**SERMON OUTLINE**

**12-7-13**

**HOW IMPORTANT IS YOUR HEALTH TO YOU?**

**SCRIPTURE: GEN. 1: 29-30- PLANT-BASED DIET ORIGINAL DIET**

1. **INTRODUCTION:**
2. **WHAT ARE THE TWO MOST VALUABLE THINGS THAT YOU POSSESS?**
3. **HOME? AUTO? LAND? BANK ACCOUNT? NO!**
4. **YOUR LIFE, AND YOUR HEALTH.**
5. **MAKER OF PIECE OF MACHINERY KNOWS BEST HOW TO CARE FOR THAT MACHINERY.**
6. **GOD MADE OUR BODIES; HE KNOWS BEST HOW TO CARE FOR THESE BODIES.**
7. **NEEDS: FUEL (FOOD)? WATER? EXERCISE? SUNSHINE? AIR?**
8. **WHAT WAS THE PERFECT DIET IN THE PERFECT GARDEN? PLANT-BASED DIET. GEN. 1:29.**

**1. GRAPES WITH SEEDS: For centuries, Man has recognized the nutritional and medicinal value of grapes. The Europeans used the sap of grapevines as a remedy for skin PROBLEMS, and Grape leaves were used traditionally to stop bleeding, inflammation, and** [**hemorrhoid**](http://braniffw.hubpages.com/hub/Benefits-of-Grape-Seeds) **pain. Grapes, in all degrees of ripeness, were a panacea for sore throats, constipation, cancer, cholera, smallpox, nausea, eye infections, skin, kidney and liver diseases.  
  
More recently, researchers discovered that the health benefits of grapes are actually derived from their seeds. The active compounds in grape seeds are believed to have antioxidant properties.  Antioxidants destroy free radicals in the body. Free radicals are harmful in that they attack human cell membranes, damage DNA (genetic material), and cause cells to die.**

1. **DANIEL (CH. 1.) (DANIEL & 3 JEWISH COMPANIONS) TAKEN INTO THE COURTS OF BABYLON. THEY WERE GIVEN BABYLONIAN, PAGAN NAMES:**  
   **“Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar, and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego.” (**[***Daniel 1:7***](http://www.icr.org/bible/Daniel/1/7)**)**

**Peoples in ancient times—especially the Israelites and their implacable enemies, the Babylonians—placed great importance on the names given their children. The meaning of these names GIVEN TO THE HEBREW LADS, is very significant. Each of the four had been given by their parents a name honoring the true God, but the Babylonians wanted them to be identified with one of the false gods. Daniel (“God is my judge”) was assigned the name Belteshazzar, which meant “favored by Bel.” Hananiah (“Beloved of the Lord”) became Shadrach (“illumined by Rak,” the sun god). Mishael (“Who is as God?”) was called Meshach (“who is like Shak,” the Babylonian Venus), and Azariah (“The Lord is my help”) became Abednego (“servant of Nego,” the god of fire).**

1. **These godly young men no doubt bitterly resented these new names. Nevertheless, they did not make an overt issue of this matter, knowing they would forfeit their opportunity for a substantive spiritual witness if they took a belligerent stand on superficialities**
2. **THEY REJECTED THE KING’**.**S MEAT AND ASKED FOR PULSE (VEGETABLES) AND WATER (NOT ALCOHOLIC WINE.)**
3. **PLANT-BASED DIET FOR 10 DAYS.**

