

Health and Happiness—Follow the Creator’s Instructions

“In the beginning GOD.....” This basic premise in just four words, the very first four words of Scripture, “sets the stage” for all that follows.

There are FOUR Basic questions that everyone of us must try to answer if we want to find peace and purpose for our existence.

1. **WHERE DID I COME FROM?**
2. **WHY AM I HERE?**
3. **HOW SHOULD I LIVE?**
4. **WHERE AM I GOING?**

The Scriptures—the Word of GOD---has the answers for us.

Today, we see ever-increasing suicides of young people, who have been taught in our school systems from early childhood to university, that they came from some accidental amalgamation of molecules in a primeval swamp. Over millions of years they evolved into more complex organisms, then ventured to land as reptiles and gradually became higher orders and eventually became monkeys and finally man. What a lot of unsubstantiated conjecture that has not one thread of evidence to establish such notions as Truth.

When we as rational human beings embrace such unsubstantiated unscientific fabrications, especially young people, they do not know the Truth of where they came from, they have no notion at all of why they are here, they do not know how to live, and have no idea where they are going! No wonder so many today are ending it all, with suicide numbers increasing at an alarming rate! Is it any wonder that young people today feel they have a right to do as they please, and are not responsible to anyone but themselves. “If it feels right, do it!” is the norm. Man is lowered to the status of the animals of the jungle where the law of the fittest prevails; where survival is the predominant goal, with no regard for anyone else.

But, you say, we have laws to follow. That’s true, but where did those laws come from? Certainly NOT from a primeval swamp!

Where did we get the idea that we should honour our parents? Where did we find laws that tell us we should not kill, be adulterous, steal, lie or covet someone else’s possessions? These are laws that tell us how to relate to our fellow men. These laws are all found in the Ten Commandments in Scripture—actually Exodus 20, and there are four primary laws there also that tell us how we should relate to our Creator-GOD.

So here we have the proverbial problem. If we do away with God and His Word, the Bible, and replace it with evolutionary accidental theories of origins, we really do not need to keep any of the laws that came from God in the first place. All we need do is follow the laws of the jungle and “survival of the fittest”. Isn’t this what we are seeing demonstrated more and more today in the news on a daily basis?

So, let's find answers to these four Questions from God's Word:

1. Where did I come from?

Gen 1:26 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

Gen 1:27 So God created man in his *own* image, in the image of God created he him; male and female created he them.

Can we prove God created us and the universe around us? NO, but it surely makes a lot more sense especially when we see the complexity and beauty in nature around us, from the tiniest microcosm of the components of the atom, to the most gigantic macrocosm of the stellar bodies of the heavens, how can we not admit that it could only have come about by the marvelous, omnipotent workings of the omniscient mind of GOD.

Psa 33:9 For he spake, and it was *done*; he commanded, and it stood fast.

2. Why am I here?

Gen 1:28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

Rev 14:6 And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people,

Rev 14:7 Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.

3. How should I live?

Mic 6:8 He hath shewed thee, O man, what *is* good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?

The Ten Commandments also of Exodus 20, outline precisely how we should live.

The rest of the Bible has wonderful examples of how we should live as well.

4. Where am I going? What happens when I die?

Again the Bible has all the answers. Many people believe they go to either heaven or hell when they die, but the Truth according to the Scriptures, is that we simply return to dust or ashes, and the breath of life that God gave us returns to Him. If we have accepted the gift of redemption He offers to everyone, then we simply rest as if asleep till Jesus returns, and the resurrection of His people occurs. This is plainly stated again in His Word.

Read the story of Lazarus in John 11.

John 11:11 These things said he: and after that he saith unto them, **Our friend Lazarus sleepeth; but I go, that I may awake him out of sleep.**

Psa 115:17 The dead praise not the LORD, neither any that go down into silence.

Act 2:29 Men *and* brethren, let me freely speak unto you of the patriarch David, that he is both dead and buried, and his sepulchre is with us unto this day.

Act 2:34 For David is not ascended into the heavens: but he saith himself, The LORD said unto my Lord, Sit thou on my right hand,

Act 2:35 Until I make thy foes thy footstool.

Heb 11:39 And these all, having obtained a good report through faith, received not the promise:

Heb 11:40 God having provided some better thing for us, that they without us should not be made perfect.

Job 14:1 Man *that is* born of a woman *is* of few days, and full of trouble.

Job 14:2 He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not.

Job 14:12 So man lieth down, and riseth not: till the heavens *be* no more, they shall not awake, nor be raised out of their sleep.

Job 14:13 O that thou wouldest hide me in the grave, that thou wouldest keep me secret, until thy wrath be past, that thou wouldest appoint me a set time, and remember me!

1Th 4:13 But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope.

