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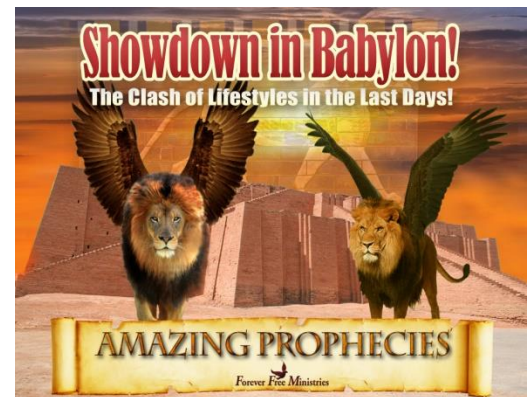
SHOWDOWN IN BABYLON

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Before we go to Ancient Babylon...WERE THE ANCIENT EGYPTIANS HEALTHY? In 1975 a team of specialists performed autopsies on Egyptian Mummies at the Manchester Medical School in England in that museum. These mummies dated back to 1900 B.C. They discovered that ancient Egyptians suffered from many illnesses common today. What were some of the diseases prevalent in ancient Egypt?

1. Heart Disease
2. Cancer
3. Obesity
4. High Blood Pressure
5. Diabetes
6. Arthritis
7. Hepatitis

Ancient Egyptian - Medicine & Health: Egypt was the educational and cultural center of the world during Moses' lifetime and some of the ancient Egyptian medical practices and remedies were bizarre! In 1552, the famous medical book written in Egypt was the Papyrus Ebers. This book lists scores of remedies or "cures" for a host of diseases, infections, and accidents. Slivers = rubbing worm's blood and horse dug into the wound. Snake bite = drink water poured over an idol. Lost hair = rub into scalp a tonic of horses' hoofs, date blossoms and dog heels boiled in oil.



Although "Moses was educated in all the wisdom of the Egyptians." (Acts 7:22)he did not recommend such false health practices. Consider the stark contrast: The Ancient Egyptians = Cures vs. God's Word focuses on Prevention. Moses was a good example of health. "Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor abated." Deuteronomy 34:7

ON AN AVERAGE DAY...2000 American's die of heart disease. 1000 American's die of cancer. 400 American's die from strokes. Heart disease - biggest killer in the world!

We spend billions on healthcare! \$500 billion by 2020 (Source: United Health: US of Diabetes November 2010 Whitepaper)

SOBERING FACTS: Americans are profoundly unhealthy

- 1 in 5 smoke. 1 in 4 adults is obese. 1 in 5 adults, has cholesterol levels above 200 mg/dL.
- Preventable illness makes up approximately 80% of the burden of illness and 90% of all healthcare costs.
- Diabetes Statistics By 2020, an estimated 52 percent of the adult population will have diabetes or prediabetes .
- Cost of Diabetes: \$174 billion: Total costs of diagnosed diabetes in the United States in 2007

What is one of American's most nagging fear about their health? **CANCER**

Many turn to pills with names they cannot pronounce and with side affects they cannot count.

The big question: Is health a matter of chance or choice? Do our lifestyle choices really make a difference? Our greatest need is for a new lifestyle.

There are simply and only two types of approaches to life: Indulging in the flesh or Self discipline and self control in the Spirit.

- The evidence is clear that this is a generation of instant gratification and lack of self discipline.
- We reap what we sow to the flesh and the Spirit. Galatians 6:7

What is in the news everyday? Health!

- Despite all the knowledge about health we are still an unhealthy society! Why? Lack of self control!
- What did the Apostle Paul predict would be one of the chief characteristics of people in the last days that would impact their health? 2 Timothy 3:1-5 “without self control”
- **WE ARE A GENERATION OF ADDICTIONS:**
- Example: Americans eat an average of 32 teaspoons of sugar each day in their foods. A U.S. Department of Agriculture
- Smoking-related diseases claim over 393,000 American lives each year. Cigarette smoke contains over 4,800 chemicals, 69 of which are known to cause cancer. Key principle in regard to Alcohol and Smoking: Completely Avoid/Abstain not Moderation of use. Even small amounts of Alcohol kill brain cells! Most of us need everyone of them.

