

The Temple of God

Overcoming Disease And
Becoming What You Were Created To Be



“Ye are the temple of God” (1 Corinthians 3:16)

David Barron

God's Temple

Overcoming Disease

David Barron

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Introduction

15.7 million people in the US (6% of the population) have the disease known as diabetes mellitus; one in three don't even know they have it. About 2,200 people are diagnosed with this disease every day. 8.4 million Americans alive today have a history of cancer. As many as 99.5 million American adults have high cholesterol levels. Over 40% of people dying each year die as a result of cardiovascular problems. 30% of the nation is classified as obese and these numbers are increasing as fast as the national debt.

3 John 1:2 Beloved, I wish **above all things that thou mayest prosper and be in health**, even as thy soul prospereth.

On the other hand, people are overcoming cancer, diabetes, multiple sclerosis, arthritis, fibromyalgia, Crohn's disease, headaches, asthma, allergies, and numerous other physical and mental problems. In fact, people are being healed every day, and many are being restored to health using the principles that will be laid out in this book. Some are experiencing results in a matter of days, and what I am about to share with you will change your life forever.

If you are reading this and are not sick, this is not the time to close the book, as the information contained in this book is worth more than gold. This book will give

you the tools you need to help those who are succumbing to disease all around you.

I'm convinced that we don't have to be sick. This book itself is not the cure to disease, but the principles contained in this book will point you to the way in which victory can be achieved, not only over disease, but over temptation itself. It can help you attain to clarity of mind, higher energy levels, and a healthy weight.

Exodus 15:26 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.

Why does disease come? Is God lying in wait for a chance to afflict us with disease? No. He wants above all things for us "to prosper and be in health." (3 John 2) He wants to heal us, but there are conditions upon which we may be healed. We must be willing to acknowledge Him as our Creator.

Some wonder why there is so much suffering in this world. Pain, death, immorality—why does God allow all of this? Why doesn't He prevent it, or bring it to an end? Innocent children are born with debilitating diseases, or lack of food and water. Why is this permitted to happen?

These are good questions, and sadly Christianity has not done a good job of answering these, but the Bible does answer them. The answer is right under our nose, but the failure to diligently seek for it has left people without answers, and with false perceptions of God.

Is suffering, disease and death what God wants for His creatures? No. He wants everyone to prosper and be in health ABOVE ALL THINGS. So why does sickness prevail? And how can I overcome my disease and be in health as He wants me to be? The answers to these questions are very important to understand, especially if you are suffering right now. It might be that your Heavenly Father is pleading with you, but you haven't been listening to His voice.

The earth hasn't brought misery upon itself, nor the birds, fish, or beasts. Innocent children do not come into this world and suffer with debilitating diseases and lack of food and clean water due to some fault of their own. Why do the earth, its creatures, and newborn babies suffer the destructive results of disease and death? Because God entrusted man with dominion, responsibility, accountability and true freedom, and we have misused our privileges and failed in our God-given duties.

Genesis 1:26 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

God made man to be the king of the world. When God said that He gave "dominion" to Adam, He meant that very thing. And when He did, He intended for us to retain our freedom forever. We are still free in a sense; we still have freedom of will. We are free to wreck the world and free to wreck our bodies, if we choose. But if we do so, we become slaves to sin and disease. Yet God is

willing for us to obtain true freedom if we ourselves will allow it.

Chapter 1

The Curse of Disease – Why?

Many when dealing with disease address symptoms only, and this is an incomplete approach. No disease is without cause, and once the cause is removed, the disease itself is often eradicated. Disease is produced by a departure from the natural design of the human body. As you read this book, you will recognize that the basis of a given disease is often very simple, and that in order to be healed of disease, we merely need to understand how we have been designed.

Proverbs 26:2 **“The curse causeless shall not come.”**

In other words, if you are suffering with a disease or malady, that curse has a cause. But there is hope. The truth in the matter is this: the true Physician, “the LORD that healeth thee” (Exo 15:26) has the CURE.

God Blessed Man – No Curse

In the beginning “God created man in his own image” (Genesis 1:27). Man was created perfect. There was no sin and **no curse**. Instead we read that:

Genesis 1:28 **“God blessed them**, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: **and have dominion** over

the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.”

A blessing was upon man—the opposite of a curse. All things were perfectly suited for the health and happiness of man, and he was the king of the world.

Some have the idea that all suffering is attributable to God. Imagine if I gave you a brand new Lamborghini, and the first thing you do is smash it into a brick wall.

Then you come back to me saying, “Look at this piece of junk you gave me.”

But I didn’t give you the car that way. I gave you the car brand new. “God saw every thing that he had made, and, behold, **it was very good.**” (Genesis 1:31) And that’s

how God gave us the earth. It was in good condition.



It wasn’t designed this way.

“It was very good.” So what happened? Let’s examine that.

The Perfect Diet

God gave man a perfect diet in the beginning:

Genesis 1:29 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.

Is this verse implying that in the beginning, everyone was a meat eater? No. There was no death. Therefore there were no animals to eat. Actually, the Bible uses the word “meat” a little differently than we do today. The word “meat” in this verse refers to food, which in the beginning consisted of fruits, nuts, and grains. This was the original diet of man. And in the beginning, man lived a very long life. In fact Adam would have never died had he not sinned, since the fruit on one of the trees of the garden would make man live forever.

Genesis 3:22 And the LORD God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever...

The fruit from this tree was extremely healthy—nutrient dense. All the minerals and vitamins and other elements needed for life were found in the fruit of this tree, so that those who ate it would never die.

Man’s Dominion

When God gave man dominion, He wanted man to subdue the earth; to be its ruler. Not to rule in a tyrannical manner, but to extend the same freedom that God had extended to man.

God could have created man as a robot without free will, who could do nothing but praise Him. He could have created a mindless slave without feeling, emotion, knowledge or understanding. But God wanted man to be like Himself in character, dignity and intellect. "In the image of God created He them." (Gen 1:26) He intended man to be His companion, His friend; to be a king of his God-given dominion; to do God's bidding by intelligent choice.

In fact, God still wants us to be kings and rule with Him today:

Revelation 3:21 To him that overcometh **will I grant to sit with me in my throne**, even as I also overcame, and am set down with my Father in his throne.

Revelation 5:10 And hast made us unto our God **kings** and priests: and **we shall reign on the earth**.

That is, we have a promise that this is going to come to pass. Not only will we get to heaven, but we will be kings and joint heirs "of the world" (Romans 4:13). All we need to do is accept His promises and believe His word.

Why is there a Curse?

Genesis 2:15-17 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.

It's as though I told you, don't stick your hand in the fire or it will get burned. Or, don't sacrifice your child on the fire, the child will die. Very simple and trustworthy advice. In the same way that you could trust this simple and logical advice, you can trust God, because He knows what He is talking about. His counsels are given for a very good purpose. Now, if I gave you good advice, you could always go against my word. You could disobey me and do the very thing I warned against, but obviously the consequence that I warned you about is inevitable.

This very thing happened in the Garden of Eden. God told man not to eat of the forbidden tree, and man chose to disregard the good advice of his Creator, which was also a commandment. Thus he sinned against God and misused his dominion, and all was lost.

Innocent children have done nothing to deserve to suffer; but that's how much God meant it when He gave man dominion. God gave man dominion even over his children. So now each and every one of us has been born into this sinful world under Adam. And in Adam, each one of us must die, for Adam after the fall could never give his children anything more than what he had: a sinful fallen nature, and a mortal body that eventually dies.

God didn't have to allow mankind the opportunity to be redeemed from the results of sin. Justice could have been served by allowing Adam to perish, with the earth and everything else under his dominion at that very instant. But God loved and pitied Adam, and didn't want him to receive the stern justice he deserved. So He pro-

vided a means whereby Adam and all his children might not perish: a Saviour.

Romans 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

How many question God today for allowing so much bloodshed and death to exist? Yet God did not have to allow it. If stern justice had been enacted, the beasts, birds, fish, plants and earth wouldn't have had to suffer. Yet it is because of God's great mercy that we are here today.

So, returning to our original question: why does all creation have to suffer? The earth hasn't brought ruin upon itself, nor the birds, fish, or beasts. The innocent children have done nothing to come into this world and suffer with debilitating diseases and lack of food and clean water. Then why does the earth and its innocent creatures suffer? Your answer is, because God gave man dominion, responsibility, and accountability: true freedom. Man misused his authority and dominion, and the inevitable consequence followed.

Bad Food equals Bad Health

Now some things were not created to be eaten. Some things look like food, but are not food; including the fruit of the tree of knowledge of good and evil. Some things look very appealing to the eyes, and to the stomach, for that matter, but are not to be eaten, according to God's word. Some things people drink are not meant to be put into our body.

Now where exactly does the curse come from?

Job 23:12 Neither have I gone back from the commandment of his lips; **I have esteemed the words of his mouth more than my necessary food.**

Now the devil hates God's word. In the courts of heaven, the devil found issue with the government of God, and he began to go around heaven teaching the other angels that God's word and law were arbitrary. He used deception and lies to deceive many into sharing his fate. (For more see Isaiah 14:12-14, Rev 12:7-9).

Eve had been warned of this foe by the heavenly angels. She was cautioned not to leave her husband's side. The devil carefully observed his prey as she disregarded these precautions and drew near to the forbidden tree. He used the medium of a serpent, and began to speak to her out of the tree. This was the only place on the earth that God allowed the devil access to mankind.

Genesis 3:1 "Yea, hath God said, Ye shall not eat of every tree of the garden?"

Why did the serpent frame his temptation in the form of a question? Because a question would suggest doubtful thoughts in the mind of Eve, such as, "Is God's word really true?" The goal of this conversation was to place doubt in God's word. Did God's word really say it was unhealthy for you to eat that food? The serpent uses this same strategy today.

Genesis 3:2-3 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.

If anything, the fruit of this tree does not sound like part of a healthy diet, and Eve knew it. Eve was as yet alive while avoiding the forbidden fruit, and after all, this fruit was not food.

A Twinkie looks good to the eye for food, and many Christians pray over it, asking God to bless it. But the problem is that they are asking God to bless something that isn't food.



Looks Good for
Food. But is it really
food?

Genesis 3:4 And the serpent said unto the woman, **Ye shall not surely die:**

The serpent just called God a liar. He is telling the woman, in definite terms, not to trust the word of God. But it is written "that man doth not live by bread only, but by every *word* that proceedeth out of the mouth of the LORD doth man live." (Deu 8:3)

Certainly doubt in God's word would not be life in this situation. God had already clearly laid out the way of life. The blessing was already theirs. True health is to eat the true bread of life: the word of God.

Revelation 22:14 Blessed are they that do his commandments, that they may have right to the tree of life...

Eve knew God's word quite well. She knew what it said. Likewise, Christians today profess to know what the word of God says. Then why do Christians have the same diseases and same problems as the world? Because, like Eve, they doubt and disobey the word of God.

Exodus 15:26 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.**

Satan wants us to believe that God is evil, that He is arbitrary, and that He makes rules for the sake of His own supremacy. Thus he accuses God of the very traits that Satan himself possesses. If we don't know God or His word very well it is easy to be deceived by this falsehood. Satan said:

Genesis 3:5 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.

Satan wanted Eve to question the government of God. He wanted her to believe that she didn't need the knowledge and wisdom of God, that she might know better than God, and that her own personal government and laws might be better than God's. This idea appealed to Eve, and she was led to cast off the authority of the only true God, and to view herself as her own god.

Satanist Aleister Crowley once wrote, "Do what thou wilt shall be the whole of the law." And that very philosophy,

that your own desires are your only law, is pretty common in modern Christianity today.

Eve knew she wasn't supposed to eat the fruit. She knew her life depended on it. She knew the word of God. But her senses said otherwise:

Genesis 3:6 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.

And herein lies the problem with most people today, including Christians. They look at food and say, "Wow, that bacon double cheeseburger, with a large fries and Coke looks really good to my eyes. I'm hungry, let's eat." And so they allow impulse to govern their definition of "good food." And what does that bring? It brings disease, and a curse.

At these times the devil is in your ear, questioning, "hath God really said that I should not eat a bacon double cheeseburger, French fries and a coke?" Yeah, He has. Even the early Christians were told to "abstain...from blood" (Acts 15:29, Leviticus 3:17). That includes bloody hamburgers.

Leviticus 3:17 It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

There go the greasy fries as well. And who knows what is in that Coke. Some will say, "That was the old law." We'll take a look at this claim as we continue. But if we

were to abide by this one statute alone, it would disqualify all meat from the supermarket from being good for food.

Some of my readers might be thinking, "I don't need to make any changes. I'm healthy." If this is the case, take a look around. Do you see people in your life that are unhealthy, or that can use help? People who are overweight, suffering with skin inflammations, cancer, diabetes, etc.? The curse does not come without a cause.



*This is a dead animal. Blood and fat. The bible says that this is harmful to Health.
(Lev 3:17, Acts 15:21)*

Genesis 3:17-19 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; in the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return.

God cursed the ground for our sake, that the sufferings and toils of life might teach us important character lessons. And that curse keeps getting worse and worse.

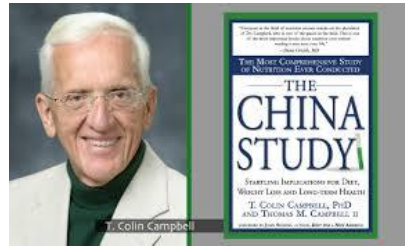
Now we are all suffering from it more than ever. The ground does not yield its strength, the soil is eroded and depleted of life-giving elements, and man is constantly searching for ways to cause the ground to bring forth good food. We now feel the need to spray pesticides and other chemicals on the crops to improve their growth and keep them from being destroyed by insects, weeds and other ailments. But that's not the way things were created, nor does it produce food that is healthy for the human body. In fact, the more man intervenes, the more our food degrades in quality. And the more sin, the more curse. The results of the curse can be seen everywhere: people are overweight, sick, and starving for nutrients. Everyone seems to be addicted to eating garbage.

God Extends His Mercy

In order to maintain perfect freedom for humanity, God could not step in and put an end to sin, for freedom includes the ability to choose to do either right or wrong. Therefore, God cannot simply stop the suffering and consequences of sin. God would not step in and stop you from offering your innocent child on an altar to Moloch, should you choose to do so. If He stopped you from exercising free will to do evil, this would impede your freedom; it would be the use of force, and God does not use force. God is a God of free will.

However, God does not have to prevent the results of sin, and the just result of Adam's sin would have been destruction of the race. Therefore it is only by the mercy of God, through the sacrifice of Christ, that we have been preserved to exercise our free will.

God has not only given you the ability to exist and exercise free will, but has offered you the opportunity to be free indeed; not only free to sin, but free from sin. In order to set man free from sin, the Father had to give His beloved Son, for there was no other way that the power of sin could be broken. Christ was willing to be made in our likeness, even lower than the angels who worshipped Him; and to take the curse of sin upon Himself, and suffer death for every man. Christ did not suffer and die for the guilt of sin so that we could continue to sin and suffer its results; but so that sin and death might be destroyed from our lives and from the entire world.



*A well known study
Of the population in China
concludes that a plant
Based diet is the optimal
Diet for humanity. And
That the western diet
Today is the cause of much
Suffering.*

Do you wish to be free from the dominion of death, the dominion of Satan, and to be truly free, happy and healthy, under the dominion of Christ? He is a good King who is always thinking of the happiness of His subjects, and He is soon coming to gather those who will be subjects of the true kingdom, who want no part in death and the curse. He has promised not only that you will be part of His Kingdom, but He promises that you will sit on His

throne, with Himself and His Father, and rule with Them. That's the dominion I want to be under. We need to know Him and appreciate Him more. Father forgive us.

The LORD wants to heal you. But in order to be healed, we need to acknowledge Him for who He is.

Chapter 2:

Created to Give Glory

Revelation 14:7 Saying with a loud voice, Fear God, and **give glory to him**; for the hour of his judgment is come: and worship **him that made** heaven, and earth, and the sea, and the fountains of waters.

There are numerous Scriptures relating to our bodies and health. Yet when we take a careful look at what people are putting into their bodies today, we see them ingesting chemicals, colorings, salt, chemically altered foods, various concoctions of sugar, and alcoholic drinks; and smoking cigarettes. Certainly this cannot be in harmony with the Bible's health principles. And the disregard of these principles is not without consequence. The proportion of people with cancer and diabetes, as well as a multitude of other ailments, has been literally skyrocketing in recent years.

