

Revelation Reveals Life at its Best

Revelation Reveals Life at its Best



1

My topic tonight is **Revelation Reveals Life at its Best**

Does the book of Revelation give us any specific instruction about our own lifestyle?



2

Does God have a plan of physical, mental and spiritual survival outlined in Revelation?

Do our lifestyle choices really make a difference at endtime?



3

Is God some kind of celestial dictator who points His finger at you and says your time is up?



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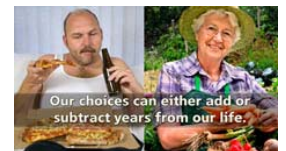
Is health a matter of chance or choice?



5

Our choices can either add years to our life or they can subtract years from our life.

I am convinced that the devil is anxious to destroy our health and God wants to build it up.



6

That's why more than ever, our theme is so relevant:
**If it's in the Bible, I believe it.
If it disagrees with the Bible,
It's not for me.**



7

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The Book of Revelation presents two opponents in this titanic struggle between good and evil. Satan, the destroyer, and Jesus, the Restorer. Satan is out to take away our freedom by leading us into bondage by enslaving us in destructive physical habits such as smoking and drinking alcohol.



8

Revelation 12:9

“So the great dragon was cast out, that serpent of old, called the Devil and Satan, who deceives the whole world . . .”

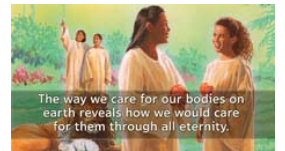


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One of Satan’s ways of controlling human beings is to deceive them that certain lifestyle practices give them freedom, when in actuality they lead them into bondage. He deceives millions to think the body doesn’t matter as long as the heart is right with God.

The way we care for our bodies on earth reveals how we would care for them through all eternity.

The body is a temple for the dwelling of the Holy Spirit. In **3 John** verse **2** the Bible says,



10

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

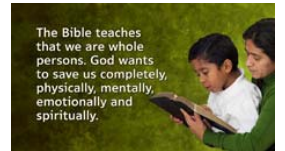
Some people say, “It really doesn’t matter what you drink. It really doesn’t matter what you eat, or if you smoke”



11

But the Bible teaches that we are whole persons. God wants to save us completely, physically, mentally, emotionally and spiritually.

In fact, God’s last day message in the Book of Revelation says—



12

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Revelation 14:7

“Fear God and give glory to Him, for the hour of His judgment has come; and worship Him who made heaven and earth, the sea and springs of water.”



13

In the judgment hour, in the last days of earth's history, God calls us to give glory to Him.

What does it mean to glorify God?

How do I give glory to God? The apostle Paul answers the question.



14

1 Corinthians 6:20

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



15

The Bible calls us to glorify God in our physical bodies. We are bought with a price.

The price of the precious blood of Jesus on Calvary.

The Bible says—

1 Corinthians 10:31

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



16

We glorify God or dishonor Him in the way we treat our bodies and if we live in harmony with the health laws he has given.

God is calling for a people who are completely committed to Him.

He is calling for a people who are dedicated mentally, physically and spiritually to Him.

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There are some lifestyle practices which destroy our bodies.

The scientific evidence indicates that smoking is one of world's most deadly killers.

Dr. Linus Pauling, one of the few scientists ever to win two Nobel Prizes, said—



17

“Every cigarette you smoke takes 14.5 minutes off your life.”

In other words, smoking is committing slow suicide.

I enjoy life too much to smoke 30 cigarettes a day and take off 450 plus minutes of my life.



18

Some researchers in the **UK** have concluded that

“Smoking is the single biggest cause of cancer in the world.”

In the UK, smoking kills five times more people than road accidents, overdoses, murder, suicide and HIV all put together.

Studies from Europe, Japan and North America have shown that 9 in 10 lung cancers are caused by the many chemicals in tobacco smoke.



19

Smokers have a **25% higher risk** of a heart attack than non-smokers.



20

Nicotine causes the arteries to shrink.

The blood flow is restricted by the narrower openings.



21

When arteries get smaller and smaller, clots get caught in the blood vessel and then a stroke or heart attack happens.



22

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Secondhand smoke has also become a real problem. If you have children in the home, it affects them. They have more colds. Recent studies indicate children of smokers have a higher cancer risk due to second hand smoke.



23

Do you really want to pollute the atmosphere surrounding your kids with tobacco smoke?

The power of God will enable you to quit. By the grace of God, you can be free. You can present your body “a living sacrifice.”

Revelation 3:21

“To him who overcomes I will grant to sit with Me on My throne, . . .”



24

Through His grace you can overcome.

Revelation declares, “Those who enter the gates of heaven will not be defiling their bodies.”

Quitters always win!

Quitters find a reversal of many of the unpleasant affects of tobacco and dramatically reduce their risk of heart disease and cancer.



25

By the grace of God you can win!

You can say, “I’m not a slave to tobacco or any other addiction anymore. I want to be a servant to Jesus Christ, I want to be a child of the King.”

And He comes into our lives and grants us His power over those habits!