**WERE WISER AND UNDERSTOOD MORE THAN ALL OF THE OTHER YOUNG M THEY REJECTED THE KING’**

1. **1. ALBERT EINSTEIN (OUTSTANDING SCIENTIST AND MATHEMATICIAN) (LATER YEARS BECAME A VEGETARIAN.)** **Enstein's famous quote, "Nothing will benefit health or increase chances of survival on earth as the (CHANGE) to a vegetarian diet." Albert Einstein is famous for the theory of relativity or E=mc2. This means mass is one form of energy. It proved that even a small amount of mass can create an enormous amount of ENERGY.**
2. **EVEN THE ANIMALS IN EDEN ATE PLANTS (SEE V.** 30.) **WE KNOW THAT THERE WAS NO DEATH BEFORE SIN; THEREFORE, THE ONLY THING TO EAT WAS PLANT-BASED.**
3. **ALSO, SINCE THERE WILL BE NO DEATH IN HEAVEN (HEAVEN= THE GARDEN OF EDEN RESTORED.)**
4. **(BECAUSE THERE WILL BE NO SIN), THERE WILL BE NO ANIMALS KILLED THERE! (REV. 21:4.)**
5. **MAN WILL AGAIN RETURN TO THE PERFECT DIET OF EDEN, A PLANT-BASED DIET.**
6. **IMPOSSIBLE YOU SAY! SUPPOSE THAT I DEMONSTRATE TO YOU THAT EVEN IN THIS WORLD OF SIN AND DEATH, A LION WILL REFUSE TO EAT MEAT AND BLOOD?**
7. **STORY OF “LITTLE TYKE.” (A)**
8. **IS. 11: 6-9 (B) –WOLF AND LAMB TO LIVE IN PEACE.**
9. **GEN. 1:30, DOESN’T SEEM SO IMPOSSIBLE AFTER ALL!**
10. **MEAT FOR FOOD WAS FIRST ALLOWED BY GOD AFTER THE FLOOD; ALL PLANT PRODUCE HAD BEEN DESTROYED.**
11. **AT LEAST 4 BASIC LAWS IN SCRIPTURE:**
12. **MORAL**
13. **SACRIFICIAL/CEREMONIAL**
14. **CIVIL**
15. **MORAL.**
16. **LEV. 11- CLEAN AND UNCLEAN MEATS. (SCAVENGERS NOT FOR FOOD- VULTURE, OWL, SWINE, AND OTHER UNCLEAN BEASTS.)**
17. **AMONG CLEAN- PART HOOF AND CHEW CUD (COW, SHEEP, GOAT, ETC.)**
18. **DR. JOSH AXE EXPLAINS WHY ONE SHOULD AVOID PORK**! **Pork is one of the most consumed meats in the world. China is the largest producer of pigs that were first domesticated way back around 7500 B.C.**

**The Center for Disease Control and Prevention (CDC) states that more than 100 viruses come to the United States each year from China through pigs. There are some obvious concerns about this. Aside from not needing more viruses to fight off, some of these viruses can prove to be downright dangerous to humans.**

**Of course, you’re probably familiar with H1N1, better known as ‘the swine flu.” This too is a virus that has made the leap from pig to human.**

**But H1N1 is not the only disease to fear from the pig. There are other sicknesses you can get from eating the meat of the pig.**

### Did you know that pigs carry a variety of parasites in their bodies and meat? Some of these parasites are difficult to kill even when cooking.

**One of the biggest concerns with eating pork meat is trichinellosis or trichinosis. This is an infection that humans get from eating undercooked or uncooked pork that contains the larvae of the trichinella worm.**

**This worm parasite is very commonly found in pork. When the worm, most often living in cysts in the stomach, opens through stomach acids, its larvae are released into the body of the pig. These new worms make their homes in the muscles of the pig. Next stop? The unknowing human body who consumes this infected meat flesh.**

**And while no one particularly wants to consume worms, Trichinellosis is a serious illness that you should do virtually anything to avoid.**

**Common Symptoms of Trichinellosis:**

* **Nausea**
* **Vomiting**
* **Diarrhea \*\*\*\*\*\*\*\*\*\*\*\***
* **Headache \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***
* **Fever**
* **Chills**
* **Cough \*\*\*\*\*\*\*\*\*\***
* **Swollen eyes**
* **Muscle pain**
* **Aching joints \*\*\*\*\*\*\*\*\*\*\*\*\*\*\***
* **Coordination problems**
* **Heart issues \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***
* **Breathing problems \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\***

**THEREFORE, WHEN GOD FORBADE ISRAEL FROM EVEN TOUCHING THE PIG, HE, AS CREATOR, KNEW WHAT HE WAS DOING. (DEUT. 14:8.)**

**VI. EATING FAT?**

**Reginald Cherry, M.D., comments on why medical doctors and researchers have come to agree with the Bible's instruction not to eat ANIMAL fat. (LEV. 3:17.)**