TWO WORLD VIEWS

There are two ways to look at this world. The first world view is that the body is designed. The second is that this complex system of interdependent organs and tissues evolved by chance out of a chemical soup.

I asked my son one day, "What came first, the chicken or the egg?" He decided that it was the chicken that came

first. But then I asked him, "If evolution is true, what came first?" and I pointed at his body and said, "the skin, the veins, the bones, or blood? And how long did man live without the others?"

At one time I believed that evolution was true and even imagined how it must have happened. We are taught as children in school that our world came together by chance and we are each just a random mass of chemicals, and I believed it. But when the human body no longer works as intended, then we experiment with different chemicals, hoping by chance to solve a problem that we believe happened by chance. Thus the theory of evolution is shown to be vastly incomplete.

Yet the reality of creation can be observed simply by looking at the human body. The body is equipped with the ability to perceive the world through the senses, and to understand and act upon these senses with the brain. It has been furnished with every organ and structure needed to sustain life. And what's more, none of these could function apart from the rest. This is nothing less than a masterpiece; it is so intelligently and intuitively designed that a Creator is altogether evident.

Even the most technologically advanced machines cannot compare to the heart. We cannot make a machine that runs so efficiently—one that doesn't need a refill and doesn't burn out. The human heart is a machine that normally runs for 70-80 years without a breakdown, and it's likely it could run longer.

Darwin himself said "The eye to this day gives me a cold shudder..." (Darwin to Asa Gray, Feb. 1860). The eye, with its various tiny wires and lenses, cannot be compared to the headlight of a car for complexity and skillful

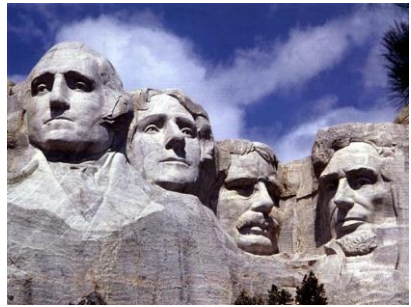
design. And the reproduction system we can observe, and see the materials it is composed of, yet we cannot come close to reproducing it in a laboratory with dirt, chemicals or any other substance.

Life cannot come from non-living matter. It's a scientifically observable, testable, and demonstrable fact. And even if we could produce life from non-living matter, we would give evidence of creation, since our experiment would be carried out by intelligent design. Life just can't exist by random chance. We cannot throw a bunch of ingredients into a bowl and make it come to life by microwaving or zapping it. Life does not evolve from non-living matter; life is a miracle.

Bones, veins, joints, muscles— imagine the evolution process before these structures were complete. Imagine the evolution of the heart. How did the body function while the heart was still evolving, before it could pump blood throughout the being?

Or the eyeball—how could we survive without sight while the eye was evolving over millions of years? Did the eye evolve into something that would finally see, or did it see right from the start?

How is it possible that our bodies functioned and maintained life before the organs fully evolved, though each organ is necessary to life? Think about it. The body had to be designed. It had to work properly from the beginning. Otherwise humanity would not have survived.



*Could this have evolved by
chance over millions of
years?*

Many scientists admit this to be the truth. However, there are reasons why the theory of evolution is still promoted in our society. I won't get into those here, but I am more than willing to discuss them with anyone who wishes to be informed.

Now, understanding that we are designed, I will use a car as an analogy here. A car requires a certain type of oil, coolant and also fuel. If you put the wrong fuel in the car, the car breaks down.

Notice that in the process of birth, a baby has a life support system in the mother's womb which is known as the umbilical cord. If you are an evolutionist, can you imagine the process of the evolution of the umbilical cord? How did the baby live before that evolved properly?

Nourishment for the baby comes from what the mother eats. The food is broken down and transferred to the baby, and as the baby grows, these elements are used for developing its new cells. Nourishment is the fuel required for these cells to develop the little one's body, until the end of 9 months when the baby comes forth from the womb and this life support system is cut off.

Now amazingly after coming forth from the womb, this baby is given a new life support system. The mother places the baby near her breast, and the baby instinctively starts feeding from the mother's breast! This is designed. And it requires a designer. Therefore it would be important to understand what the designer intended as proper nourishment for the body.

Man thought he could improve on this perfect system with the invention of infant formula; however, scientific studies have shown that children which are nourished by the mother's milk are healthier and tend to avoid physical breakdowns, such as colic, ear infections, throat infections, swollen glands, allergies, asthma, diaper rash, colds, fevers, etc. This can be compared to running your car on low-octane fuel or cheap oil with a little bit of dirt and sand in it. What will inevitably happen? You begin to hear pinging and knocking sounds, and the car engine will be gradually damaged, and may even break down. When these breakdowns come however, the mother in ignorance often goes to the doctor and receives a prescription, when the cause of the problem is very simple.



*Healthy eating during
Pregnancy is scientifically
proven to affect the
health of newborns.*

Hosea 4:6 My people are **destroyed for lack of knowledge**: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, **I will also forget thy children.**

We destroy ourselves and our children by our lack of knowledge of God's law, and then we bring the curse on our children as well. 85% of North American doctors have no training whatsoever in regards to nutrition, so when we trust their advice to solve our problems, we are trusting a mechanic who knows very little about what

products are needed to refill the machinery and make it run smoothly.

All drugs are devoid of life and also contain very toxic substances. To be perfectly honest, all drugs are poisons. And so, now we have not only introduced poisonous, toxic substances that are devoid of life into the baby's system; but now we place more poisons into the child in an attempt to deal with the child's reactions to the first violations.

In the Bible, the Greek word for sorcery is "pharmakeia." If you look it up in Strong's Concordance you will find this definition:

G5332 φαρμακεύς pharmakeus *far-mak-yoos'*
From φάρμακον pharmakon (a *drug*, that is, **spell giving potion**); a **druggist** ("pharmacist") or **poisoner**, that is, (by extension) a *magician*: - **sorcerer**.

A poisoner? A druggist? A magician or sorcerer? That is where we get the word pharmacy or pharmacist from... It is translated "sorcerer" in the following verse:

Revelation 21:8 But the fearful, and unbelieving, and the abominable, and murderers, and whore-mongers, **and sorcerers (pharmakeus)**, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death.

Anciently when people were sick, they would visit a witch doctor who would brew up a special potion or poison which they hoped would cure their illness. The same

thing is still happening today. But now it comes in the form of pills rather than potions.

As a child receives medication during the early years of life, they proceed down a slippery slope that will lead to ever-increasing physical breakdown within the body. This body is comprised of delicate living cells, which were designed by God to be nourished with living food containing enzymes. When the body instead receives toxic substances and chemically altered foods, it cannot maintain and heal itself.

If we look at the world from the perspective that our body is designed, it is evident that it must run on specific fuels like any designed machine or vehicle. If we put the wrong fuel into the gas tank of a car, it's not going to run very well. When the proper nutrients are put into the body, and the body is kept in good working order, it will not only fight off the disease as God has designed it to do, but it will rebuild itself. I have seen brand new people in a matter of weeks.

If we look at the world from the perspective that the human body evolved without intelligent intervention, it is likely that we can't appreciate the body's needs, and will introduce the wrong substances into the system in place of those which are essential. Then, ignorant of the body's amazing capacity for healing, we will try to solve the resulting imbalances and physiological failures with the use of chemicals which the body was not designed to ingest, and other destructive measures like extreme surgeries, chemotherapy, or radiation treatment.

The problem with these types of treatments is that the cause of the problem is misjudged, and therefore mis-treated. Because the needs of the body are not correctly

understood, the immune system and body tissues have been broken down through years of abuse, losing their resilience and ability to heal. This is the proper cause of the disease. And now chemicals and radiation are introduced, which deteriorate the body even more, and it becomes even more susceptible to disease.

Live foods give life; dead foods give death. Live foods contain living enzymes and other vital elements which are a necessity to the healing process. A great multitude of individuals can testify that they have overcome obesity, cancer, diabetes, multiple sclerosis, etc. through the use of high-quality food in its most natural state. God has a message of Biblical health to give the world today, and He will be glorified, and the body healed, through obedience to His principles and trust in His word.

phar•mak•e•ia
(far-mak-i'-ah)

Definition:

- 1. the use or the administering of drugs*
- 2. poisoning*
- 3. sorcery, magical arts, often found in connection with idolatry and fostered by it*
- 4. metaph. the deceptions and seductions of idolatry*

Chapter 3:

The Glorious Diet of God

God created man to be glorious. Man was created to reflect the glory of God. We are to recognize that we are the temple of God, and give glory to Him by maintaining that temple in good condition. How, you may ask? Well, God wants you to be healthy and vibrant; to shine.

1 Corinthians 10:31 Whether therefore ye **eat**, or **drink**, or whatsoever ye do, **do all to the glory of God**.

Daniel in Ancient Babylon – 10 Days

Ten days can change the appearance of a man.

King Nebuchadnezzar of Babylon besieged the city of Jerusalem in 607 B.C. and captured the prophet Daniel and his friends. Nebuchadnezzar selected some of the best looking and most skillful young people of Judea to be re-educated in the ways of the Babylonians, including Daniel and three of his friends, and assigned them a special diet.

Daniel 1:5 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.

The king planned to train these scholars for approximately three years. He wanted them to be healthy and vibrant during this time. He commanded them to partake of his own meat and drink, which he thought would be optimal for their health.



Likewise, the world often believes that what they are eating is optimal. They go to Burger King to eat the king's meat and drink. But when the effects of this diet become evident, some begin to realize that the king's meat and drink is actually poor in nutrients and rich in disease.

Daniel and his friends had been trained by their parents from an early age to honour God and give Him glory. They were taught from the word of God to enjoy a simple diet provided by their Creator, and not to eat unclean foods. King Nebuchadnezzar intended to feed the young men unclean meats and wine which God had prohibited.

Nevertheless Daniel, trained from his youth by the word of God, understood that his body was God's temple. He was not willing to defile himself with the king's meat and drink.

Daniel 1:8 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.

So vital was the importance of these health precepts, and so great was his love for God's law, that Daniel was willing to risk the king's displeasure and nobly asked to be exempted from eating foods that would defile him.

Leviticus 11:44, 47 For I am the LORD your God: ye shall therefore sanctify yourselves, and ye shall be holy; for I am holy: **neither shall ye defile yourselves ...To make a difference between the unclean and the clean**, and between the beast that may be eaten and the beast that may not be eaten.

Some suppose that these commandments, which inspired the prophet Daniel to risk his life, were given only to the Jews. But if the purpose of the health laws was to preserve health and spirituality, this cannot be true; for God's interests are bound up with all of His creatures, and He cares for the wellbeing and happiness of all mankind. Notice the following:

Leviticus 18:24-25 **Defile not ye yourselves in any of these things: for in all these the nations are defiled** which I cast out before you: and the land is defiled: therefore I do visit the iniquity

thereof upon it, and the land itself vomiteth out her inhabitants.

Why would God say that the heathen nations of Canaan defiled themselves, unless it were possible for them to discern His principles of health? It is evident that the Canaanites defiled themselves through defiance of every right precept of Jehovah, even in their polluted diet.

Therefore it is clear that God intended for the entire world to abstain from filth and impurity, and not only the Jews. However, these laws were committed to Israel so that purity might be preserved in the earth, and so that Israel would be able to administer the divine remedy. This very fact testifies of the great value and necessity of God's instructions, and His desire to save the disobedient from complete ignorance and destruction.

Daniel was esteemed with loving favour by the prince of the eunuchs. When he presented his request, the prince was afraid that the health and intellect of Daniel and his friends might fall short of the other students if they did not eat the rich delicacies of the king's table. He thought they needed some pork chops and maybe a steak to supply them with plenty of protein.

This is the attitude of many today. If you tell your friends and family that you are going to McDonalds to get a Big Mac, they are totally unconcerned. Yet if you tell them you are going to eat fruits and vegetables, they will panic and begin questioning your decision. They will immediately advise you to be careful and to take supplements. Yet ironically, after they warn you of the danger of deficiency, many can be found drinking coffee or an alcoholic drink, or eating a greasy burger with fries and a Coke. It's a strange world that we live in today. Satan has per-

verted the understanding of health and nutrition in the minds of the majority.

Daniel suggested a ten day test to compare his diet to that of the other students, and asked for pulse to eat and water to drink for himself and his Hebrew friends. The word pulse generally refers to plant food: fruits and vegetables. Now what happened at the end of this ten day trial? Who was in the better health and had a clearer mind?

Daniel 1:15-17 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. As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

Daniel 1:20 And **in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better** than all the magicians *and* astrologers that *were* in all his realm.

The knowledge and skill the four Hebrews possessed was partly the result of their superior diet, but it was primarily the gift of God. As they cooperated with Him by obeying His principles, and trusted Him to provide the promised health and blessing, He honored them with a large measure of His Spirit and with great God-given talents. The health principles are God's instructions for obtaining health and intellect, but a living faith in our Creator is most essential.

Faith in God will lead us, like Daniel, to do the best that we can in caring for the body that has been entrusted to us. God promises to give us health and healing, but not apart from our best efforts to cooperate with His power. We must understand that our cells have been designed to require living food, and that includes brain cells. In order to provide the best opportunity for our body and mind to function, and our spiritual discernment to remain active, we must replenish our system with vital nutrients and avoid all that would weaken and destroy the system.

Psalms 119:104 Through thy precepts I get understanding: therefore I hate every false way.

The story of Daniel's diet was considered a matter worthy of the divine record, and that is because it is significant today. Today we are living in conditions that make that same dedication to health and principle vitally important. We are to be modern Hebrews, and unfortunately we are living in a modern Babylon, where the diet has been greatly adapted to sin and much of the food is unfit for consumption. As earth's history is coming to a close, the difference between the clean and the unclean will be life and death for God's people, whose character will be tested at every turn and who will need all the energy and clarity of mind that they can retain.

1 Corinthians 10:11 Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.

Two Wines in the Bible

Daniel would not partake of the king's wine. Some may object to his course and label him strict. They may argue, "Well, Jesus actually made wine at a wedding." The wine that Jesus made was "new wine" which is straight from the grape. In the Bible, there are two different kinds of wine:

Isaiah 65:8 Thus saith the LORD, As the **new wine** is **found in the cluster**, and one saith, Destroy it not; for **a blessing is in it**: so will I do for my servants' sakes, that I may not destroy them all.

Now this "new wine" must be unfermented wine, in other words, grape juice. And there is a blessing in this wine; it is good for the health. Therefore God approves of "new wine" in its natural, non-alcoholic state as a refreshing drink, and Jesus confirmed this at the wedding feast. But what does the Bible say about fermented or alcoholic wine?

Proverbs 23:29-33 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. **Look not thou upon the wine when it is red**, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder. Thine eyes shall behold strange women, and thine heart shall utter perverse things.

Notice that God warns us not to even look at this type of wine. So if God told us not even to look at fermented wine, and warned us that consuming it would lead to sin, this was obviously not the type of wine Jesus would make at a wedding. His actions never contradicted His words.

Such misconceptions as this can often be made clear in a short amount of time by searching the Bible. Yet many refuse to hear the true meaning of the word of God because they have been taught by the world, and many attempt to twist God's word to satisfy the lusts of the flesh. Modern Christianity has been involved in confusion for a long time as a result of deliberate wresting of the Scriptures on this and other topics.



*Drinking alchohol is
Not healthy*

1 Thessalonians 5:7-8 For they that sleep sleep in the night; and **they that be drunken are drunken in the night. But let us, who are of the day, be sober**, putting on the breastplate of faith and love; and for a helmet, the hope of salvation.

If I were to put gasoline in my body, anyone in their right mind would recognize that I am poisoning myself. It is the same with alcohol. Not only does it cloud the mind, but it destroys the body. It is poison.

If Daniel had indulged in drinking fermented wine, his mind would have been impaired, and his influence weakened. God had the highest purposes in store for Daniel, as He does for all who are willing to follow strict principle and who love and trust Him. Because Daniel was true to principle in this matter, he was in a favorable condition to receive the highest blessings and privileges, and he was enabled to carry out a noble work that made him one of the most influential men of God in the history of the world. The book of prophecy that resulted from Daniel's communion with heaven is at this time one of the most important for God's people to study, and was commended by Jesus as one that should be read and understood.

