

# SYNOPSIS OF THE HEALTH MESSAGE

by Edwin M. Cotto

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**INTRO:** This will be a brief synopsis of the Health Message. I will demonstrate evidence for healthy eating from Genesis to the New Earth and then return to answer objections.

1. **THE BEGINNING:** Genesis 1:29-30: God gave fruits and green herbs (vegetables) for food
  - Their diet was completely plant-based. There was no death and hence no flesh eating.
  - **Genesis 9:3:** Only after the flood does meat become a part of man's diet. All vegetation was destroyed.
  - Age decreases after meat was introduced into your diet - **SEE TIMELINE**
  
2. Exodus 16: God dictates their diet
  - **Verse 3:** The people ask for the meats and bread of Egypt **Verse 4:** But God gives them only bread ( verse 4).
  - **Deut :** God promises not to bring any of the diseases of Egypt upon them.
  - The Egyptians were known for dying of all kinds of diseases.
  - Was God concerned both with their mental and physical health?
  - **Numbers 11:32-34:** They desired the meat of Egypt, God would punish them in a month after eating it (verse 20).
  - God brought upon them the promised discipline more quickly than originally stated (verse 33) for being gluttons.
  - The meat was Quail, which was a CLEAN MEAT.
  - **Leviticus 11:** God restricts their diet.
  
3. Jesus ate clean meat
  - To be clear, Jesus did eat animal flesh.
  - **Mark 14:12-14 and Luke 24:42-43:** But it was CLEAN meat (Passover lamb, fish).
  - Jesus was also circumcised.
  - Jesus is currently in heaven where there is no death - if he eats there, it will not be meat.
  
4. Jesus did not do away with dietary laws
  - **Acts 10:14:** All his time with Jesus, he never understood Him to have done away with diet restrictions.
  - Thus, dietary restrictions continued until after the cross.
  - **CONTEXT:** Read Acts 10:9-16,
    - A. Verse 15: Peter saw the vision **three** times Verse 19: suddenly **three** people came seeking Peter.
    - B. Verse 14: Don't call any **foods** common or unclean Verse 28: Don't call any **man** common or unclean
  - Hence the vision was not about food but about humans and the gospel reaching the Gentiles also.

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5. Truth is always progressive

- **Proverbs 4:18:** “The path of the just is as the shining light, that shineth more and more unto the perfect day.”
- **2 Peter 1:12:** There is truth, then there is “present” truth. The following examples were truths for their times:
  - A. The message by Noah of the upcoming deluge (Gen. 6).
  - B. The impending destruction of Nineveh at the preaching on Jonah (Jonah 1:2).
  - C. The Sacrificial system which ceased at the death of Christ on the cross (Daniel 9:27).
  - D. The civil laws of ancient Israel including the death penalty, slavery laws, etc.
  - E. Ceremonial laws like feasts days which found their fulfillment when Christ came (1 Cor. 5:7).

6. God’s people to be healthy today

- **3 John 2:** Prosper and be in health / Animal products today are not the same as animal products in the past.
- W.H.O. designates all processed meats as cancerous / Mad cow disease, bird flu, salmonella

7. Extreme circumstances allowed

- THE FLOOD: Is an example of when under extreme/unfortunate circumstances, restrictions can be removed.
- **Romans 14:17:** “The kingdom of God is neither meat nor drinks, but righteousness and peace and joy...”
- Foods should NEVER get in the way of the preaching of the gospel
- Although foods should not be a test question, each individual is responsible for their body (

8. **THE END:** Back to the original diet

- **Isaiah 66:17:** In the end, God is still concerned with His people eating unclean meats.
- **Revelation 19:9:** “marriage supper” will this include dead flesh? / **Revelation 22:1-2:** Tree of life restored.

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### CLASSWORK QUIZ:

1. Explain Mark 7:19 and the clause “in declaring this, Jesus declared all foods clean.”

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2. Why does it not make sense to tell the Romans that they can not gather on any day and eat anything?

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