1Th 4:14 For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him.

1Th 4:15 For this we say unto you by the word of the Lord, that we which are alive *and* remain unto the coming of the Lord shall not prevent (*precede*) them which are asleep.

1Th 4:16 For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:

1Th 4:17 Then we which are alive *and* remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.

1Th 4:18 Wherefore comfort one another with these words.

(And there are many many more Scriptures to support this answer. We have many DVD presentations, books and study papers from very credible speakers and students of the Word on all the above. If you are interested in any of the topics mentioned, just contact us and we'll be only too happy to share same with you.)

Let's look at the beginnings a little deeper. What did God arrange as man's food? Again we must see what the Word of God says:

Gen 1:29 And God said, Behold, I have given you every herb bearing seed, which *is* upon the face of all the earth, and every tree, in the which *is* the fruit of a tree yielding seed; to you it shall be for meat. (*food*).

So, the original food designed for man by his Creator was not flesh, or dairy or even vegetables! It was **SEEDS, FRUITS and NUTS**.

When we look at the physiology of the human body, we see hands that were perfectly designed to pluck fruit from trees or vines, (not sharp claws), we see teeth designed for chewing with jaws that can move side to side, (not long sharp teeth for tearing flesh). We find the alimentary canal to be about seven times the length of the torso, as opposed to three times the length of the torso in carnivores. Man's physiology is that of a herbivore in scientific terms, just as his Maker originally planned.

Well then, how did man come to use vegetables and animal foods? Again, we turn to the Scriptures to find the answers.

When God finished His work of creation, he surveyed His work, and pronounced it all very good!

Gen 1:31 And God saw every thing that he had made, and, behold, *it was* very good. And the evening and the morning were the sixth day.

The day following the sixth day, was the seventh day. Notice what God says about it:

Gen 2:1 Thus the heavens and the earth were finished, and all the host of them.

Gen 2:2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

Gen 2:3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Right here is more irrefutable evidence for our Wonderful Creator GOD.

Where did we get the seven-day week from? We get our years from earth's journey around the sun. We get our months originally from the journey of the moon around our planet earth. We get our seasons from the elliptical orbit of the sun, creating Summer, Autumn, Winter, and Spring. But.... The week? **There is no connection to the heavenly bodies for the week.** Only from Scripture do we find the week as **“God created the heavens and the earth and all that in them is.” In just seven days or ONE WEEK.** So, where did our week come from? From GOD!

He has put His Sabbath commandment as the centre piece of His law, and He has never abrogated it in any way. When Jesus was here on earth 2000 years ago, He worshipped on the Sabbath day, as was His custom. He never changed it either.

(Again, we have many DVDs and studies we can share with you regarding the Sabbath, and how God expects us to keep it according to His instructions that he has never changed. If you are interested, just ask, and we'll be glad to share same with you.)

The story from Genesis chapter two is wonderful, but when we get to chapter three we find that our first parents chose to disbelieve and disobey God's express instructions in favour of the enemy of God—the Serpent or Satan—and they began to die, just as God said would happen. “A day with the Lord is as a thousand years.” 2Peter 3:8; Psalms 90:4. The patriarchs all died before they reached one thousand years. Methusaleh was the longest living person—969 years.

But still our God did not annihilate them and start afresh as perhaps many of us would have done. He, in His infinite Wisdom, foreknew the possibility of man's rebellion, and He already had a plan in place to redeem man if he would simply choose to accept His Gift of infinite love.

That plan was demonstrated when the Word became flesh and dwelt among us. (John chapter 1). The life and horrible suffering that Jesus endured was to demonstrate that God is Love, and “while we were yet sinners, Christ died for us.” Romans 5:8. If we will but accept His substitutionary death, if we will choose to ask His forgiveness, and choose to live for Him, He will accept us as His people, and when He returns we will live with Him in an earth re-created, where there is no more sin, suffering or death for eternity. What a wonderful offer of infinite Love!

Let's go back to Genesis chapter three. Again God demonstrated His love in that He knew that man would start to die, and so He added vegetables, or herbs of the field which have wonderful healing powers. Vegetables now constitute part of man's diet to help prolong his life and keep him healthy.

Gen 3:17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed *is* the ground for thy sake; in sorrow shalt thou eat *of* it all the days of thy life;

Gen 3:18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; (*vegetables*)

Gen 3:19 In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou *art*, and unto dust shalt thou return.

Yes, but how did man come to eat flesh and dairy foods? That is another sad story. God gave man the power to choose His way or his own way. After about a millennium or so, most of mankind had become very wicked and had turned their backs on their loving Creator. When He looked upon His creation it had become so corrupt that He decided to “wipe the slate clean” and start again, and we know the story that for one hundred and twenty years the faithful family of Noah preached to the people and encouraged them to turn from their wicked ways and join them in the ark God told them to build because God was going to send a mighty flood of water to destroy mankind and everything that was not inside the ark.

