



HEALTH 2.0

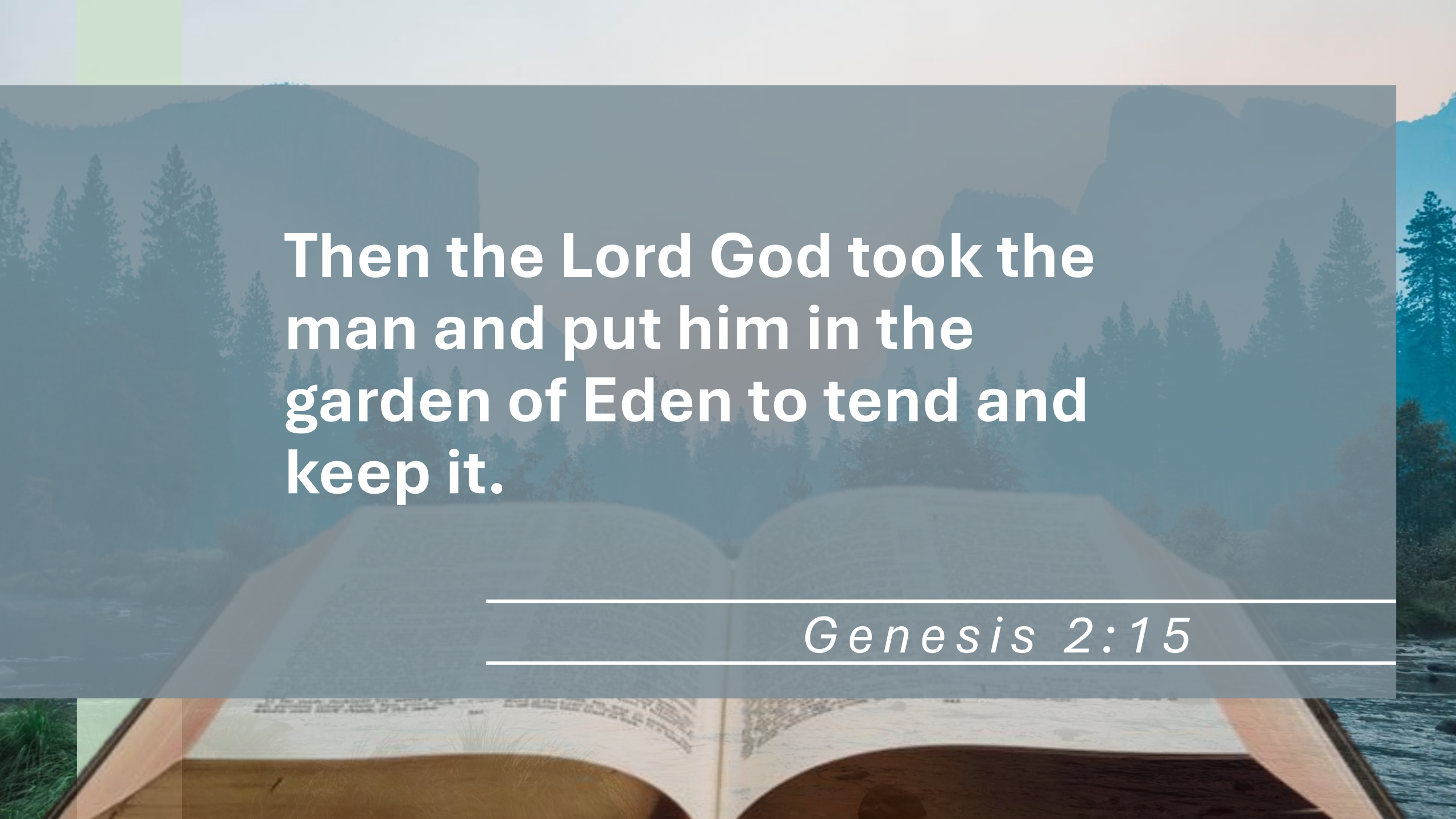
When Morality Meets Our Table



“hordearii” (barley-eaters)