The King's Meat

As for the king's meat that Daniel would not touch, it was unclean according to God's health laws. God didn't make these laws merely to show His authority; some things God made for food, and some things He didn't. For instance:

Leviticus 11:7-8 **And the swine**, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you. **Of their flesh shall ye not eat**, and their carcase shall ye not touch; they are unclean to you.

Pigs eat garbage, and you are what you eat. If you follow this fact to its logical conclusion, you will realize that pork was never designed to be eaten. It was designed to clean up the environment: a living waste disposal. And to put that in your mouth is to put garbage in your mouth. Is it any wonder that you feel like garbage after you eat it?

It has been scientifically proven that pigs, sometimes known as swine, are completely unfit for food. Their flesh, known as pork, is infested with a little worm called the Trachina which is linked with a disease known as Trichinosis.

Trichinosis initially involves the intestines. Within a day or two of consumption, symptoms such as nausea, heart-burn, dyspepsia, and diarrhea appear; the severity of these symptoms depends on the extent of the infection. Later on, as the worms move through different parts of the body, other manifestations of the disease may appear, such as headache, fever, chills, cough, eye swelling, joint pain and muscle pain, petechiae (small skin hemorrhages), and itching.



*Trachina worm, seen in
pork under the microscope.*

Most symptoms subside within a few years. The most dangerous case is when the worms enter the central nervous system. They cannot survive there, but they may cause enough damage to produce serious neurological deficits (such as ataxia or respiratory paralysis), and even death.

By this point in the book, we have discussed the reasons why pork, alcohol, bloody steaks and burgers, and greasy fries shouldn't be eaten. But it doesn't stop there.

We have only begun to eliminate a few things from the diet. There is much more to God's health plan than that.

We need to recognize that God has laws of health. These can be compared to the law of gravity: it is a natural law designed by God. What goes up, must come down.

The same principle applies to your health. If you violate the laws of health, you will suffer the consequence.

Some believe that God changes His health laws from time to time, but the health laws are as changeless as the law of gravity.



Chris Warken beat cancer by turning to a strict raw vegan diet including plenty of carrot juicing and has inspired numerous others to do the same.

Chapter 4:

Law vs. Grace

The reason we have disease, suffering and death is that we have violated the law of God. But there is another extreme besides law breaking that also brings death.

Some believe that their law keeping is what saves them, and they forget the importance of what happened at the cross. And therefore when they look at the law of God, they don't see any love in it. They don't see God's compassion for our needs and infirmities, and His interest in our health and wellbeing. They don't see His health principles as a merciful message of hope that can be brought to those who are suffering from disease. They only see in them a set of rules that they must keep in order to merit God's favor and avoid suffering. Thus, when teaching them to others, they teach a set of rules that must be kept at all costs, and they leave out the goodness and grace of God in giving these laws, and the necessity of trusting in a kind Heavenly Father to bless you with health and to do for you what you cannot do for yourself.

Likewise, many have come to believe that God's law and His grace are not complementary parts of the gospel of Christ, but are in opposition to one another. Many feel that the law condemns them, and like Adam and Eve, they are stricken with fear when they hear God's voice. They are afraid to reveal their sinful condition to God, so they seek to cover up their sins and to run and hide in the bushes. (Gen 3:10)

When we walk contrary to the law, it cannot speak life, because “sin is transgression of the law” (1 John 3:4) and sin brings death (Rom 6:23). So when a person is in a state of sin and only sees the law, they are left hopeless. Therefore they don’t want to know more of God, nor do they want to hear His word. They do not understand that God has given them salvation if they will accept the gift of His only begotten Son, who took their condemnation Himself (Gen 3:15). They will not pick up their Bibles that they might hear His lovely voice and His promise of salvation. All they hear is the thundering of the law.

Satan would love to keep us blind to the grace of God and the glorious good news of the gospel, since the love of God is revealed by His grace and the fact that He gave His only begotten son to die for sin. Those who are blinded by Satan to see only a law that brings condemnation against their actions, fail of knowing their Father and receiving His help and blessing, which He is so eager to give them.

Now before I go too far, it is important to understand that in the writings of Paul, which contain many important statements on the relation of law and grace, there are some things “hard to be understood, which they that are unlearned and unstable wrest, as they do also the other scriptures, unto their own destruction.” (2 Peter 3:16) Therefore take care in how you interpret the verses I am about to share with you in the following pages.

2 Thessalonians 2:7 “For the mystery of lawlessness is already at work.”

Many will not see the truth of the Gospel because they “love...not the truth, but had pleasure in unrighteousness.”(2 Thess 2:10, 12) “Because the carnal mind is

enmity against God: for it is not subject to the law of God, neither indeed can be.” (Romans 8:9) The heart has yet to be renewed and willing that “the righteousness of the law might be fulfilled in us.” (Romans 8:4)

“For they being ignorant of God’s righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God.” (Romans 10:3)

The Blessing of Abraham

There is a blessing that Abraham and his seed were to receive and also to give. This blessing was given to Adam in the beginning (Gen 1:28).

Genesis 12:2-3 And I will make of thee a great nation, and **I will bless thee**, and make thy name great; and **thou shalt be a blessing**: and **I will bless them that bless thee**, and **curse him that curseth thee**: and **in thee shall all families of the earth be blessed**.

We are told in Galatians chapter three that “the scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, **In thee shall all nations be blessed. So then they which be of faith are blessed with faithful Abraham.**” (Galatians 3:8, 9)

So the blessing is given to Abraham and his seed through faith. And the only way to be a child of Abraham is through faith; it is written that “they which are of faith, the same are the children of Abraham.” (Gal 3:7) So we who have faith are the seed of Abraham, and the blessing is ours by faith.

How do we obtain this faith?

Romans 10:17 So then faith cometh by hearing,
and hearing by the word of God.

Many today confess to be Abraham's seed. So did the Pharisees; however, there was something wrong with their confession. Jesus said to them: "If ye were Abraham's children, ye would do the works of Abraham." (John 8:39)

What are the works of Abraham? What did Abraham do that was blessed?

Hebrews 11:8 **By faith Abraham**, when he was called to go out into a place which he should after receive for an inheritance, **obeyed**; and he went out, not knowing whither he went.

Abraham "**obeyed**" the word of God "**by faith**." When he trusted the word of God alone, he received the blessing. What else did Abraham do?

Genesis 26:5 Because that **Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws.**

Abraham obeyed God's commandments, statutes, and laws by faith; he kept the word of God. As it is written:

Revelation 22:14 **Blessed are they that do his commandments**, that they may have right to the tree of life, and may enter in through the gates into the city.

Psalms 119:1 **Blessed are the undefiled in the way, who walk in the law of the LORD.**

The blessing of Abraham is to those who do the works of Abraham and are his children. That is, those who obey the word of God by faith, and will “do his commandments” and “who walk in the law of the Lord.”

The Covenant Never Changed

It is written in Galatians 3:17 that “the covenant (with Abraham, see Genesis 12) that was confirmed before of God in Christ, the law, which was four hundred and thirty years after (given at Mount Sinai), cannot disannul (that is, change the covenant with Abraham).” (Parentheses added for clarification.)



*The poisoning of the blood
from a young age can bring
a curse upon us.*

Since the covenant with Abraham was not changed at Sinai, the Israelites were offered the covenant given to Abraham (see Exodus 6:1-8). This would imply that the commandments, statutes, and laws that were given at Sinai were the same law that Abraham “obeyed.”

The law and the promises did not change at Sinai. The change that occurred at Sinai was with “them” (the Israel-

ites) and their “promises” (Heb 8:6-8). The Israelites were not ready to receive the covenant with Abraham.

The Curse

In Galatians chapter three, we find the following text regarding the curse:

Galatians 3:10 For as many as are of the works of the law are under the curse: for it is written, **Cursed is every one that continueth not in all things which are written in the book of the law to do them.**

Abraham was “blessed,” not “cursed.” So did Abraham continue in all things that God commanded? He did, by faith.

Galatians 3:21 Is the law then against the promises of God? God forbid: for **if there had been a law given which could have given life, verily righteousness should have been by the law.**

The law is “ordained to life” (Rom 7:10) and as Jesus said, **“if thou wilt enter into life, keep the commandments.”**(Matt 19:17). The law points us to the standard at which we may have life, instead of sin which brings death.

Yet **the law could not give life** itself. It could not fulfil this purpose. This is because the blessing of Abraham is not by works of the law, but by faith. It was only by faith in what God could do that Abraham obeyed the command-

ments, statutes, and laws. And Abraham did this continually. **To keep the commandments by faith is life.** To break the commandments is death.

Now we have seen that “it is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.”(Matthew 4:4) And that good health is promised to them who will “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.” (Exodus 15:26) Is it any wonder then that Christianity today has the same cancer rates as the world?

Sin brings cancer. Sin brings disease. (Exodus 15:26) It might not always be the case that we have brought disease upon ourselves; disease is sometimes caused by the sins of family members or parents. Perhaps you were afflicted by the habits of your mother while in the womb, or inherited maladies that result from sin.

Exodus 34:7 Keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation.

By Works or By Faith

The issue of the book of Galatians is not whether or not the commandments of God are to be kept, but rather how they are to be kept. Are they to be kept by working at it and trying as hard as we can, or by accepting the word of

God just as it reads and knowing that its promises are good, and that God's promises will enable us to do all things? Do we allow God to write His law, not on dead stones, but on the living stones that make up His church? Do we realize that He intends to write it on our heart, which is the ark of the most holy place of His temple? "Ye are the temple of God." (1 Corinthians 3:16)

If this is all true, we merely need to agree with our Father and accept all that His word says.

2 Peter 1:4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

A Blessing to Keep All Things Written in the Book of the Law

Galatians 3:10 For as many as are of the works of the law are under the curse: for it is written, **Cursed is every one that continueth not in all things which are written in the book of the law to do them.**

Some will take Galatians 3:10 to mean that it is a curse to obey the law and that we have been freed from "that curse of obedience." Therefore they believe we are no longer obliged to obey, for this would bring a curse. **This is a deadly and terrible deception swallowed up by most of Christianity today.** Consider this verse carefully. The curse is actually for disobedience to the law. What does the book of the law say?

Deuteronomy 11:26-28 Behold, **I set before you this day a blessing and a curse; a blessing, if ye obey the commandments of the LORD your God, which I command you this day: and a curse, if ye will not obey the commandments of the LORD your God,** but turn aside out of the way which I command you this day, to go after other gods, which ye have not known.

The blessing is to those who do the law. The curse is to those who break it. Is it any wonder that people are sick? It is because they refuse to become partakers of Christ's offer of righteousness, life and health, and instead go about to establish their own righteousness. They don't realize that God has laid out a perfect health plan for them.

Romans 8:7 Because **the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.**

1 Corinthians 2:14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

People are sometimes told by numerous doctors that they cannot be healed, that they will be on medication for the rest of their life. So when they are told of the possibility of healing, it sounds foolish to them. You will normally hear a reply such as "Yeah right" from such individuals. And some even become rather annoyed that you believe you know more than the medical establishment. Some of these sufferers have exhausted numerous avenues and received treatment from the best doctors, taken the best

prescriptions, etc. So they question, "Who are *you* to tell me that you know what's wrong with me?" To the natural man the things of God are foolishness.

But there is a blessing to those who walk in the law of Jehovah. Has God changed? Anyone who carefully reads the Bible can see that God does not change. What brought a curse four thousand years ago will bring a curse today. And although Christ has redeemed us from the curse of the law (Gal 3:13), He has not redeemed us so that we can continue to disobey the law.

Malachi 3:6 For I am the LORD, I change not; therefore ye sons of Jacob are not consumed.

Imagine being put in jail for killing a man and waiting on death row for your execution. Then a stranger steps in and says, "I will take that man's penalty so he can go free." He took your curse for breaking the law. Then after you are set free, would this mean that you are free to go and kill others now? Is this what you were freed from? Obeying the law? Wouldn't you agree that this idea is nonsense? Yet it is believed by millions of Christians today that this is what Christ died to free us from.

They believe that we are cursed if we keep the law.

So understanding this, ask yourself the question: how can God set you free from the curse of all those sugary foods if you won't cooperate with Him, and continue to dump sugar into your system even after being healed from its damaging effects?

The curse for violating those things written in the book of the law is unchangeable. If it wasn't, then Christ would not have needed to die to redeem us from it.

Now I understand that some of my readers might be thinking I went too far in what I've said about the medical community and how I've spoken against the good doctor.

You might be thinking, "Here he goes speaking against my good minister as well?" Well, this isn't about a minister, or a doctor; this is about principle. Ministers and doctors can be ignorant just like anyone else. However, there is a cause for ignorance and it is time to come into more light, and not persist in willful ignorance. Why keep suffering when you can be free?

Why did Christ die? Why was He made a curse for us, if the law is just a collection of the Father's arbitrary, changeable rules? If the law of God could have been changed or cast aside entirely, then Christ would not have had to take upon Himself the curse of breaking it. Oh what a terrible deception for those who see our Father in this light. What a terrible picture has been drawn of our Heavenly Father. God is ever the same today, yesterday, and forever, and what brought the curse of death in the days of ancient Israel will just as surely bring a curse today.

Revelation 22:14 **Blessed are they that do his commandments**, that they may have right to the tree of life, and may enter in through the gates into the city.

Blessed are they that keep the commandments. Cursed are they that break them. It was of these same commandments that God said:

Deuteronomy 30:10-19 If thou shalt hearken unto the voice of the LORD thy God, **to keep his commandments and his statutes which are written in this book of the law... I have set be-**

fore you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live: that thou mayest **love the LORD thy God**, *and* that thou mayest obey his voice, and that thou mayest cleave unto him: for he *is* thy life, and the length of thy days: that thou mayest dwell in the land which the LORD sware unto thy fathers, to Abraham, to Isaac, and to Jacob, to give them.

Do you want long life, abundant life, eternal life? The Holy Spirit is the down payment on our inheritance (Eph 1:13, 14), the power by which the law can be kept. When we have this Spirit, the law is written on the heart. Therefore the law does not witness against those who have the Spirit (Galatians 5:22, 23).

The promise to Abraham in Genesis chapter twelve is mentioned in several other places. It is written that “now they desire a better country, that is, **an heavenly**: wherefore God is not ashamed to be called their God: for he hath prepared for them a city.” (Heb 11:16) The promise of entrance to the heavenly city is for those who keep all the words in the book of the law; not just keep them from the book, but in their heart; not just sometimes, but always, that it might be well with us and our children FOREVER. (Deu 30:6, 14)

Deuteronomy 6:5-7 And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might. And these words, which I command thee this day, shall be in thine heart: and **thou shalt teach them diligently unto thy children**, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way,

and when thou liest down, and when thou risest up.

This commandment was not written on stones. It was written in the book alone. If we fail to teach these words of life to our children, what will we bring upon them? A blessing or a curse? Are we Abraham's seed?

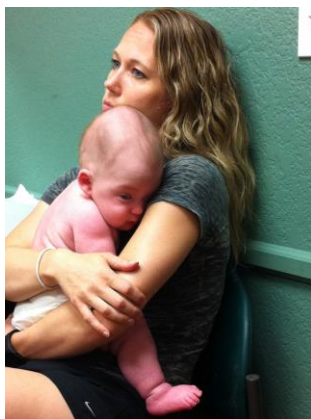
Gen_18:19 For I know him, that **he will command his children and his household after him**, and they shall keep the way of the LORD, to do justice and judgment; **that the LORD may bring upon Abraham that which he hath spoken of him.**

What did God want to bring upon Abraham? A blessing. The only way to receive the blessing of Abraham is to keep the law. Blessed are they who do His commandments; cursed are they who continue not in all the things which are written in the book of the law to do them.

Deuteronomy 11:19-28 And ye shall **teach them your children**, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up. And thou shalt write them upon the door posts of thine house, and upon thy gates: **that your days may be multiplied, and the days of your children...**Behold, I set before you this day a blessing and a curse; **a blessing, if ye obey the commandments of the LORD your God**, which I command you this day: and **a curse, if ye will not obey the commandments of the LORD your God**, but turn aside out of the way which I command you this day, to go after other gods, which ye have not known.

“But wait,” you say, “it is impossible to keep the law!” Ah yes “With men this is impossible; but with God all things are possible.” (Matthew 19:26). Where is our faith invested? In what man can or can’t do? Or in what God *will* do? We must cease from working at it, and accept the promises of God by faith.