TWO BIG LIES: 1) *It doesn't matter how I treat my body.* 2) *I can't have victory over these bad habits.*

What did Jesus say about those living in the time of the end? Luke 21:34-36. They would be overeating and prey to drunkenness.

So what are two major problems with how American's eat? Eating the wrong food and Eating too much food.

ESAU WAS TESTED OVER APPETITE Foolishly he put food before God and forfeited his precious birthright for a good smelling bowl of lentil soup. Today many make their stomach their god. Today many also make foolish mistakes in regard to food. Today they choose bad food or eating too much food and thus forfeiting health. Our generation are slaves to appetite!

PREACHING AND HEALING

What is the connection between Bible Prophecy and health and healing? Jesus preached the gospel and healed many of their sicknesses. So in the last days the mission of God's people is revealed in Revelation 14:6,7 “Everlasting gospel to preach to every nation” Jesus came to “set the captives free” Luke 4:18,19. That includes setting people free from sinful addictions by His power.

Does God want us to be healthy? “Beloved, I wish above all things that thou mayest prosper and be in health.” 3 John 2 “...I am come that they might have life, and that they might have it more abundantly.” John 10:10 Does God want us to celebrate our health everyday? “While I live I will praise the Lord; I will sing praises to my God while I have my being.” Psalms 146:2

What was one of the primary ways Jesus ministered to people? “Now Jesus went about all Galilee, teaching in their synagogues, preaching the gospel of the kingdom, and healing all kinds of sickness and all kinds of disease among the people.” Matthew 4:23 The good news is that Jesus is our Divine Physician. JESUS is still our HEALER!

The good news is that there is Physical and Spiritual Healing in Christ - “who forgives” and “heals all your diseases” Psalms 103:3

Did Jesus Heal on the Sabbath Day? “So ought now this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the Sabbath?” Luke 13:16.

What did Jesus tell the disciples to do in addition to their preaching of the gospel? “heal the sick” Matthew 10:8 “preaching the gospel and healing everywhere.” Luke 9:6

Jesus warned a paralyzed man he healed to not go back to his sinful choices that led him to lose his health in the first place. “See, you have been made well. Sin no more, lest a worse thing come upon you.” John 5:14. In other words we need to make sure that we are not violating the laws of health because that invites disease and sickness.

How comprehensive is the healing of Christ? **GOD'S HEALING PROGRAM: 1. Physical. 2. Spiritual 3. Mental 4. Emotional 5. Social**

A healthy lifestyle can Add life to your years! Add years to your life!

How do positive or negative thoughts and emotions affect our health? An example is Depression. **DEPRESSION IS THE EPIDEMIC OF OUR DAY.** Depressed and discouraged people are more likely to become addicted. More likely to be sick.

Many diseases originate in the mind. “The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death. Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many lifelong invalids. Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. ‘A merry (rejoicing) heart doeth good like a medicine’ (Proverbs 17:22).” who might be well if they only thought so.” “Many die from diseases the cause of which is wholly imaginary. In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.” MH 241

Let go of bitterness with forgiveness. It's not just what is eating you but also what you are eating. More later.

What is an easy way to bring health or hurt to a person? “Death and life are in the power of the tongue.” Proverbs 18:21

LOVE IS HEALING

What is one of the most important principles of health according to the Bible and scientific research? LOVE IS HEALING! No surprise that a healthy marriage is extremely good for your total health.

Four key facts about Love: 1. Love is a principle. 2. Love is a decision. 3. Love is other centered. 4. Love is from God.

Be sensitive to each other's feelings when you speak. Speak tenderly. See Col. 4:6

Is it possible to get loving feelings back once they are gone? Love grows by expression! Expect amazing miracles as you freely and continually EXPRESS love to your spouse! Love that is not felt is not love. Love must be felt.

Here is a powerful formula for intimacy: FLAAME:

F = Frequently (Not just once a day but frequently...)

L = Lingeringly (Many times when you show attentions, affirmations and affection make it linger.)

