

Revelation to the Nations

JESUS AND THE FATHER PREPARE THE MOST GLORIOUS CITY IN THE UNIVERSE

JESUS AND THE FATHER PREPARE THE MOST GLORIOUS CITY IN THE UNIVERSE SO THAT WE CAN LIVE WITH THEM FOREVER PART III

The rest of the chapter finishes the description of the heavenly city and explains the qualities of those that will not be there. But Jesus our high priest is pleading our cause now in the Heavenly Sanctuary. Just as in the sanctuary of old. The priest of the Old Sanctuary wore an ephod. Over the ephod was the breastplate, the most sacred of the priestly vestments. This was of the same material as the ephod. It was in the form of a square, measuring a span, and was suspended from the shoulders by a cord of blue from golden rings. The border was formed of a variety of precious stones, the same that form the twelve foundations of the City of God. Within the border were twelve stones set in gold, arranged in rows of four, and, like those in the shoulder pieces, engraved with the names of the tribes. The Lord's direction was, "Aaron shall bear the names of the children of Israel in the breastplate of judgment upon his heart, when he goeth in unto the holy place, for a memorial before the Lord continually." Exodus 28:29. So Christ, the great High Priest, pleading His blood before the Father in the sinner's behalf, bears upon His heart the name of every repentant, believing soul. Says the psalmist, "I am poor and needy; yet the Lord thinketh upon me." Psalm 40:17.

THE TEMPLE IN HEAVEN OUTSIDE THE CITY

1. What is missing from inside the Heavenly Jerusalem? Where is it found instead? Rev 21:22; 7:14,15.

Ans: a. ²²And I saw no _____ therein: for the Lord _____ Almighty and the _____ are the temple of it. Rev 21:22.

⁸And let them make me a _____; that I may _____ among them. Ex 25:8.

Ans: b. ¹⁴And I said unto him, Sir, thou knowest. And he said to me, _____ are they which came out of great tribulation, and have _____ their robes, and made them white in the blood of the Lamb. ¹⁵Therefore are they before the _____ of God, and serve him day and night in his _____; and he that sitteth on the throne shall _____ among them. Rev 7:14,15.

Ans: c. "I saw no temple therein: for the Lord God Almighty and the _____ are the _____ of it." Rev. 21:22. The people of God are privileged to hold _____ communion with the Father and the Son. "Now we see through a glass, _____." 1 Cor. 13:12. We behold the image of God reflected, as in a mirror, in the works of nature and in His dealings with men; but _____ we shall see Him _____ to face, without a dimming veil between. We shall stand in His _____, and behold the glory of His countenance. Ellen G. White, The Great Controversy, page 676,677.

Ans: d. The temple of Revelation 7:15 is outside the great city of the New Jerusalem. The _____ was made originally because of sin. God wanted to _____ with His people but His glory would have _____ them. In heaven we can communicate face to _____ without the need of a _____. The temple will have a _____ purpose in heaven because there will be _____ more need for the atonement and _____ of sin. Ellen White gave this description of her vision of the heavenly temple. "Mount Zion was just before us, and on the mount was a glorious _____, and about it were seven other mountains, on which grew roses and lilies. And I saw the little ones climb, or, if they chose, use their little wings and fly, to the top of the mountains and pluck the never-fading flowers. There were all kinds of trees around the _____ to beautify the place: the box, the pine, the fir, the oil, the myrtle, the pomegranate, and the fig tree bowed down with the weight of its timely figs--these made the place all over glorious. And as we were about to enter the holy _____, Jesus raised His lovely voice and said, "Only the _____ enter this place," and we shouted, "Alleluia." This temple was supported by _____ pillars, all of transparent gold, set with pearls most glorious. The wonderful things I there saw I cannot describe. Oh, that I could talk in the language of Canaan, then could I tell a little of the glory of the better world. I saw there tables of _____ in which the names of the 144,000 were engraved in letters of gold. After we beheld the glory of the _____, we went out, and Jesus left us and _____ to the _____. Soon we heard His lovely voice again, saying, "Come, My people, you have come out of great tribulation, and done My will; suffered for Me; come in to supper, for I will gird Myself, and serve you." We shouted, "Alleluia! glory!" and entered into the _____. Ellen G. White, Early Writings, page19.

"I saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it." Rev. 21:22. The people of God are privileged to hold open communion with the Father and the Son. "Now we see through a glass, darkly." 1 Cor. 13:12. We behold the image of God reflected, as in a mirror, in the works of nature and in His dealings with men; but then we shall see Him face to face, without a dimming veil between. We shall stand in His presence, and behold the glory of His countenance. Ellen G. White, The Great Controversy, page 676,677.

The temple of Revelation 7:15 is outside the great city of the New Jerusalem. The temple was made originally because of sin. God wanted to dwell with His people but His glory would have destroyed them. In heaven we can communicate face to face without the need of a temple. The temple will have a different purpose in heaven because there will be no more need for the atonement and forgiveness of sin. Ellen White gave this description of her vision of the heavenly temple. "Mount Zion was just before us, and on the mount was a glorious temple, and about it were seven other mountains, on which grew roses and lilies. And I saw the little ones climb, or, if they chose, use their little wings and fly, to the top of the mountains and pluck the never-fading

flowers. There were all kinds of trees around the temple to beautify the place: the box, the pine, the fir, the oil, the myrtle, the pomegranate, and the fig tree bowed down with the weight of its timely figs--these made the place all over glorious. And as we were about to enter the holy temple, Jesus raised His lovely voice and said, "Only the 144,000 enter this place," and we shouted, "Alleluia." This temple was supported by seven pillars, all of transparent gold, set with pearls most glorious. The wonderful things I there saw I cannot describe. Oh, that I could talk in the language of Canaan, then could I tell a little of the glory of the better world. I saw there tables of stone in which the names of the 144,000 were engraved in letters of gold. After we beheld the glory of the temple, we went out, and Jesus left us and went to the city. Soon we heard His lovely voice again, saying, "Come, My people, you have come out of great tribulation, and done My will; suffered for Me; come in to supper, for I will gird Myself, and serve you." We shouted, "Alleluia! glory!" and entered into the city. *Ellen G. White, Early Writings, page19.*

THE MOON THAT IS AS BRIGHT AS THE SUN AND THE SUN THAT IS SEVEN TIMES BRIGHTER ON THE NEW EARTH IS NOT NEEDED IN THE NEW JERUSALEM BECAUSE GOD THE FATHER AND HIS SON ARE THE LIGHT OF IT

2. What is one thing that will not be needed in the Heavenly Jerusalem? Rev 21:23.

Ans : a. ²³And the city had no _____ of the _____, neither of the _____, to shine in it: for the glory of God did lighten it, and the _____ is the light thereof. Rev 21:23.

Ans: b. Although the city has no need of the sun or moon this does not mean there is no sun or moon. There are still _____ (Rev 21:25) and _____ (Rev 22:2) showing that the sun and moon _____ exist in the Heavenly _____. They will be even _____ in the New Jerusalem than here on earth now. But _____ face and the glory of the Father are as bright as the _____ itself (Rev 1:16; 10:1).