Daniel's Stance



**Then the Lord God took the
man and put him in the
garden of Eden to tend and
keep it.**

Genesis 2:15

THE MYTH OF THE PRIVATE BODY





**For none of us lives to
himself, and no one dies to
himself.**

Romans 14:7

1: The Burden of the Break Down

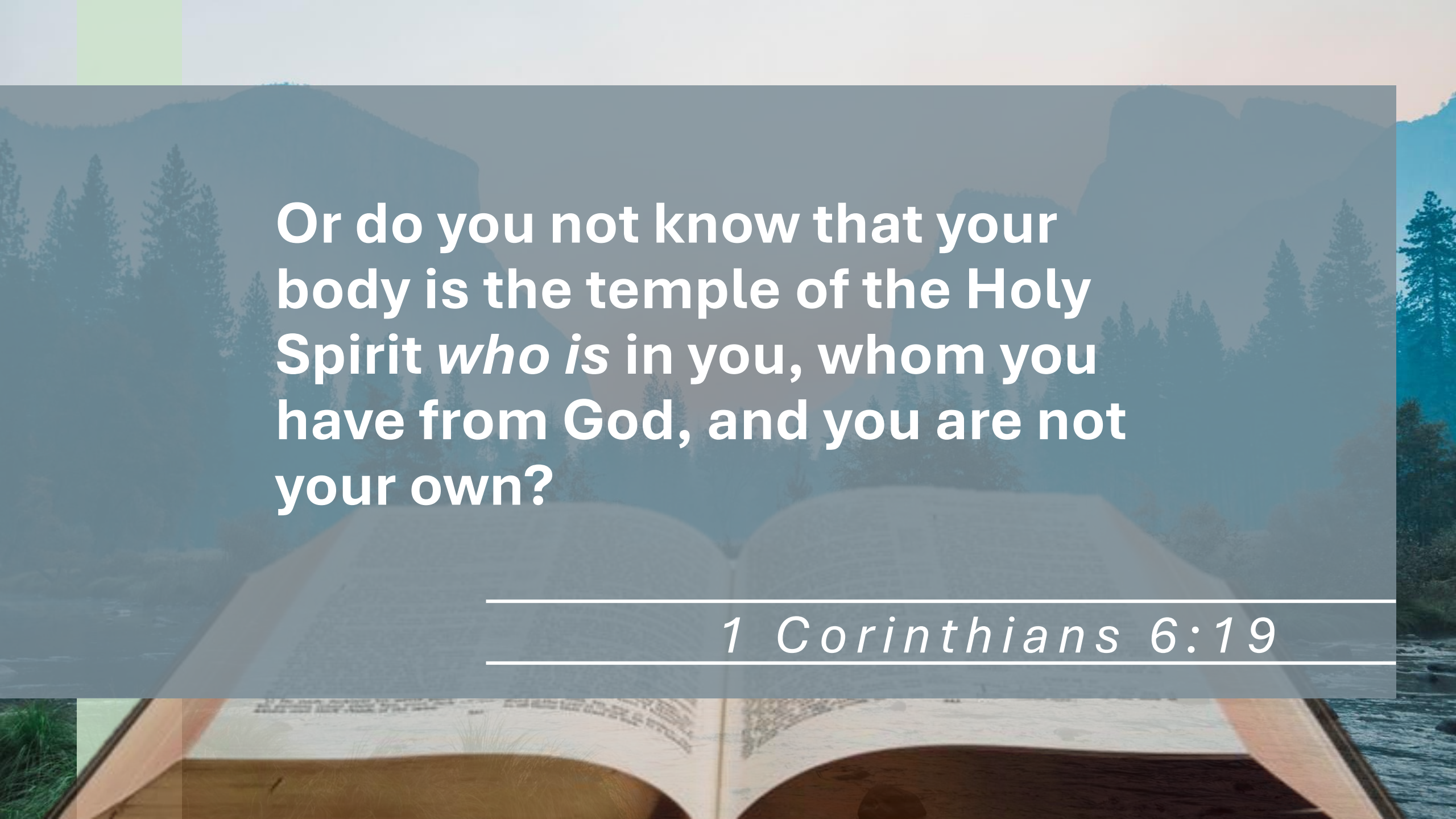
- **The Weight on Others:** When we break down, those who love us must step in to carry our load.
- **The Empty Cup:** You cannot pour from an empty vessel. If you are physically or emotionally depleted because you haven't prioritized rest or stewardship, the person in need across from you receives a "version" of you that is less than what God intended.
- **The Lesson:** Caring for yourself is an act of **charity** toward those who depend on you.

2: The Power of Vitality

- **Energy for Service:** A healthy body and a clear mind are tools. They allow us to stay up late with a grieving friend, show up early for a service project, and maintain the patience required for difficult conversations.
- **The Gift of Longevity:** Taking care of your heart and mind today is a gift you give to your future grandchildren and your future church. It is the commitment to being "present and accounted for" for as long as God allows.

