

Health Reform: **SHOULD WE EAT MEAT** **IN THESE LAST DAYS?**

A SAVED TO SERVE STUDY GUIDE



Should We Eat Meat in These Last Days?

We let the Bible interpret itself, comparing Scripture with Scripture and rightly dividing the word of truth (2 Timothy 2:15). The study runs in one continuous sequence — from Point 1 through Point 18. Read each reference in your Bible and write your answers on the lines provided.

- I. PURPOSE** In this series of doctrinal lessons we will study health principles from the Bible on the subject of flesh eating in these last days.

In This Study

1	Giving glory to God in eating & drinking	1 Corinthians 10:31
2	The original diet at Creation	Genesis 1:29
3	When flesh food entered man's diet	Genesis 9:3
4	Clean & unclean animals	Leviticus 11:46, 47
5	Blood, fat & Biblical preparation	Genesis 9:4
6	The diet God confirmed as superior	Daniel 1:8-15
7	Rebuttals: fish, Peter's vision, 1 Timothy 4	Acts 10:11-16
8	Power to obey in these last days	Philippians 4:13

◆ BEFORE YOU BEGIN

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

1 CORINTHIANS 10:31 (KJV)

Keep your Bible open and let each text speak for itself. Lay aside tradition, weigh every passage in the light of the whole of Scripture, and answer honestly. Ask the Spirit to make you a wise and watchful Berean — from Point 1 to Point 18 — that you may know what the Bible truly teaches about diet and health in these last days.

2. **Read Revelation 14:6, 7. We are told to fear God and give glory to Him. What is one meaning of giving glory to God?**— *Read: 1 Corinthians 10:31*

3. **NOTE** It is clear that a part of giving glory to God covers what we eat and drink. Let us ask this question and then answer it from scripture: “Lord, what shall I eat?”

4. **What was the original diet given to mankind at Creation?**— *Read: Genesis 1:29; Genesis 3:18*

“It is unnatural to have a craving for flesh meats. It was not thus in the beginning. The appetite for meat has been made and educated by man. Our Creator has furnished us, in vegetables, grains, and fruits, all the elements of nutrition necessary to health and strength. Flesh meats composed no part of the food of Adam and Eve before their fall. If fruits, vegetables, and grains are not sufficient to meet the wants of man, then the Creator made a mistake in providing for Adam....”

TEMPERANCE {TE 160.1}

5. **When was the flesh of animals introduced into man’s diet?**— *Read: Genesis 8:1, 2; Genesis 9:3*

6. **NOTE** Notice that God reminded Noah about the herb of the field as He gave Noah permission to eat the flesh of animals. It was a temporary diet given to man until the herbs should grow back on the earth.

7. **What was the consequence of eating the flesh of animals? Genesis 9:5 (Compare the lifespan of the antediluvians in Genesis 5 with those who lived after the flood.)**— *Read: Genesis 9:5; Psalm 90:9-12*

8. **Did God give permission to eat every kind of animal or did He classify them into groups? Leviticus 11:46, 47 (Read all of Leviticus 11 to identify the clean and unclean animals.)**— *Read: Leviticus 11:46, 47*

9. **What other specifications did God give to man regarding how the meat should be prepared and eaten?**— *Read: Genesis 9:4; Leviticus 17:11; Leviticus 3:15, 16; Psalm 37:20*

10. NOTE All of the meat sold at stores today, unless specified as kosher, has blood in it. Some meats are sold with the fat, and the organs of animals are also sold as food. Therefore, even if someone claims to be eating clean meats, they are not following the Biblical guidelines if it is not kosher.

11. Even though God allowed meat to be eaten by mankind, which diet did He confirm as being superior?— *Read: Daniel 1:5, 8, 10-15*

 KEY THOUGHT

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank.”

DANIEL 1:8 (KJV)

12. What will be the condition of the earth and animals as a result of sin? Should we then be eating flesh foods and dairy products in these last days?— *Read: Hosea 4:1-3; Jeremiah 12:1-4; Isaiah 24:1-6*

“Let the diet reform be progressive.... Tell them that the time will soon come when there will be no safety in using eggs, milk, cream, or butter, because disease in animals is increasing in proportion to the increase of wickedness among men. The time is near when, because of the iniquity of the fallen race, the whole animal creation will groan under the diseases that curse our earth.”