²⁶Moreover the light of the _____ shall be as the light of the _____, and the light of the _____ shall be _____, as the light of seven days, in the day that the LORD bindeth up the breach of his people, and healeth the stroke of their wound. Isa 30:26.

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3. Who shall walk in the glorious light of the Heavenly Jerusalem? Rev 21:24.

Ans: a. ²⁴And the _____ of them which are _____ shall walk in the light of it: and the kings of the earth do bring their glory and honour into it. Rev 21:24.

Ans: b. Still another scene opens to his view--the earth _____ from the curse, lovelier than the fair Land of Promise so lately spread out before him. There is _____ sin, and death cannot enter. There the nations of the saved find their eternal home. With joy unutterable _____ looks upon the scene--the fulfillment of a more glorious deliverance than his brightest hopes have ever pictured. Their earthly wanderings forever past, the _____ of God have at last entered the _____ land. *Ellen G. White, Patriarchs and Prophets, page 477.*

Still another scene opens to his view--the earth freed from the curse, lovelier than the fair Land of Promise so lately spread out before him. There is no sin, and death cannot enter. There the nations of the saved find their eternal home. With joy unutterable Moses looks upon the scene--the fulfillment of a more glorious deliverance than his brightest hopes have ever pictured. Their earthly wanderings forever past, the Israel of God have at last entered the goodly land. *Ellen G. White, Patriarchs and Prophets, page 477.*

4. What will be different in the New Jerusalem? Rev 21:25.

Ans: a. ²⁵And the gates of it shall not be shut at all by day: for there shall be no _____ there. Rev 21:25.

Ans: b. In the city of God "there shall be no night." None will _____ or desire _____. There will be _____ weariness in doing the will of God and offering praise to His name. We shall _____ feel the _____ of the _____, and shall ever be far from its close. "And they need no _____, neither light of the sun; for the Lord giveth them light." Rev. 22:5. The light of the sun will be _____ by a radiance which is _____ painfully dazzling, yet which immeasurably surpasses the brightness of our noontide. The glory of God and the Lamb floods the Holy City with unfading light. The redeemed walk in the _____ glory of perpetual day. *Ellen G. White, Great Controversy, page 676.*

In the city of God "there shall be no night." None will need or desire repose. There will be no weariness in doing the will of God and offering praise to His name. We shall ever feel the freshness of the morning, and shall ever be far from its close. "And they need no candle, neither light of the sun; for the Lord giveth them light." Rev. 22:5. The light of the sun will be superseded by a radiance which is not painfully dazzling, yet which immeasurably surpasses the brightness of our noontide. The glory of God and the Lamb floods the Holy City with unfading light. The redeemed walk in the sunless glory of perpetual day. *Ellen G. White, Great Controversy, page 676.*

OUR CHARACTER WHICH IS MADE UP OF OUR THOUGHTS AND FEELINGS IS THE ONLY TREASURE WE TAKE FROM THIS WORLD TO THE NEXT

5. What is brought into the city? Rev 21:26.

Ans: a. ²⁶And they shall bring the _____ and _____ of the nations into it. Rev 21:26.

Ans: b. Basically, in the Bible it (the Greek word doxa [gr:δόξα] translated glory) refers to recognition, honor or renown belonging to a person. When we read in Rom 3:23 that they “come short [or lack] the _____ of God,” it means they are _____ what God intended them to be. They lack His image and _____. The Complete Word Study Dictionary New Testament, by Spiros Zodhiates Th. D., page 478.

Ans: c. A look at the root word of doxa, i. e., dokeo (1380), to think or suppose, is necessary. Etymologically (historically verifiable sources), the word primarily means _____ or opinion ... The Complete Word Study Dictionary New Testament, by Spiros Zodhiates Th. D., page 478.

Ans: d. You should keep off from Satan's enchanted ground, and _____ allow your minds to be _____ from allegiance to God. Through Christ you may and should be _____, and should acquire habits of self-_____. Even your _____ must be brought into _____ to the will of God, and your _____ under the _____ of _____ and religion. Your imagination was _____ given you to be allowed to run riot and have its _____ way, without any effort at _____ or discipline. If the _____ are _____, the _____ will be _____; and the thoughts and feelings _____ make up the moral _____. When you decide that as Christians you are _____ required to _____ your thoughts and feelings, you are brought under the _____ of evil _____, and invite their presence and their _____. If you yield to your _____, and allow your _____ to run in a channel of suspicion, _____, and repining, you will be among the most _____ of mortals, and your lives will prove a _____. Ellen G. White, Messages to Young People, page 92.

Ans: e. The glory that the nations of the saved bring into the city is the _____ of the _____ of God which they have developed while on earth by beholding the _____ of _____. "We all, with open face _____ as in a glass the glory of the _____, are _____ into the same _____ from _____ to glory [from _____ to character], even as by the _____ of the Lord." The human _____ is changed into the _____. It is the spiritual eye that discerns this glory. It is veiled, shrouded in mystery, until the Holy _____ imparts this _____ to the soul. The _____ of the natural man may seek to discern it, his _____ may think to comprehend it, but _____ can behold it. Those who possess the greatest amount of knowledge are still ignorant of it, until _____ communicates light to the soul. Ellen G. White, Advent Review and Sabbath Herald, the 18th of February, 1896.

Ans: f. Christ came to the world that we might become new creatures, _____ after the similitude of his own _____; that we might have _____ like the purity of God, have _____ like his perfection. In the work of regeneration, the _____ loveliness begins to be _____. The attributes of the _____ of Christ are imparted to the soul, and the _____ of the divine begins to _____ forth. "We all, with open face _____ as in a glass the glory of the Lord, are changed into the _____ image from glory to _____, even as by the Spirit of the Lord." It is plainly declared that a change takes place in the _____ of the human agent. Ellen G. White, The Signs of the Times, the 21st of August, 1893.

Ans: g. A _____ formed according to the divine likeness is the _____ treasure that we can _____ from _____ world to the _____. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are _____ to improve. How important, then, is the development of _____ in _____ life. Ellen G. White, Child Guidance, page 161.

Ans: h. The Honour referred to as being brought into the city by the saved comes from the Greek word time (w:τιμή) which means: “a valuing by which the _____ is fixed, of the price _____ or _____ for a person or thing bought or sold, honour which _____ or is _____ to one, _____.” (Enhanced Strong’s Lexicon). The _____ and reverence that we will have for _____ for the great _____ that He paid for our sins by His _____ will cause us to show Him _____ and praise and glory throughout eternity.

Basically, in the Bible it (the Greek word doxa [gr:δόξα] translated glory) refers to recognition, honor or renown belonging to a person. When we read in Rom 3:23 that they “come short [or lack] the glory of God,” it means they are not what God intended them to be. They lack His image and character. The Complete Word Study Dictionary New Testament, by Spiros Zodhiates Th. D., page 478.

