

What Did God Tell Us We Should Eat? (Part 2)

In [last week's Health Tip](#), we began a series titled "What Did God Tell Us We Should Eat?" (Part 1).

After the introduction, we covered pertinent verses found in the book of Genesis, Chapters 1 and 2, that dealt with the subject, including God the Creator giving mankind the diet he had designed man to be nourished with, which can be found in Genesis 1:29. We now pick up where we left off last week:

"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 and should not eat. What follows is going to be very interesting...

The Bible does not tell us how long Adam and Eve had been on their honeymoon, in the Garden of Eden, consuming the Genesis 1:29 diet prior to that serpent coming on the scene in Genesis 3:1. It could have been a thousand years or more, but we just don't know.

What we do know however, is that the serpent (the devil) comes into the garden, and starts questioning Eve as to what God had said they could and could not eat: The serpent asked Eve: "hath God said . . .?" (Genesis 3:1)

Is Hallelujah Acres Riding A Genesis 1:29 Hobby Horse?

This reminds me of the challenges some in the Christian community have brought to me through the years. I have been told that I am riding a Genesis 1:29 hobby horse, and that there is more than one verse in the Bible concerning what we can eat.

My answer is always: "Yes, Genesis 1:29 is the first time God spoke concerning what man should eat to nourish the human physical body He, God, had created."

Yet, every time I refer such accusers (who are advocating the consumption of animal source foods) to compare their belief with Genesis 1:29, they want to totally disregard that verse!

Instead, they quickly refer to **Genesis 9:3 when God allowed Noah to eat of the animals** in the ark after the flood.

Friends, when God created Adam and Eve, I believe He designed their (and our) bodies to function in perfect health, and to never experience sickness. On what Scripture do I base that belief?

In the Bible, in 3 John 1:2, we are told:

"Beloved, I wish above all things that thou mayest prosper and **be in health**, even as thy soul prospereth."

Here the Bible is saying that **God wants us to be as well in our physical body** as we are in our spiritual soul!

In order for man to “prosper and be in health,” God designed the human physical body to be **nourished with certain foods!** And **God clearly told mankind the kind of food** it was that would sustain man’s physical body “in health,” in Genesis 1:29.

Science tells us that the physical body we each possess is a **living organism**, comprised of **living cells**, and functions and is nourished best on **living food!**

Surely logic would tell us that a living organism, comprised of living cells, should be nourished with living foods, and that **only raw food is living food!**

Cooked food is dead food!

And the diet God gave to mankind in Genesis 1:29, was comprised of 100% **living, plant-based foods!**

Do you think that maybe God knew what he was talking about when He gave mankind that diet in Genesis 1:29? And do you think that **mankind may be in error** when he challenges what God is saying here in Genesis 1:29?

Dead food cannot properly nourish living cells!

Thus God, when He created man, gave man a diet in Genesis 1:29, that was comprised 100% of living, raw, plant-source foods, to the **total exclusion of all animal-source foods!** Life (live foods) begets life! Death (dead food) cannot produce life!

Interestingly, you will find that every animal in the wild, whether carnivorous or vegetarian, instinctively eats a diet comprised exclusively of raw food! Isn’t it interesting that the **so-called dumb animals in the wild instinctively eat all their food RAW**, and on these raw food diets rarely if ever get sick, while man, with all of his intellect, on his cooked/processed diet, is often sick?

People don’t challenge the raw food aspect of the Hallelujah Diet; in fact, I don’t believe I have ever been challenged on this issue. Almost all the challenges I receive concern the exclusion of animal source foods.

But may I ask... how many of those who advocate the consumption of animal source foods also advocate eating such foods RAW?

Does God Say We Should Eat Our Food Raw?

The answer is a resounding “YES!” See Genesis 1:29!

- Was there any fire in the garden with which to cook their food? No!
- Was there a GE Electric range or microwave oven? No!

Did God exclude all animal source foods from the diet He gave mankind in Genesis 1:29? The answer is another resounding “YES!”

In fact, **man did not consume the first animal sourced food until some 1,700 years after** Adam and Eve ate of the forbidden fruit and brought sin into the world.

And during those 1,700 years — on a totally raw, plant-based Genesis 1:29 diet — there is **not a single recorded instance of sickness** and man lives to an average age of 912 years.

After the addition of animal sourced foods, sickness enters the human race and the **lifespan of man drops from an average of 912 years to 110 years** in just a few generations after the introduction of animal foods. (See Genesis 50:26.)

Owner's Manuals

Clearly, God's original diet for mankind was a 100% raw, plant-sourced diet! We might view this teaching in a similar manner to the owner's manual we receive when we purchase a new car.

The manufacturer, in that manual, tells us all about the car, including the grade of gasoline it was designed to run on, and what we need to know to keep that automobile running smoothly and trouble free for an extended period of time.

But **what if we take that owner's manual and throw it away** and totally disregard what it has to say?

Instead, we put a cheap, low octane, contaminated fuel in the gas tank, and never change the oil. **Will the car run properly if we do that? Of course not!**

Did the manufacturer write those things in the owner's manual just for the fun of it? Of course not! The manufacturer wrote that manual so that their vehicle would run well and give good service over an extended period of time.