God calls us to walk in the sphere of knowledge that we have and obey our conscience.



*Sometimes our children
Are sick because of our
Ignorance.*

Our Thoughts Bear Record on Judgment Day

Romans 2:13-15 For not the hearers of the law are just before God, but **the doers of the law shall be justified**. For when the Gentiles, which have not the law, do by nature the things contained in the law, these, having not the law, are a law unto themselves: which **shew the work of the law written in their hearts, their conscience also bearing witness, and *their* thoughts the mean while accusing or else excusing one another**.

God calls us to accountability for all the light that He has given us. The light on the law is not, “You must keep the law to be saved.” It is rather, “You must be saved to keep the law.” God can only make a man good if that

man is willing to be made good, and will trust the Father to work mightily in him above all that a man can ask or think (Eph 3:20). God will give you His thoughts. All you have to do is accept that His thoughts are better than yours. It is faith alone that will do the law.

The Law of Moses and the Curse

Some have thought that the law of God is only the moral law, while the law of Moses refers to the ceremonial law.

However the term “law of Moses” is not used in the first five books of the Bible. Those books include both moral and ceremonial law. The moral part of the law pointed out man’s duty to God; the ceremonial part pointed to the remedy for breaking the moral law. The prophets when using the term “law of Moses” often referred back to the first five books of the Bible. Notice the following:

Luke 2:22-24 And when the days of her purification according to **the law of Moses** were accomplished, they brought him to Jerusalem, to present *him* to the Lord; (As it is written in **the law of the Lord**, Every male that openeth the womb shall be called holy to the Lord;) And to offer **a sacrifice according to that which is said in the law of the Lord**, A pair of turtledoves, or two young pigeons.

You’ll notice that the term “law of Moses” is used in this passage, but you will also notice that it is interchanged with the term “law of the Lord”. The term “law of the Lord” is actually used to refer to the ceremonial law.

Many today teach that the term “law of the Lord” is used only for the moral law, and the term “law of Moses” is used only for ceremonial law. But this idea is not found in the Bible, as demonstrated above.

Regarding the “law of God” which is sometimes referred to as the “law of Moses” we read the following:

Malachi 4:4-6 Remember ye the law of Moses my servant, which I commanded unto him in Horeb for all Israel, with the statutes and judgments. Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the LORD: and **he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.**

The curse is written in the law, and the curse comes upon the one who “continueth not in all things which are written in the book of the law to do them.”(Gal 3:10) Diseases are a curse, and the curse has a cause. The cause is a violation of God’s law, which is sin. And “sin is transgression of the law” (1 John 3:4), and “the wages of sin is death”, and disease leads to death. All disease is the result of sin.



Chapter 5

Trust in God – His Everlasting Promises and Covenant

When we truly understand the principles of why we are cursed with disease, we can then acknowledge the number one principle of good health. That is trust in God and His word.

Proverbs 3:1-8 My son, **forget not my law; but let thine heart keep my commandments: for length of days, and long life, and peace, shall they add to thee.** Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: so shalt thou find favour and good understanding in the sight of God and man. **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.**

This is the number one principle to good health: trusting the word of God rather than men. Men have many potions and pills that they claim will cure your disease, but God's healing power is the only true cure, in connection with our faith and cooperation. Now I am not saying to discard all your medications at the drop of a dime, but I am saying that people become dependent on them for a

reason. One step leads to another, until the sick find themselves completely dependent on man's way to keep them from death. But what many don't realize is that health is possible.

Luke 8:43 And a woman having an issue of blood twelve years, which **had spent all her living up-on physicians**, neither could be healed of any...

This woman had a serious disease for many years. There are many object lessons to be learnt in this story. This poor woman had put her trust in what physicians could do rather than what God could do. This is the same mistake most people today make. She had spent all of her money on drugs and other means in an attempt to regain health, but all of this did not help her in the least. In fact in the book of Matthew we are told that she only got "worse."

Mark 5:25-26 And a certain woman, which had an issue of blood twelve years, and had **suffered many things of many physicians**, and had **spent all that she had**, and was nothing bettered, but rather **grew worse**.

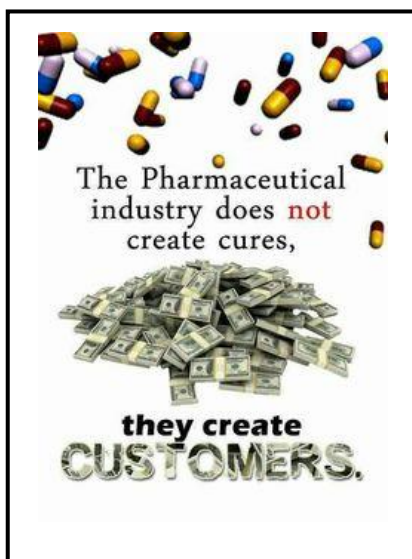
Doesn't this sound like today's medical system? Visiting the doctor, being made to suffer, depleting your income in the effort to stay alive, and meanwhile growing worse as time passes on. Yet when this woman began to trust in God's word, Jesus Christ (1 John 1:1-3, John 1:1-3, 14), she learned that the word could do something that man could not. By her faith in the word, she was healed at last.

Matthew 9:21-22 For she said within herself, If I may but touch his garment, I shall be whole. But

Jesus turned him about, and when he saw her, he said, **Daughter, be of good comfort; thy faith hath made thee whole.** And the woman was made whole from that hour.

Faith makes one whole. Faith in the word of God. “So then faith cometh by hearing, and hearing by the word of God.” (Romans 10:17). Then if it is by faith that she was made whole, and faith is trusting the word of God, then it could only be unbelief, or lack of faith in the word, that made her ill. This woman was listening to the word of God when He went about preaching and doing good works, and therefore she recognized the cause of the disease, and she also came to accept the cure.

Sometimes we don't know the cause of our disease. Some sickness is caused before birth, by the faults of one's parents. Some is caused by toxic infant formula, or other harmful substances that have led the child down the slippery slope of poor health. Some have been affected by a toxic environment of emissions, gases, and mould in the home or even outside of the home. And many in ignorance sustain harmful habits as a young person or adult which continue to degrade their health to this day.



“...the cause which I knew not I searched out.”
(Job 29:16)

Many today are not searching for the cause of their problems. Instead of finding the cause, they merely seek to remove the symptoms. It's like driving a car down the road and the oil light comes on. A person without knowledge of how their vehicle works might put some tape over that light and keep driving. Is that solution going to fix the problem? Of course not, although it may mask the problem for a little while, this individual obviously doesn't understand what the true problem is, or if they do, they aren't very interested in maintaining their vehicle so that it can continue to run and be in the best condition possible.

When you get a headache, it's definitely not caused by a Tylenol deficiency. Just as cancer was not caused by a lack of chemotherapy. The problem was likely caused by a lack of trust in the word of God, ignorance of what that word says, and as a result, failure to maintain the body in good condition.

One thing I have noticed is that even people who know these principles often don't trust in God. So it is not sufficient to simply know how to maintain health; that knowledge must be carried out by living faith and trust in our Creator and Redeemer.

The Everlasting Covenant/Promise

Misunderstandings on this subject are so common that I cannot just write a few lines about it. The reason I believe this issue is important is that it has to do with the promises of God. There are two covenants: one based on man's promises and painstaking efforts, and another

based on the promises of God. And I would like to make it clear that both covenants have been available from the beginning.

Deuteronomy 7:11-15 Thou shalt therefore keep the commandments, and the statutes, and the judgments, which I command thee this day, to do them. Wherefore it shall come to pass, if ye hearken to these judgments, and keep, and do them, that **the LORD thy God shall keep unto thee the covenant and the mercy which he swore unto thy fathers:** and he will love thee, **and bless thee**, and multiply thee: **he will also bless the fruit of thy womb, and the fruit of thy land**, thy corn, and thy wine, and thine oil, the increase of thy kine, and the flocks of thy sheep, in the land which he swore unto thy fathers to give thee. **Thou shalt be blessed above all people: there shall not be male or female barren among you**, or among your cattle. And **the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt**, which thou knowest, upon thee; but will lay them upon all them that hate thee.

It's interesting to note that God promises to bless the womb, and the land, if we trust in His covenant with the fathers, Abraham, Isaac, and Jacob. The curse comes upon the land when the soil has no rest. God specified that the land must rest every seven years.

Leviticus 25:4 But in the seventh year shall be a sabbath of rest unto the land, a sabbath for the LORD: thou shalt neither sow thy field, nor prune thy vineyard.

What is the purpose of this law? Was God being arbitrary by making such a requirement? Not at all. The Lord cares for the land, and He knows what it needs in order to produce an abundance of healthful food. He also gave laws for crop rotation and other gardening practices that, if practiced, would enrich the soil, producing a plentiful harvest. But today we don't rest the land, and it has been scientifically proven that the land does not yield its strength to produce good food, and because the soil doesn't produce good food, it becomes infested with insects and weeds. Therefore man began to use herbicides and pesticides, which destroy the soil's nutrients, and genetically modified many crops to make them more resistant.



Some are getting back to the methods of gardening spoken of in scripture and the results are astounding.

Did God not create the corn "very good?" (Genesis 1:31) Yes. So why must man "improve" it with genetic modifications? Because of the downward slope started by neglect of the vital instructions given in God's law. And now, instead of beginning at the root of the problem and finding real solutions, we are making great and futile efforts to manage the symptoms of the problem. The modern healthcare system is doing this same thing. And because of this the curse comes.

Now remember that God promised that in the land where His principles are applied, the women will not be barren. Yet one third of women today cannot have a child.

The website www.naturalnews.com states that “An Austrian study uncovered similar harm in mice that consumed GM corn. An immediate consequence among the mice eating the ‘Frankencorn’ was that their offspring weighed less than normal, and overall litter size became smaller. After three or four generations, mice who came from GMO-eating parents and grandparents became completely infertile.”



Shock findings: Rats eating GMO corn develop massive tumors.

GMO corn and soy are being tested in numerous experiments as I write. Several studies suggest that GMO foods have one major downfall. Some of these foods have been modified to produce natural pesticides, which cause the stomach of the pest to explode after eating the plant. Can you imagine what those foods are doing to your stomach? Is it any wonder that children today are experiencing leaky gut syndrome which is linked to autism?

God did not design the food this way. And this food, because it is cursed, brings with it the curse of disease. Care must be taken when buying food today, especially when the supermarket offers a wide variety of packaged foods that are loaded with genetically modified high fructose corn syrup and genetically modified soy products.

God's Promise to Abraham

God made a covenant with Abraham, Isaac, and Jacob. This covenant would last forever: an everlasting covenant. The Bible says, "God is faithful" (1 Cor 1:9, 10:13). God cannot lie.

Hebrew 6:13, 18 "For **when God made promise to Abraham**, because he could swear by no greater, he swore by himself...That by two immutable things, in which it was **impossible for God to lie**, we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us."

We can trust the promises of God that were made in covenant with Abraham.

The Land of Promise – The Inheritance

Romans 4:13 For **the promise**, that he should be **the heir of the world**, was not to **Abraham, or to his seed**, through the law, **but through the righteousness of faith**.

Abraham received “the promise” when he came out of Babylon. He was told of another city, an inheritance. But though he was told of this promise he died in faith not receiving “the promise” (Heb 11:13).

Hebrews 11:8-10 By faith Abraham, when he was called to go out into a place which he should after receive **for an inheritance**, obeyed; and he went out, not knowing whither he went. By faith he sojourned in **the land of promise**, as in a strange country, dwelling in tabernacles with Isaac and Jacob, **the heirs with him of the same promise**: for he looked for **a city** which hath foundations, whose builder and maker is God.

Abraham was to receive an inheritance, “something better.” Though he walked through the promised land, he never received the promise while on this earth. He was looking for another city: a city prepared by God. The New Jerusalem.

Heb 11:13 These all died in faith, **not having received the promises**, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth.

So these all “received not the promise, God having provided some better thing.” What is the better thing?

Heb 11:16 But now they desire a **better country**, that is, an **heavenly**: wherefore God is not ashamed to be called their God: for he hath prepared for them a **city**.

Now this better promise was given to all of the patriarchs and prophets who would accept the promise of His Spirit by grace through faith. It was called “a better covenant.”

Heb 8:6 But now hath he obtained a **more excellent ministry**, by how much also he is the mediator of a **better covenant**, which was established upon **better promises**.

And this covenant and promise was “the promise” given to Abraham “that he should be the heir of the world” (Rom 4:13). This promise includes eternal life. And the only way by which Abraham could have eternal life is by the resurrection. And the only way that Abraham could be resurrected is by accepting that Christ died to take his sin, by the blood of the new covenant. (Matt 26:28)

Heb 11:39, 40 And these all, having obtained a good report through faith, **received not the promise**: God having provided **some better thing** for us, that they without us should not be made perfect.

Two Covenants Before A.D. 31

Deuteronomy 5:2-3 The LORD our God made a **covenant with us** in Horeb. **The LORD made not this covenant with our fathers**, but with us, even us, who are all of us here alive this day.

In this verse we are told of **two covenants**: one with the fathers (Abraham, Isaac and Jacob) and another covenant with Israel at Horeb, or Mount Sinai.

The covenant with Abraham was good. When the covenant at Sinai was made, that could not change or disannul the covenant with Abraham one iota. The covenant with Abraham had already been made, and it was an everlasting covenant that could never change.

Galatians 3:16-17 Now to Abraham and his seed were **the promises** made. He saith not, And to seeds, as of many; but as of one, And to thy seed, which is Christ. And this I say, that **the covenant, that was confirmed before of God in Christ**, the law, which was four hundred and thirty years after, **cannot disannul, that it should make the promise of none effect.**

The covenant made at Sinai 430 years later did not change or disannul the covenant with Abraham at all. Moses said of the covenant made at Sinai, "The Lord made not this covenant with our fathers" (Deu 5:3). Abraham, Isaac and Jacob were not under the old covenant at Sinai.

The Covenant at Sinai – Promises Not Good – Fault with the Covenant

Looking at the covenant given at Sinai, we find that there was something wrong with this covenant:

Hebrews 8:6-7 But now hath he obtained a more excellent ministry, by how much also **he is the mediator of a better covenant, which was established upon better promises.** For if that first covenant had been faultless, then should no place have been sought for the second.

But there was fault with the first covenant made at Mount Sinai. God had another covenant He wanted to give to Israel. The terms of the new covenant included God writing His law on their heart. But fault was found with them:

Deuteronomy 5:29 O that there were such an **heart** in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!

The fault was in their heart. They didn't have the "new heart." They didn't accept the word of God by faith. The law was written on tables of stone, but it wasn't written on the heart. The promise of the old covenant was, "we will hear it, and do it." (Deu 5:27) But the heart wasn't in harmony with this declaration.

This is the promise of most of Christianity today. "Yes LORD, we hear You, all that You said, we will do it and be obedient. We will try our best and work as hard as possible to keep the commandments." Three weeks later they are worshiping the golden calf, or they are out reveling at parties, or they are indulging appetite and bringing disease and death upon themselves. They are hiding from God's word while trying to re-invent it according to their own interpretation. In other words, they are trying to establish their own definition of righteousness, and make themselves righteous in their own eyes.

The reason for the failures of most Christians is that they don't trust the promise of God to perform in their hearts and lives what He said He is able to accomplish. The word has power; it is "not of yourselves." (Eph 2:8) Trust in God is the number one fundamental principle of good health. It is a misunderstanding of the new covenant that

causes us to fail to place our trust in God. Instead we place our trust in ourselves, and because we are helpless to overcome our natural inclinations, we fail to achieve victories over not only harmful habits that destroy health, but over sin itself.

Hebrews 8:8 **For finding fault with them**, he saith, Behold, the days come, saith the Lord, when I will make a new covenant with the house of Israel and with the house of Judah.

The fault wasn't with God at Mount Sinai. The fault was with the people. The fault wasn't with the promises of God; the fault was with the promises of the people. The new covenant is "established upon better promises" (Hebrews 8:6). God's promises are good, faithful, and true. He cannot lie. Failing to understand this is failure to recognize the power of the gospel, which is life eternal.