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You should keep off from Satan's enchanted ground, and not allow your minds to be swayed from allegiance to God. Through Christ you may and should be happy, and should acquire habits of self-control. Even your thoughts must be brought into subjection to the will of God, and your feelings under the control of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way, without any effort at restraint or discipline. If the thoughts are wrong, the feelings will be wrong; and the thoughts and feelings combined make up the moral character. When you decide that as Christians you are not required to restrain your thoughts and feelings, you are brought under the influence of evil angels, and invite their presence and their control. If you yield to your impressions, and allow your thoughts to run in a channel of suspicion, doubt, and repining, you will be among the most unhappy of mortals, and your lives will prove a failure. Ellen G. White, Messages to Young People, page 92.

The glory that the nations of the saved bring into the city is the reflection of the character of God which they have developed while on earth by beholding the beauty of Jesus. "We all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory [from character to character], even as by the Spirit of the Lord." The human character is changed into the divine. It is the spiritual eye that discerns this glory. It is veiled, shrouded in mystery, until the Holy Spirit imparts this discernment to the soul. The reason of the natural man may seek to discern it, his

intellect may think to comprehend it, but neither can behold it. Those who possess the greatest amount of knowledge are still ignorant of it, until God communicates light to the soul. Ellen G. White, *Advent Review and Sabbath Herald*, the 18th of February, 1896.

Christ came to the world that we might become new creatures, created after the similitude of his own character; that we might have purity like the purity of God, have perfection like his perfection. In the work of regeneration, the original loveliness begins to be restored. The attributes of the character of Christ are imparted to the soul, and the image of the divine begins to shine forth. "We all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." It is plainly declared that a change takes place in the character of the human agent. Ellen G. White, *The Signs of the Times*, the 21st of August, 1893.

A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve. How important, then, is the development of character in this life. Ellen G. White, *Child Guidance*, page 161.

The Honour referred to as being brought into the city by the saved comes from the Greek word *timē* (τιμή) which means: "a valuing by which the price is fixed, of the price paid or received for a person or thing bought or sold, honour which belongs or is shown to one, reverence." (Enhanced Strong's Lexicon). The love and reverence that we will have for Christ for the great price that He paid for our sins by His blood will cause us to show Him honour and praise and glory throughout eternity.

THOSE THAT DEFILE THEIR BODY TEMPLE WITH ALCOHOL, UNCLEAN MEATS, FAT, AND BLOOD SHALL NOT ENTER THE BELOVED CITY OF GOD

6. Who will be prevented from entering the beautiful New Jerusalem and who will not? Rev 21:27.

Ans: a. ²⁷And there shall in _____ wise _____ into it any thing that _____, neither *whatsoever* worketh _____, or *maketh* a _____: but they which are _____ in the Lamb's _____ of life. Rev 21:27.

Ans: b. What are some of the things that will defile my body temple and so block my chance of being with Jesus forever? Dan 1:8.

⁸But Daniel purposed in his heart that he would not _____ himself with the portion of the king's _____, nor with the _____ which he drank: therefore he requested of the prince of the eunuchs that he might not _____ himself. Dan 1:8.

Ans: c. What are some of the things that the Bible forbids us to eat?

1. Animals that do not both chew the cud and have a parted hoof such as _____ (swine), squirrels, camels, _____, mice, rats, _____, cats, lizards, tortoise, ferrets, moles, _____ and many others are _____ to be _____ (Lev 11:1-8; Deut 14:3-8; Lev 11:27-31).

⁶And every beast that parteth the hoof, and cleaveth the cleft into two claws, *and* cheweth the cud among the beasts, that ye shall eat. ⁷Nevertheless these ye shall _____ eat of them that chew the cud, or of them that divide the cloven hoof; *as* the _____, and the _____, and the coney: for they chew the cud, but divide not the hoof; *therefore they are* unclean unto you. ⁸And the _____, because it divideth the hoof, yet cheweth not the cud, it *is* unclean unto you: ye shall not eat of their flesh, nor touch their dead carcase. Deut 14:6-8.

⁴¹And every _____ thing that creepeth upon the earth *shall be* an _____; it shall _____ be eaten.

⁴²Whatsoever goeth upon the belly, and whatsoever goeth upon *all* _____, or whatsoever hath more feet among all creeping things that creep upon the earth, them ye shall not eat; for they *are* an abomination.

⁴³Ye shall not make yourselves _____ with any creeping thing that creepeth, neither shall ye make yourselves unclean with them, that ye should be _____ thereby. Lev 11:41-43.

¹⁵For, behold, the LORD will _____ with _____, and with his chariots like a whirlwind, to render his _____ with fury, and his rebuke with flames of _____. ¹⁶For by fire and by his sword will the LORD plead with all flesh: and the _____ of the LORD shall be _____. ¹⁷They that _____ themselves, and purify themselves in the gardens behind one *tree* in the midst, eating _____ flesh, and the abomination, and the mouse, shall be _____ together, saith the LORD. Isa 66:15-17.

Pork, although one of the most common articles of diet, is one of the most _____. God did not prohibit the Hebrews from eating _____ flesh merely to show His authority, but because it was _____ a proper article of _____ for man. It would fill the system with _____, and especially in that warm climate produced _____, and disease of _____ kinds. Its influence upon the system in that climate was far more injurious than in a colder climate. But God _____ designed the _____ to be eaten under any circumstances. The heathen used pork as an article of food, and American people have used pork freely as an important article of diet. Swine's flesh would not be _____ to the taste in its natural state. It is made agreeable to the appetite by high _____, which makes a very _____ thing _____. Swine's flesh above all other flesh meats, produces a _____ state of the _____. Those who eat freely of pork can but be _____. Those who have much outdoor exercise do not realize the bad effects of pork eating, as those do whose life is mostly indoors, and whose habits are sedentary, and whose labor is mental. Ellen G. White, *Counsels on Diet and Foods*, pages 392,393.

The tissues of the swine _____ with _____. Of the swine God said, "It is _____ unto you: ye shall not _____ of their flesh, nor touch their dead carcass." Deuteronomy 14:8. This command was given because swine's flesh is _____ for food. Swine are _____, and this is the only use they were intended to serve. _____, under any circumstances, was their flesh to be eaten by human beings. It is _____ for the flesh of any living creature to be wholesome when filth is its natural element and when it _____ upon every _____ thing. Ellen G. White, *Ministry of Healing*, pages 313,314.

But it is not the physical health alone which is _____ by pork eating. The _____ is affected, and the finer sensibilities are blunted by the use of this gross article of food. It is impossible for the flesh of any living creatures to be healthy when filth is their natural element, and when they will feed upon every detestable thing. The flesh of swine is _____ of what they _____. If human beings eat their flesh, their blood and their flesh will be _____ by impurities conveyed to them through the swine. Ellen G. White, *Counsels on Diet and Foods*, page 393.

