shared in refuting the charges, the challenges continued.

So in this Health Tip, I want to begin a series in which I will attempt to **deal with all the verses concerning what we should and should not eat** found in the Bible, verses that some have used through the years to challenge or refute our teachings.

**Before I begin, however, I want to request something from you...**

I ask that you **approach this series with an open mind**. I realize that you may have preconceived beliefs concerning what the Bible has to say about what we should and should not eat.

I realize that you have, no doubt, been eating foods all your life that are quite different from what the Bible says we should eat.

I also realize that having an open mind as we approach this subject will **not be easy**, but I hope you will give it a try.

Next, I want to lay a few foundations on which I will build my case, before beginning:

## **Laying the Foundation**

1. I am a Christian! I became a Christian on May 29, 1957, almost 60 years ago.
2. I believe the Bible to be the very Word of God! (II Tim. 3:16)
3. I have been studying the Bible for almost 60 years. (II Tim. 2:15)
4. I spent 4 years in school, intensely studying the Bible, in preparation for the ministry.
5. I was a Bible believing preacher who **pastored for almost 20 years!**
6. I have prepared and delivered some 5,000 biblically-based messages from the pulpit.
7. I have written and published five books: "[Why Christians Get Sick](#)"; "[God's Way to Ultimate Health](#)"; "[A Message of Hope and Healing](#)"; "[The Hallelujah Diet](#)" and "[God's Original Diet](#)".
8. When it comes to the Scriptures, I do not consider myself a novice!

Okay, let's get started, and let's start "in the beginning":

## "In The Beginning God Created" (Genesis 1:1)

These are the first 5 words of the Bible: "*In the beginning God created . . .*"

In that very first chapter of the very first book in the Bible – in the book of Genesis, we find the account of what God created, and how He created it on each of the six days of creation:

- Separation of dry land and water on the first two days of creation
- Plant life on day three
- The sun, moon and stars on day four
- Most animals were created on day five
- ...and then on day six, God created man.

I believe that these were six literal 24-hour days, as the Bible states following each day of creation:

"And the evening and the morning were the first ... second ... third ... fourth ... fifth ... sixth day"

And as for what God used to create all things, the Scriptures says in each instance: "*And God said . . .*"

In other words, **God spoke, and out of nothing, God created.**

Though I cannot comprehend with my finite mind how God could create something out of nothing, I believe He did it by – faith!

Let me say here, before we go any farther that believing in the **evolutionary teaching** that everything came from dead mineral matter that collided eons ago **also requires faith!**

In fact, it requires greater faith to believe that dead mineral matter (of which they cannot explain the origin) just collided one day with a "big bang", and ultimately life appeared, and ultimately you and me.

Any rational or truly intelligent mind must realize that dead **mineral matter cannot produce life!**

Only life begets life (the life of Jesus – see John 1:1-3, 14).

No matter how much time those dead minerals have to work with, can dead minerals produce life? No! Only God can produce life!

And so I find it very refreshing to read such verses in the Bible as Hebrews 11:3...

"Through faith we understand that **the worlds were framed by the word of God**, so that things which are seen were not made of things which do appear."

Or John 1:3...

“All things were made by him; and **without him was not anything made** that was made.”

Here’s a great verse in Colossians 1:16-17...

“For by him were all things created, that are in heaven, and that are in earth, visible and invisible . . . **all things were created by him, and for him**. And he is before all things, and by him all things consist.”

Have you ever wondered why God did not create man on day one?

The obvious answer is **he had to prepare a place for man** and his other animal creations to live and food for them to eat, so that animal and human life could be sustained. Thus God used the first four days of creation preparing a place for His animal and human creations to live and food in order that their lives be sustained.

## **God Creates Man and Puts Him In A Garden**

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life, and man became a living soul. And the Lord God **planted a garden eastward of Eden**, and there he put the man whom he had formed. And out of the ground made the Lord God to grow **every tree that is pleasant to the sight, and good for food**. . .”  
~ Genesis 2:7-9a

“And the Lord God took the man and put him into the Garden of Eden to dress it and to keep it. And the Lord God commanded the man, saying, of every tree of the garden thou mayest freely eat: but of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.”

~ Genesis 2:15-17

### **Human life began in a garden!**

God took dirt and clay (“dust of the ground” vs 7), fashioned it into a man, and then breathed into that lifeless form, “the breath of life, and man became a living soul” (vs 7).

