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CONCERNING SATAN'S DESIRE TO DESTROY THE BODY: "And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God. ... Let your moderation be known unto all men. The Lord is at hand. Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." (Luke 4:12; Philippians 4:5-7)

CONTEXT IS FORNICATION BUT BAD DIET MAY END YOUR SERVICE "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. ... If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." (1 Corinthians 6:19-20; 3:17)

JESUS IS THE ONLY EVERLASTING SPIRITUAL MANNA "Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead." (John 6:47-49)

JESUS TAUGHT PRAYER AND FASTING "Howbeit this kind goeth not out but by prayer and fasting." (Matthew 17:21)

ARE YOU SAVED?

JESUS IS THE ONLY MEANS OF SALVATION "For there is one God, and one mediator between God and men, the man Christ Jesus" (1 Timothy 2:5)

YOUR SOUL WILL LIVE SOMEWHERE AFTER DEATH "And shall come forth, they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation. ... The soul that sinneth, it shall die..." (John 5:29; Ezekiel 18:20a)

ONLY SAINTS ENTER HEAVEN "And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life." (Revelation 21:27)

SALVATION BEGINS WITH REPENTANCE AND CONFESSING JESUS AS LORD "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." (Romans 10:9-10)

RECEIVE SALVATION WITH A SINCERE PRAYER

"Dear Lord, I confess that I have sinned and I am truly sorry for all my sins. I believe that you are the virgin born, Son of God and have come to die and shed your blood for my sins. I repent of my sins now and ask you to forgive me for all my sin and come into my heart. By your shed blood, make me worthy for heaven and baptize me with the Holy Ghost so that I may serve you with power all of my days. Thank you, Lord Jesus.

"FOR WHOSOEVER SHALL CALL UPON THE NAME OF THE LORD SHALL BE SAVED. ... Not of works, lest any man should boast. ... For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. ... He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy"

(Romans 10:13; Ephesians 2:9; 2 Corinthians 5:21; Proverbs 28:13 — All verses KJV)

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let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him." (James 5:14-15)

MEAT OFFERED TO IDOLS WILL NOT DEFILE A MAN SPIRITUALLY "As concerning therefore the eating of those things that are offered in sacrifice unto idols, we know that an idol is nothing in the world, and that there is none other God but one. For though there be that are called gods, whether in heaven or in earth, (as there be gods many, and lords many,) But to us there is but 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. Howbeit there is not in every man that knowledge: for some with conscience of the idol unto this hour eat it as a thing offered unto an idol; and their conscience being weak is defiled. But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse..." (1 Corinthians 1:4-8)

DANIEL WAS SPIRITUAL BUT DIET IMPROVED PHYSICAL HEALTH "Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. **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.**" (Daniel 1:11-15)

PHYSICAL DIET DOES NOT DEFILE ONE SPIRITUALLY "Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught?" (Matthew 15:17)

GOD'S ORIGINAL DIET FOR MAN WAS HERBS, FRUIT, VEGETATION "So God created man in his own image, in the image of God created he him; male and female created he them. And 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. 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. And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day." (Genesis 1:27-31)

A POOR DIET IS SPIRITUALLY LAWFUL BUT IS IT EXPEDIENT? "All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any. Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for

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AFTER FLOOD, GOD SHORTENED MAN'S LIFE TO ABOUT 120 YEARS

“And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years.” (Genesis 6:3)

AND AFTER FLOOD GOD ALLOWS MAN'S DIET TO INCLUDE FLESH

“Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.” (Genesis 9:3)

MEN LUSTED FOR FLESH IN WILDERNESS; GOD PROVIDED MANNA

“And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger. Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no. And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily. And Moses and Aaron said unto all the children of Israel, At even, then ye shall know that the LORD hath brought you out from the land of Egypt: And in the morning, then ye shall see the glory of the LORD; for that he heareth your murmurings against the LORD: and what are we, that ye murmur against us? And Moses said, This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD.” (Exodus 16:2-8)

PHYSICAL MANNA FROM GOD WAS SIMILAR TO AN HERB

“And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.” (Exodus 16:31)

FOR MURMURERS GOD PROVIDED THE FLESH (QUAIL)

“Then Moses heard the people weep throughout their families, every man in the door of his tent: and the anger of the LORD was kindled greatly; Moses also was displeased. ... Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat. ... And the LORD said unto Moses, Gather unto me seventy men of the elders of Israel, whom thou knowest to be the elders of the people, and officers over them; and bring them unto the tabernacle of the congregation, that they may stand there with thee. ... And say thou unto the people, Sanctify yourselves against to morrow, and ye shall eat flesh: for ye have wept in the ears of the LORD, saying, Who shall give us flesh to eat? for it was well with us in Egypt: therefore the LORD will give you flesh, and ye shall eat. Ye shall not eat one day, nor two days, nor five days, neither ten days, nor twenty days; But even a whole month, until it come out at your nostrils, and it be loathsome unto you: because that ye have despised the LORD which is among you, and have wept before him, saying, Why came we forth out of Egypt? ... And there went forth a wind from the LORD, and brought quails from the sea, and let them fall by

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the camp, as it were a day' s journey on this side, and as it were a day' s journey on the other side, round about the camp, and as it were two cubits high upon the face of the earth.” (Numbers 11:10,13,16,18-20,31)

THE LUSTING FOR FLESH BROUGHT THE DEATH PLAGUE

“And the people stood up all that day, and all that night, and all the next day, and they gathered the quails: he that gathered least gathered ten homers: and they spread them all abroad for themselves round about the camp. And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague. And he called the name of that place Kibroth-hattaavah: because there they buried the people that lusted.” (Numbers 11:32 -34)

DANIEL'S IMPROVED DIET IN DANIEL 1:11-15 WAS PULSE

Many within the church have conveniently read the scriptures to believe that God protects them from all diets even if it just to satisfy one's taste. Some within the Church have experienced God's physical grace in spite of poor diets but many others have ended up at the mercy of the surgeon's hand for the removal of unnatural accumulations within the intestines and arteries. The un-churched generally has better knowledge of the relationship between diet and health. Daniel was Spiritual yet he did not lag behind the world in physical understandings either. He requested a diet of pulse and all with him on this diet benefited physically from it. (Daniel 1:15)

A diet of pulse is a diet of various grains such as brown rice (not white/bleached products), barley, oats, un-canned and unfrozen vegetables and legumes. The diet of Jesus included fish and lamb. Since the introduction of processed sugars and bleached white flour around 1900, cancers and hearts disease have greatly escalated. A good question to ask oneself before purchasing or consuming foods and drink may be, 'is this a natural food made by God or does it contain ingredients made by man which primarily are designed to suit man's taste. Also, exercise is profitable for health but for Spiritual health, maintain a relationship with God through prayer, obedience and the reading of God's Word Daily. God heals yet He requires repentance!

SPIRITUAL LIFE NOT DIMINISHED BY FLESH & NOT FORBIDDEN

“Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; Speaking lies in hypocrisy; having their conscience seared with a hot iron; Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer. If thou put the brethren in remembrance of these things, thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and of good doctrine, whereunto thou hast attained. But refuse profane and old wives' fables, and exercise thyself rather unto godliness. For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.” (1 Timothy 4:1-8)

AND SUBSTANCE OF PHYSICAL HEALTH SHOULD NOT BE WASTED

“And not many days after the younger son gathered all together, and took his journey

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