The New Covenant is *the Everlasting Covenant* with Abraham

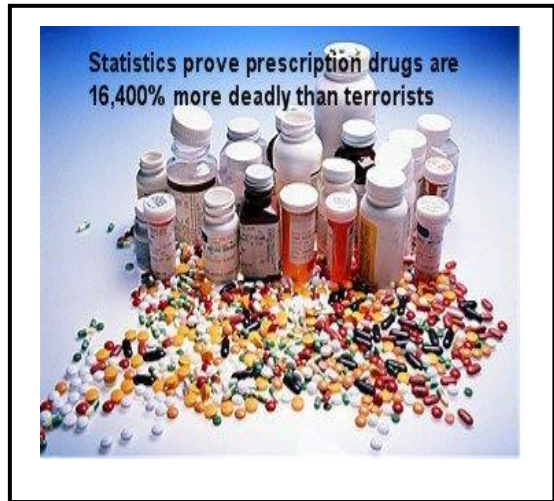
Some have thought that a new gospel dispensation started at the time of the crucifixion of Jesus Christ, which they call "the dispensation of grace." This view, that faith in Christ didn't exist until A.D. 31, is based upon a few verses of the Bible which have been misinterpreted. It does not reveal the full goodness of the gospel, but portrays God as a hard taskmaster whose character is subject to change over the course of time. Sadly, this is the view that has colored most of today's Christianity.

Satan has worked very hard to destroy the character of God. He is certain of his success in ruining souls if he can cause people to think that God is double-minded and unreliable, an exacting taskmaster who changes the way of salvation from time to time and makes it difficult to be saved. And if that is the case, the question is suggested: who knows if the way of salvation will change again to-

morrow? It is insinuated by the enemy of souls, that God's standard changes from one day to the next, and from one dispensation to the next.

This makes it impossible to trust God, impossible to truly have faith

in the word of God, because those who hold this view cannot be sure that God won't change His mind again tomorrow and require us to come to Him in some new way in order to be saved.



But God has an everlasting covenant that is offered to all, that is based upon His own goodness and power. No man is justified by his efforts to keep the law, nor ever was, nor ever could be. In fact, according to Paul, the same gospel that he preached after the cross, was the very gospel that Abraham received many years before the covenant made at Sinai. So the "new" covenant of faith in God's promises was the covenant that justified all of the fathers.

Galatians 2:16 Knowing that a man is not justified by the works of the law, but by the faith of Jesus Christ, even we have believed in Jesus Christ, that we might be justified by the faith of Christ, and not by the works of the law: for **by the works of the law shall no flesh be justified.**

“No flesh” includes Abraham and Moses. No man has ever been justified by the works of the law. Most Christians today, even those who accept the law, do not understand this. Therefore they make the same covenant that was made at Mount Sinai, promising to do all of the law themselves.

Galatians 3:8 And the scripture, foreseeing that God would justify the heathen through faith, preached before the gospel unto Abraham, saying, In thee shall all nations be blessed.

Abraham was a Gentile, a heathen, and God preached the gospel to him so that *all* nations would be blessed—not just the Jews. That is, all the Gentiles or the heathen were to receive the gospel through Abraham, who was himself a Gentile. And this gospel dispensation, whereby men might be saved by the grace of Christ, started at the fall of Adam.

Speaking of Israel, Paul writes:

Hebrews 4:2 For **unto us was the gospel preached, as well as unto them:** but the word preached did not profit them, not being mixed with faith in them that heard it.

The Everlasting Covenant to Abraham Ratified at the Cross

Genesis 17:7-9 And I will establish **my covenant** between me and thee and thy seed after thee in their generations **for an everlasting covenant**, to be a God unto thee, and to thy seed after thee. And I will give unto thee, and to thy seed after thee, **the land** wherein thou art a stranger, all the land of Canaan, for an **everlasting possession**.

This covenant was established with Abraham and his seed. We are Abraham's seed. Therefore, the everlasting covenant was established with us. How and when was this covenant ratified?

Hebrews 13:20 Now the God of peace, that brought again from the dead our Lord Jesus, that great shepherd of the sheep, through **the blood of the everlasting covenant...**

This is the same "everlasting covenant" that was given to Abraham, and it was ratified by the blood of Christ. So why, if it is a covenant that was made before Sinai, is it called the new covenant? It is called "new" because of the time at which it was ratified. This everlasting covenant was ratified by the blood of Christ after Sinai and in this sense it is "new."

The covenant at Sinai was ratified by the promises of the people and the blood of an animal sacrifice (Exodus 24:8). The promises of the old covenant made at Sinai were not good; fault was found in them. Even the sacrifice was insufficient. (See Hebrews 10:11)

Ratified by the Blood

Matthew 26:28 For this is my blood **of the new testament**, which is shed for many for the remission of sins.

The "blood of the everlasting covenant" (Heb 13:20).

Daniel 9:27 And he shall **confirm the covenant** with many for one week: and in the midst of the week he shall **cause the sacrifice and the oblation to cease**.

The ceremonies and Levitical priesthood signified the sacrifice of Christ on the cross. Thus they were intended as a temporary provision, to cease at the cross. A new ceremony, the Lord's Supper, was instituted in commemoration of the cross. Many today teach that the sacrificial system was a system of works. This is an error, for the Bible says that "By faith Abel offered unto God a more excellent sacrifice than Cain." (Hebrews 11:4) Abel was "justified by the faith of Christ, and not by the works of the law." (Gal 2:16)

All sacrifices were but a shadow of the reality. A cloud in the sky casts a shadow. The existence of a shadow testifies to the reality of a light needed to create that shadow. The sun is the light; the cloud casts the shadow. The reality of the cross was in ancient times evidenced by the existence of its shadow of types and ceremonies. The sacrifice of Christ was to be as real to ancient Israel as it is to us today. Yet their minds were blinded by Satan, just as the minds of many are blinded in our day (2 Cor 3:14, 15, 4:4).

The sacrifices were nothing but the expression of faith in the coming of Jesus Christ to take away the sins of the world. There are many today who teach that everyone who lived before the cross was “under the law” and that the system of sacrifices was not by faith at all, but was demanded by God as a means for man to justify himself. By these teachings they make the cross of Christ of no effect.

No Longer Under the Condemnation of the Law

However, the Bible does teach that before faith came we were kept under the law, and once we have faith we are no longer under the law. Abel was a man who offered a sacrifice by faith (Heb 11:4). Consider that if he did so by faith, then it is logical to assume that Abel was not “under the law,” as Paul put it.

Galatians 3:23-25 But **before faith came, we were kept under the law**, shut up unto the faith which should afterwards be revealed. Wherefore the law was our schoolmaster to bring us unto Christ, that we might be justified by faith. But **after that faith is come, we are no longer under a schoolmaster.**

If the above passage is true, then Abel, who offered a more excellent sacrifice by faith, was not “under the law.” Furthermore, Abraham who “believed God” was not “under the law.” And even Moses who “Through faith... kept the passover, and the sprinkling of blood” (Hebrews 11:28) was not “under the law.” But “before faith came” they were “kept under the law.”

When we are no longer “under the law,” this merely means that once faith has come, we are no longer under the *condemnation* of the law. Some interpret the phrase “no longer under a schoolmaster” to mean that we are no longer under obligation to keep the law, and of course, being carnal, they run with that interpretation as fast as they can because “the carnal mind is at enmity against God, and is not subject to the law, neither indeed can be” (Romans 8:7).

Two Women– Two Children

Abraham had two children. One was a child born through faith in God’s promise of a son. The other was a child which was born through disbelief of God’s promise, and man’s efforts to produce the promised son through Sarah’s bondservant, Hagar.

The Lord had made an “everlasting covenant” with Abraham. Yet in this instance Abraham trusted his wife’s advice more than God’s promise, and at her suggestion, he decided to make the promise good by taking Hagar to wife. He acted in spite of the word of God, which had said, “For this is the word of promise, at this time will I come, and Sara shall have a son” (Romans 9:9). The promise was not that Hagar would have a son.

Genesis 17:7 And I will establish my covenant between me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee.

Abraham for a moment swerved from his faith in the promises of God, thinking to fulfil the promise and covenant of God by his own works. He made his own covenant based on works, and not faith. Abraham’s

faithless plan was very similar to that of Israel on Mount Sinai, who thought they were able to fulfil the promise of God. Abraham himself, by his actions, said, "All that the LORD has promised, I WILL DO." (See Exodus 19:8) That is Mount Sinai. That is the old covenant.

But God promised a child through Sarah and promised that His covenant would be fulfilled through her. Isaac was a miracle child; he could only have been born by faith. Sarah was ninety years old, much past the age of bearing children, and furthermore she had always been barren. But God is able to bring forth life from the dead. This is what He does each time a soul is born again. We are dead in trespasses and sins, and we cannot live except we are born again of the Spirit.

Isaac was a child born after the Spirit; Hagar's son Ishmael was a child born after the flesh, since it was trust in the flesh that led Abraham to take a second wife in hopes of producing the promised child. Therefore Abraham's two children became representatives of the old and new covenants.

Galatians 4:21-29 Tell me, ye that desire to be under the law, do ye not hear the law? For it is written, that **Abraham had two sons**, the one by a **bondmaid**, the other by a **freewoman**. But he who was of the bondwoman was **born after the flesh**; but he of the freewoman was by **promise**. Which things are an allegory: for **these are the two covenants**; the one from the **mount Sinai**, which gendereth to bondage, which is Agar. For this Agar is mount Sinai in Arabia, and answereth to Jerusalem which now is, and **is in bondage with her children**. But **Jerusalem which is above is free, which is the mother of us all**. For

it is written, Rejoice, thou barren that bearest not; break forth and cry, thou that travailest not: for the desolate hath many more children than she which hath an husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was **born after the flesh** persecuted him that was **born after the Spirit, even so it is now.**

Hagar and Ishmael represent the old covenant: children born after the flesh. The covenant at Mount Sinai. Sarah and Isaac represent the new covenant: children born after the Spirit. The covenant based on the promise of God to perform His own word. And these covenants have run parallel since the fall of man. Since Cain and Abel.

We have learned that the covenant given to Abraham is the new covenant ratified at the cross by the blood of Jesus Christ. We have learned that this is the everlasting covenant that God has made with all His people since the beginning. We have also seen that it is established only by the promises of God and by grace, through faith in the word of God.

We have learned that the covenant that was made at Sinai was established on the promise of the people that they would do the works of God, and that this covenant was easily broken. We have learned that when God accepted the covenant made by Israel at Sinai, He had already pointed them to the covenant which He had established with Abraham many years before. We have seen that God had an everlasting covenant already in place, and that it was not necessary for them to establish a covenant of their own, but rather to merely say "Amen" to God's covenant. It is clear that God offered Israel His own promises to make them law keepers, and they need

not have answered, "All that the LORD has said WE will do."

New Covenant with the Spiritual Seed

There is no new dispensation covenant with the Gentiles. This new covenant was made with Israel and Judah, and after the cross it was still established with the true Israel of God who accepted the sacrifice of Christ as the ratification of this covenant. Therefore, in order to enter this covenant, you must become a Jew in heart and spirit. This is the way it has always been, even in the days of Abraham, as we learned from the lesson of Isaac and Ishmael.

Romans 2:28-29 For **he is not a Jew**, which is one outwardly; neither is that circumcision, which is outward in the flesh: But **he is a Jew**, which is one inwardly; and circumcision is that of the **heart, in the spirit**, and not in the letter; whose praise is not of men, but of God.

The covenant is not with Jews of the flesh. The covenant is with those who are Jews "in the spirit." Spiritual Jews. This is not to say that a fleshly Jew cannot enter into the covenant (Romans 3:2), but he must be a spiritual Jew.

Romans 9:6-8 Not as though the word of God hath taken none effect. For **they are not all Israel, which are of Israel**: neither, because they are the seed of Abraham, are they all children: but, In Isaac shall thy seed be called. That is, **They which are the children of the flesh, these are not the children of God: but the children of the promise are counted for the seed.**

To be the fleshly seed of Abraham does not make one the true seed. Abraham had two children and only one was “born of the spirit” (Gal 4:29). It is the spiritual seed, or the seed of promise, who have accepted the promise of the Holy Spirit through faith, believing that God will perform in them what He has said He will do. This is the true people of the covenant. And that covenant is the everlasting covenant. That covenant was in effect well before Jesus Christ walked the earth.

Ephesians 2:8-22 For **by grace are ye saved through faith**; and that **not of yourselves**: it is the gift of God: **not of works**, lest any man should boast. For **we are his workmanship**, created in Christ Jesus unto **good works**, which God hath **before** ordained that we should **walk in them**. Wherefore remember, that ye being **in time past** Gentiles in the **flesh**... That at that time **ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise**... Now therefore **ye are no more strangers and foreigners**, but **fellowcitizens** with the saints, and **of the household of God**; And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; **in whom all the building fitly framed together groweth unto an holy temple in the Lord**: in whom ye also are builded together for an habitation of God **through the Spirit**.

Many churches today feel they are the covenant people, the church, the household of God, the temple, the building, the tabernacle, Abraham's seed, Israel, Jews, and Christians. But even in the time before the cross, though a people may enter into a covenant with God, it is the spiritual children, those who accept the promises of God, who are the children of God. And when we who were once Gentiles become the children of God, we are no longer called Gentiles, for we are Jews inwardly. We become fellow citizens of Israel, and are no longer strangers to the covenant of promise. It becomes ours by faith. This has always been true.

Many today have made an "old covenant" with God. But only those who believe by faith, who do not presume to say, "All that the LORD has said WE WILL DO," but rather accept that it is "not of yourselves...lest any man should boast," have come to Jerusalem which is above



Robin Quivers of The Howard Stern show beat cancer by following the example of several others in adopting a plant based diet.

and is free from the bondage of self and sin, and to the “mother of us all” (Gal 4:26).

Hebrews 12:22-24 But ye are come unto mount Sion, and unto the **city** of the living God, the **heavenly Jerusalem**, and to an innumerable company of angels, to the general assembly and **church of the firstborn**, which are **written in heaven**, and to God **the Judge of all**, and to the spirits of just men made perfect, and to **Jesus the mediator of the new covenant**, and to the blood of sprinkling, that speaketh better things than that of Abel.

Chapter 6

Recognizing Your Identity

The Family

The term “mother of us all” (Gal 4:26) denotes that we are children of the heavenly Jerusalem. The Bible tells us that we have “one God, the Father, of whom are all things, and we in him; and one Lord Jesus Christ, by whom are all things, and we by him.” And we are to understand that God is the “Father of all, who is above all, and through all, and in you all.” (Eph 4:6) He dwells in us by the Holy Spirit. Without that Spirit we are not children. We become children by the process of birth, being “born of the Spirit” (John 3:6).

The Bible often speaks of God’s Church as a woman:

Jeremiah 6:2 I have likened the daughter of Zion to a comely and delicate woman.

The church is a “comely and delicate” woman. There are two women mentioned in the book of Revelation. One is found in chapter seventeen which is known as “the mother of harlots” (Rev 17:5) And another woman is seen standing on the moon in Revelation twelve. We read of her “travailing in birth.”

Revelation 12:1-5 And there appeared a great wonder in heaven; a woman clothed with the sun,

and the moon under her feet, and upon her head a crown of twelve stars: and she being with child cried, **travailing in birth**, and pained to be delivered. ...And she brought forth a man child, who was to rule all nations with a rod of iron: and her child was caught up unto God, and to his throne.

There is only one woman who could be mother of this child. Her identity is revealed in Galatians 4:26: "Jerusalem which is above is free, which is the mother of us all." She is pictured above the earth, standing on the moon.

She has many children, "the remnant of her seed" (Revelation 12:17).

The process by which we become "the remnant of her seed" is birth: we are "born of the Spirit." Therefore "ye are come unto

mount Sion, and unto the city of the living God, the heavenly Jerusalem, and to an innumerable company of angels, to the general assembly and **church of the firstborn**, which are written in heaven, and to God the Judge of all, and to the spirits of just men made perfect, and to Jesus the mediator of the new covenant..." (Hebrews 12:22-24)



What does the term "firstborn" indicate? It indicates "birth." It indicates sonship. God said "Israel is my son,

even my firstborn” (Exodus 4:22). But furthermore, we are told that “When Israel was a child, then I loved him, and called my son out of Egypt” (Hosea 11:1). Interestingly, Matthew said that this prophecy referred to Jesus Christ’s childhood sojourn in Egypt: “... that it might be fulfilled which was spoken of the Lord by the prophet, saying, Out of Egypt have I called my son.” (Matthew 2:15)

So then what is the “church of the firstborn”? Who is the son mentioned in the above verses? It is Christ “who is the image of the invisible God, the firstborn of every creature” (Colossians 1:15). Therefore we can say that the church of the firstborn is the church of Christ. And this church is built on the very identity of Christ as the Son of God, the Firstborn of heaven. It is built on the rock of ages.