Some animals that are brought to the slaughter seem to _____ what is to take place, and they become _____, and literally _____. They are killed while in that state; and their flesh prepared for market. Their meat is _____, and has produced, in those who have eaten it, cramp, _____, apoplexy, and sudden _____. Yet the cause of all this suffering is not attributed to meat. Some animals are inhumanly treated while being brought to the slaughter. They are literally tortured, and after they have endured many hours of extreme suffering, are butchered. Swine have been prepared for market even while the _____ was upon them, and their _____ flesh has spread contagious _____, and great mortality has followed.

Ellen G. White, Selected Messages Book 2, page 419.

Those who subsist largely upon flesh-meats _____ the _____ thereby, the _____ becomes torpid and impure, _____-aches and indispositions follow. The system is filled with humors; _____, scrofula and _____ are the consequences. Especially is this true of those who eat _____ flesh. Ellen G. White, The Signs of the Times, the 6th of January, 1876.

The use of _____ flesh is contrary to His express command, given not because He wished to especially show His authority, but because it would be _____ to those who should eat it. Its use would cause the blood to become impure, so that scrofula and other humors would corrupt the system, and the whole organism would suffer. Especially would the fine, sensitive nerves of the _____ become _____ and so _____ that sacred things would not be discerned, but be placed upon the low level with common things. Ellen G. White, Testimonies to the Church, Volume 2, page 96. See note below.

2. All fish and water creatures that do not have both fins and scales such as catfish, _____, lobsters, shrimp, _____, clams, oysters, _____, shellfish, _____, octopus and others. See note below.

“All _____ are periodically subjected to toxicity tests. Samples are injected in mice – if they live, the mollusks are presumed safe. In the first stage of nerve action, there is a massive flow of _____ through channels in the walls of the nerve _____ into the body of the cell itself. It was found that _____ ingredient found in _____ somehow _____ these channels and prevents the ion transfer from happening. Without the transfer the cells fail and _____ occurs.” Article in Newsweek Magazine entitled “The Poison in Shellfish,” January 10, 1972, page 39. See note below.

3. Unclean birds of prey and bats such as eagles, _____, kites, vultures, _____, cuckoos and all other birds that eat flesh and also bats. Jesus was very _____ in giving all these guidelines and so preventing many _____, suffering and death. See note below.

4. All unclean invertebrates such as insects and spiders especially those that _____ other insects. See note below.

Ans: d. What else does God forbid to eat for the good health of His people? Lev 3:17

¹⁷It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither _____ nor _____. Lev 3:17.

¹⁹Wherefore my sentence is, that we trouble not them, which from among the _____ are turned to God: ²⁰But that we write unto them, that they _____ from pollutions of idols, and from fornication, and from things strangled, and from _____.

Acts 15:19,20.

²⁸For it seemed _____ to the Holy _____, and to us, to lay upon you no greater burden than these necessary things;

²⁹That ye abstain from meats offered to idols, and from _____, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well. Fare ye well. Acts 15:28,29.

Investigation indicates that a diet rich in animal _____ tends to raise the levels of _____ and the related fats and lipids in the blood. Evidence strongly indicates that people with such high levels are more likely to develop atherosclerosis and _____ attacks than those with lower levels...People who naturally have abnormally high levels of cholesterol—especially low-density—lipoproteins can reduce their risk of heart attack by lowering their blood cholesterol. This can be done by following a _____ low in saturated _____. Encyclopedia Encarta 1998, article cholesterol

Over 20 prospective studies have been made on _____ of people in _____ countries. They have all found that the three biggest risk factors for coronary heart disease are a high plasma total _____, cigarette _____, and high blood pressure (hypertension).

From a global viewpoint such countries as Great _____, Finland, Ireland, New _____, the Czech Republic, Slovakia, _____, Hungary, and the United _____ are high plasma **cholesterol** countries, consuming high-_____ diets and experiencing high incidences of coronary _____ disease.

In residents of these countries plasma _____ (total and LDL) can be consistently _____ by combining the following _____ changes (listed in order of effectiveness): (1) _____ saturated _____ as much as possible, (2) reduce energy intake if overweight, (3) increase consumption of vegetables, legumes, fruits, and cereals (preferably whole grain), (4) partly replace the reduced saturated fat with moderate increase of polyunsaturated and some monounsaturated _____, and (5) _____ dietary _____.

In practical dietetics these translate to avoiding _____, hydrogenated margarine, _____ and suet, full-cream _____, cream, meat _____, frying, _____, and sausages; to restricting egg yolks, most _____, cakes, pastries, and cookies; and to eating _____ vegetables, legumes, _____, bread, rice, pasta, breakfast _____, polyunsaturated oils (e.g., sunflower seed, safflower, corn oils)... Encyclopedia Britannica 1998, article Habitual Dietary Patterns and Disease.

ALL ALCOHOLIC BEVERAGES FORBIDDEN IN THE BIBLE

Ans: e. What did God forbid us to drink so as to give us a clear mind to communicate with Him and to have better health? Lev 10:8-11.

⁸And the LORD spake unto Aaron, saying, ⁹Do _____ drink wine nor _____ drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: *it shall be* a statute for ever throughout your generations: ¹⁰And that ye may put difference between holy and _____, and between _____ and clean; ¹¹And that ye may teach the children of Israel _____ the statutes which the _____ hath spoken unto them by the hand of Moses. Lev 10:8-11.

¹Wine is a _____, strong drink is raging: and whosoever is _____ thereby is not _____. Prov 20:1.

²⁹Who hath _____? who hath sorrow? who hath _____? who hath babbling? who hath wounds without cause? who hath redness of eyes? ³⁰They that tarry long at the _____; they that go to seek mixed wine. ³¹Look _____ thou upon the wine when it is red, when it giveth his colour in the cup, *when it* _____ itself aright. ³²At the last it biteth like a _____, and stingeth like an adder.

³³Thine eyes shall behold strange women, and thine heart shall utter _____ things. ³⁴Yea, thou shalt be as he that lieth down in the midst of the sea, or as he that lieth upon the top of a mast. ³⁵They have stricken me, *shalt thou say, and I was not sick; they have beaten me, and I felt it not: when shall I awake? I will _____ it yet again.* Prov 23:29-35.

¹¹Woe unto them that rise up early in the morning, *that they may follow strong _____; that continue until night, till wine _____ them!* Isa 5:11.

⁴*It is _____ for kings, O Lemuel, it is not for kings to drink _____; nor for princes strong drink: ⁵Lest they drink, and _____ the _____, and pervert the judgment of any of the afflicted.* Prov 31:4,5.

⁹But ye *are* a chosen generation, a _____ priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of _____ into his marvellous _____: ¹⁰Which in time past *were* not a people, but *are* now the people of God: which had not obtained mercy, but now have obtained mercy. ¹¹Dearly beloved, I beseech *you* as strangers and pilgrims, abstain from fleshly _____, which _____ against the soul; ¹²Having your conversation honest among the Gentiles: that, whereas they speak against you as evildoers, they may by *your* good _____, which they shall behold, glorify God in the day of visitation. 1 Pet 2:9-12.

²⁰Be not among _____; among riotous eaters of flesh: ²¹For the _____ and the glutton shall come to _____; and drowsiness shall clothe *a man* with rags. Prov 23:20,21.

