

Conclusive Statements

Let the diet reform be progressive. Let the people be taught how to prepare food without the use of milk or butter. Tell them that the time will soon come when there will be **no safety** in using eggs, milk, cream, or butter, **because disease in animals is increasing in proportion to the increase of wickedness among men.** The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.—7T 135.1

In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh-meat. —Manuscript 27, 1906. MM 267.4

God will give His people ability and tact to prepare wholesome food without these things. discard all unwholesome recipes and learn how to live healthfully, in accordance with the directions God has given. Let them impart this knowledge as they would Bible instruction.

Let them preserve the health and increase the strength by avoiding the large amount of cooking which has filled the world with chronic invalids. We are coming to the time when recipes for cooking will not be needed, for God's people will learn that the food God gave Adam in his sinless state is the best for keeping the body in a sinless state. 21MR 286.1 - 21MR 286.3

The Lord has been sending us line upon line, and if we reject these principles we are not rejecting the messenger who teaches them, but the One who has given us the principles.
—7T 136.4

Words of Encouragement

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.—Exodus 15:26

But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint. —Isaiah 40:31

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.—Malachi 4:2

Who hath believed our report? and to whom is the arm of the LORD revealed? For he shall grow up before him as a tender plant, and as a root out of a dry ground: he hath no form nor comeliness; and when we shall see him, there is no beauty that we should desire him. He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.
—Isaiah 53:1-5

All references external to the Bible were written by Ellen G. White:

- CCh- Counsels for the Church
- 4BC- SDA Bible Commentary, Volume 4
- PP- Patriarchs and Prophets
- 9T- Testimonies for the Church Volume Nine
- 7T- Testimonies for the Church Volume Seven
- MM- Medical Ministry
- 21MR- Manuscript Releases Volume Twenty-One

THE 8 LAWS OF HEALTH

- G- OODLY TRUST**
- O- PEN AIR**
- D- AILY EXERCISE**
- S- UNSHINE**
- P- ROPER REST**
- L- OTS OF WATER**
- A- LWAYS TEMPERATE**
- N- UTRITION**



All who consecrate body, soul, and spirit to His service will be constantly receiving a new endowment of physical, mental, and spiritual power. The inexhaustible supplies of heaven are at their command. Christ gives them the breath of His own Spirit, the life of His own life. The Holy Spirit puts forth its highest energies to work in mind and heart.
-The Ministry of Healing 159.4

For4ByFaith Ministry consists of Seventh-Day Adventist youths whose desire is to place the service of Jesus Christ supreme in their lives. This ministry is an organized means by which they can produce tracts promoting **TRUE HEALTH**—precepts on the healing of the body and the soul through accepting Jesus Christ as one's Lord and Savior, and thus tuning both the mind and body to His leading "still small voice".

For further information and/or prayer requests email us at for4byfaith@gmail.com or WhatsApp 876-580-6459. You can also access our archive of brochures at for4byfaith.info



The members and associates of For4ByFaith Ministry are pleased to share with you:

HEALTH, DIET AND SPIRITUALITY:

a study on the correlation between our physical, mental and spiritual health.

KJV 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.

HEALTH, DIET AND SPIRITUALITY: *a study on the correlation between our physical, mental and spiritual health.*

This study will exalt the plant-based diet—the original and best diet that the Lord ordained for man. This study also serves to appeal to the reader/listener to turn away from other practices that are not conducive to one's health.

Which diet was ordained to Man when they were created?

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

After man sinned, was the original diet changed?

And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; —Genesis 3:17,18

The Lord gave man permission to eat flesh foods after the flood, but under what conditions and circumstances?

Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. **But flesh with the life thereof, which is the blood thereof, shall ye not eat.**—Genesis 9:3,4

God gave our first parents the food He designed that the race should eat. **It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of**

the trees in the garden, was the food man's wants required. God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man. CCh 228.1

Only such animals could be used for food as were in good condition. No creature that was torn, that had died of itself, or from which the blood had not been carefully drained, could be used as food. CCh 228.5

NOTE: A stipulation of the clean and unclean beasts were outlined in Leviticus Chapter 11 and further reading on principles concerning the eating of meat can be found in Acts 15:19-20,28-29 and Leviticus 17:10-16.

Was a flesh-based diet ever ordained to supersede/replace the benefits of a plant-based diet?

After the Flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And **He permitted that long-lived race to eat animal food to shorten their sinful lives.**

Soon after the Flood the race began to rapidly decrease in size, and in length of years. CCh 228.2

Those who eat flesh are but eating grains and vegetables at **second hand**; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use! CCh 229.1

Is there a correlation between our physical, mental and spiritual health?

First, consider the experience of Daniel and his three friends:

*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... **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....** Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,**Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.... 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.... And the king communed with them; **and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king....** And **in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.**—Daniel 1:5,8,11,12,15,16,19,20*

As Daniel and his fellows were brought to the test, **they placed themselves fully on the side of righteousness and truth. They did not move capriciously, but intelligently. They decided that as flesh-meat had not composed their diet in the past, it should not come into their diet in the future,** and as wine had been prohibited to all who should engage in the service of God, they determined that they would not partake of it. The fate of the sons of Aaron had been presented before them, and they knew that the use of wine

would confuse their senses, **that the indulgence of appetite would be-cloud their powers of discernment.** These particulars were placed on record in the history of the children of Israel as a warning to every youth to **avoid all customs and practises and indulgences that would in any way dishonor God.** {4BC 1166.7}

By departing from the plan divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. **They did not reach God's ideal of character or fulfill His purpose.** The Lord "gave them their request; but sent leanness into their soul." Psalm 106:15. **They valued the earthly above the spiritual, and the sacred pre-eminence which was His purpose for them they did not attain.** CCh 228.6

I have been instructed that **flesh food has a tendency to animalize the nature, to rob men and women of that love and sympathy which they should feel for everyone, and to give the lower passions control over the higher powers of the being.** If meat eating was ever healthful, **it is not safe now.** Cancers, tumors, and pulmonary diseases are largely caused by meat eating.—9T 159.2

The health of the body is to be regarded as essential for growth in grace and the acquirement of an even temper. If the stomach is not properly cared for, the formation of an upright, moral character will be hindered. The brain and nerves are in sympathy with the stomach. Erroneous eating and drinking result in erroneous thinking and acting.—9T 159.3

NOTE: "So God created man in his own image, in the image of God created he him; male and female created he them." — Genesis 1:27. Along with creating Man in HIS Image and Character, He gave them a plant-based diet to maintain HIS spiritual character in Man. Therefore, if it is our desire to be reconciled with God in His character, we must seek to improve the physical health just as much as the spiritual health.