A = Attentions (Frequently show attentions to your spouse in many different ways.)

A = Affirmations (Frequently affirm your spouse in multiple ways.)

A = Affections (Frequently touch, hug, kiss, hold holds, put your arm around, massage, romance your spouse.)

M = Mindful (Convince your spouse that you are mindful of them throughout the day.)

E = Empathy (Convince your spouse that you are seeking to enter into their feelings.)

FILL EACH OTHER'S LOVE CUP: Ask your spouse how you can fill up their love tank. Then make a heartfelt decision to find out how to fill up your spouses love tank everyday. "When we choose active expressions of love in the primary love language of our spouse, we create an emotional climate where we can deal with our past conflicts and failures." *The Five Love Languages*, page 130

"Meeting my wife's need for love is a choice I make every day. If I know her primary love language and choose to speak it, her deepest emotional need will be met and she will feel secure in my love." *The Five Love Languages*, page 13

What is your spouses primary love language? 1. Words of affirmation. 2. Quality time. 3. Receiving gifts. 4. Acts of Service. 5. Physical Touch.

QUALITY TIME REQUIRES UNDIVIDED ATTENTION: The key is undivided attention! "By 'quality time,' I mean giving someone your undivided attention." *Five Love Languages*, page 55 "What I mean is sitting on the couch with the TV off, looking at each other and talking, giving each other your undivided attention." page 56 "...we are giving our lives to each other. It is a powerful emotional communicator of love." page 56 "A central aspect of quality time is togetherness. I do not mean proximity.... Togetherness has to do with focused attention." page 59

QUALITY CONVERSATION: "By quality conversation, I mean sympathetic dialogue where two individuals are sharing their experiences, thoughts, feelings, and desires in a friendly, uninterrupted context." page 61

"Quality conversation is quite different from the first love language. Words of affirmation focus on what we are saying, whereas quality conversation focuses on what we are hearing." page 61

"A relationship calls for sympathetic listening with a view to understanding the other person's thoughts, feelings, and desires." page 63

"Most of us have little training in listening. We are far more efficient in thinking and speaking. Learning to listen may be as difficult as learning a foreign language., but learn we must, if we want to communicate love." page 63

Practical Tips: 1. Maintain eye contact when your spouse is talking. 2.. Don't listen to your spouse and do something else at the same time. 3. Listen for feelings. 4. Observe body language. 5. Refuse to interrupt. Pages 63,64

PRIORITIZE WHAT IS MOST IMPORTANT IN YOUR MARRIAGE: Together married couples need to establish their marriage Priorities amidst: Deadlines. Busy schedules. Race against the clock. Multi-tasking. Work overload. Marriage expert David Mace says, "Love must be fed and nurtured...first and foremost it demands time." as quoted in "Love Takes Time" Harvey & Kathy Corwin *Do your best to schedule time together.*

MINDFULNESS IN YOUR MARRIAGE: "When you are mindful, you are momentarily rooted with nowhere to go and no need to rush. You aren't bored or anxious. Instead, you are fully present." "Needless to say, mindfulness is one of the greatest gifts you will ever give to yourself or your spouse. 'The most precious gift we can offer others is our presence,' said Thich Nhat Hahn. 'When mindfulness embraces those we love, they will bloom like flowers.'" *Your Time Starved Marriage*, Drs. Les & Leslie Parrott

LOVE CONNECTIONS: What are some good times for a husband and wife to have some LOVE CONNECTIONS? 1. Good morning. – Cuddle. Tender touches. Kiss. Give your spouse something to look forward to do with them. 2. Good bye. Let them know you will be thinking of them. 3. Checking in. How is your day going. I was thinking of you. 4. Welcome. Glad to have you with me again.

EYE CONTACT: Eye contact is the key to intimacy. The importance of eye contact cannot be over estimated! For example, Children thrive on attention. The child's emotions are fed by eye contact. See the baby respond with a smile. The eyes have it. The eyes communicate.

LISTEN WITH YOUR HEART: How to listen to your spouse: Primarily through eye contact.