TESTIMONIES, VOL. 7 {7T 135.1}

13. FURTHER STUDY When Adam and Eve sinned, the very nature of the earth and the animals changed (Genesis 3:18, 19). The lion and the lamb who once were playmates (Isaiah 65:25), now became predator and prey. Therefore, even if a person raises their own livestock, flesh foods are still unsafe to eat since the animals are affected by the existence of sin itself.

 THE PROMISE RESTORED

“The wolf and the lamb shall feed together... They shall not hurt nor destroy in all my holy mountain, saith the LORD.”

ISAIAH 65:25 (KJV)

14. Many today use the fact that Jesus ate fish to justify eating flesh foods (including sea creatures). See Luke 24:40-43. How would you respond to a critic who uses this argument? See the following answers.

- a) **ANSWER** How was the meat prepared which Jesus ate? Koshered — free of blood, fat, or organs (based on the Old Testament guidelines).
- b) **ANSWER** The meat eaten in Jesus' day was not as diseased as the meat today.
- c) **ANSWER** Hosea 4:1-3 gave us guidance about the condition of flesh foods in these last days as reason to avoid them.
- d) **ANSWER** We must follow the Lamb (Jesus) wherever He goes. He is currently in heaven where there is no death or eating of animals, and those preparing for translation should give up flesh foods (Revelation 14:1, 4; Revelation 21:4; Revelation 22:2; Isaiah 65:17, 25).

15. Did God condone the eating of unclean animals in Acts 10:11-16? What was this vision about? Acts 10:1-7, 25-28

REBUTTAL No, the vision does not condone eating flesh foods. The vision from God told Peter not to call men (Gentiles, non-Jews) unclean and unworthy to receive the gospel, because the Jews had a preconceived idea that only Jews were “clean” and could receive salvation.

16. 1 Timothy 4:1-5 is another scripture people use to justify eating all kinds of flesh foods in these last days. What is the meaning of this scripture? To answer this, focus on verse 5 and compare it with Leviticus 11.

REBUTTAL Which meats were sanctified by the WORD OF GOD and prayer? The ones mentioned in Leviticus 11 — the clean meats.

17. As we seek to give God glory in these last days and cease from eating flesh foods, who will give us the power to fulfill this?— *Read: Philipians 4:13; 3 John 2*

18. **FURTHER STUDY** Read Patriarchs and Prophets page 91.3. What was one of the many reasons God destroyed the earth with a flood? Compare that with Matthew 24:37-39. Also, study Numbers 11 when God was leading the Israelites to the promised land and they clamored for the flesh pots of Egypt.

CHRISTIAN TEMPERANCE AND BIBLE HYGIENE, 119 {CD 380.4}

MARANATHA {MAR 62.5}

Bring Your Diet to God's Plan

In Eden, God gave mankind fruits, grains, and vegetables — a diet He later confirmed as superior in the life of Daniel. As disease multiplies in a groaning creation, the counsel for a people preparing to meet Jesus is a progressive return to the original diet. Giving glory to God covers even what we eat and drink — and He supplies the power to obey.

PHILIPPIANS 4:13 (KJV)

"I can do all things through Christ which strengtheneth me."

Will you give God glory in what you eat and drink, and move steadily toward His original plan?

REFERENCES

Sources & Notes

A PEOPLE LOOKING FOR CHRIST'S APPEARING

"Greater reforms should be seen among the people who claim to be looking for the soon appearing of Christ.... There are those who ought to be awake to the danger of meat eating, who are still eating the flesh of animals, thus endangering the physical, mental, and spiritual health."

COUNSELS ON DIET AND FOODS {CD 382.1}

SCRIPTURE & STUDY HELPS

- 1 Strong's Hebrew #2889, "tahor" — clean, pure; used of the clean animals of Leviticus 11. biblehub.com/hebrew/2889 ↗
- 2 Ellen G. White, Counsels on Diet and Foods {CD 382.1; CD 380.4}.
- 3 Ellen G. White, Temperance {Te 160.1}.
- 4 Ellen G. White, Testimonies, vol. 7, p. 135 {7T 135.1}; Maranatha {Mar 62.5}.
- 5 Ellen G. White, Patriarchs and Prophets, p. 91.3.

All Scripture is quoted from the King James Version (KJV). Adventist pioneer writings are cited for study and comment.