¹⁸And be not _____ with _____, wherein is excess; but be filled with the Spirit; Eph 5:18.

⁹ Know ye not that the _____ shall _____ inherit the kingdom of God? Be not deceived: _____, nor idolaters, nor adulterers, nor effeminate, nor abusers of themselves with mankind, ¹⁰Nor thieves, nor covetous, nor _____, nor revilers, nor extortioners, shall inherit the _____ of God. ¹¹And such were some of you: but ye are _____, but ye are _____, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God. 1 Cor 6:9-11.

¹⁹Now the works of the _____ are manifest, which are *these*; Adultery, fornication, uncleanness, lasciviousness, ²⁰Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, ²¹Envyings, murders, _____, revellings, and such like: of the which I tell you before, as I have also told *you* in time past, that _____ which _____ such things shall _____ inherit the _____ of God. Gal 5:19-21.

¹³Let us _____ honestly, as in the day; _____ in rioting and _____, not in chambering and wantonness, not in strife and envying. ¹⁴But put ye on the Lord Jesus Christ, and make _____ provision for the _____, to fulfil the lusts *thereof*. Rom 13:13,14.

IT ONLY TAKES ONE ALCOHOLIC DRINK TO DO PERMANENT DAMAGE TO THE BRAIN

“Every time a person takes a few drinks of an alcoholic beverage, even a _____ beers or _____ at a social function – he _____ damages his _____ by cutting off the oxygen supply to enormous numbers of small areas of brain tissue; thereby killing large numbers of brain cells _____... There is only one way to be safe from the danger of alcohol... That is to quit cold.” Dr. Melvin Knisely, Professor of Anatomy at Medical University of South Carolina in Charleston, “Listen,” December 1969.

Investigations into the effects of _____ on the _____ now indicate that drinking at moderate levels can impair _____ powers (such as awareness, perception, _____, recognition, _____) even to the next day, when the drinker is _____.” L. Gross, *How Much Is Too Much? The Effects of Social Drinking*, New York, NY; Random House, 1983, page 161.

There is _____ safe level of alcohol consumption. Effects of alcohol use include _____ damage such as cirrhosis, and alcoholic hepatitis, _____ and blood disorders, _____, gastritis, stomach ulcers, damage to unborn foetus and 1 out of every 10 drinkers become totally dependent on alcohol addiction. Social effects include _____ in relationships; physical _____ to spouse, family neglect, _____, crime, rape, murder and accidents (highest cause of death in under 25’s). Alcohol is a powerful depressant drug which if you drink enough will cause you to sleep forever. It is a _____ quality food with lots of calories and no nutrients. And it is a highly _____ chemical that can damage every _____ in the body. *AdHealth Bringing Health to Life*, Ray Baird and Terry Butler, 1999.

The _____ is the organ _____ sensitive to the presence of alcohol. The most immediate and dramatic consequence of the ingestion of any amount of alcohol is the _____ efficiency of the brain with its related central _____ system. Such an impairment takes the form of “decreased inhibitions, less efficient _____ and hearing, _____ of speech, difficulty in the performance of gross _____ skills, deterioration of _____, increased reaction time, and a general feeling of euphoria.” Charles R. Carrol, “Alcohol: Use, Nonuse and Abuse (Dubuque, Iowa, 1975), pages 37-41.

The degree and extent of mental impairment is related to the Blood-_____ level. Studies indicate that definite impairments begin at about 0.03 percent, which is achieved simply by drinking a 12-ounce _____ of beer or 5 ½ ounces of ordinary _____ by an average 150 pound person. Rolla N. Harger, “The Response of the Body to Different Concentrations of Alcohol: Chemical tests for intoxication,” *Alcohol Education for Classroom and Community*, ed. Raymond G. McCarthy (New York 1964), page 98.

Medical authorities recognize that even _____ drink can impair judgment in some persons. In her Book, “Teaching About Alcohol, France Todd writes: “The finer grades of judgment, _____ and understanding are the first to be affected. After as little as one drink such affects may occur, and they increase rapidly as the alcohol concentration in the blood is raised in subsequent drinks.” (New York 1964), page 68.

During the baseline _____ task moderate drinkers had significantly _____ memory ratios than did light drinkers, suggesting that the heavier drinking may differentially impair the ability to retain information or possibly result in a faster _____ of _____ traces.” “The relationship of Age and drinking habits to the effects of Alcohol on Memory in Women,” Marilyn K. Jones and Ben Morgan Jones, *Journal of Studies on Alcohol*, Vol.41, No 1, 1980.

It is noteworthy that even within the _____ industry, there are some who caution against the _____ of even _____ drink, if driving. In an eight-page public-service advertisement in the August 1985 “Readers Digest,” Seagrams emphasized the well-known rule that drinking and driving do not mix at all: “The safe rule for yourself and others is: _____ – for the road!” If alcohol impairs the _____ reflexes of people driving on the cement roadways, does it not impair the mental responses of Christians journeying on the way to the kingdom? To impair out moral judgment by the means of alcohol means to _____ the very discriminatory sense of right and wrong God has implanted in us.” *Wine in the Bible, A Biblical Study on the Use of Alcoholic Beverages*, by Samuele Bacchiocchi, page 297.

IT ONLY TAKES ONE DRINK OF ALCOHOL TO AFFECT THE LIVER

The liver is a very sensitive to the ill effects of alcohol. Some studies have shown that “intake of relatively _____ amounts of alcohol (1-2 ounces) by nonalcoholics can lead to the accumulation of _____ in the _____ cells.” William B, Terhume, “The Safe Way to Drink: How to Prevent Alcohol Problems Before They Start (New York, 1968), page 24.

A vital function of the liver is to _____ a proper level of blood sugar (glucose), which is the _____ source of energy used by the _____ cells. When alcohol is present in the bloodstream, the liver devotes all of its efforts to metabolizing it. To do so, the liver sometimes is _____ to supply the brain cells with adequate glucose. When this occurs, hypoglycemia can result. This is a condition in which the blood sugar level is below _____ and the brain is _____ of its proper _____. Symptoms include sweating, _____, tremors, hunger and nervousness.

The most _____ liver disease caused by alcohol consumption is _____. This is a disease in which the liver cells are _____ and thus the organ is no longer able to process nutrients in the food. Samuele Bacchiocchi, “Wine in the Bible: A Biblical Study on the Use of Alcoholic Beverages,” page 298.

“About _____ of those who develop cirrhosis will die in _____ years.” “Coming to Grips With Alcoholism,” U. S. News & World Report (November 30, 1987), page 60.

Approximately 30,000 Americans _____ of cirrhosis _____ year. In the past cirrhosis has been generally associated with _____ drinking. However, “a recent French study suggests that men who have as _____ as three drinks a day, and women who take _____ drinks a day, may be at _____ risk of developing cirrhosis.” “Coming to Grips With Alcoholism,” U. S. News & World Report (November 30, 1987), page 60.

