

**“About My Father’s *Other* Business:  
The John the Baptist Generation (Locusts and Honey)”**

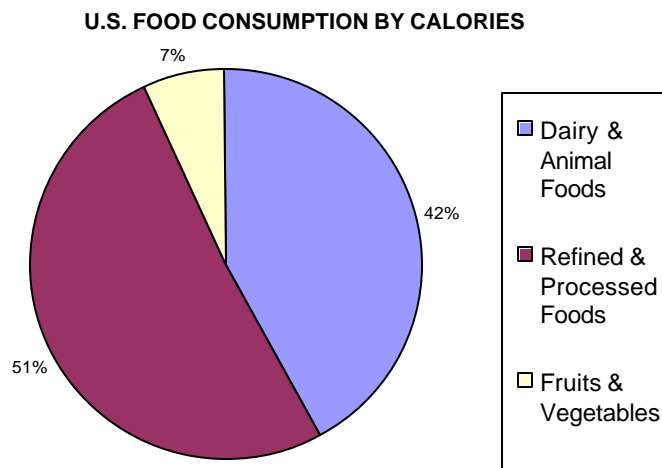
☞ There is a small print warning about diet we must share.

- ▼ Romans 14:1-4
- ▼ “Do not \_\_\_\_\_ one another.”

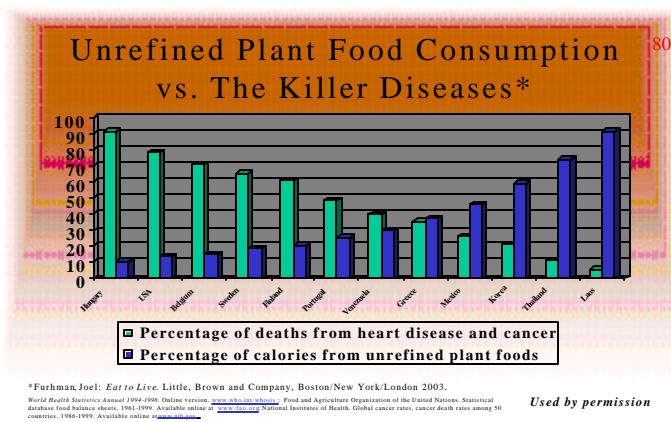
☞ Matthew 3:1-4

- ▼ *Locusts* and honey
- ▼ Eight historical arguments support it as *Ceratonia siliqua*, the carob tree—still called “St. John’s bread” in English and German.
- ▼ “[John’s] diet, purely vegetable, of locusts and wild honey, was a rebuke to the indulgence of appetite and the gluttony that everywhere prevailed.” (3T 62)

☞ Joel Fuhrman, M.D.—board-certified family physician, specializing in preventing and reversing disease through nutritional and natural methods—new book: *Eat to Live*:



- ▼ “From convenience foods to fast-food restaurants, our fast-paced society has divorced itself from healthful eating. . . . The result is that we are sicker than ever, and our medical costs are skyrocketing out of control. . . . I insist that our low consumption of unrefined plant food is largely responsible for our dismal morality statistics. Most of us perish prematurely as a result of dietary folly.” (99-101)



- ▼ “Based on an exhaustive look at research data from around the world over the past fifteen years, my recommendation is that your diet should contain over \_\_\_\_ percent of calories from unrefined \_\_\_\_\_ foods. This high percentage of nutrient-dense plant foods in the diet allows us to predict freedom from cancer, heart attacks, diabetes, and excess body weight. Fruits, vegetables, and beans must be the base of your food pyramid; otherwise, you will be in a heap of trouble down the road.” (67)
- ▼ Compelling evidence that the divine diet given to the human race at creation (fruits, vegetables, grains and nuts) still remains these millennia later the most successful prescription and predictor for human \_\_\_\_\_ and optimum \_\_\_\_\_.
- ▼ “Following a strict vegetarian diet is not as important as eating a diet rich in \_\_\_\_\_ and \_\_\_\_\_. A vegetarian whose diet is mainly refined grains, cold breakfast cereals, processed health-food-store products, vegetarian fast foods, white rice, and pasta will be worse off than a person who eats a little chicken or eggs, for example, but consumes a large amount of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.”
- ▼ And regarding our staple—the “Adventist meat”—he writes:
 

“\_\_\_\_\_ has more saturated fat and more hormone-containing and -promoting substances than any other food, and the incidence of our hormonally sensitive cancers has skyrocketed.” (80) “[It] is one of the most dangerous foods in the world to consume. Though it tastes good, it should be used very rarely, if at all.” (136)
- ▼ “The research shows that those who avoid \_\_\_\_\_ and \_\_\_\_\_ have lower rates of heart disease, cancer, high blood pressure, diabetes, and obesity. The data is conclusive: \_\_\_\_\_ live longer in America, probably a lot longer.” (75)
- ▼ Why is that true? “Leafy \_\_\_\_\_, the most nutrient-rich foods on the planet, were the best predictor of extreme \_\_\_\_\_ . . . . It is the large quantity of unrefined plant food that grants the greatest protection against developing serious disease.” (76)
- ▼ “The diseases that afflict, and eventually kill, almost all Americans can be avoided. You can live a high-quality, disease-free life and remain physically active and healthy.

You can die peacefully and uneventfully at an old age, as nature intended. To achieve the results in preventing and reversing disease, and attaining permanent healthy body weight, we must be concerned with the \_\_\_\_\_ of our diet.” (67)

☞ For “the John the Baptist generation,” what we eat and drink is truly a \_\_\_\_\_ issue!

▼ Reason #1—My diet concerns God’s call to \_\_\_\_\_ .

! I am God’s \_\_\_\_\_ .

! I Corinthians 6:15-20

! Romans 12:1, 2

! I Corinthians 10:31

▼ Reason #2—My diet concerns God’s call to \_\_\_\_\_ .

! I am God’s \_\_\_\_\_ .

! Luke 1:17—“To make ready a people prepared for the Lord.”

! *It is precisely that readiness that makes our diets and the control of our appetites a deeply moral issue.*

▼ Just like John

▼ “In preparing the way for Christ's first advent, [John] was a representative of those who are to prepare a people for our Lord's second coming. The world is given to self-indulgence. Errors and fables abound. Satan's snares for destroying souls are multiplied. All who would perfect holiness in the fear of God must learn the lessons of temperance and self-control. The appetites and passions must be held in subjection to the higher powers of the mind. This self-discipline is essential to that mental strength and spiritual insight which will enable us to understand and to practice the sacred truths of God's word. For this reason temperance finds its place in the work of preparation for Christ's second coming.” (*Desire of Ages* 101)

▼ Just like Jesus

▼ “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’” (Matthew 4:4)

☞ When it comes to our health and diet—starting \_\_\_\_\_ can mean the difference between life and death.

greens, longevity, nutritional quality, moral, holiness, temple, readiness, witness, soon enough