Matthew 16:13-18 When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, **Whom do men say that I the Son of man am?** And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets. He saith unto them, But whom say ye that I am? And Simon Peter answered and said, **Thou art the Christ, the Son of the living God.** And Jesus answered and said unto him, Blessed art thou, Simon Barjona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven. And I say also unto thee, That thou art Peter, and **upon this rock I will build my church; and the gates of hell shall not prevail against it.**

Some have read this passage and thought that the church was built on Peter. But that’s not what Christ

meant. He was teaching the disciples that Peter's declaration was correct; that He is indeed the Messiah, the Christ, the Son of the living God, and that He is the rock on which God will build His church. In other words, He is the foundation of the building.

The very fact that Christ is the Son of God teaches us that God is His Father; not a plethora of persons, but rather a single individual. This is Christ's identity. And in order to know your own identity, you must first know where you came from, and who you were created to be. According to the Bible, you were created to be a son of God.

1 John 3:1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

Since Christ is Israel, and Israel is the firstborn, and you are Israel, you are therefore the church. "God's building...the temple" (2 Cor 3:9, 17). You are sons of God. God is your Father.

John 17:3 And **this is life eternal, that they might know thee the only true God, and Jesus Christ**, whom thou hast sent.

The Bible describes our identity as sons and daughters of God, members of the church of the Firstborn. This church is not a denomination, but rather a heavenly and holy temple, the "spirits of just men made perfect." And there is no knowledge more important for the church than to know God and Christ as They are truly revealed in Scripture. According to the above verse, this knowledge is eternal life. But furthermore, to know God and His Son

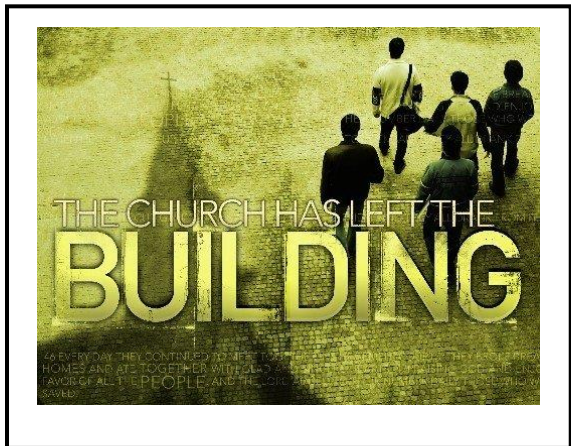
leads us to know who we are. And the devil is doing everything he can to keep you from obtaining this heavenly knowledge.

God's Church Building

God wants us to discern where His heavenly church is located. But so many are attending their local congregations, believing that the building constructed by man down the street is "the church."

God's church is not the house or building where His people gather, but rather His people who are gathered in the building. And at the end of the day, when we are done

assembling, we can truly say "the church has left the building." That's how Paul used the term.



Colossians 4:15 "and the church which is in his house."

Philemon 1:2 ", and to the church in thy house:"

1 Corinthians 16:19 "the church that is in their house."

Romans 16:5 "the church that is in their house."

Some ask me, “What church do you go to?” According to the Bible definition, I am the church. Therefore, if I worship with other believers, there is the church—with or without a building.

What About the Temple Made with Hands That Many Call “The Church”?

Acts 7:47-49 But Solomon built him an house. Howbeit **the most High dwelleth not in temples made with hands**; as saith the prophet, Heaven *is* my throne, and earth *is* my footstool: what house will ye build me? saith the Lord: or what *is* the place of my rest?

Solomon built God a house. But in truth, this is not the church. God does not dwell in buildings made with hands; He dwells in His people. Notice the following text:

Ephesians 1:22-23 And hath put all things under his feet, and gave him to be the head over all things to the church, which is his body, the fullness of him that filleth all in all.

In this building dwells the fullness of God; this is the church of God. This building is not the building built by Solomon, nor is it the houses of worship we attend today; in the verse above, Stephen made the point that God doesn’t dwell in buildings made with hands.

So the answer to the common question, “What Church do I go to?” is, “I am God’s church, a building made without hands, the temple of the Holy Ghost, God’s house.” To be honest, I gather with others at homes and houses, and sometimes buildings. As far as denominations, I stand with the “Church of the firstborn, which are written in heaven.” You can identify me as a son of God, Israel, a spiritual Jew, Abraham’s seed, Christian, Protestant, Baptist, Jehovah’s witness, and a latter-day saint, because according to the actual definition of all of those terms, I truly identify with each of them. I am also an Adventist since I am waiting for the soon advent of Christ. Not only one in the flesh, but one in the heart and spirit (Rom 2:28, 29).

John the Baptist once said, “think not to say within yourselves, we have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham.” (Matthew 3:9). And the same principle applies to Christianity today: think not to call yourselves a Christian, for God is able of stones to raise up Christians, and He is doing just that—spiritual stones built up a “spiritual house” (1 Peter 2:5).

Knowing the Spirit of God

If we don’t know the Spirit of God, we cannot know the children of God, or the church. The following question has been given as a test of the spirit: what flesh did Jesus come in? The answer is that He came in our flesh.

1 John 4:3 And **every spirit that confesseth not that Jesus Christ is come in the flesh is not of God:** and this is that spirit of antichrist, whereof ye

have heard that it should come; and even now already is it in the world.

Did Christ come to our planet clothed in sinful human flesh two thousand years ago? Absolutely. Yet John meant even more than this. Let us examine the context of this statement. The previous verse states:

1 John 4:2 Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God.

How do we know the Spirit of God? The Spirit of God confesses that Christ is come in the flesh. What flesh?

Does this verse specify that we must merely confess that Christ came in the flesh two thousand years ago? No, there must be more. We are not only to confess that Christ came in the flesh to our world, but we must confess that Christ lives in our flesh TODAY. Right now. We read in verse four:

1 John 4:4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

Who is in you? Who is greater than he that is in the world? Christ Jesus. "He that is in you" is "come in the flesh." He lives in your flesh. It is Jesus Christ living in your sinful flesh today if you will confess and believe it.

You merely have to accept the word of God by faith, for Jesus said that He Himself would come and live within us. The Firstborn of heaven is dwelling within His church. And this means that you who have the Spirit of Christ, are counted as Israel, God's son, even His firstborn (Exodus 4:22).

John 14:16-17 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; **even the Spirit of truth;** whom the world cannot receive, **because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.**

The world does not see Him, nor know Him, because the world does not know Christ. But if you know Christ, you know His Spirit. Who was dwelling with the disciples at this time? Who was going to dwell in them? Jesus is the only true Comforter of the human race. There is only “one Lord Jesus Christ,” (1 Cor 8:6) and “the Lord is that Spirit” (2 Cor 3:17) Christ tells His disciples in the next verse:

John 14:18 **I will not leave you comfortless: I will come to you.**

What does it mean when Christ comes to us? It means that we “know the Spirit of God” (1 John 4:2); that we “know the spirit of truth” (1 John 4:6). Will you confess “that Jesus Christ is come in the flesh”—your flesh? “Greater is He that is in you.” Christ Jesus is in you; how is that possible? How can the divine Son of God dwell in you? By His Spirit. And what is His Spirit? It is His life, His character, His mind. The Bible says:

1 Corinthians 2:12-16 **Now we have received... the spirit which is of God;** that we might know the things that are freely given to us of God... **we have the mind of Christ.**

1 John 4:13-15 Hereby know we that we dwell in him, and he in us, because he hath given us of his

Spirit... Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God.

There is another teaching today regarding the Holy Spirit which detracts from this Bible understanding of the Spirit of Christ. This doctrine teaches that the Spirit is a ghost being that does everything that God and Christ are unable to do for us. Yet this idea delves far beyond the information that we are given in the Bible, and robs the glory of the Father and the Son, who alone are worthy of worship; who alone answer prayer. Sadly this is truly another god, and is exalted above God and Christ by most of Christianity today.

The Bible says that when we get to heaven we will see "His face" (Rev 22:4). God has a face, not three faces. And when we get to the throne we will see "God and the Lamb" (Rev 22:1-3, 14:4, Dan 7). We will see God and His Son. God will not say, "Meet My Spirit; He is over there."

If I ever said to you "Hi, I would like you to meet my spirit, let me go get him for you," would you not recognize that I was misinterpreting the term "spirit" right away? My spirit is me: my character, my personality.

Someone might raise the objection that John spoke of the Spirit in the third person, and so did Jesus. Yes, John did use the third person perspective when speaking of the "spirit of truth" (1 John 4:6). He described it as "every spirit that confesseth that Christ is come in the flesh" (verses 1-3). And he said, "hereby know ye the Spirit of God...hereby we know the spirit of truth" (1 John 4:2, 6). This is how we know the Holy Spirit. We have God's Spirit, His character. It is the river of life that flows out of the throne from the "One God, the Father, of whom

are all things” and by our “One Lord Jesus Christ, by whom are all things” (1 Cor 8:6).

Our Identity When Christ’s Spirit Dwells in Us

Our “old man” of sin being nailed to the cross, Christ now lives in this flesh as our Comforter, the Holy Spirit.

Romans 8:14-15 **For as many as are led by the Spirit of God, they are the sons of God.** For ye have not received the spirit of bondage again to fear; but **ye have received the Spirit of adoption, whereby we cry, Abba, Father.**

Galatians 2:20 **I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God,** who loved me, and gave himself for me.

Since Christ is living in my flesh, I now have freedom from sin. I am no longer captive to it; the chains have been broken.

1 John 3:9 **Whosoever is born of God doth not commit sin;** for **his seed** remaineth in him: and he cannot sin, because he is born of God.

Whoever is a son or daughter of God does not commit sin. What makes them free from the power of sin? “His seed” remains in them. Whose seed? The seed of God the Father. And who is this seed or offspring of the Father? The Son of God, Christ Jesus. God has sent forth

the Spirit of His Son to dwell in us, which is the Spirit of adoption (Romans 8:14, 15), and therefore we do not sin.

This is not after twenty years of working at it; this process is birth. Unlike Christ who is “the only begotten Son of God” (John 3:16), we must be “born again” (John 3:3, 7). We are adopted children. And when you are born (adopted) into the family of God, you accept God’s seed or offspring as the governing power of your mind and being. And unlike your flesh, Christ living in you does not sin, for He is of the divine nature. Therefore, you no longer commit sin, that is, make the commitment to violate His law (1 John 3:4).

We do not know everything when we first accept the word of God by faith. We have much to learn and much to unlearn.

So it is possible to do things that are wrong ignorantly; that is part of growth. But we no longer *commit* to things we KNOW are wrong.

Therefore we need to walk humbly with God, yet be ready to walk in the light as God gives it.

James 4:17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.

This is not the goal that we as born-again believers work toward. It is the written word of God, and all we need to



Holy Spirit – Water of Life

do is believe that the word is in us and will do what it says it will do. Is the word in your flesh? Will you confess it?

Still Sinners?

There is a common belief today that the church is full of sinners, or that the church consists of sinners: people who know what is right and still do what they know is wrong. This idea is a deception. Yet this is the group of people that most of Christianity today is told to identify with. They are told that it is impossible for their identity to become “Christ in you,” but rather that it must always be self and sin, the old man that is supposed to be crucified, dead and buried.

Galatians 2:17 But if, while we seek to be justified by Christ, **we ourselves also are found sinners, is therefore Christ the minister of sin? God forbid.**

If Christ is living in this flesh, are we still found sinners? I believe that many have this confession, and yet they think that Christ is living in their flesh. But if this were true, it would mean that Christ is a sinner.

Like Paul, our confession should be:

1 Timothy 1:13-15 **Who was before a blasphemer, and a persecutor, and injurious:** but I obtained mercy, because I did it ignorantly in unbelief. And the grace of our Lord was exceeding abundant with faith and love which is in Christ Jesus. This is a faithful saying, and worthy of all acceptation, that Christ Jesus came into the world to **save sinners; of whom I am chief.**

God “saved us from our sins” (Matthew 1:21) Not in our sins. Paul “was before” chief of sinners. Did Paul continue to be chief of sinners after his conversion? Of course not. If “we also are found sinners,” then we make “Christ the minister of sin.” Can we be found sinners after we find salvation from sin? We are to be found “saints.” Paul didn’t write “to the sinners that be at Ephesus.” He wrote “to the saints that be at Ephesus” (Eph 1:1). Some may find this statement arrogant, yet this is the word of God. And this is to be our testimony, since our testimony is to be “the testimony of Jesus Christ” (Rev 12:17). This is who we are to identify with. Satan wants us to deny this fact so that he can pervert the gospel.



*Free children. We can
Claim it by faith in the
Promises of God.*

And what was the testimony of Jesus Christ? This is an issue of identity. Many still identify with the old man: the works of the flesh. Yet God gives us victory over that man, and if we are His children, we will identify with the Holy Spirit.

Galatians 5:24 And they that are Christ's have crucified the flesh with the affections and lusts.

This is the plain word of God, but do we believe it? Will we accept this plain statement of the Lord, or will we con-

tinue working at overcoming and yet continue to identify with the flesh? The old man must die first before Christ can live in you (Romans7:1-4).

Forgetting your Identity

We are to have “the testimony of Jesus Christ” (Rev 12:17) We must never fail to recognize who we are as partakers of the divine nature. What was His testimony?

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

John 8:29 And he that sent me is with me: the Father hath not left me alone; for **I do always those things that please him.**

Since Christ is living in us, we can confess that our Father has not left us alone. Can we not also confess that we “do always those things that please Him”? Can our Father say when looking at us, “This is my beloved son, in whom I am well pleased”? (Matt 3:17) Or are we sons of someone else?

John 8:34-42 Jesus answered them, Verily, verily, I say unto you, **Whosoever committeth sin is the servant of sin.** And the servant abideth not in the house for ever: but the Son abideth ever. If the Son therefore shall make you free, ye shall be free indeed. I know that ye are Abraham's seed; but ye seek to kill me, **because my word hath no place in you. I speak that which I have seen with my**

Father: and ye do that which ye have seen with **your father**. They answered and said unto him, Abraham is **our father**. Jesus saith unto them, If ye were Abraham's **children**, ye would do the works of Abraham. But now ye seek to kill me, a man that hath told you the truth, which I have heard of God: this did not Abraham. Ye do the deeds of **your father**. Then said they to him, We be not born of fornication; **we have one Father**, even God. Jesus said unto them, **If God were your Father**, ye would love me: for **I proceeded forth and came from God**; neither came I of myself, but he sent me.

It is clear that the Jews had an identity crisis. They really believed they were children of God, yet they had not received the Word, Christ Jesus, into the soul. They were not partakers of the Spirit of Christ, but of the spirit of antichrist. If we are confessing that we are still sinners, then we are not confessing that Christ is come in the flesh; and therefore the Spirit of God is not in us, but rather the spirit of antichrist.



Satan's constant purpose is to lead you to question your identity. He wants you to doubt that you are God's son or daughter. Just as he came to Jesus in the wilderness, he now comes to you, trying to force you to prove yourself. He says to you, "You are not a son of God. This old sinner here, this is the real you," and he points at all the works of the flesh that you once did, tempting you to identify with that dead man.

If Jesus has paid the price for your sins, give them to Him. Don't keep what He paid for. Submit yourself to God, and Satan will flee. Let go of your past life, and let Christ live in you freely. Remember your identity, and don't let Satan trick you into selling the birthright for a bowl of pottage, and end up begging for your inheritance with tears like Esau. (Heb 12:16) You are not Esau; you are Israel, His firstborn, His son. (Exodus 4:22, Heb 12:23)

You have been born again by the Holy Spirit. You have received new life by faith in the word of God to perform its promises in you. He has forgiven you, and what's more, He has given you a new life.

"...Even now are there many antichrists." (1 John 2:1) Is it possible that even you have been an antichrist; that you have refused our Father's offer of sonship, the Spirit of God, Christ in you, the new covenant promise, and His promise to write His law on your heart?