ALCOHOL HAS A BAD AFFECT ON THE STOMACH AND DIGESTION

The ingestion of alcoholic beverages stimulates the flow of gastric juices. Alcohol can _____ the lining of the _____, giving rise to a long-lasting inflammatory condition, known as _____. Gastric _____ are frequently reported among alcohol drinkers. Too much gastric acid in the stomach irritates the ulcers, thus causing pain and retarding the healing process.

The _____ supply of gastric acids caused by the presence of alcohol in the stomach can cause a vital _____ of _____. The passage of the food from the stomach to the small intestine is delayed and the rate of absorption of various nutrients in the intestinal tract is _____. Samuele Bacchiocchi, “Wine in the Bible: A Biblical Study on the Use of Alcoholic Beverages,” page 298.

Such actions, combined with the nutrient-poor calories of _____ itself, the depression of _____, and the disturbance of normal digestive function common in heavy drinkers, combine to produce the severe _____ so often observed in alcoholic persons.”

THE USE OF ALCOHOL BADLY AFFECTS THE HEART AND CIRCULATION

The use of alcohol affects the heart also, by possibly causing high _____ pressure, and increasing the risk of strokes and heart attacks.

Experimental evidence reveals that intoxicating amounts of alcohol increase the _____ consumption of _____ muscle and result in _____ mechanical _____ of the _____. Research indicates that red blood _____ in the capillaries of drinkers tend to _____, thereby interfering with the adequate transport of oxygen to body cells.

The precise mechanism of how alcohol _____ the heart is unknown, yet the various heart disorders related to drinking have been known for a long time. Some of the disorders are: Congestive heart _____, irregular heart beat, enlarged heart, distended neck veins, pulse and blood pressure abnormalities, and swelling of the arms and legs. Charles R. Carrol, “Alcohol: Use, Nonuse and Abuse (Dubuque, Iowa, 1975), page 49.

In addition, alcohol _____ the manufacture of _____ and white blood cells, which may result in anemia and weakened _____ to infection. “Coming to Grips With Alcoholism,” U. S. News & World Report (November 30, 1987), page 60.

ALCOHOL CAUSES CANCER

Sydney Cohen, a nationally recognizes authority on alcohol use, says: “Drinking Alcoholic beverages leads to increased risk of _____ at various sites of the body. Some of the sites mentioned are the tongue, the mouth, pharynx, larynx, esophagus, and liver.” “The Substance Abuse Problems. New Insights for the 1980s. (New York 1983), Vol. 2, p. 119.

The above survey briefly mentioned only _____ of the effects of alcohol on the human body. Numerous other medical consequences of alcohol could be presented, such as effects on the _____ system, the esophagus, the pancreas, the _____, the muscles, the lungs, the _____ etc. The examples given should suffice to show that alcohol does take a very heavy toll on the human body. Samuele Bacchiocchi, “Wine in the Bible: A Biblical Study on the Use of Alcoholic Beverages,” page 298.

ELLEN G. WHITE UNDER THE INSPIRATION OF GOD MAKES ACCURATE OBSERVATIONS THAT MODERN MEDICAL RESEARCH VERIFIES AS CLEAR BIBLICAL RESONS FOR THE TOTAL ABSTINENCE FROM ANY ALCOHOL INTO THE BODY TEMPLE

We hope that at this meeting those who understand the principles of health reform will exert a strong influence on the side of temperance. Let Christ's followers _____ not only from _____, tobacco, tea, and coffee, but also from every other harmful thing that _____ the _____. The enemy has arranged matters so as to ensnare the greatest number. He leads men and women to use stimulating food and food that beclouds the nerve-power of the brain, so that they are unable to distinguish between right and wrong, between good and evil. Parents, teach the members of your household that _____ of appetite is the work of the _____. Teach them to guard against his deceptions. Such instruction should be given by everyone who takes the responsibility of bringing children into the world; and especially at this stage of the world's history fathers and mothers should realize that their children are the property of God, and that He holds them _____ to bring up their children in the nurture and admonition of the Lord. *Ellen G. White, Peter's Counsel to Parents, pages 26,27.* If they yield to his temptations they do not stop; _____ clamors for indulgence and is gratified to their ruin. The _____ is _____ and clouded; _____ no longer holds the reins, but they are laid on the neck of lust. Licentiousness, _____, and vices of almost every type are committed as the result of indulging the appetite for _____ and cider. A professor of religion who loves these stimulants, and accustoms himself to their use, never grows in grace. He becomes gross and sensual; the animal _____ control the higher powers of the _____, and virtue is not cherished. *Ellen G. White, Testimonies to the Church, Volume 5, pages 356,357.*

Look at our young men. And I write now what causes my heart to ache. They have _____ their will power. Their _____ are enfeebled, because their power is exhausted. The ruddy glow of health is not upon their countenances. The healthy sparkle of the eye is gone. Its luster is lost. The _____ they have drunk has _____ the _____. They are like persons aged in years. The brain is no longer able to produce its rich treasures when required.--*Manuscript 17, 1898. Ellen G. White, Temperance, page 36.*

It is because human beings have chosen to listen to the _____ that we see men and women partaking of that which robs them of their reason. In our large cities there are saloons on the right hand and on the left, tempting passers-by to indulge an appetite which, once established, is exceedingly hard to overcome. The youth should be trained never to touch tobacco or _____ drink. Alcohol robs men of their _____ powers. Watch that man entering the saloon. His eye is bright, and his step steady. Watch him as he comes out. The brightness has gone from his eye, and as he walks, he staggers from side to side. He is _____,--a specimen of the work done by the saloon. *Ellen G. White, Advent Review and Sabbath Herald, the 15th of June, 1905.*

The history of _____ and _____ is also given as a _____ to man, showing that the effect of _____ upon the intellect is to _____. And it will ever have this influence upon the minds of those who use it. Therefore God explicitly _____ the use of _____ and strong drink.-- *Signs of the Times, July 8, 1880.*

Persons may become just as really _____ on _____ and cider as on stronger drinks, and the worst kind of _____ is produced by these so-called _____ drinks. The passions are _____ perverse; the transformation of _____ is greater, more determined and obstinate. A few quarts of cider or sweet wine may awaken a taste for strong drinks, and many who have become confirmed _____ have thus laid the foundation of the drinking habit. . . . Moderate drinking is the school in which men are receiving an _____ for the drunkard's career. The taste for stimulants is cultivated; the nervous system is disordered; _____ keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every _____ sacrificed. *Ellen G. White, Healthful Living, page 112.*

The taste created for the disgusting, filthy _____, tobacco, leads to the desire for _____ stimulants; as liquor, which is taken on one plea or another for some imaginary infirmity or to prevent some possible disease. Thus an unnatural _____ is created for these hurtful and exciting stimulants; and this appetite has _____ until the increase of intemperance in this generation is alarming. Beverage-loving, _____-drinking men may be seen everywhere. Their intellect is _____, their _____ powers are _____, their sensibilities are _____, and the claims of God and heaven are not realized, _____ things are _____ appreciated. The Bible declares that _____ drunkard shall inherit the kingdom of God. *Ellen G. White, Testimonies to the Church, Volume 4, page 30.*