3: Health as a Social Atmosphere

- **Emotional Contagion:** Science and Scripture agree that our internal state affects the "weather" of the room. If we are healthy and grounded in the Spirit, we bring peace to others.
- **Modeling Stewardship:** When we prioritize boundaries and nourishment, we give others "permission" to do the same. We move from a culture of competitive exhaustion to a culture of **sustainable discipleship.**



Or do you not know that your
body is the temple of the Holy
Spirit *who is* in you, whom you
have from God, and you are not
your own?

1 Corinthians 6:19



**For you were bought at a price;
therefore glorify God in your
body and in your spirit, which
are God's.**

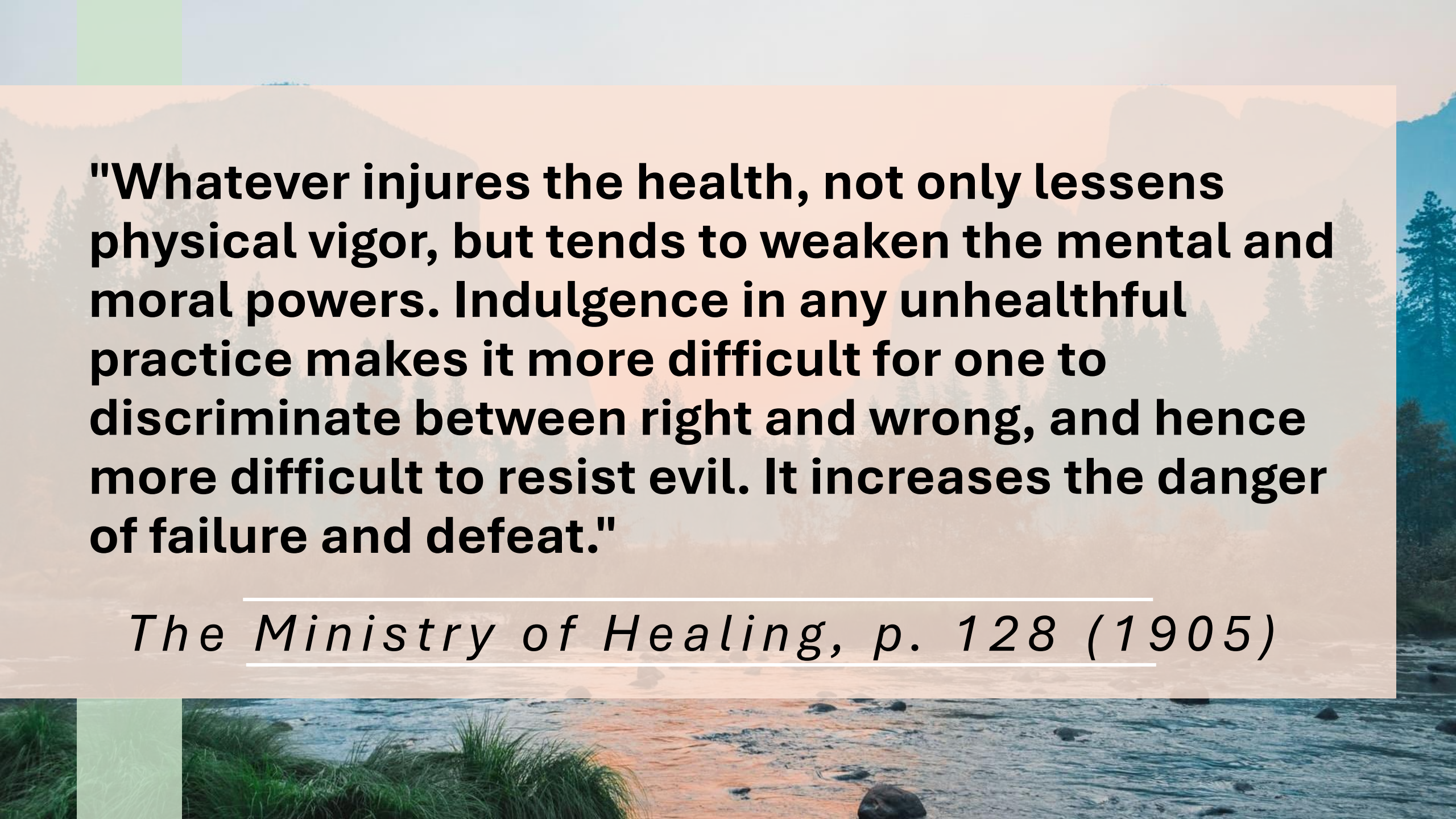
1 Corinthians 6:20

The Holistic View



The Theology of Health





"Whatever injures the health, not only lessens physical vigor, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat."