Three ingredients of communication: *Content 7% Tone 38% Non-Verbal 55%*

Show you are listening through your: 1. Body language. 2. Calmness. 3. Focused thoughts. 4. Respond with words that confirm you are listening. Let your spouse know if you cannot focus at that time.

PHYSICAL AFFECTION: God created us with a desire to be lovingly touched. Affection is expressing your love through your touch. We were born with a need to be touched with love. Physical affection and other expressions of love is a good stress reliever. "Let love be without hypocrisy." "Be kindly affectionate to one another..." Romans 12:9,10

How powerful in bringing healing is having a merry heart? Stress, uncontrolled anxiety, fretfulness, worry are killers! But the good news is: "A merry heart does good like a medicine." Proverbs 17:22

WORSHIPING AND GLORIFYING GOD

What is included in worship? "WORSHIP HIM THAT MADE" US! "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:1,2

What does it mean to glorify God? 1 Corinthians 10:31; 6:19,20; 3:16,17 What is the connection between the loving sacrifice of Christ and our health? Because Jesus died for us glorify God with your bodies which belong to God by creation and redemption.

Are you in tune with your own body? Every day your body is speaking to you. Your body seeks to communicate with you on a number of levels:

- Hunger. Thirst. Bathroom. Tired. Overstressed. Exercise. Strength from food. Feel like getting sick.

What are some of the major benefits of a healthy body? 1. Feel good. 2. Energy. 3. Clear mind. 4. Concentration. 5. Memory.

Can the food we eat affect our Mental Health? Elevated levels of bad cholesterol can affect mental health and mild cognitive impairment.

Is there a connection between high-fat diet and diabetes? Most prominent factor is consuming large amounts of dietary fat.

SHOWDOWN IN BABYLON

What is one of the most striking Bible stories that confirm just how important healthy choices are? In 605 B.C. the Babylonian Army surrounded Jerusalem. They utterly destroyed the prized city of Jerusalem and took many promising young Hebrews captive. 750 Mile march to Babylon They discovered a completely different lifestyle in Babylon! This was a major cultural shock for them. Slaves: Daniel, Ananiah, Misshael & Azariah. They were enrolled in Nebuchadnezzar's royal University school to be trained in the Babylonian Government. The King expected them to eat His food! What decision did the Hebrew boys make? Daniel 1:8,11,12 Natural Food Only Please! Then after 10 days found them healthier and stronger. Then after three years... Ten Times wiser! Daniel 1:20 "The fear of the Lord is the beginning of wisdom." Proverbs. A healthy body = Clear Mind

What did Daniel and his three friends know? Visions and Dreams and the Scriptures.

SEVENTH-DAY ADVENTIST LIVE LONGER!

Does Jesus want us to be known for being healthy and full of wisdom?

The Seventh Day Adventist Church People Have highest Average Life Expectancy

The average life span is more than 88 years. Life expectancy of a 30-year-old vegetarian Adventist woman or man compared to other Californians: 6.1 years for women 9.5 years for men.

TEST OF APPETITE

Who else was tested over appetite? Eve was tempted to eat something God said: "Don't eat."

Why did Jesus fast for 40 days? To show us how to have total victory over the most powerful temptations of indulgence of appetite.

ADAM & EVE: 1. Enjoyed health and happiness. 2. Ate only natural food. 3. Were Vegetarian. 4. Had no common diseases. 5. Drank pure good tasting water.

CLEAN VS. UNCLEAR ANIMALS AND SEA FOOD

The link between Meat and Colon Cancer is irrefutable.

Did God allow man to eat meat? After the flood meat was allowed, but only clean animals were to be eaten. Flood destroyed plant life on the earth. Noah's supply of food was exhausted after 1.10 years in the ark.

God made a clear distinction between clean and unclean animals long before the existence of a Jew. Genesis 7:2

"You shall take with you seven each of every clean animal, a male and his female, two each of animals that are unclean, a male and his female." God instructed Noah to bring both clean and unclean animals into the ark.