Well, **it's the same way with God and His instructions** regarding what we should fuel our bodies with, in those beginning chapters of the book of Genesis.

If we take heed to what God says here, we can live a long life in a healthy body!

If we do not take heed to God's instructions here, we will experience sickness and no doubt a shortened lifespan, full of sickness! The Bible strongly warns us in Galatians 6:7:

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap."

There is another reason God gives us instruction concerning what we should eat and what we should not eat:

"What? Know ye not that your body is the temple of the holy ghost, which is in you, which ye have of God, and ye are not your own? for ye are bought with a price: therefore **glorify God in your BODY**, and in your spirit, which are God's." I Corinthians 6:19-20

Our spiritual relationship to God often depends to a great extent, on the health of our physical body, and the condition of our mind!

The Bible makes it abundantly clear that **our bodies, if we are Christians, belong to God**.

If that be true, and scripturally it is clearly true, then shouldn't we want to only put into our bodies those foods that create health, are pleasing to God, and in accordance to His instructions?

"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

In the verses that follow Genesis 3:1, we see that the serpent was successful in tempting Eve to eat something God said she should not eat:

“And the woman said unto the serpent, we may eat of the fruit of the trees of the garden: but of the fruit of the tree which is in the midst of the garden, God hath said, ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, **ye shall not surely die**: for God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. And when the woman saw that the tree was good for FOOD, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat and gave also unto her husband with her; and he did eat.” ~ Genesis 3:2-6

Here, **the serpent clearly thwarted God’s plan** for His people. The serpent, by simply tempting that first couple with food God said they should not eat, and man falling for that temptation, caused sin to enter the world, and thus began a chain reaction that continues to this very day.

My dear Bible-believing friend, **the serpent is still at work today**, trying to defeat God’s purpose and plan... **using food against you!**

Need proof? **Just look at what people bring to church fellowships.** Is it Genesis 1:29 foods? Or the foods that God warned us would harm us!

Way back there in the Garden of Eden, that old serpent, the devil, was able to defeat God’s people through appealing to their stomachs. Eve was tempted and ate the forbidden fruit, of which God had said: “In the day though eatest thereof, thou shalt surely die.” She was then able to get Adam to eat of it also.

Two Deaths... In One Bite

As a result, sin entered the human race, **Adam and Eve died spiritually**, and this sin immediately separated them from God. Later, we will see that it will take the slaying of an animal (Genesis 3:21), a **blood sacrifice** if you will, to restore Adam and Eve to fellowship with God, their Creator.

But there was another kind of death that was initiated when Adam and Eve disobeyed God and ate of that forbidden fruit – this one was a **physical death**. Yes, **God had created Adam and Eve to live forever** in a beautiful Garden paradise, in a physical body nourished with the living, raw, plant-source foods found in the garden God had created.

In fact, they could eat all the food God had placed there in that garden, except for the fruit of one tree! But now, because of their disobedience, the dying process in their physical bodies was initiated:

“And all the days that Adam lived were nine hundred and thirty years: and he died.” ~ Genesis 5:5

Thus, after Adam and Eve ate something God told them they should not eat, because of the efforts of that old serpent the devil, that act of disobedience ultimately brought about **both their spiritual and physical deaths!**

And because of their disobedience and sin, physical and spiritual death was passed on to every person who would later be born.

“Wherefore, as by one man sin entered into the world, and death by sin; and so **death passed upon all men**, for that all have sinned.” Romans 5:12

Romans 5:12 leaves each one of us in a terrible fix! But thank God for Romans 6:23 which tells us:

“for the wages of sin is death; but **the gift of God is eternal life through Jesus Christ** our Lord.”

Adam and Eve’s failure to listen to what God had to say concerning what they should and should not eat is similar to what we see taking place in our society today. **Man is consuming foods that God never said we should consume.**

When teaching the Hallelujah Diet, we call them killer foods because our research and experience has revealed that **these foods are causing over 90% of all the physical problems** being experienced today, in both the Christian and non-Christian communities.

Based upon what man is currently putting into his body as food today, man is to this very day still saying by his actions: **“hath God said?”**

Yes, the serpent is still at work today, trying to thwart God’s plan for the proper nourishment of man.

After the serpent fails to prevent a person from accepting Christ as Saviour, he doesn’t stop there. **Satan next tries to destroy the physical body** of the believer by tempting him/her with the world’s foods **so that their bodily temple is not healthy enough to serve God** the way they should be able to serve Him, and believers are falling like flies.

Just **listen to the prayer requests** in the average church today, regardless of what denomination it is, and you will find that **almost all prayers requests are for those in the church who are sick** with dozens of different physical problems.

Do you really believe that all the sickness being experienced in the Christian community today was God’s plan for His people?

I will close with these words from the Bible:

“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. and be not conformed to this world . . .”

~ Romans 12:1-2a

To be continued . . .

Website : <http://www.myhdiet.com/healthnews/rev-malkmus/what-did-god-tell-us-we-should-eat-part-2>

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