**Diet in the Bible**

**In the perfect world with no sin here was the diet God says don’t eat it! We say yes it looks good tastes good I will eat it!**

**Genesis 1:31King James Version (KJV)**

31And God saw everything that he had made, and, behold, it was very good. This was organic and healthy food.  6And 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. God says eat this we say no, we will eat the bad stuff. Sin loves company! How many times you see people eating and drinking things they know are very bad yet they love to share with others.

[**Genesis 1:29**](http://www.kingjamesbibleonline.org/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.

**Notice the diet change after sin: Genesis 3:18-20**

18Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

19In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it was thou taken: Now they are growing grains, wheat barley and vegetables because they need minerals they will lose from the sweat of the brow

[**Genesis 7:2**](http://www.kingjamesbibleonline.org/Genesis-7-2/) - Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that [are] not clean by two, the male and his female.

23And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth: and Noah only remained alive, and they that were with him in the ark.

24And the waters prevailed upon the earth an hundred and fifty days.

So every living thing died: Go allowed clean meat to be eaten since there was no fruits grain and vegetables

[**Genesis 8:20**](http://www.kingjamesbibleonline.org/Genesis-8-20/) - And Noah builded an altar unto the LORD; and took of every clean beast, and of every clean fowl, and offered burnt offerings on the altar.

[**Genesis 9:3**](http://www.kingjamesbibleonline.org/Genesis-9-3/) - Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

[**Deuteronomy 14:21**](http://www.kingjamesbibleonline.org/Deuteronomy-14-21/) - Ye shall not eat [of] any thing that dieth of itself: thou shalt give it unto the stranger that [is] in thy gates, that he may eat it; or thou mayest sell it unto an alien: for thou [art] an holy people unto the LORD thy God. Thou shalt not seethe a kid in his mother's milk.

[**Leviticus 3:17**](http://www.kingjamesbibleonline.org/Leviticus-3-17/) - [It shall be] a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood.

**Leviticus 11:44-47**

44For 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 with any manner of creeping thing that creepeth upon the earth.

45For 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.

46This is the law of the beasts, and of the fowl, and of every living creature that moveth in the waters, and of every creature that creepeth upon the earth:

47To 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.

(Let’s stop for a second and make a point. Did we see last week when the king of Babylon tried to change everything about Daniel and his friends what was the only thing they objected to?)

**We don’t see health as a moral issue. No one wants to be called an adulterer or idolater or think they are practicing sorcery but when we put food over health we are making it an idol and then we are idolaters look at an example in the bible:  Philippians 3:19King James Version (KJV)**

19Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.)

22And Samuel said, Hath the Lord as great delight in burnt offerings and sacrifices, as in obeying the voice of theLord? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

23For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the Lord, he hath also rejected thee from being king. 1 Samuel 15:22-23

1 Samuel 14:33 it’s a sin to eat meat with blood in it. Lev 19:26    Acts 15:20

 Now to see what’s clean let’s look at Leviticus 11 see how God calls eating unclean an abomination. He never calls anything an abomination then later say its ok. I am God I change not Mal 3:6

1 Cor 3:16, 17

1 Cor 6:19-20

1 Cor 10:31

Rom 12:1 In the sacrificial system the animal couldn’t have one defect or blemish, that represented sin. So when we are fat cholesterol ridden sick smokers we are presenting defiled bodies to God which is an abomination.

What does it mean to glorify God? What is God’s glory Exodus 33 and 34

So we see here that’s Gods glory is His character. So if we are to eat to glorify God we are eating to His character. Lets see what else is Gods character: How can we eat to His character?

[***Isaiah 40:29***](http://www.godvine.com/bible/isaiah/40-29) He gives power to the faint; and to them that have no might he increases strength.

[***1 Chronicles 16:11***](http://www.godvine.com/bible/1-chronicles/16-11) Seek the LORD and his strength, seek his face continually.

[***Ephesians 6:10***](http://www.godvine.com/bible/ephesians/6-10) Finally, my brothers, be strong in the Lord, and in the power of his might.

 Who forgiveth all thine iniquities; who healeth all thy diseases;

4Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

6The Lord executeth righteousness and judgment

In closing we can have victory in Jesus! I am God is anything too hard for me?

Jer 32:27

My grace is sufficient for you, my strength is made perfect in weakness, for when I am weak then I am strong 2 Cor 12:9-11 The real issue is we are loyal to what we love. We love sin and we hate God. Let’s be honest, we like to think we love God but how can you love God and yet do what murdered His Son over and over? Could you hang out with your childs murderer on a daily basis? We need to get on our knees and ask God to take away our love for sin and give us love for Him. If we don’t overcome our appetites now the we will not be able to withstand the mark of the beast.  And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. Rev 13:17 If we cant say no to food now when its easy when we cant buy or sell unless we get the mark we will give in to our stomach’s then too!