So _____ does Satan lead away from the strongholds of temperance, so insidiously do _____ and cider exert their influence upon the taste, that the highway to _____ is entered upon _____ unsuspectingly. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed. The strongest _____ are undermined, and eternal interests are too weak to keep the debased _____ under the control of _____. Some are _____ really drunk, but are always under the _____ of mild intoxicants. They are feverish, _____ in mind, not really delirious, but as truly _____; for the nobler powers of the mind are perverted. *Ellen G. White, Temperance, page 93.*

Tobacco and liquor stupefy and _____ the user. But the evil does not stop here. He transmits irritable _____, polluted blood, _____ intellects, and weak _____ to his children, and renders himself accountable for all the evil results that his wrong and dissipated course of life brings upon his family and the community. The race is groaning under a weight of accumulated woe, because of the _____ of former generations. And yet with scarcely a thought or care, men and women of the present generation indulge intemperance by surfeiting and _____, and thereby leave, as a legacy for the next generation, disease, enfeebled intellects, and polluted morals. *Ellen G. White, Testimonies to the Church, Volume 4, pages 30,31.*

What are some of the things that the Bible forbids us to eat?

1. Animals that do not both chew the cud and have a parted hoof such as pigs (swine), squirrels, camels, rabbits, mice, rats, dogs, cats, lizards, tortoise, ferrets, moles, frogs and many others are forbidden to be eaten. (Lev 11:1-8; Deut 14:3-8; Lev 11:27-31).

Pork, although one of the most common articles of diet, is one of the most injurious. God did not prohibit the Hebrews from eating swine's flesh merely to show His authority, but because it was not a proper article of food for man. It would fill the system with scrofula, and especially in that warm climate produced leprosy, and disease of various kinds. Its influence upon the system in that climate was far more injurious than in a colder climate. But God never designed the swine to be eaten under any circumstances. The heathen used pork as an article of food, and American people have used pork freely as an important article of diet. Swine's flesh would not be palatable to the taste in its natural state. It is made agreeable to the appetite by high seasoning, which makes a very bad thing worse. Swine's flesh above all other flesh meats, produces a bad state of the blood. Those who eat freely of pork can but be diseased. Those who have much outdoor exercise do not realize the bad effects of pork eating, as those do whose life is mostly indoors, and whose habits are sedentary, and whose labor is mental. *Ellen G. White, Counsels on Diet and Foods, pages 392,393.*

The tissues of the swine swarm with parasites. Of the swine God said, "It is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcass." Deuteronomy 14:8. This command was given because swine's flesh is unfit for food. Swine are scavengers, and this is the only use they were intended to serve. Never, under any circumstances, was their flesh to be eaten by human beings. It is impossible for the flesh of any living creature to be wholesome when filth is its natural element and when it feeds upon every detestable thing. *Ellen G. White, Ministry of Healing, pages 313,314.*

But it is not the physical health alone which is injured by pork eating. The mind is affected, and the finer sensibilities are blunted by the use of this gross article of food. It is impossible for the flesh of any living creatures to be healthy when filth is their natural element, and when they will feed upon every

detestable thing. The flesh of swine is composed of what they eat. If human beings eat their flesh, their blood and their flesh will be corrupted by impurities conveyed to them through the swine. [Ellen G. White, Counsels on Diet and Foods, page 393.](#)

Some animals that are brought to the slaughter seem to realize what is to take place, and they become furious, and literally mad. They are killed while in that state; and their flesh prepared for market. Their meat is poison, and has produced, in those who have eaten it, cramp, convulsions, apoplexy, and sudden death. Yet the cause of all this suffering is not attributed to meat. Some animals are inhumanly treated while being brought to the slaughter. They are literally tortured, and after they have endured many hours of extreme suffering, are butchered. Swine have been prepared for market even while the plague was upon them, and their poisonous flesh has spread contagious diseases, and great mortality has followed. [Ellen G. White, Selected Messages Book 2, page 419.](#)

Those who subsist largely upon flesh-meats inflame the stomach thereby, the blood becomes torpid and impure, head-aches and indispositions follow. The system is filled with humors; fevers, scrofula and cancers are the consequences. Especially is this true of those who eat swine's flesh. [Ellen G. White, The Signs of the Times, the 6th of January, 1876.](#)

The use of swine's flesh is contrary to His express command, given not because He wished to especially show His authority, but because it would be injurious to those who should eat it. Its use would cause the blood to become impure, so that scrofula and other humors would corrupt the system, and the whole organism would suffer. Especially would the fine, sensitive nerves of the brain become enfeebled and so beclouded that sacred things would not be discerned, but be placed upon the low level with common things. [Ellen G. White, Testimonies to the Church, Volume 2, page 96.](#)

All fish and water creatures that do not have both fins and scales such as catfish, eels, lobsters, shrimp, prawns, clams, oysters, crabs, shellfish, squid, octopus and others.

“All shellfish are periodically subjected to toxicity tests. Samples are injected in mice – if they live, the mollusks are presumed safe. In the first stage of nerve action, there is a massive flow of ions through channels in the walls of the nerve cell into the body of the cell itself. It was found that saxitoxin ingredient found in shellfish somehow clogs these channels and prevents the ion transfer from happening. Without the transfer the cells fail and paralysis occurs.” [Article in Newsweek Magazine entitled “The Poison in Shellfish.” January 10, 1972, page 39.](#)

Unclean birds of prey and bats such as eagles, hawks, kites, vultures, owls, cuckoos and all other birds that eat flesh and also bats. Jesus was very merciful in giving all these guidelines and so preventing many diseases, suffering and death.

All unclean invertebrates such as insects and spiders especially those that eat other insects.

What else does God forbid to eat for the good health of His people? Lev 3:17

Investigation indicates that a diet rich in animal fats tends to raise the levels of cholesterol and the related fats and lipids in the blood. Evidence strongly indicates that people with such high levels are more likely to develop atherosclerosis and heart attacks than those with lower levels... People who naturally have abnormally high levels of cholesterol—especially low-density—lipoproteins can reduce their risk of heart attack by lowering their blood cholesterol. This can be done by following a diet low in saturated fats... [Encyclopedia Encarta 1998, article cholesterol](#)

Over 20 prospective studies have been made on thousands of people in 14 countries. They have all found that the three biggest risk factors for coronary heart disease are a high plasma total **cholesterol**, cigarette smoking, and high blood pressure (hypertension).

From a global viewpoint such countries as Great Britain, Finland, Ireland, New Zealand, the Czech Republic, Slovakia, Australia, Hungary, and the United States are high plasma **cholesterol** countries, consuming high-fat diets and experiencing high incidences of coronary heart disease.

In residents of these countries plasma **cholesterol** (total and LDL) can be consistently reduced by combining the following dietary changes (listed in order of effectiveness): (1) reduce saturated fat as much as possible, (2) reduce energy intake if overweight, (3) increase consumption of vegetables, legumes, fruits, and cereals (preferably whole grain),

(4) partly replace the reduced saturated fat with moderate increase of polyunsaturated and some monounsaturated oils, and (5) reduce dietary **cholesterol**.

