

Momentum for Life 6

Eating and Exercise

Daniel 1

February 22

Roger Miller

Intro: It's also true that practicing wellness is not as easy as it sounds. If it were, we'd all be in perfect shape, physically, mentally and emotionally. But we're not. In fact, the whole business of wellness is far from logical.

For instance, some of the facts regarding different countries and their relative wellness seem paradoxical at first look. Consider these reports: The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink a lot of beer and eat lots of sausages and fats and

suffer fewer heart attacks than the British or Americans.

The simple conclusion: We should eat and drink what we like. Speaking English is apparently what kills you. If only if it were that simple!

- God saved the best for last when he was creating this world and declared all that he had made—especially his masterpiece called “Man” and “Woman”—very good!

- God made these amazing human bodies, breathed into them his own breath of life, then gave to these unique living beings the responsibility to care for the rest of creation and eventually entrusted them with the ministry of reconciliation of other lost and broken people to himself.

- Thousands of years later, we find that which was the capstone of creation (at least the American version) growing unfit, unhealthy, and tired to the point of being unsustainable and ineffective in fulfilling our ultimate purposes in this life.

But there is another extreme in our country; Dr. Lisa Jenks spent 17

years repairing bodies after car accidents and other emergencies, now she injects Botox and lasers away wrinkles as the owner of cGenesis MedSpa.

"I think -- for better or worse -- our culture has made looking our best, looking young so important, that it's become spending from our

nondiscretionary income," she said. "It's almost mandatory, especially for people who get started and are used to looking in the mirror at a face without wrinkles or sunspots."

A 2004 study showed that one-third of the people who had cosmetic surgery last year, had average household incomes of under \$30,000," he said. "It's opened up a whole new field of vanity medicine." We have the roids scandal in baseball, Performance enhancing substances in the tour de France, and in America billions of dollars are spend each year on health supplements.

The truth is our culture goes from abusing the human body to adoring the human body. What does God tell his children their view of the human body should be. I think biblically God has Called us to healthy eating and exercise, so we can fulfill the purposes God has given each of us. You will find very little on exercise in scripture because there was little need for extra exercise-they walked instead of drove, everything was made by hand and there was no remotes. Today, we are going to explore what Daniel and his life has to say about eating and exercise.

Why Did Daniel Say no? Daniel 2:8

Daniel 2:8 says: ***Daniel decided not to make himself "unclean" by***

eating the king's food and drinking his wine. So he asked the chief official for a favor. He wanted permission not to make himself "unclean" with the king's food and wine.

Why was Daniel objecting to eating the King's foods, after all I am sure it was the best in the Land ? In Leviticus chapter 11 and Deuteronomy chapter 14. ² God told Moses certain animals were "clean" to eat and other were not clean (I.E. Pork). I call these the Road Kill laws of the Old Testament. Because there is even rules on who, what where and when you may eat animals killed by wild animals.

There has been recently several diet books and teaching on what would Jesus eat and of course being Jewish he would have been Kosher. The premise is that the OT food laws are for health and not other reason and if we wish to lose weight and stay healthy we must keep OT laws.. So, folks are asking, "What ics our relation to the food laws of the Old Testament?"

But let's look, first of all, at I Timothy 4. I Timothy 4:1: "The Holy Spirit clearly says that in the last days some people will leave the faith. They will follow spirits that will fool them. They will believe things that demons will teach them.

² Teachings like those come from liars who pretend to be what they are not. Their sense of what is right and wrong has been burned as if

with a hot iron.³ They do not allow people to get married. They order them not to eat certain foods. But God created those foods. So people who believe and know the truth should receive them and give thanks for them.

⁴ Everything God created is good. You shouldn't turn anything down. Instead, you should thank God for it.⁵ The word of God and prayer make it holy.

⁶ Point these things out to the brothers and sisters. Then you will serve Christ Jesus well. You were brought up in the truths of the faith. You received good teaching. You followed it.

Some of the things that they're going to teach, these false teachers, these doctrines of demons, are these: forbidding to marry—and that has a lot of ramifications. That marriage is wrong or that marriage is, in our day, unnecessary. You can just live together, whatever—and commanding to abstain from foods which God has created to be received with thanksgiving by them who believe and know the truth. Now, some people are going to come in the last time, saying that you shouldn't eat certain things. But verse 4, I think, answers the question: "For every creature of God is good and nothing is to be refused if it is received with thanksgiving." It isn't nearly so important what you eat as the attitude you have in eating it. Now, this isn't to say that you're to eat garbage. It isn't to say that you're to eat

something that obviously is diseased. But every creature designed by God is good. God looked at everything He made and said, what? It's good! And "nothing is to be refused if it is received with thanksgiving." God is concerned with your attitude! You say, "But Roger, what about all those Old Testament dietary laws? Have they been set aside?" Look at Acts 10. Now, by the time we get to chapter 10, the church is pretty well Jewish; there hasn't been a great movement at all toward gentiles. In fact, that's beginning in chapter

10. So the Jews have come to Christ. And, they haven't really left their Judaism, frankly. And atc this point, it is somewhat of a barrier to gentile evangelism.