The Ministry of Healing, p. 128 (1905)

Preparation for the Soon-Coming



²² But the fruit of the Spirit is love, joy, peace,
longsuffering,
kindness, goodness, faithfulness,
²³ gentleness, **self-control**. Against such
there is no law.

*Galatians 5:22-23**

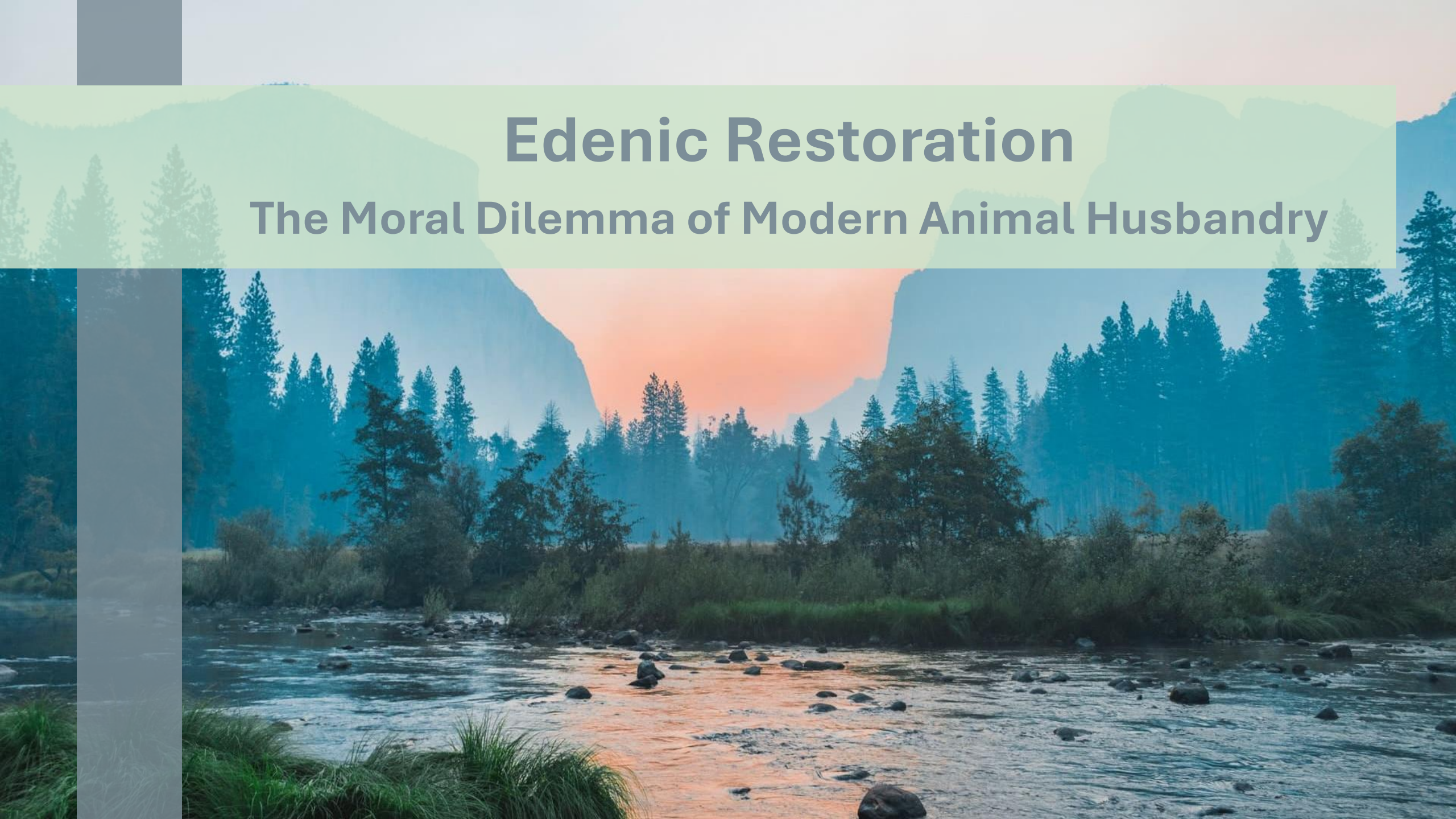


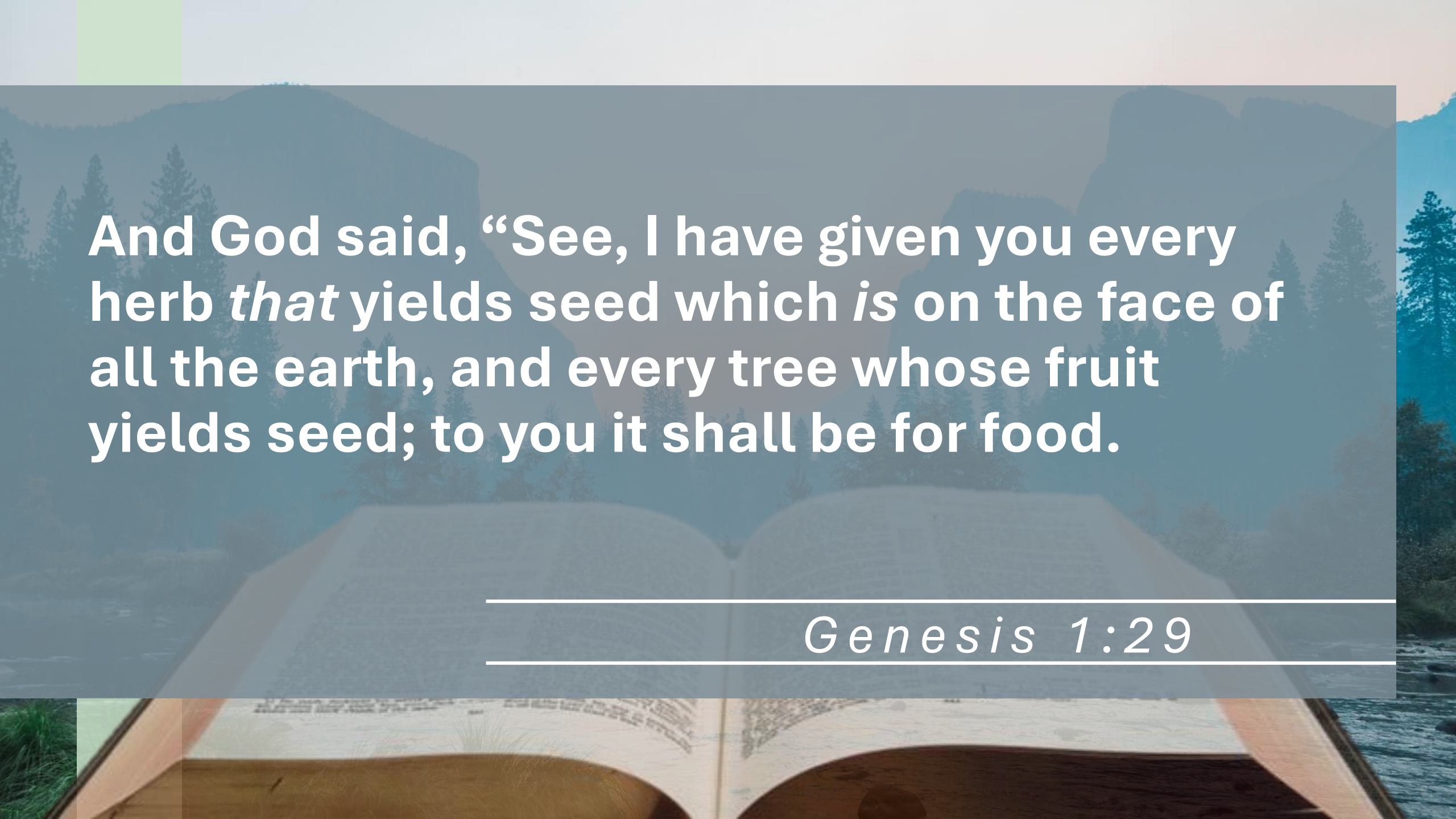
**Therefore, whether you eat or
drink, or whatever you do, do all
to the glory of God.**

*1 Corinthians 10:31**

Edenic Restoration

The Moral Dilemma of Modern Animal Husbandry





And God said, “See, I have given you every herb *that* yields seed which *is* on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.

Genesis 1:29

Biblical Mandate for Animal Welfare

- **Proverbs 12:10:** “A righteous man regards the life of his animals, but the tender mercies of the wicked are cruel.
Moral character is directly tied to the treatment of beasts.
- **The Sabbath Commandment:** Even in the Decalogue (Exodus 20:10), God explicitly mandates rest for animals.
- **The Concept of Stewardship:** In Genesis, "dominion" was never intended to be "tyranny." It was a call to be a protective under-shepherd.