Our Father bids us "go and sin no more" (John 8:11), and with that word comes the power and the ability to do what the word says, since it is the living Word of God, Jesus Christ.

"The Word was made flesh" (John 1:14) and you are liv-

ing proof as long as you will believe, accept, and live it. Then you can truly “confess that Christ is come in the flesh.” “Hereby know ye the Spirit of God” (1 John 4:2, 3). If you can make this confession, that Christ is come in your flesh, it is evident that you truly know the Comforter that the world does not know. You also know the children of God, and can see the kingdom of God, and the true church of God. It is impossible for the world to know these things. (John 14:17, 1 John 3:1, John 3:3-7) Therefore it is impossible for the world to know the true church, since “the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.” (1 Cor 2:14)

Now, what does all of this have to do with good health? Maintaining health is all about value. When you realize how much you are worth as a son or daughter of the Most High, the place where Christ abides by His Spirit, you take care of yourself. You treat yourself with respect.

Chapter 7

Ye are the Temple of God – You are Valuable

Who are you? It should be your privilege to answer, a son or daughter of God. Why is it so important to be fully aware of our identity? Because when we really know who we are, and we know who our Father is, and we know Jesus as our Comforter, we will have complete confidence in the word of God. And thus healing will take place.

We read in Proverbs that “the glory of children are their fathers.” (Proverbs 17:6) What does this mean? In reference to earthly fathers, this verse concludes that a child’s glory--their character, attributes, and assets--are really imparted by the father; they receive all that they have as a gift from what their father already possesses. In reference to our Heavenly Father, this verse implies that when we know our Father, and behold our Father, that the gift of His character and that which He possesses, begins to be imparted to us. This means that it is most essential to life and health and happiness to truly know God as our Father. We are told that “the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty. But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.” (2 Cor 3:17, 18) This reveals the great truth that if our Father is glorious, and if His character is truly righteous, then we by beholding His glory and righteousness will begin to have that same character.

2 Corinthians 6:16-18 And what agreement hath the temple of God with idols? **for ye are the tem-**

ple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, **and touch not the unclean** thing; and I will receive you, and will be a **Father** unto you, and **ye shall be my sons and daughters**, saith the Lord Almighty.

His promise is that He will be a Father to you. You will be His sons and daughters in the truest sense. And as stated in the new covenant promise, He will dwell in you, and you will be His people. This miracle happens when we accept the invitations of the Holy Spirit.

Bought With a Price

1 Corinthians 6:19-20 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.

As God's children, we are a revelation of His glory. We are to glorify God in our body. And not just in our body, but also in our spirit, because they are the property of God. An incredible price was paid for God to dwell in us: "ye are bought with a price." Our Father could have built Himself a giant dwelling place in the sky, in the sight of /the entire universe, adorned with more stones and jewels, diamonds and gold than this world contains, and made it extremely glorious, so that the eye could not behold the brightness of it. But instead, He chose to dwell within us.

In the eyes of our Heavenly Father, you are more valuable than even such a building; more valuable than even ten of those buildings. You are so valuable that He was willing to give His only begotten Son as the necessary price for your redemption.

His precious Son, who would never think to betray Him, who did always the will of His Father, and who truly loved His Father; this was the precious gift, the most painful sacrifice given by our Heavenly Father to atone for our penalty. This was the only way that He could pay the price of the debt that brought us into bondage and slavery.

Ten Benefits of Wheatgrass

Source: 1

- 1) Nicknamed "liquid gold" because nutrients from one serving of juice is equivalent to one and half pounds of dark leafy vegetables.
- 2) High in oxygen to give sustained energy
- 3) Takes only 1 minute to digest
- 4) Sweetens your breath
- 5) Has a natural detoxifying effect
- 6) Supports lower blood pressure
- 7) Promotes youthfulness
- 8) Soothes burns, cuts, scrapes and rashes
- 9) Eliminates itching when applied to the skin
- 10) Although it has "wheat" in its name it is gluten free



He paid the infinite price so that we who were captives could be set free; so that we could become citizens of “Jerusalem above, which is free, which is the mother of us all.” (Gal 4:26) He paid for you because He realized what you were truly created to be. Man originally was created to be a son of God, a joint-heir with His only begotten Son, and to reign with Him as a king and priest. That is who you are. You are important. And when you recognize just how important you are, it becomes easy for you to “love thy neighbour as thyself.” (Matthew 19:19)

When you recognize how important you are, it is not hard to glorify God in your body and spirit. You know that your Father is good, that He is not arbitrary, and that He wants what is best for you. He wants “above all things” for you “to prosper and be in health.” (3 John 2)

Deut 6:24 And the LORD commanded us **to do all these statutes, to fear the LORD our God, for our good always**, that he might preserve us alive, as it is at this day.

Our Heavenly Father is constantly thinking of you and your happiness. If you will hearken to His voice, His word, He will certainly give you freedom from sin and freedom from disease.

Defiling the Temple

1 Corinthians 3:16-17 Know ye not **that ye are the temple of God**, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; **for the temple of God is holy, which temple ye are.**

Here we are told that if any man defiles the temple, he will be destroyed. God wants us to glorify Him in our body. You are to be holy. What defiles the temple? In Leviticus 11 we read of clean and unclean foods, and near the end of the chapter we read:

Leviticus 11:44-47 For I am the LORD your God: ye shall therefore sanctify yourselves, and **ye shall be holy**; for I am holy: **neither shall ye defile yourselves**... For I am the LORD that bringeth you up out of the land of Egypt, to be your God: ye shall therefore be holy, for I am holy... **To make a difference between the unclean and the clean**, and between the beast that may be eaten and the beast that may not be eaten.

It is by cause and effect that we bring disease upon ourselves. If we will not defile ourselves, we must have respect for the health principles laid out in the word of God.

Those principles would require that we avoid all animal products sold in supermarkets. Yet there are many other foods which violate the Bible principles. Most bread is no longer wholesome, being made of refined wheat flour and other worthless and harmful substances. Foods in cans, boxes and other packages are often loaded with sugars, salt, and unnatural products that were not designed by God to



Type 2 diabetes is completely caused by bad habits and is quickly and easily reversable.

be eaten. Now, someone might quote the following to me:

1 Timothy 4:1-3 Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith... commanding to abstain from meats, **which God hath created to be received with thanksgiving of them which believe and know the truth.**

First let's consider the words "meats" and "created." In the beginning God created man. What did God create man to eat? Did God create man to eat flesh meat? Is that what this verse is saying?

Genesis 1:29 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.**

Now, this is the "meat" God commanded us to eat at "creation," and this meat was "created to be received with thanksgiving." As we saw earlier, God didn't create animals to be eaten. There was no death at creation. God created the world and it was good: no sin, no death, no flesh meat.

God allowed Noah to take seven clean and two unclean animals on the boat, which implies that the law of clean and unclean meats were understood even at that time; apparently it was not a new law when given to Moses. After the flood, God permitted meat to be eaten for the first time in history; yet Noah was told to abstain from blood, as were the Israelites in later times. (Genesis 9:4)

So therefore it is clear that not only before Moses, not only before the cross, but also today, God's people are expected to understand His health laws so that they might not defile themselves. If you have defiled yourself, you very well may need to cleanse the temple. At the end of this book will be instructions on conducting a cleanse which can be the beginning of a pure temple, and a new healthy lifestyle.



Rosemary Fletcher lost 215 pounds, overcame Multiple Sclerosis, arthritis, and being in a wheel chair for 11 years. It is very common to lose tons of weight and overcome all kinds of disease when following the principles laid out in the word of God.

Chapter 8

Cleansing the Temple

In this chapter, I would like to explain the importance of cleansing the polluted body temple. There are many different types of cleanses, but I intend to outline one which has helped many people to treat numerous diseases. I will also provide a list of resources and inspirational films at the end of this book which may be of benefit to you, to give you examples of what others are doing to overcome disease.

At this point in the book, we understand that as God's children and partakers of the divine nature, we are important. We are valuable to God. We also have observed that, because of a lack of knowledge of the law of God, we have brought disease upon ourselves. And the final purpose of this book is to point us to the fact that we have a Father that we can trust. And when we trust Him, it will be health to us. (Proverbs 3:1-6)

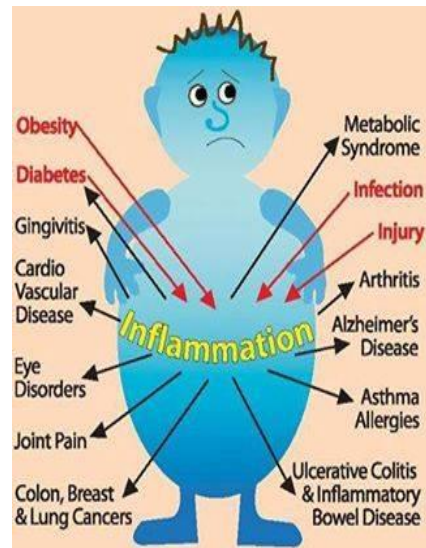
Almost all disease is due to either a toxic or deficient body environment. This results in inflammation, which can be manifested as cancer tumors, acne, and a variety of other conditions. The body does not react well to poison, and anything that is not food is poisoning the body. Most of what is found in the supermarket, that people call food, is not really food.

This situation is just like what happened when Eve thought that the forbidden fruit looked like good food, when in reality it had not been created to be eaten. Now

is the time to come back to simplicity and the perfect place to start is with a cleanse.

2 Corinthians 7:1 Having therefore these promises, dearly beloved, **let us cleanse ourselves from all filthiness of the flesh and spirit**, perfecting holiness in the fear of God.

The word of God says we must “cleanse ourselves,” and it specifies that this cleansing is not only spiritual--this is physical cleansing as well. The context of this statement is that you are the temple of God (chapter 6) and your body is to be holy. Therefore if you are holy as it says in Leviticus 11, you are not to put unclean things into the body temple that would defile it. God wants us to cleanse the flesh of the filthiness that defiled it and made it unclean.



Inflammation is the start of most disease. We can reverse this.

You were designed to be healthy, alive, and to give a living testimony. Not to be dying of disease, with a dead testimony. Therefore it is important to return to living foods that give life.

Is it possible we don't truly understand the purpose of the cleansing of the sanctuary? (Leviticus 16) When we think of God's building and tabernacle, His temple, do we think of something afar off? Do we limit it to a building in heaven, or a building on earth, when the Bible says that you are part of that temple? (Rev 3:12) Perhaps the kingdom is much closer than you recognize, "O house of Jacob." (Isaiah 2:5)

Luk 10:9 And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you.

The Jews, when looking at their temple, only saw the shadow; they did not see the source or substance. They did not understand that they themselves were created to be the temple of God.

Rev 3:12 **Him that overcometh will I make a pillar in the temple of my God**, and he shall go no more out.

It is worthy of notice that this promise is in immediate connection with the statement by the Lord Jesus, "Behold, I come quickly." (Verse 11) The sanctuary of the Lord is now defiled and broken down (Dan. 8:13; Acts. 15:16), but before the coming of the Lord it is to be built up and cleansed; for Christ loved the church, and gave Himself for it, "that He might sanctify and cleanse it with the washing of water by the Word, that He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish." (Eph 5:26, 27)

In Ezekiel chapter one, we see that God's throne is not stationary, but is in constant motion. Jesus said, "If a

man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him." (John 14:23) Perhaps we, like the Jews, have failed to recognize the truth that we are God's temple, His dwelling place and sanctuary, the fullness of Him that filleth all in all, His body, the true church. If we would have the blessing of health, we must come to recognize this vital truth, and we must be cleansed. The water and the blood agree as one. (1 John 5:8) The soul temple must be cleansed by the blood of Christ (Lev 16), and the body temple must be cleansed as well.

Mal 3:1 Behold, I will send my messenger, and he shall prepare the way before me: and the Lord, whom ye seek, **shall suddenly come to his temple, even the messenger of the covenant,** whom ye delight in: behold, he shall come, saith the LORD of hosts.

The Lord will come to His temple. That temple is the fullness of Him that filleth all in all, which Paul says is the church. (Eph 1:22, 23) You are the temple of God, the temple is the fullness of the Holy Spirit, and the Lord is that Spirit. (2 Cor 3:17, 1 Cor 3:16, 17) Now the sanctuary, in preparation for the Lord's coming, is being cleansed by the everlasting covenant of grace and the blood of Christ. So do you realize that you are that temple, that holy place wherein dwells the presence of God? Do you agree with the word of God, and will you accept it as a permanent engraving inside the most holy place of your own heart? Can you confess that Christ Himself is living in your flesh? Will you allow Him to create in you the victory and the perfection and the righteousness that He possessed in the flesh two thousand years ago? (Gal 2:20)

The message of the prophet Elijah is being repeated at this time in the world's history, and this message includes a recognition of the true temple of God and a cleansing of the sanctuary with the blood of the everlasting covenant. Today this message calls us to cleanse ourselves so that we might be ready for the coming of Christ.

We are all called to become medical missionaries. We are called to go out into the world as did the disciples, healing the sick as ambassadors of Christ, and delivering His message that the kingdom of God has come to them. We also must give them the message that they are called to be kings and priests and reign with Him. (2 Cor 5:20, Luke 10:9, Rev 5:10)

Malachi 4:4-6 **Remember ye the law of Moses** my servant, which I commanded unto him in Horeb for all Israel, **with the statutes** and judgments. Behold, I will send you **Elijah the prophet before the coming of the great and dreadful day of the LORD:** and he shall turn **the heart of the fathers to the children,** and **the heart of the children to their fathers,** lest I come and smite the earth with **a curse.**

The curse causeless shall not come. You are a child of the Father. The everlasting covenant of grace has been established changing hearts, not only with the fathers of Israel, but with you yourself. It is evident by our sufferings that the curse has come, and the cause can only be that we have turned from the laws given to Moses. But God **“has healing in His wings”** (Mal 4:2), and He wants to heal you.

Rom 12:1 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.

The 8 Laws of Health

There are eight basic laws that govern what the body needs in order to have health. These laws make up the acronym NEWSTART: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and lastly but most importantly, Trust in God.

All of these laws are part of God's health plan and are contained in His manual,

known as the Bible. When you fix a car or a household appliance, you typically require some type of assistance from the manufacturer. However, it's best to prevent these breakdowns by treating the equipment with care and maintaining it in good condition, and the manufacturer usually provides information on how this can be done. It is the same with your body. It is much better to learn from our Creator how to maintain the body in good health



Simply Raw – The Movie

*In this movie 6 people reverse
diabetes in 30 days proving
that adhering to food in its
naturally created state can
Heal us.*

and prevent disease, than to look for answers when disease occurs. However, if the body does become diseased, we can always find help in the One who “healeth.” (Exo 15:26)

As I describe these health principles, I am going to start at the final “T” for “Trust in God” and work my way backwards from there. I know that this subject has been dwelt upon throughout the book, but here I will show more explicitly its relation to health.

The information I am about to give you may be all that you need to find the fast track to health, but should you need more assistance, please contact me by phone or email with the information detailed at the end of this chapter. I can provide you with recipes, health coaching, advice, and more.

Trust in God

The Bible says that trust in God will give you good health.

Pro 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.**

To trust in God with all your heart leads to joy and peace, which are essential to health and happiness. It will also give you the help you need in following the divine health principles, and more than that, if you trust in God, He will

bless your health and will keep the diseases of Egypt, and of the world for that matter, from coming upon you.

Psa 119:73 Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

He designed us. Therefore He would know what is best for the body He designed. This principle is the most important of all. That is why most of this book is centered around gaining a knowledge of who God is, His promises, and His healing power.

Rest

Rest is a very important principle. In fact, God created an entire day for it each week. Rest aids in renewing the mind and body and repairing the damages that often result from stress and labor. Therefore it is a necessity in order to maintain energy, resilience and joy. It aids in lifting the spirits and helps to keep the mind clear and alert. Those who are well-rested are much less anxious, depressed, grouchy and cranky. In appointing time for rest, God shows that He cares for our physical and spiritual health. (See Exodus 20:8-11)

Air

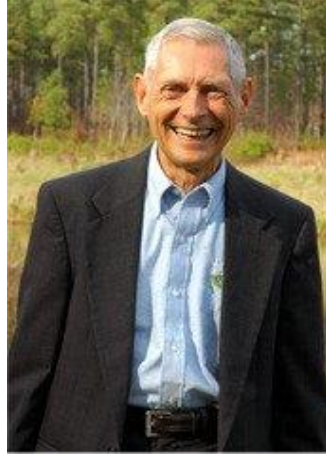
Fresh air electrifies the blood and gives it a bright red tone, indicating that it is full of oxygen. When oxygen is depleted in the system, the cells cannot work effectively and retain health. Fresh outdoor air is full of oxygen and

is usually much purer than the air inside of poorly-ventilated buildings. Mould and other chemicals in the air greatly affect your mind and body.