Only eight souls chose to enter the safe haven—the ark—and were saved. Does that have a parallel for today? How many today are prepared and ready for the next great destruction of this wicked world, which will not be by a flood, but an all-consuming fire from GOD. The apostle Peter says,

2Pe 3:10 But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up.

2Pe 3:12 Looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat?

When the flood waters, after nearly a year, had subsided, and the eight survivors looked out on the earth, it was a sorry sight indeed. This was when God gave our post-flood parents permission to use clean animals for food. Unfortunately however, flesh is not the best food for these herbivore-designed bodies, and it shortened man’s lifespan considerably so that now if we live for three-score years and ten we are fortunate.

Again, however, if we choose to follow the original diet today, we can definitely avoid much of the suffering and disease that we see in society today. In a country such as Australia, we are blessed to have an abundance of fresh fruit, grains, nuts and vegetables, readily available in most places. My wife and I have been virtual vegans for over fifty years, and have been blest to still enjoy reasonably good robust health into our eighth and ninth decade.

Disease is rampant in our world today, and becoming worse by the day, and the most virulent killer diseases exist because of people's LIFESTYLES today. Some of the Lifestyle Diseases are Heart Disease, Cancer, Diabetes, Asthma, Arthritis, Alzheimers, Osteoporosis, Parkinson's Disease and a host of others, most of which can be reversed and healed if people would follow the Maker's Plan. What is that Plan?

The 8 Laws of our being, put in place by our Creator.

What are these eight laws?

A little mnemonic may help— **NEWSTART.**

N — **Nutrition** – Fruits, Nuts, Grains and Vegetables, prepared in as simple manner as possible, free from grease.





E —Exercise. We were made to move. Exercise daily is essential to invigorate and energize the body and mind. Be “out of breath” at least once every day.



W —Water. Our bodies are 70-80% water. We need to re-hydrate regularly. 6-8 glasses of water every day. Be sure to eat mainly high water content foods. (70-80% Raw foods wherever possible.)



S –Sunshine. Daily exposure of the skin to sunshine promotes health, and really boosts the immune system. 15-20 minutes a day, before 10AM and after 3PM is best.



VITAMIN D

What makes "the sunshine vitamin" so special?

- Essential for strong, healthy bones
- Promotes absorption of calcium
- Valuable immune-supporting nutrient

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T –Temperance. Leave alone all things harmful, and use the good in moderation. Tea, Coffee, Cola Drinks, Sugar and Processed Foods, Refined Foods, Alcohol, Tobacco and all Drugs cause long term damage to every cell in the body.



X



X



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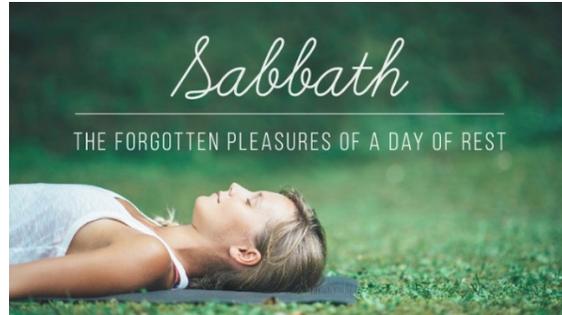


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A –Air. Pure Air is essential, and breathing deeply regularly every day, floods the cells with life-giving Oxygen. Do some deep breathing every day.



R –Rest. It is during sound sleep that the cells are repaired, and the wastes are removed. Even in winter, sleep with some air circulating as the body needs fresh oxygen to do the repairs efficiently. “Early to bed and early to rise....”



T– Trust in your Creator

The body has inbuilt self-healing abilities, that really are outstanding.

Be sure to read [my story -- TRUST and OBEY and LIVE! You'll find it at : www.getwellnstaywell.com](#)



The ‘body machine’ is indeed a most remarkable piece of God’s Creation, and the more I study it, and how it works, the more I exclaim with David, “I am fearfully and wonderfully made!” Praise the Lord! How important is my Health to me? It is incredibly important....

“Without health, the richest man is poor!”

“True education means more than the pursual of a certain course of study. It means more than a preparation for the life that now is. It has to do with the whole being, and with the whole period of existence possible to man. It is the harmonious development of the physical, the mental, and the spiritual powers.” Ed. 13

Psa 146:5 Happy *is he* that *hath* the God of Jacob for his help, whose hope *is* in the LORD his God:

Pro 3:13 Happy *is* the man *that* findeth wisdom, and the man *that* getteth understanding.



**You are free to choose,
but you are not free from
the consequences of your choice!**

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