The Reality of Modern Industrial Farming





Confinement and Restriction

CAGE-FREE

VS

FREE-RANGE

VS

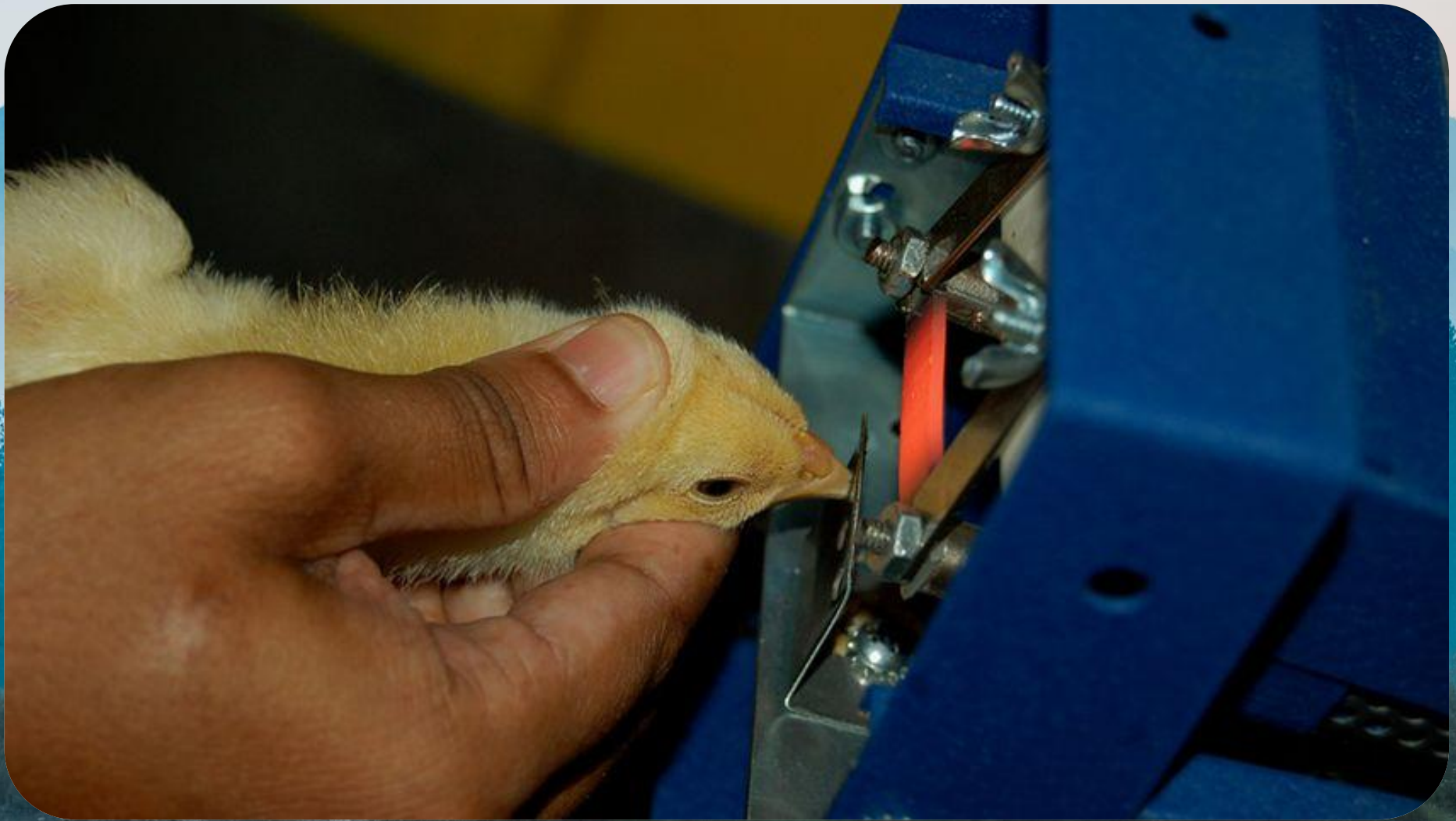
PASTURE-RAISED



Know the Difference



Confinement and Restriction



Mutilation without Anesthesia

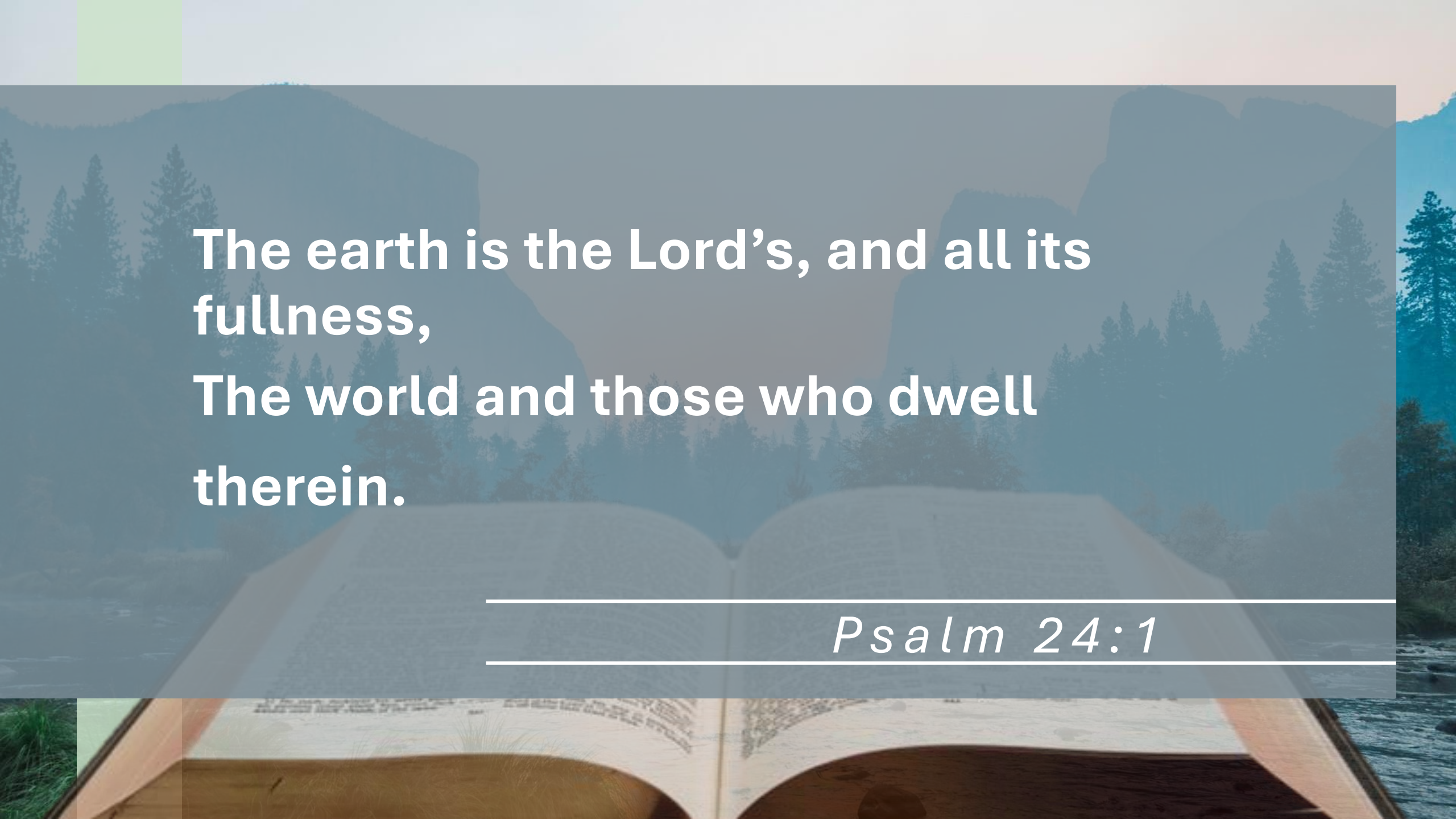
- 1957: 2lbs, time to market - 70 days
- 2026: 6.5lbs, time to market - 47 days
- Chickens are not allowed to be given steroids, but beef cows are.

The “Product” Mindset



Pollution





**The earth is the Lord's, and all its
fullness,
The world and those who dwell
therein.**

Psalm 24:1

The Stewardship Crisis: Global Impacts



The Water Crisis: A “Thirsty” Industry

Fresh water is a gift from God, yet modern meat production is incredibly resource-intensive. When we look at the water required to produce just **one pound** of food, the moral weight of our choices becomes clear:

Beef: ~ 1,800 gallons of water.

Pork: ~ 720 gallons of water.

Chicken: ~ 520 gallons of water.

Soybeans/Wheat: ~ 220–250 gallons of water.

The Moral Dilemma for the Christian



Some animals are inhumanly treated while being brought to the slaughter. They are literally tortured, and after they have endured many hours of extreme suffering, are butchered. Swine have been prepared for market even while the plague was upon them, and their poisonous flesh has spread contagious diseases, and great mortality has followed.