CLEAN: Leviticus 11:1-3 "These are the animals which you may eat among all the animals that are on earth:.. Divides the hoof, having cloven hooves. Chewing the cud. "that you may eat." Samples of clean animals: Cow, Elk, Goat, Ox, Bison, Sheep etc. Clean Birds: Chicken, Turkey, Duck, Goose etc. UNCLEAN: Leviticus 11:3-8 Camel. Verse 4 Rock badger. Verse 5 Rabbit. Verse 6 Swine. Verse 7

"And the swine, though he divide the hoof, and be cloven-footed, yet he cheweth not the cud; he is unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they are unclean to you." Leviticus 11:7,8 KJV

Is there a difference between these two? Pig is a scavenger (God's garbage disposal) Cow is a vegetarian. Simple vs. complex digestive and elimination system. After only a few hours, the pig's "food" becomes flesh. For a cow: at least 24 to 48 hours. Loaded with saturated fat, cholesterol, linked to heart disease, cancer, stroke, stomach and digestive diseases, etc. Also, Pork is often infected with trichina larvae, or worms. When a person eats infected pork, the hard cyst surrounding the larva is dissolved. The trichina worm then burrows into the intestinal wall and multiplies. These worms enter the bloodstream and are carried to other parts of the body.

WHAT ABOUT SEAFOOD? "These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers—that you may eat." "These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers—that you may eat." Shrimp. Lobster. Catfish. Eel. Clams. Oysters. Crabs. Leviticus 11:10-12

God created us and therefore knows what our physical needs are.

What is the ideal diet: BACK TO EDEN: GOD'S ORIGINAL DIET. The Eden diet was a vegetarian diet.

Endurance sports: Ironman triathlon and the Ultramarathon—the top athletes are vegans.

"Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.'" Genesis 1:29 NIV

- "The leaves of the tree are for the healing of the nations." Revelation 22:2. Natural remedies can potentially bring healing and restoration of health.
- 90 - 97% of heart diseases could be prevented by a vegetarian diet. American Medical Association.
- Most Health problems begin in the kitchen. Paul White, M.D.
- 80 - 90 % of all cancers are the result of things we do to ourselves. Prevention Magazine
- Kristen White in Book "Diet and Cancer" "Diet is the largest single factor in getting or avoiding cancer."
- Truly the vegetable kingdom contains our best medicines. Henry G. Bieler, M.D. *Food Is Your Best Medicine*
- EAT LOTS OF GOOD FIBER.
- Eat more, weigh less. If you eat more veggies that is.
- Healing foods. Let food be your medicine!
- Food affects mood.
- GOD'S FOOD IS BETTER THAN PILLS with no side affects!

Blueberries and the berries family are some of the most powerful antioxidant foods you can eat. They are superior brain food.

Eat a nutritious breakfast. 1. The most important meal. 2. Start the day right. 3. Lose weight. 4. Skipping breakfast is bad for your health. 5. Metabolism is best in the morning. 6. Break your fast.

Eat like a ...King for breakfast. Queen for lunch. Pauper for supper (Remember this: Skip this supper instead of Breakfast.)

Poll: The More You Sit, the Sooner You Die By T. Kallmyer on Oct 27, 2010

MY HEARTFELT PERSONAL APPEAL: Are you willing to allow Jesus to guide you in your lifestyle choices and habits on a daily basis? Jesus loves you and wants you to take care of your health. He cares how you feel. He suffers when you suffer. He knows your every need. He hears your every prayer. Yes we may do all we can do to be in good health and still get sick and die. Yes eventually we will all die unless Jesus comes first. But thank God that He is going to give us a brand new body when Jesus comes again! See 1 Cor. 15:51-55; Phil. 3:21. Thank God there will be no more sickness, suffering or death in heaven. It will be worth it all when we see Jesus! See Rev. 22.

Resources I used and highly recommend:

- TIME STARVED MARRIAGE by Les & Leslie Parrott
- FIVE LANGUAGES OF LOVE by Gary Chapman
- MINISTRY OF HEALING by Ellen G. White
- AMAZING HEALTH FACTS by Amazing Facts see amazingfacts.org
- GOD'S SUPER FOOD, AMAZING ADVENTURE BIBLE GUIDES by Amazing Facts.