Then God took His first human creation, whom He called Adam, and placed him in a garden, and told him he could eat everything in the garden except “the tree of the knowledge of good and evil . . .”

## **God Has Compassion On Adam**

The next thing we learn from the Scriptures is that God had compassion upon Adam because he was all alone:

“And the Lord God said, it is not good that the man should be alone, **I will make him an help meet for him**. . . and the Lord God caused a deep sleep to fall upon Adam and he slept and he took one of his ribs, and closed up the flesh instead thereof; and the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.”

~ Genesis 2:18, 21-22

Wow, what a perfect beginning mankind had. Here was the first man and the first woman, God brings them together in marriage (Genesis 2:24), and provides them with a gorgeous garden in which to live. **Talk about heaven on earth!**

## **God Tells Man What He Should Eat**

“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 food.**”

~ Genesis 1:29

After God had created Adam, and before He created Eve, **God gave Adam the diet that He God had designed the human physical body** to be nourished with.

Yes, here in Genesis 1:29, we find the instructions God the Creator gave Adam, his first human creation, when it came to what foods he should eat to sustain the physical life and body God had created.

And what did God the Creator instruct man concerning what he should eat?

Putting what God says here in Genesis 1:29 into current English usage, it would read: “**raw fruits and vegetables, seeds, and nuts**, to you it shall be for food!”

Obviously, if God instructed His human creation to consume a pure, raw, **100% plant-based, vegan diet**, free of all animal source foods immediately after the creation of that first man – that had to be the food God designed the human physical body to be nourished with and sustained by for all time.

If God the Creator, told that first human creation that he was to eat only the raw fruits and vegetables, seeds and nuts found in the garden God had created prior to man’s arrival, **God must have known what He was doing!**

Thus, this Genesis 1:29 diet has got to be **God’s perfect plan and will** for the nourishment of the human physical body He (God) created, not just for that garden experience of Adam and Eve, but for the rest of man’s physical existence on planet earth!

It is very important to note that **God did not tell man to eat each other, nor did God give man permission to eat the flesh of the other animals** He had created.

In fact, as we will see further along in this series, it was not until some 1,700 years after God had given mankind this 100% plant-based (vegan) diet in Genesis 1:29, that God allowed man to consume, for the very first time, the flesh of an animal.

## **Man Not Create To Eat Animal Flesh**

When we take a closer look at the body God created, we find that man was designed by God to be an **herbivore, not a carnivore:**

- Our **hands are designed with opposing thumb and fingers** for picking and eating fruits and vegetables.

- Our **organs are made to digest fruits and herbs** (vegetables), seeds and nuts.
- Our **teeth are made to chew and grind** the fibers found in raw fruits and vegetables, seeds and nuts.

God did not design us like He did carnivorous (meat eating) animals, which have the ability to rip and tear the flesh of live animals, and swallow huge chunks of raw flesh, still dripping with blood. In fact, we find that repulsive, don't we?

Carnivorous animals were designed by God to rip open the flesh of live animals with knife-like claws and razor sharp teeth. **Carnivorous animals were given very short digestive tracts** and very **high concentrations of hydrochloric acid** to break down and move quickly that flesh through a short digestive system before it putrefied.

When man consumes animal flesh, the **gastric juices in our stomach have to work at least 10 times harder and longer than when we eat plant source foods.**

Because animal source foods contain no fiber, it takes so long for man to digest animal flesh foods, it putrefies in the almost 100 degree temperature of the intestinal tract, causing not only body odor, but a myriad of colon problems.

## **Trouble In Paradise**

“Now the serpent was more subtil than any beast of the field which the Lord God had made, and he said unto the woman, yeah, hath God said, ye shall not eat of every tree of the garden?”  
~ Genesis 3:1

Oh my, Adam and Eve were still on their honeymoon when a problem arose!

And what was that problem? Why, it was concerning what man should eat and what man should not eat. The future articles in this series are going to be very interesting, BUT . . .

We are going to save that for our next installment in our series titled “What Did God Tell Us We Should Eat.”

To be continued . . .

Website : <http://www.myhdiet.com/healthnews/rev-malkmus/what-did-god-tell-us-we-should-eat/>

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