

The Lean Diet with a Spiritual Purpose (Daniel 1)

Daniel's diet was more than just a diet; it reflected his faith and obedience to his God and his teachings; it was a diet of self-sacrifice not for self-gain, but for the purpose to radiate his faithfulness to God and bring forth the awareness of reality of his true God; when he and his friends, Hananiah, Mishael and Azariah were taken captives to Babylon, they were chosen, among others, for indoctrination to prepare them to be loyal servants of King Nebuchadnezzar. This indoctrination constituted an offense to their belief in their true God, for it was contrary to the teachings of the Law God had given Israel many years early. It consisted also of learning the Chaldean language and its literature; daily provisions from the royal food and from the wine. Daniel, however, with his friends had determined in their hearts not to defile themselves with the king's food, or with his wine. Here stood the courage of four young men, whose faith spoke through their love for God.

They were young men of royal and noble families, as well as healthy, without physical defect, good-looking, suitable for instruction in all wisdom, knowledgeable, perceptive and capable of serving in the king's palace, as the King requested them to be (Daniel 1:4). For three years they were to eat from the King's table. Daniel, however, objected to the idea by asking the chief official permission not to defile himself by eating from the king's table. That took courage and faith, for they were captives of Babylon without rights to speak of. He requested that vegetables and water would be his and his friends' diet for a time of ten days, as a means of a test, when his request was denied. They were granted the diet for that period of time; and when the ten days were completed they looked healthier than those who ate from the king's food. Daniel and his friends would not partake of the King's food and be part of Babylon's religion system because they loved God. They would not compromise their faith in the true God for a plate of rich meat and a glass of wine offered to idols. In return, the Lord honored them by blessing them and making them successful; He gave them knowledge and understanding in every kind of literature and wisdom (vs. 17). Their needs were supplied above their expectations and they acquired high position in the kingdom of Babylon. God, without a doubt was with them in everything they did!

Daniel's lean diet showed him to be set apart from the world for God; he sought God's face every day through prayer, sometimes by fasting and repentance for his sins and for the sins of his nation, even when it cost his life. Nevertheless he remained steadfast in faith without fear of men. His decision not to defile himself with the things of the world was a reflection of who he was before God. He was consistent with his love for his Lord, and he showed by the way he lived. He and his friends left us a good and living example to follow, although we do not have the courage, the determination they had to do the right thing when it comes to food, because many of us live to eat, not eat to live. We Christians live an ecumenical life; we embrace everything that just mentions the name God because we lack spiritual discernment; we disregard the essence of our faith, therefore we exclude what is important for a fruitful life, even our eating habits.

We are God's temple; Paul asks us a very important question with consequence, concerning the body as the temple of God. He asks: Don't you know that you are God's temple and that the Spirit of God lives in you? If anyone ruins God's temple, God will ruin him; for God's temple is holy and that is what you are (1 Cor. 3:16, 17). "Don't you know"? This question implies that we should know how to take care of our body for the reason that it is God's temple; and this is reason enough to change our eating habits, if they are destroying our health by means of diseases, as a result of the diet we have embraced. We cannot expect to be healthy with dead processed foods full of preservatives, hydrogenated oils and chemicals, overloading the liver, the kidneys and colon. So many diseases are a result of the body's starvation for live nutrients; our body lacks the ability to let go of digested foods for days and sometimes weeks because the foods we eat are dead foods; they just sit on the colon petrifying and providing a colony for parasites. God's temple is sick; we need to link our diseases more closely with the way we eat.

When God created men, He provided for them a garden complete with all the foods they needed to survive. It was not a garden of potato chips and soft drinks; it was not a garden of white wheat (flour) or white rice and processed sugar; it was a garden complete with live foods to feed and nurture the body. We brought sickness on ourselves and our family, either for lack of knowledge, or because of indifference and stubbornness. The easy road we take will never get us where we should be; we will get only what we sowed. Disregarding the spiritual side of things pertaining to foods is to fall every time into disobedience to our Creator and Lord, YAHSHUA. The lean diet we are seeking to apply is only profitable when spiritually purposed in our heart to be for the glory of our Lord, through our obedience to Him, as it reflected in the lives of Daniel and his friends. The way we behave in the physical world shows where we are in the spiritual world; they cannot be separated. We should be distinguished as God's people in every way we live our life. Eating, working, talking; all should be done in harmony with our faith in God, even if we must come to eat only vegetables and water. Daniel and his friends had it right; let's follow their examples shining the light of truth to a world of darkness!

THINK ABOUT IT!