

## 7-Dec-2021 \_healthy food intake

(Spirit Helper speaking: ) You take in the things that others are all feeding on, then it's only natural that you would be consumed as they with this and that health trouble. Why would things play out any differently for you than for they?

Do you not care to speak up and warn the wayward of their health destroying choices? Does not the Bible teach time and again that what you eat is to be the choice of your Manufacturer; your Maker? Just like an engine on a car has to take in what it is created to have, so must you do so if you wish to last long and strong.

Put away that which brings ill health to your bodies and minds, for it clouds your ideas and thoughts and makes you unable to think clearly or act wisely.

Be strong, for the demon of obsession and indulgence is strong in the seat of those who seem to have an easier life. He sits here to control the masses, using their bellies as his workshop, the temple he pollutes. One by one they drop. Find out what is actually going on, and the great great horrible sorrow that is actually occurring right behind a veil of what you don't see right in front of you. But it's there. Death through the belly ways. Not just sudden death, but bit by bit, eating away from the insides.

Purge and cleanse and be not one of this evil demonic force's plans to kill off humanity using the rouse of pleasure—edible pleasure.

What prophets ever had the choice to eat as they wished, and to partake of the dainties of the tables of the world?—That is if they wished to be a called out prophet speaking truth. Those who had given up this world's delights rose above it all and were true to their calling.

Open up the Bible and see what it says about the diet of God's people, and especially the called out ones. Everyone who gave their all to do their job both got persecuted, as well as had their diet controlled. Sometimes they fasted for long periods, other times they ate the same food year after year. Other times they were to eat what those they ministered to were eating. But in all scenarios it was for the glory of God, and to show their obedience and submission.

Sure it's easy to eat or not eat this or that when that is all there is to choose from. But to make a stand and say thus far and no further, that is what My called out ones are to do, even when the options are many. For it's through a belly that the masses or an individual can be lured, to their own destruction. Put God in charge of what you eat or drink, and you take your life back, and let God fully use it.

The pressures to conform will be many, and you will have to stick out like a sore thumb. But do that and live. Give every part of your being to God, for then you can have full faith and trust that whatever happens is His will. If or when you wander outside of what He knows is best, that is when you will get the rod, and in ways that weren't entirely necessary. A whole lot of trouble for nothing—when you could have been more obedient and lived happily, skipping out on so many ills that most others have to fall under.

Be wise and come out.

Separate yourself for Me, and I will be in you more than ever. The less of this world's supplies you take in, the more Heaven can fill you, and the longer you can be used. But if you are fighting this and that illness due to your consuming worldly supplies, there is so much less of you that can be used, for your mind and battles are all centered around your self-inflicted ills due to your choices.

To "Eat what is set before you" comes with a cost of all the ill health. Again it is the problem of who is doing the "setting". Psalm 23 tells who is to be setting and filling your table, and it's not talking about people. God is the one you are to let fill your table, your eyes, your ears, your mouth and the words you say. God is the one that fills all things.

Again, it's the choices. You can choose life or destruction. There is the good available or the foods that bring unwellness. What will you choose?

Like that verse "I put before you life and death, blessing and the curse." Choose life.

**DEU.30:19** I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:

**DEU.30:20** That thou mayest love the LORD thy God, and that thou mayest obey his voice, and that thou mayest cleave unto him: for he is thy life, and the length of thy days:

"But as many as received Him" (John 1:12)—into their house, and their heart, "to them gave He power to become sons of God." God in you makes you His true children, filled with Him, not with the things that corrupt.

Give yourself to the Lord, and He will transform you.

Feed the flock of God. Take away from the midst of you—from your belly—that which will be a snare to you.

Get out from the world and get the world's illness-feeding pollutants away. Trust God for the fall out. You can't afford to be unwell as the times get more and more intense.

Gird up your loins; put a shield on them. Truth, true bread, meat—that is food—and not that which is vanity, or that doesn't give strength, but takes it rather and leaves you on the scrap heap.

Eat what the world does, and die a slow and painful death, one bite at a time. Chewing your way into more and more pain, when food was created to give health and strength. Do it God's way and renew your strength.

It's great to teach others about the weapons of the spirit, but if their inward man, what is happening inside their body is being eaten away and consumed with the illness of this world, they'll have little time to use the spiritual nourishment you might want to give them.

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### **23 October 2016—Some food thoughts that came to me:**

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

“Present your body a living sacrifice.” Each time we eat is like a “Living Sacrifice” ceremony. It should have nothing that defiles our bodies; it should keep us alive; it should glorify God—His beautiful, alive food; and be a time of praise and fellowship in the Spirit with Him and others. Our time of saying—in action—that we want to go on living and giving our life as a living sacrifice for Him.

We can give up and sacrifice any foods if they will not glorify Him and will not help to give us life and long life and good health. It might feel like a sacrifice to eat something instead of others; but it's our “reasonable service”.

We are not to be defiled with the world's dainties.

Heavily man-made foods don't glorify the Lord as their creator, but the people that made them. When we eat and enjoy and admire the fine foods that are in their natural state, as God made them, and realise in praise and admiration that that is good in its best form, the highest, the most beautiful—that is glorifying the Lord.

We should realise that tampering with food in any way—even heavily prepared foods, makes it of less quality.

“Natural state” can include natural chemistry effects—like homemade cheese, kvass, sauerkraut, etc. Realising that it's God's set up and built-in mechanism for health, it glorifies God.

Things that need to be made to have a longer shelf-life aren't “daily food” and aren't life-giving. The life has been stunned out. As much as possible, eat and prepare fresh foods, daily, or within the hour of eating them.

“Glorify God in your body and in your Spirit, which are God's.”

We belong to Him and He should have a say what we eat, drink, do, wear, and so forth.

The Word of God is more important than food for sustaining and maintaining life.

Read it and listen to it every day, before you eat or while you eat, and thank the Lord for what you do eat, asking Him to bless it—that is to make it good for you, and take out anything that might harm you in some way. Pray when you eat and drink for it to be cleansed and to give you health and strength—the purpose for the food.

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### **Food for thought:**

*The wicked “Babylon” city [the Devil's world system] spoken of in the Book of Revelations has food production that makes many rich, and we are not to eat of those “delicacies” or we will get the plagues as well; the deadly illnesses. Come out and be separate!*

**REV.18:2...**, Babylon the great is fallen... **REV.18:3** ... the merchants of the earth are waxed rich through the abundance of her delicacies. **REV.18:4** And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.

**REV.18:13** And cinnamon, and odours, and ointments, and frankincense, and wine, and oil, and fine flour, and wheat, and beasts, and sheep, and horses, and chariots, and slaves, and souls of men. **REV.18:14** And the fruits that thy soul lusted after are departed from thee, and all things which were dainty and goodly are departed from thee, and thou shalt find them no more at all.

**PRO.23:1-3** When thou sittest to eat with a ruler, consider diligently what is before thee: ... Be not desirous of his dainties: for they are deceitful meat.