Diet and Spirituality

By

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“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.” (1 Corinthians 10:31)

Paul under the inspiration of God wants us to know, that there is a direct relationship between diet and spirituality. What we eat and drink and how we eat and drink, will either help us spiritually or hinder us spiritually. We either glorify God by the way we eat and drink or we dishonour him. So Paul admonishes us to eat and drink only to glorify God.

Ellen White under the inspiration of God endorses what Paul is saying to us on this subject. This is what she has to say: “Eating and drinking all have a direct bearing upon our spiritual advancement” (Counsels on Diet and Food pg 57).

“Let none who profess godliness regard with indifference the health of the body, and flatter themselves that intemperance is no sin, and it will not affect them spiritually” (Counsels on Diet and Food pg 43).

“With our first parents, intemperate desires resulted in the loss of Eden. Temperance in all things has more to do with our restoration than many realize” (Ministry of Healing pg 120).

16 Ways Intemperance Eating and Drinking can affect Our Spirituality

1. Intemperate eating and drinking affects our spiritual perceptions, determines our appreciation of spiritual things, and the way we treat spiritual things. T3 pg 50 – 52 says: “Intemperance of any kind benumbs the perceptive organs and so weakens the brain, that eternal things are not appreciated, but placed upon a level with the common.”
2. Intemperate eating and drinking affects our love for God. T2 pg 70, 71 points out that “we cannot love the Lord with all our heart, minds, soul and strength while we love our appetites and our tastes a great deal better than we love the Lord.”
3. Intemperance in eating and drinking hinders sanctification.

“Indulged appetite is the greatest hindrance to mental improvement and soul sanctification” (T9 pg 156).

4) Intemperate eating and drinking causes us to treat our salvation and eternal life lightly.

“You will not place a high estimate upon salvation and eternal life which will inspire you to confirm your life to the life of Christ; you will not make those earnest, self sacrificing efforts for entire conformity to the will off God, which His word requires and which are necessary to give you a moral fitness for the finishing touch of immortality” (T2 pg 66).

5) Intemperate eating and drinking affects our discernment and decisions.

“Intemperate eating and drinking lessens physical strength, enfeebles the mind and makes it less capable of discerning between right and wrong. We become less capable of choosing the good, and have less strength of will to do that which we know to be right” (Counsels on Diets and Foods pg 48, 49).

6) What we eat and drink affects our ability to be used by God’s spirit in the work of reaching souls. “Ministers should be strictly temperate in their eating and drinking, less they make crooked parts for their feet, turning the lame – those weak in the faith out of the way. If, while proclaiming the most solemn and important message God has ever given, men war against the truth by indulging wrong habits of eating and drinking, they take all the force from the message they bear” (Counsels on Health, pg 575).

7) Intemperate eating and drinking can cause us to interpret the workings of Satan as the providence of God. The appetite and passions should be restricted and under the control of enlightened conscience, that the working of Satan and his snares may not be interpreted to be the providence of God” (Counsels on Health, pg 574).

8) Intemperate eating and drinking prevents Holy Spirit infilling.

“No man can be a successful workman in spiritual things until he observes strict temperance in his dietary habits. God cannot let His Holy Spirit fall upon those who while they know how they should eat for health; persist in a wrong course that enfeebles mind and body” (Counsels on Diets and Foods pg 55, 56).

9) Intemperance in eating and drinking prevents perfection of Christian character “The Spirit of God cannot come to our help and assist us in perfecting Christian characters, while we are indulging our appetites to the injury of health” (Counsels on Diets and Foods pg 57)

10) Intemperance in eating and drinking prevents the attainments of Christian perfection. “It is impossible for those who indulge in appetite to attain to Christian perfection” (T2 pg 400)

11) Intemperance in eating and drinking prevents us from gaining victory over temptations. “The controlling power of appetite will prove the ruin of thousands, when it they conquered on this point, they would have moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character” (T3 pg 491, 492)

12) Intemperance in eating and drinking is sin. “The violation of the physical law is violation of the laws of God” (Healthful Living g 109) “The sin of intemperate eating, eating too frequently, too much and of rich and unwholesome food, destroys the healthy action of the digestive organs, affects the brain, and perverts the judgement, preventing rational, calm, healthy thinking and acting” (T1 pg 168, 169).

13) Intemperance in eating and drinking weakens moral power. “Indulgence of appetite and passion beclouds the mind, lessens physical strength and weakens moral power” (T3 pg 400)

14) Intemperance in eating and drinking prevents us from giving acceptable worship to God. “Many of our ministers are digging their graves with their teeth. The reason many of our ministers complain of sickness is, they fail to take sufficient exercise, and they indulge in overeating. Overeating is the sin of this age. The brain nerve power is benumbed and almost paralyzed by over eating. When in the house of God on Sabbath, they cannot hold their eyes open. The most earnest appeals fail to arouse their laden, insensible intellects. Truth may be presented with deep feelings, but it does not awaken the moral sensibilities or enlighten the understanding” (T4 pg 454, 455)

15) Intemperate eating and drinking defiles and destroys the temple of God’s Holy Spirit (1 Corinthians 6:19, 20).

16) Intemperate eating and drinking prevents us from presenting our bodies living sacrifices, holy and acceptable to God which is our reasonable service (Romans 12:1). “It is impossible to present our bodies living sacrifices to God, when they are filled with corruption and diseases by our own sinful indulgence in appetite”

(T3 pg 163, 164).

While what we eat or drink or how we eat or drink cannot save us, we can be lost through intemperate eating and drinking.

How to Overcome Intemperate

Eating and Drinking

1. Find out what is God’s will on eating and drinking. Read Counsels on Health, Temperance, Ministry of healing and Counsels on Diets and Foods by Ellen G. White.
2. Surrender yourself to God and ask Him to help you be temperate in your eating and drinking.
3. Let your choices of food and drink be guided by principal and not by feeling, desire, taste or how the food smells or looks.

Benefits for Eating and Drinking Right

1. God will be glorified.
2. You will enjoy good health.
3. You will live longer.
4. You will be able to give long and effective service.
5. You will be able to worship God free from discomforts and pains.
6. You will have a sharp mind.
7. You will be a good advertisement for Christianity.

May God help us not to be simply promoters or have head knowledge of what is good, but promoters and doers of that which is good.