Spiritual Gifts 4a: 147, 148, 1864



The Ecological Sin

© Animal Equality / Thomas Mendel



The “Cruelty by Proxy”

Moving Toward the Ideal

The Adventist “Health Message” is a call to return to the Diet of the Kingdom



Biblical Mandate for Animal Welfare

- **Compassion as a Witness:** By choosing a plant-based diet, we witness to a world of violence that there is a "better way"—the way of peace and non-violence.
- **Character Development:** Self-denial (choosing not to eat something because of the suffering involved) is a primary way we develop the fruit of the Spirit, specifically **Temperance**.

A scenic landscape featuring a river flowing through a valley with mountains in the background and trees in the foreground. The image is overlaid with a semi-transparent text box. The text is in a bold, black, sans-serif font. The background has a soft, hazy appearance, and there are vertical color bars on the left side: a light blue bar on the far left, a light green bar next to it, and a darker blue bar on the far right.

Among those who are waiting for the coming of the Lord, meat eating will eventually be done away; flesh ceases to form a part of their diet.

Christian Temperance and Bible Hygiene, 119, 1980



**Blessed are those who hunger
and thirst for righteousness, for
they shall be filled.**

Matthew 5:6

A “Sacrificial Diet”

- **Social Justice:** 82% of the world's underfed children live in countries where food (grains) is fed to livestock to be sold to wealthier nations. Eating lower on the food chain is an act of global justice.
- **The Call to Action:** Moving toward a plant-based diet isn't just about personal health—it's about **Environmental Evangelism**. It shows the world that we care for what God cares for.

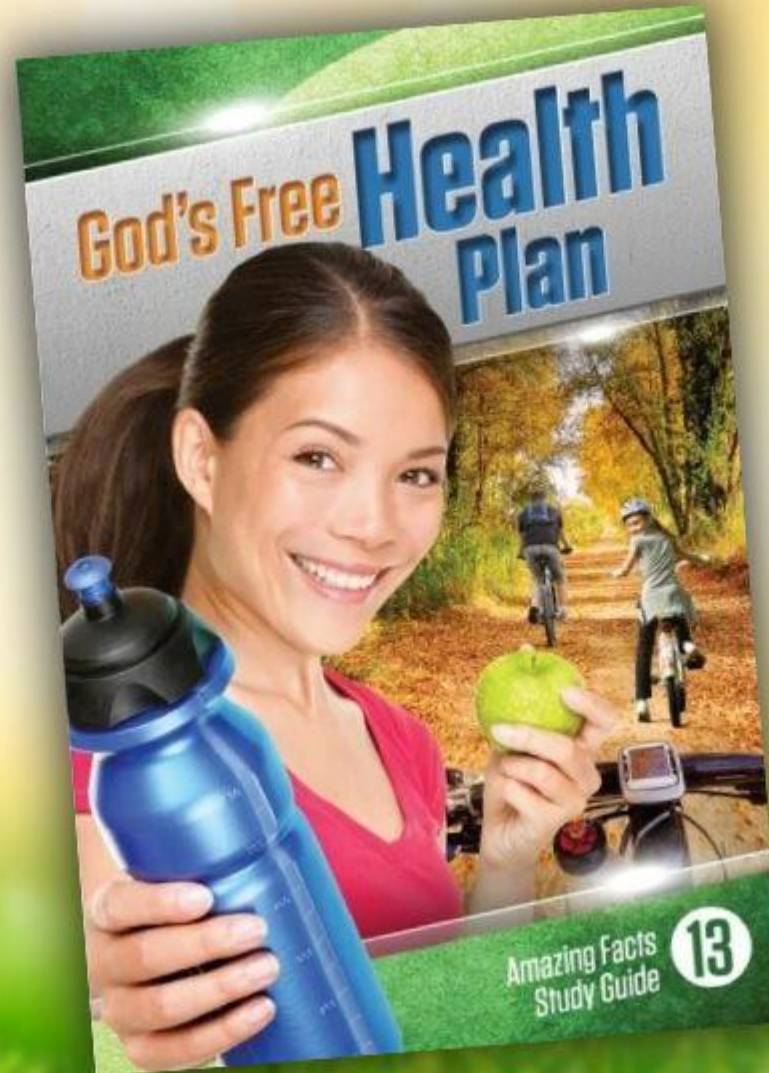
A New Covenant with Creation




The “Three-Fold” Commitment

- 1. To the Body:** To treat my physical health as a spiritual priority, keeping the mind clear for the Spirit’s voice.
- 2. To the Creature:** To extend the mercy I have received from Christ to the animals under human dominion.
- 3. To the Earth:** To live more simply, reducing my footprint on the world God created and will soon restore.

Further Study





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1 Corinthians 10:31



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