**"Why is this prohibition against fat so important for us?" he asks. "Over 53 percent of people in large industrialized countries die of heart disease. Heart disease is most commonly caused by fat deposits that build up in the arteries, often beginning in the teenage years" (The Bible Cure, 1998, p. 34, large-print edition).**

1. **DOES A VEGETARIAN DIET ASSIST WITH THE PROBLEM OF OBESITY?**

## Risk of disease ASSOCIATED WITH OBESITY:

**The federal Health Department says a number of diseases are associated with obesity.**

**It says avoiding obesity could slightly lessen your risk of some cancers, moderately lessen your risk of heart disease and stroke and greatly lessen your risk of type 2 diabetes.**

| **Relative risk** | **Associated with metabolic consequences** | **Associated with weight** |
| --- | --- | --- |
| **Greatly increased** | **Type 2 diabetes Gall bladder disease Hypertension Dyslipidaemia Insulin resistance Atherosclerosis** | **Sleep apnoea Breathlessness Asthma Social isolation/depression Daytime sleepiness/fatigue** |
| **Moderately increased** | **Coronary heart disease Stroke Gout/hyperuricaemia** | **Osteoarthritis Respiratory disease Hernia Psychological problems** |
| **Slightly increased** | **Cancer (breast, endometrial, colon) Reproductive abnormalities Impaired fertility Polycystic ovaries Skin complications Cataract**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | **Varicose veins Musculo-skeletal problems Bad back Stress incontinence Oedema/cellulitis** |

1. **LONGEVITY:**
2. **Practitioners of a vegetarian diet were found to be 19% less likely to die from heart disease.**
3. **Vegetarians live longer than meat-eaters, according to a study published Monday in JAMA Internal Medicine, a Journal of the American Medical Association.**
4. **The authors tracked 73,308 members of the Seventh-day Adventist Church for almost six years. The church is known for promoting a vegetarian diet, though not all of its followers adhere to that teaching. Researchers found out what type of diet participants ate, then followed up to find out how many of those participants had died and how.**
5. **A. Vegetarians in the study experienced 12% fewer deaths over the period. Dietary choices appeared to play a big role in protecting the participants from heart disease, from which vegetarians were 19% less likely to die than meat-eaters.**
6. **B. There also appeared to be fewer deaths in the vegetarian group from diabetes and kidney failure.**11th Nov, 2012 by [John](http://vegetariandietplace.com/listoffamousvegetarianAthletes.asp)
7. **Martina Navratilova** one of the
8. **Chris Evert** - Tennis

## XII. VEGETARIAN Athletes: (STRENGTH?)

1. **Hank Aaron, baseball player; former home run record holder  
   2. Desmond Howard, former NFL wide receiver, Super Bowl MVP  
   3. Carl Lewis, track and field athlete, winner of nine Olympic gold medals  
   4. Bode Miller, alpine ski racer; Olympic gold medalist and World Cup champion  
   5. John Salley, basketball player; four-time NBA champion  
   6. Dave Scott, triathlete; won six Ironman world championship events  
   7. Ed Templeton, champion skateboarder  
   8. Jamie Thomas, champion skateboarder  
   9. Ricky Williams, running back for the Miami Dolphin.**

**10. (SCIENTIST AND MATHEMATICIAN) ALBERT EINSTEIN (LATER YEARS BECAME A VEGETARIAN.)** **Enstein's famous quote, "Nothing will benefit health or increase chances of survival on earth as the (CHANGE) to a vegetarian diet."** Albert Einstein is famous for the theory of relativity or E=mc2. This meant mass was one form of energy. It proved that even a small amount of mass can create an enormous amount of

1. **PERSONAL EXPERIENCE:**
2. **VEGETARIAN-VEGAN FOR LAST 60 YEARS.**
3. **LAST BLOOD PROFILE- THAT OF AN 18 YEAR-OLD.**
4. **I DO 15 SEMI-PULL-UPS 6 DAYS PER WEEK.**
5. **CARRY ON A FULL PASTORAL AND CHURCH LOAD PLUS PERSONAL MATTERS.**
6. **WILL BE 81 IN MAY.**

**CONCLUSION: WHAT ARE A LONGER ACTIVE LIFE AND GOOD HEALTH WORTH TO YOU? THAT IS THE QUESTION I LEAVE WITH YOU TODAY!!!!!**