



Spirit of Grace Herald

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God's Diet for Humans

Is there a diet prescribed by God that will give us optimal health and longevity? You do not have to read very long in the Bible before you come to a passage about diet. God tells the first two people He has created: **"See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food."** (Genesis 1:29). Without question the very first diet commanded by God for the people He created was a vegetarian diet. God was declaring that plants that grow from the ground were legitimate for eating, including the fruits that grew on the trees.

Notice there was no mention of any kind of meat. In those days the killing of animals for food was not allowed. God had "given" the plants of the earth for man's food, and that was it. No hamburgers, no pork chops, no seafood dinners. People in those days were strictly, to use a modern phrase, "whole foods, plant-based eaters." Not only was there no meat in their diets, but there were no Twinkies, no Little Debbie snack cakes, no chocolate cake and ice cream, no sodas or so-called energy drinks. Water, vegetables, fruits, and whole grains were what was available.

And people did exceedingly well on this diet. In fact, they did so well that most lived close to or beyond nine hundred years in those early days. Methuselah set the record when he celebrated his 969th birthday. Of course, it was not only what they ate. The earth was pristine in those days. Even the climate was different. There was no rain on the earth. The earth received its moisture from huge bursts of mist that billowed into the air and watered the ground. Many believe that this created a greenhouse effect all over the world, which blocked certain harmful rays of the sun, and produced the ideal climate for longevity and health. Men and women were so healthy and lived so long, their youth was greatly extended, and many did not marry and start having children until they were nearly one hundred years old or more. A seventy-year-old man at that time would have probably looked like a teenager today. The Bible says about one of those men:

Jared lived one hundred and sixty-two years, and begot Enoch. After he begot Enoch, Jared lived eight hundred years, and had sons and daughters. So all the days of Jared were nine hundred and sixty-two years; and he died. (Genesis 5:18-20)



But in their long lives men and women became more and more wicked and finally God determined to destroy them with a flood, saving godly Noah and his family by commanding them to build an enormous ark. After the floodwaters receded and

everyone else was dead, God gave Noah some new instructions about his diet, saying: **"Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs."** (Genesis 9:3).

Now meat was on the menu. "Every living thing" was to be food for Noah and his family and the succeeding generations. Beef, fish, pork, shrimp... any and every kind of meat was now allowed. Later, Moses would come along and give special dietary commands for the Jews, but in those days all meat was allowed. Now meat as well as plants could be eaten freely and without guilt. And men and women have been eating meat freely ever since, for many thousands of years, as well as vegetables, grains, and fruits. And where both meat and plants are available and affordable, the majority of people eat both meat and plants.

God's Diet for Humans

There are vegans who would tell us that eating meat is both unhealthy for us, and cruel to animals, and they feel that eating meat is surely a great crime against animals. Many of them feel that humans are nothing more than animals themselves, and so when we eat meat, we are one animal cruelly killing and eating another animal. But our Creator clearly doesn't see things this way, and I would rather trust God's ideas and commands rather than heed fanatical vegans who have turned their diet into a religion. Jesus Christ, the Son of God, ate fish after He was raised from the dead, and if the spotless Son of God could eat an animal, and last I checked fish count as animals, then I am not going to stop eating meat because a tiny group of people tell me I am cruel.

On the other hand, some people eat a carnivore diet, which is essentially a meat and eggs only diet. No salads, no cucumbers, no green peppers, no peanuts – just hamburger patties, steaks, and eggs every day. Many of them will back their beliefs with the idea that a few million years ago people were exclusively meat eaters. But those of us who love the Bible know that the Bible does not speak of people living millions of years ago. The creation of Adam and Eve was thousands of years ago, not millions. Whatever may or may not have happened millions of years ago is far from proven. But one thing we do know: With the creation of Adam and Eve a vegetarian diet was given to man, and after the flood of Noah, meat was added to the menu. But things like soft drinks, and snack cakes and pastries, and cookies and white flour – all these monstrosities have been created by man in the last few generations. And millions of cases, worldwide, of diabetes, obesity, heart attacks and strokes, high blood pressure and cancer, indicate that there surely must be something about our modern lifestyle and diet that is decidedly unhealthy.

The ultimate diet for human beings has to do with a very special type of bread. Jesus declared: **"I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."** (John 6:51). We were made to "feed" upon Jesus. This means to love Him, to trust Him, to devote ourselves to Him, to praise Him, to read in the gospels about His life, His miracles, and His teachings, and to think deeply about His death on the cross for our sins and His resurrection from the dead. Jesus is our life. Even if we do change our diet and eat healthier and manage to live to be 120 years old, we will still die. We can extend our lives by healthy eating, but we cannot perpetuate our lives. We don't have it in us. But Jesus can do just this. Those who believe in Him will live forever. Jesus is the true "Bread of life."

What Do African Pastors Have in Common?



- **They Love Jesus!**
- **They Have Tremendous Zeal!**
- **They are Dynamic Preachers!**
- **They have almost no Bible training.**

The sad truth is that very few African pastors have Bible training.

They begin their ministries with a lot of zeal but little Bible knowledge. We are attempting to remedy this by our "Jesus Conference for Church Leaders." We plan to send teams throughout Kenya to share videos we have produced which will give them Biblical keys that can greatly enhance their ministries. We have purchased a large, flat-screen television for our first team and look to launch our first conference soon. Please pray for and support this important new ministry