In practical dietetics these translate to avoiding butter, hydrogenated margarine, lard and suet, full-cream milk, cream, meat fat, frying, chocolate, and sausages; to restricting egg yolks, most cheeses, cakes, pastries, and cookies; and to eating more vegetables, legumes, fruits, bread, rice, pasta, breakfast cereals, polyunsaturated oils (e.g., sunflower seed, safflower, corn oils)... [Encyclopedia Britannica 1998, article Habitual Dietary Patterns and Disease.](#)

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“About half of those who develop cirrhosis will die in five years.” “**Coming to Grips With Alcoholism**,” **U. S. News & World Report** (November 30, 1987), page 60.

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Sydney Cohen, a nationally recognized authority on alcohol use, says: “Drinking Alcoholic beverages leads to increased risk of cancer at various sites of the body. Some of the sites mentioned are the tongue, the mouth, pharynx, larynx, esophagus, and liver.” “**The Substance Abuse Problems. New Insights for the 1980s.** (New York 1983), Vol. 2, p. 119.

The above survey briefly mentioned only some of the effects of alcohol on the human body. Numerous other medical consequences of alcohol could be presented, such as effects on the reproductive system, the esophagus, the pancreas, the kidneys, the muscles, the lungs, the thyroid etc. The examples given should suffice to show that alcohol does take a very heavy toll on the human body. **Samuele Bacchiocchi**, “**Wine in the Bible: A Biblical Study on the Use of Alcoholic Beverages**,” page 298.

We hope that at this meeting those who understand the principles of health reform will exert a strong influence on the side of temperance. Let Christ's followers abstain not only from alcohol, tobacco, tea, and coffee, but also from every other harmful thing that beclouds the brain. The enemy has arranged matters so as to ensnare the greatest number. He leads men and women to use stimulating food and food that beclouds the nerve-power of the brain, so that they are unable to distinguish between right and wrong, between good and evil. Parents, teach the members of your household that indulgence of appetite is the work of the enemy. Teach them to guard against his deceptions. Such instruction should be given by everyone who takes the responsibility of bringing children into the world; and especially at this stage of the world's history fathers and mothers should realize that their children are the property of God, and that He holds them accountable to bring up their children in the nurture and admonition of the Lord. **Ellen G. White, Peter's Counsel to Parents**, pages 26,27.

If they yield to his temptations they do not stop; appetite clamors for indulgence and is gratified to their ruin. The brain is benumbed and clouded; reason no longer holds the reins, but they are laid on the neck of lust. Licentiousness, adultery, and vices of almost every type are committed as the result of indulging the appetite for wine and cider. A professor of religion who loves these stimulants, and accustoms himself to their use, never grows in grace. He becomes gross and sensual; the animal passions control the higher powers of the mind, and virtue is not cherished. **Ellen G. White, Testimonies to the Church, Volume 5**, pages 356,357.

Look at our young men. And I write now what causes my heart to ache. They have lost their will power. Their nerves are enfeebled, because their power is exhausted. The ruddy glow of health is not upon their countenances. The healthy sparkle of the eye is gone. Its luster is lost. The wine they have drunk has enfeebled the memory. They are like persons aged in years. The brain is no longer able to produce its rich treasures when required.--**Manuscript 17, 1898. Ellen G. White, Temperance**, page 36.

It is because human beings have chosen to listen to the tempter that we see men and women partaking of that which robs them of their reason. In our large cities there are saloons on the right hand and on the left, tempting passers-by to indulge an appetite which, once established, is exceedingly hard to overcome. The youth should be trained never to touch tobacco or intoxicating drink. Alcohol robs men of their reasoning powers. Watch that man entering the saloon. His eye is bright, and his step steady. Watch him as he comes out. The brightness has gone from his eye, and as he walks, he staggers from side to side. He is drunk,--a specimen of the work done by the saloon. **Ellen G. White, Advent Review and Sabbath Herald, the 15th of June, 1905.**

The history of Nadab and Abihu is also given as a warning to man, showing that the effect of wine upon the intellect is to confuse. And it will ever have this influence upon the minds of those who use it. Therefore God explicitly forbids the use of wine and strong drink.-- **Signs of the Times, July 8, 1880.**

Persons may become just as really intoxicated on wine and cider as on stronger drinks, and the worst kind of inebriation is produced by these so-called milder drinks. The passions are more perverse; the transformation of character is greater, more determined and obstinate. A few quarts of cider or sweet wine may awaken a taste for strong drinks, and many who have become confirmed drunkards have thus laid the foundation of the drinking habit. . . . Moderate drinking is the school in which men are receiving an education for the drunkard's career. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed. **Ellen G. White, Healthful Living**, page 112.

The taste created for the disgusting, filthy poison, tobacco, leads to the desire for stronger stimulants; as liquor, which is taken on one plea or another for some imaginary infirmity or to prevent some possible disease. Thus an unnatural appetite is created for these hurtful and exciting stimulants; and this

*Section eleven –The curse of sin that has brought untold suffering in heaven and earth is forever banished never to return again–
Lesson 43 – Jesus and the Father prepare the most glorious city in the universe so that we can live with Him forever Part III*

appetite has strengthened until the increase of intemperance in this generation is alarming. Beverage-loving, liquor-drinking men may be seen everywhere. Their intellect is enfeebled, their moral powers are weakened, their sensibilities are benumbed, and the claims of God and heaven are not realized, eternal things are not appreciated. The Bible declares that no drunkard shall inherit the kingdom of God. *Ellen G. White, Testimonies to the Church, Volume 4, page 30.*

So gradually does Satan lead away from the strongholds of temperance, so insidiously do wine and cider exert their influence upon the taste, that the highway to drunkenness is entered upon all unsuspectingly. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed. The strongest resolutions are undermined, and eternal interests are too weak to keep the debased appetite under the control of reason. Some are never really drunk, but are always under the influence of mild intoxicants. They are feverish, unstable in mind, not really delirious, but as truly unbalanced; for the nobler powers of the mind are perverted. *Ellen G. White, Temperance, page 93.*

Tobacco and liquor stupefy and defile the user. But the evil does not stop here. He transmits irritable tempers, polluted blood, enfeebled intellects, and weak morals to his children, and renders himself accountable for all the evil results that his wrong and dissipated course of life brings upon his family and the community. The race is groaning under a weight of accumulated woe, because of the sins of former generations. And yet with scarcely a thought or care, men and women of the present generation indulge intemperance by surfeiting and drunkenness, and thereby leave, as a legacy for the next generation, disease, enfeebled intellects, and polluted morals. *Ellen G. White, Testimonies to the Church, Volume 4, page 30,31.*

7. Would you like to follow the counsel of Jesus to abstain from the use of unclean meats, fat, blood, and alcohol in all it various forms so as to have a clear mind and spotless character in readiness to live with Christ forever in the glorious New Jerusalem? _____