Temperance

1 Cor 9:25 And every man that striveth for the mastery is temperate in all things.

By the way, God is not saying to be temperate in bad things. The word of God must be understood in its complete context. God asks us to abstain from bad things and to partake only of good and healthful things, and do so temperately, or in moderation. If I study my Bible for twelve hours a day every day, I am being intemperate. If I drink four gallons of water in an hour, I could die of water intoxication, even though water is good for the body. Temperance in diet and habit leads to temperance in spirituality.



*George Malkmus
of Hallelujah Acres
was healed of cancer
and has lead thousands
of others to experience
natural healing from
all types of disease.*

Sunshine

Nothing would live without sunlight, including man. Plants need sunlight to grow, and all animals need plants for the oxygen and food they provide. And sunlight has many other healthful effects.

In fact sunshine can change your mood. It lowers blood sugar. It also lowers cholesterol by converting it to vitamin D. Sunlight utilizes calcium and phosphorus, increases red and white blood cells, strengthens the immune system, calms nerves, increases adrenalin, destroys germs on skin, reverses jaundice, etc.

Malachi 4:2 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.

God wants us to live in the light, and He wants us to recognize the fullness of the light so that we can have healing and health. He wants us to dwell in the fullness of His sunshine, and not in the darkness. Spiritually this is very important, but also physically.

Water

Water is necessary for life. It is probably the most important and widely-used substance found on planet earth. Water is used for many body functions, such as producing tissues and fluids, transporting substances, controlling body temperature, and cleansing the tissues.

Drinking plenty of water helps eliminate wastes which often pollute the bloodstream as well as the tissues. Water leaves the system in large quantities as it carries toxins out of the body through the urinary system and sweat glands, so it is vitally important to constantly replenish the body's supply of water. It is best to drink eight or more glasses of water a day to keep the body well-hydrated.



Jinjee Talifero only 10 days after giving birth to her 5th child at 43 years old. Her and husband Storm have helped thousands lose pounds and shed disease, by adhering to an uncooked vegan diet.

Water is also good for cleaning your food, since the toxins in your food will leach out into the water when you allow it to soak.

Water is so important in fact that God, who likens His “body” to the “church,” likens “water” to His “word.” And God’s children esteem the “water of the word” as being more necessary than their daily food. (Job 23:12) We

can live for a while without food, but we can't live very long without water.

Eph 5:26 That he might sanctify and cleanse it with the washing of water by the word.

Revelation 22:1 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

Exercise

We were created, not to be idle and stationary as statues, but to make ourselves useful and to use the body we have been given. In Eden, man's first labor was keeping the garden, and it was a joyful task.

Exercise causes the blood to circulate throughout the body more effectively so that the tissues can be nourished and purified, and it also develops the muscles. If the muscles are left without exercise they will begin to atrophy. In other words, "use it or lose it." The heart is a muscle, and when the body is sedentary, the heart cannot be kept in optimal condition to pump the blood throughout the body, and it can become weakened and even clogged, leading to congestive heart failure. Exercise is so vital that often a smoker who exercises is in better health than someone who doesn't exercise. Moderate exercise such as walking, swimming, and gardening is one of the best remedies for a diseased body.



Michael Arnstein AKA The Fruitarian runs 100 mile marathons and gets up the next day after running 20 hours and climbs mountains. He runs sometimes 200 miles a week, never gets injured, and recovers almost instantly. Good food, means a good running body.

Nutrition

As we have learned throughout the book, God has specified in His word which things He created to be good for food, and which things were not created to be eaten and will bring a curse if they are used as food. As our Creator, God has created perfect food that will build healthy cells and a healthy body and prevent disease. These life-giving foods are found growing on plants; dead animals and animal products are not able to promote life and health.

One way of extracting the life out of the plants so that it can be introduced quickly into the bloodstream is to juice fruits and vegetables. This removes the plant fiber so that the digestion process is bypassed and the nutrients are rapidly absorbed and utilized. Another good way to get more plant nutrients into your system is to make smoothies. Smoothies use the entire fruit or vegetable, so they include fiber and take longer to digest, but they make it easy and convenient to get life-giving elements into the body. Green smoothies are a fast and easy way to get generous amounts of fresh leafy greens, which are very beneficial to health and healing.

Freedom from Disease

This book is intended to start you on the path of health and to supply you with a basic guide to the true principles of a healthy lifestyle. However, there are many details which cannot be covered here, and should by no means be ignored. As I mentioned previously, the resources at the end of this chapter can give you further help and guidance as you begin your new lifestyle.

God wants you to be in health and to recognize your value, and to know that you are important. You are His temple. You are God's son or daughter, and He wants to truly be a Father to you. He is longing to set you free from your disease. He wants you to have a healthy and abundant life.

Deuteronomy 28:58-61 If thou wilt not observe to do all the words of this law that are written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD; then the LORD

will make thy **plagues** wonderful, and the **plagues** of thy seed, even **great plagues**, and **of long continuance**, and sore **sicknesses**, and **of long continuance**. Moreover he will bring upon thee all the **diseases** of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every **sickness**, and every **plague**, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

This may sound like your present condition, but God wants to set you free, just as He freed the captives from Egypt.

You may be suffering the effect of sin, but that is not our Father's will for you.

Cleansing and Detoxifying



*The Boutenko family was
Sick until they discovered
How to get proper nutrition
Through green smoothies.*

In our society today, many people suffer from chronic constipation. When food and waste products ferment and putrefy in the system and aren't removed, toxic products are released constantly. This causes toxins to build up in the system, leading to inflammation and disease. This sometimes persists for years or even decades. For instance, one lady did a cleanse and a

piece of a crayon came out after an enema. She knew it had been there for over fifty years. Now imagine how long other wastes must have been in her colon, putrefying and fermenting. Fermentation of food in the digestive organs can affect the mind as though it were drunk, so it is impossible to have mental clarity in this condition.

Cleansing of the colon has been known to clear up acne and improve skin condition within days. Within days, individuals who suffered from arthritis and other complaints and who could not walk properly, found relief and mobility. With a clean and healthy colon, cancer no longer thrives. Those with diabetes find that their insulin receptors are no longer clogged, so their body begins to handle sugars normally again. This is all because the cleansing of the colon removes the toxic wastes that so often wreak havoc on the system.

DO I NEED TO DETOXIFY?

Do you experience stress regularly?

Do you get fewer than seven hours of sleep every night?

Do you wake most mornings feeling tired or lethargic?

Do you regularly feel tired, apathetic or lack energy?

Do you eat less than 3 different fruits a day?

Do you eat a raw vegetable/salad meal less than once a day?

Do you overeat?

Do you eat processed or take-away foods more than once per week?

Do you often find yourself craving for sweet or savoury foods?

Do you exercise less than thirty minutes every second day?

Are you overweight?

Do you suffer from stomach pains, heartburn, indigestion, excess wind (gas) or a bloated stomach?

Are you constipated?

Are you a cancer patient?

Do you have high blood pressure or high cholesterol?

Do you experience cold hands and/or feet regularly or have poor circulation?

Do you have a history of antibiotic use?

Do you suffer from allergies or hay fever/sinus infections?

Do you get sores or ulcers in your mouth or on your lips?

Do you suffer from headaches?

Do you notice a lack of concentration, loss of memory or perhaps mental "fog" (cognitive impairment)?

Do you suffer from depression, anxiety or nervousness, or mood swings?

Do you suffer from arthritis, joint pain or stiffness?

Do you have any kind of skin problems, including skin cancer?

Do you have blurred vision?

Do you suffer from red or sore eyes?

Do you have dark circles under your eyes?

WOMEN ONLY

Do you experience irregular cycles or excessive menstrual flow?

Do you experience any PMS, eg. depression, crying too easily, or moodiness around your period time?

Do you experience cramps, pain or bloating?

Do you experience uncomfortable or distressing menopausal symptoms?

More than TWO of these symptoms indicates a toxic build up. Therefore, anyone who answered YES to two or more questions would benefit greatly from a cleanse/detox. The following cleanse is my best recommendation to remove the toxic build up from your system.

Ten Day Daniel Cleanse Detox

Important: Several days before you begin, start eating organic fruits and vegetables and drink plenty of pure water during this time as you prepare for the cleanse. Remember to obey God's laws of health during and after the program: trust in God, fresh air, exercise, sunshine, rest, pure water, temperance, hygiene, and nutrition, and always maintain a positive attitude.

Day 1-5—(You may modify times to fit your schedule but keep the sequence the same).

1. 6:45 AM—Morning Flush—Cleanse your kidneys and bladder and stimulate your bowels by drinking 32 oz of warm water with the juice of 1 or 2 fresh lemons. Drink all of it while warm. May add a pinch of cayenne.
2. 7:30 AM—Poultice Drink—Combine 1 tsp charcoal powder, 1 tsp psyllium husk, and 1 tsp Bentonite clay with 4 oz organic apple or grape juice and 4 oz water. Shake the mixture vigorously in a small jar (or stir it rapidly) and drink all of it immediately, since it thickens fast. You will be taking a total of 5 servings of this a day for 5 days.
3. 8:00 AM—Breakfast Drink— Green Smoothie
4. 10:00 AM—Poultice Drink

5. 11:00 AM—10 oz of fresh organic apple/carrot juice (5 oz apple + 5 oz carrot)
6. 12:00 PM—Poultice Drink
7. 1:00 PM—10 oz of fresh organic carrot juice
8. 2:00 PM—Poultice drink
9. 4:00 PM—10 oz of fresh organic carrot juice
10. 5:00 PM—Poultice drink
11. 6:00 PM—10 oz of fresh organic carrot juice with parsley, celery, beet tops, ¼ beet, and Swiss chard
12. 7:00 PM—10 oz of fresh organic carrot juice (This drink is optional; skip it if you are absolutely full)

Drink 1/2 to 1 gallon of water a day in addition to these drinks.

If your bowels are not moving daily, take a water, barley or coffee enema.

Days 6-8—Blend together the following ingredients for a liver/gallbladder flush: 4 oz fresh orange juice, 4 oz fresh lemon juice, 8 oz distilled water, 5 cloves of fresh garlic, 4 oz virgin, cold-pressed olive oil, cayenne to taste (approx. 1/4 to 1/2 tsp.), and an inch of diced fresh ginger. Take 4 oz morning and 4 oz evening for 3 days. Keep refrigerated and make more as needed. Note: Some start with 1/2 the olive oil and garlic and increase per day.

For Best Results—Juice fast for the entire 10 days. Some eat for the 10 days instead of juicing, or use a combination of eating and juicing, but eating can slow the cleansing process. If you decide to eat, eat only raw, fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (no head lettuce—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it

for lunch. For dressings please see some of our recipes at <http://www.biblical-health.com>. If you need a third meal, eat raw fruit only or a raw fruit smoothie. Do not snack! Eat all you want at meal times, but don't be a glutton. Remember this is a cleansing program and food is your medicine!

After Day 10—Congratulations, you made it! It is very important that you do not break the fast improperly! If you juice fasted for the 10 days, start eating fresh whole fruit or perhaps small servings of melons only for the first day or two. Then add a large salad and raw foods for lunch and dinner the next few days. Then you can add to your diet cooked organic whole foods: brown rice, oatmeal, legumes, nuts, seeds, potatoes, etc. Avoid all dairy and animal foods, as well as refined breads! Try to get Manna Bread or sprouted bread at the health store. If you ate for the 10 days, continue to eat raw fruit and vegetables and add cooked whole foods. Check out the recipes at <http://www.biblical-health.com>.

Maintenance Program—Eat a vegan diet with 50-100% or more raw organic foods. Add moderate amounts of fresh seeds like pumpkin, sunflower, and golden flax to your diet. **Make juicing a regular part of your life.**

Diabetics—Always consult your physician first. It is recommended to treat the liver beforehand with coffee enemas which aids in producing glutathione. Dilute all juices by 50% with distilled water and check your blood sugar daily. I recommend adding greens or Barley Green to the juices to slow digestion. Drink the poultice drink with water instead of apple juice. If sugar remains high, cut back on apple and carrot juice and use mostly greens for juices or water and BarleyGreen. Remember that your pancreas needs the enzymes found in live food.

For Diabetic Smoothie instructions visit:
<http://www.incrediblesmoothies.com/green-smoothies/diabetes/green-smoothie-recipes-for-type-2-diabetes/>

Candida Patients—Use only Granny Smith apples, cranberries, lemons or limes for juicing or eating and no other fruit for the ten days. Also use less carrot and more greens when juicing. Fresh garlic is a natural anti-fungal. Mix a finely chopped garlic clove in a little water and drink. Also, the enzyme supplement Candex can help cure candida infection without toxic side effects. I have seen it wipe out candida in days, and the person able to eat fruit within a week!

Other Things You Can Do for Cleansing and Rebuilding:

Skin Brushing—Use a vegetable bristle brush (Yerba Prima makes a nice one) and brush off the dead skin. Great in showers. Can use wet or dry.

Contrast Shower—First set shower to comfortable temperature. Then make it as hot as you can tolerate for one minute (don't burn yourself), then as cold as you can tolerate for 20-30 seconds. Repeat alternating hot and cold for 5 to 7 times, ending with cold. You can increase the intensity each time.

Steam Baths and Saunas are excellent for the elimination of toxins.

Regular Exercise, such as brisk walking, will benefit the lymphatic and circulatory systems and aid in the elimination of toxins. Start slowly and increase the intensity each week. Exercise at least five times a week. I recommend a combination of aerobic and weight-bearing exercise for building bone density.

Positive Attitude is critical for healing. Negative emotions and stress can kill you faster than junk food and a high-fat diet.

Prayer is the key in the hand of faith that unlocks Heaven's storehouse. Try it—you can't go wrong.

This program was adapted from the Bellavita program which can be found at www.modernmanna.org.

Resources

When I assist someone with a cleanse, I usually first have them watch an inspirational film with me about health cleanses and healing, to establish confidence in their body's ability to reverse disease. Then as they are going through the cleanse, they watch more of these videos to help them recognize the amazing healing that can take place in the body in such a short time.

Some of the films I use are listed here, many of which can be found on Youtube:

Fat, Sick and Nearly Dead
Supercharge Me!
Super Juice ME!
The Gerson Miracle!
Simply Raw!

Bellavita– The Movie
God's Way to Ultimate Health - George Malkmus
Powered by Green Smoothies - Victor Boutenko

Websites to check out:

<http://www.thethirdangelsmessage.com>

<http://www.biblical-health.com>

<http://www.incrediblesmoothies.com>

<http://www.modernmanna.org>

<http://www.thegardendiet.com>

<http://www.backtoedenfilm.com>

<http://www.myhdiet.com>

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Our Heavenly Father wants nothing more than to give good things to His children. He wants for us to “**ABOVE ALL THINGS...BE IN HEALTH.**” (3 John 2) So why are we not vibrant and full of life and energy? When we have every advantage of modern science, why are so many pronounced incurable, and why are we all dependent on pharmaceuticals to continue to sustain life? Why are we all secretly depressed and filled with anxiety and guilt that no drug or therapy can cure? We have lost the sense of our **VALUE**, of what we were created to be, of who the creator is, and the good gifts He is willing to give, and every curse has followed. We have no understanding of the immense **PRICE** that has been paid for us, burdened with diseases such as diabetes and cancer. overweight, suffering with heart disease and numerous other preventable ailments.

We are aimlessly floating through a life of suffering, without purpose and without hope. When the burden of disease is heaped on our shoulders, we have nowhere to turn but the doctor, whose solutions we blindly accept. All too often, we are offered no healing, but only greater suffering. But this is not God’s will for anyone—He wants you to be well! He is willing to heal you if you will cooperate with Him. He wants you to realize the inestimable value that He has placed on you, the incredible **PRICE** He was willing to pay for you. This book contains vital information for all who desire health, healing and true happiness.