It's very difficult, you see, for a Jew to be in a situation to evangelize a gentile and the reason is because they just didn't have any possible way of connecting up. A Jew, in the first place, wouldn't go in a gentile house. A Jew wouldn't normally have a gentile into his house. They would never sit down and eat the same foods. So, there was very little opportunity for real confrontation. There was a built-in separation. The very dust, for example, of a gentile country, was unclean and when you came into Israel you always shook the dust off your clothes because you didn't want to drag gentile dirt into Israel. This maintained a tremendous separatism.

For example, milk drawn from a cow by gentile hands was forbidden. Jewish hands had to, you know...?

No Jew would ever eat with a gentile.

If a gentile was invited to a Jewish house—and that did happen on some occasions—he would never be left alone in a room because if he was left alone in a room, every article in the room would be unclean.

If cooking utensils were bought from a gentile, they had to be purified by fire.

Any article, however distantly connected with gentiles, was to be destroyed.

You see, when Israel went into the Promised Land, what were they supposed to do with the Canaanites? They were supposed to kill them! Wipe them out, as God's judgment instrument.

They were to wipe out the Canaanites. In order to help them to get at that business, God didn't want them making great friends and relationships. And so He designed a separate kind of existence. This made them unique, it made them peculiar, it made them stick out, it made people say, "There's something different about them," and when they examined it, they found it wasn't just their diet; it was their theology. It was a constant reminder that the Jew from every morsel eaten to every act they Belonged to Almighty God. What, how and when they ate were statements of holiness—they were separate and

were to give glory to God. This is why Daniel refused to eat the Kings Cuisine.

God's Principle of Eating and Exercise for Today

In the comic strip "The Wizard of Id" the Minister is waxing eloquent on the great virtue of moderation. He exclaims, "Moderation is the key to living. Follow the golden rule. Eat moderation, drink moderation, sleep moderation, work moderation, play moderation, live moderation." On and on he went. After the service the King greets him at the back of the church, shakes his hand and says "I think you overdid it." Moderation is the principle for every Christian when it comes to eating and exercising.

Now, as we have learned the strict Jew, then, believed that there was no way there could be any connection. Well, all this had to die, folks. If there was going to be any way that the Jew was going to reach the gentile with the message of Christ, this was going to have to die. It begins to die in Acts chapter 10 and watch what happens, beginning in verse 9: "On the next day, as they went on their journey and drew near the city, Peter went on a housetop to pray, about the sixth hour"—he went up to pray—"and he became very hungry and would have eaten but while they made ready, he fell into a trance." This is another one of those divine anesthetics where God just puts him to sleep because He's got a message for him. "And all of a sudden in his trance," or his

sleep, "he saw heaven opened and a certain vessel"—it's a big sheet, actually—"descends on him," or to him, "like a big sheet, knit at the four corners, and let down to the earth."

Somehow there's this great, big sheet in the four corners, connected to some guidewires coming out of heaven. And down comes this sheet.

You say, "Well, what's in it?" Verse 12: "In which

were all manner of four-footed beasts of the earth, wild beasts, creeping things, and birds of the

air." Now, the law of Israel forbid the eating of any of those things.

That's what he's trying to get at. There were certain kinds of things they couldn't eat.

"And all of a sudden," verse 13 says, "there came a voice to him, 'Rise, Peter, kill and eat!'" It's a new day, Peter! Jewish dietary laws are set aside; why? Because Jewish dietary laws had particularly as their purpose, to separate and isolate Israel from the Canaanites. If God could organize their diet so they had to eat such distinct food that they couldn't mingle with the people they were with, that was one way He could keep them from idolatry.

But all of a sudden He says, "Rise, Peter, kill and eat!" and Peter says, "Not so, Lord! No deal. I'm not doing it... For I have never eaten anything common or unclean! I've never eaten anything like that; I can't handle it. I'm kosher!" And he was. "And the voice spoke the

second time, 'What God hath'"—what? "*Cleansed* that call not thou common.'" You think he was easily convinced? This was done three times. He was stubborn! But that's not easy for him. And the vessel was pulled back up into heaven.

What in the world is going on here? Well, God was preparing Simon to go to the house of whom? Cornelius. And all that old dietary stuff that was keeping Israel distinct was wiped out.

You say, "What is it proper for a Christian to eat nowadays?" Anything that's healthy, reasonably healthy. It isn't nearly so important what you eat as your—what? Your attitude towards it. Are you thankful for it? You know, I'll tell you something. There are places in the world where Christians are serving in missions where they don't have a lot of choice. I mean, if you would go to Ecuador, out in the boondocks, and, you know, we have those hot dogs on a stick here? Are you ready for this? They have guinea pig on a stick with the stick going up through the end of the guinea pig and out the teeth! And they cook it just like that: hair, eyeballs—everything. A businessman's lunch—and no mustard!

Sobmebody's going to say in that society, "Now wait a minute! I'm not eating that." Little choice. And if youc don't in some cases, you would be offensive to the folks.

There is four basic Rules For the Christian:

Do not eat or exercise in a way that offends others

Now the only prohibition I would say that comes along that line would be if your brother is offended (as we learn in I Corinthians and Romans) by "meats offered to idols" then what should you do? Not eat those. Example the Bible does not forbid Christians from Drinking, but a vast amount of people will be offended if you do-so don't drink unless you know it will not be a stumbling block to others. Oh and young people Christians are to obey the laws of the land, so it is a sin for you to drink before you are twenty one. In a Vegan home same thing eat vegan. So you are not offensive to the cause of Christ. But other than that, I don't really think it matters a whole lot what you eat.

Now, obviously, it's good to feel good. So if you go out and eat a whole bunch of junky food, super greasy food, and you eat down at The Greasy Spoon all the time, you're not going to feel too good. There's no sense in going through life feeling lousy. It's good to eat healthy food; God expects you to use your mind about it. But there is nothing that is forbidden if it is properly prepared and cooked and reasonably healthy—and anything can be prepared reasonably if you burn it enough. At that point it tastes like burnt chicken. The point for **Christians** in Eating and Exercise is to give witness to God. While the world is often to make an Idol of the human body, what we eat is to point to the Lord of heaven.

Eat and Exercise for Joy

So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad. Then joy will accompany him in his work all the days of the life God has given him under the sun. Ecclesiastes 8:15

This is Solomon's recipe for a significant life. He is telling us to learn to enjoy what God has given to refresh and strengthen us so we continue to do his work as long as possible.

Eat and Exercise to care for God's Temple

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? ¹⁷If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple. 1 Corinthians 3:16-17

The Apostle Paul states that we have a certain duty to care for the body ([Ephesians 5:29](#)). He also encouraged his protégé, Timothy, to take medicinal action for his infirmities ([1 Timothy 5:23](#)). We are also aware that believers have the distinct responsibility of responding properly with the body in that it is the temple of the Holy Spirit ([1 Corinthians 6:19,20](#)). We are to show our faith by offering assistance to those who have physical needs ([James 2:16](#)). Therefore, we can conclude that as Christians we should be concerned about physical well-being and the benefits of securing help with our health.

So self leadership is where it starts we should eat nutritious food and exercise enough to have good health, that we may serve God and mankind.

Eat and Exercise For God's Glory

If I take part in the meal with thankfulness, why am I denounced because of something I thank God for?

³¹So whether you eat or drink or whatever you do, do it all for the glory of God. ³²Do not cause anyone to stumble, whether Jews, Greeks or the church of God. 1 Corinthians 10:30-32

All of actions including Eating and Exercising must be motivated by God's love, so that all we do is for His glory. Keep this as your guiding principle by asking: is this action or thought glorifying to God? We must start asking how can my eating and exercise bring honor to God? Will my eating and exercise allow me to continue to serve my God for a lengthy time?

Conclusion: The Reason the Christian world view of the human body is neither abuse or adornment is God made the human body both amazing and temporary. Which word describes your body? My cancerous body? My arthritic body? My deformed body? My crippled body? My addicted body? My ever-expanding body?

The word may be different, but the message is the same: These bodies

are weak. They began decaying the minute we began breathing. And, according to God, that's a part of the plan. Every wrinkle and every needle take us one step closer to the last step when Jesus will change our simple bodies into forever bodies. No pain. No depression. No sickness. No end.

This is not our forever house. It will serve for the time being. But there is nothing like the moment we enter into his door. This destiny is guaranteed by the death of Jesus on the cross for the forgiveness for our sins. Listen to John 3:16 *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.* If your body is wearing out or you are still proud of your birthday suit, trusting Jesus with your whole life is the first step to eternal life begins.