The Bible says, in **Romans 5:20**

“But where sin abounded, grace abounded much more.”



26

And no matter how strong tobacco is Jesus Christ is much stronger. No matter how strong nicotine is Jesus Christ is

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much stronger.

Jesus is stronger than enslaving physical habits.

When we present our bodies to Him as a living sacrifice, Jesus comes into our lives.



27

Jesus healed when he walked on earth. He comes in to our lives with the same power.

The Bible says,



28

Matthew 7:7, 8

***“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.*”**



29

The Bible says if you need God's power, ASK!

For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.”



30

In this text Jesus was speaking about all the spiritual power in the universe.

God promises you spiritual power. In fact the Bible says that Jesus will deliver us from slavery of sin.

Romans 6:16

“Do you not know that to whom you present yourselves slaves to obey, you are that one's slaves whom you obey?”



31

We need Jesus Christ. Jesus frees us from slavery to the devil. Jesus delivers. Jesus makes us new.

He gives us victory over smoking.

And victory over alcohol.

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Fighting the battle of the bottle

Whatever the struggle you face, get on your knees and ask God to help you.

It may be a real struggle but the Lord will deliver you. Some people struggle more than others, but God works miracles for those who trust Him.

Now, there's a lot of confusion about the effects of alcohol on the body and mind.



32

Scientists can look into the eye at the tiny blood vessels visible there and determine how many drinks of alcohol a person has taken by how sluggish and clumped together the blood cells are.

Drinking alcohol cuts off oxygen supplies to the brain.



33

The brain cells, unable to get enough oxygen, are destroyed.

Question: Where does the Holy Spirit communicate with you?

Does He communicate through your fingers or toes?

Where does He communicate?

Through the brain, of course.

Do you see why the devil brewed alcohol in the laboratories of hell? Because alcohol destroys brain cells.

The human brain is the only place where God can communicate with us through His Holy Spirit.

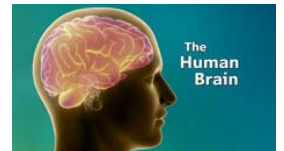
That's why Solomon says in:

Proverbs 20:1

“Wine is a mocker, strong drink is a brawler, and whoever is led astray by it is not wise.”

Why is it that pilots are not allowed to drink 24 hours before they go on a flight?

Why is it that medical students are told not to drink before



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going into their state board exams?
Because it affects their judgment.

Many who experiment with alcohol develop serious drinking problems that cause serious marital problems, problems with their work, and even criminal problems.

Proverbs 23:29-33

***“Who has woe? Who has sorrow? Who has strife?
Who has complaints? Who has needless bruises?
Who has bloodshot eyes?”***

What a list. Woe, sorrow, strife, complaints, bruises, bloodshot eyes.

The text continues with the answer:

Those who linger over wine, who go to sample bowls of mixed wine.



36



37

Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!

The Bible says, Don't even look at wine when it is fermented. It is going to deceive you.

We continue,

In the end it bites like a snake and poisons like a viper.

So why would I want to put something in my body that poisons me like the bite of a venomous snake.

God says the only way to deal with alcohol is to give it up completely.

Your eyes will see strange sights and your mind imagine confusing things.”



38



39



40

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Someone says, “Wait a minute, you forgot about the story where Jesus turned the water into wine at a wedding feast.”

Does this indicate that it’s okay to drink socially?

Let’s read the story.

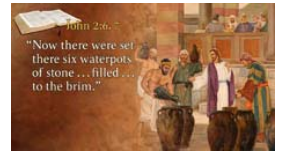


41

John 2:6, 7

“Now there were set there six waterpots of stone . . . filled . . . to the brim.”

Christ changed the water in the large pots to wine.
But what kind?



42

In the Bible the same word “**Wine**” can mean one of two things.

It can mean **fermented wine** or it can mean the **pure juice of the grape, non-alcoholic**.



43

The only way you will know is the context of the Bible passage.

Isaiah 65:8 says,

“As the new wine is found in the cluster, and one says, ‘Do not destroy it, for a blessing is in it...’”

That wine the Bible calls fresh or unfermented wine. Fermented wine is aged wine which causes intoxication. The pure, fresh unfermented juice of the grape is invigorating.

But what kind of wine did Jesus create?

Look at those measurements. The wine He created at that wedding feast was a large amount:



44

John says it was enough to fill “six stone water jars to the brim” and the Apostle describes the jars as “each holding 20-30 gallons.”



45

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That's between 120 and 180 gallons of wine!

This could make scores of people drunk.

It was enough for everyone at that wedding feast to easily get drunk.

Can you believe that Christ created fermented wine that intoxicates?

Did Jesus create enough fermented wine to get the whole village drunk? Certainly not.

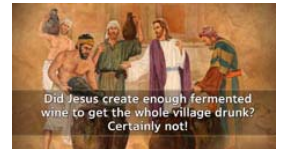
The Bible indicates that the wine Jesus made was the pure fresh juice of the grape.

The master of the feast didn't know Jesus had turned the water to wine.

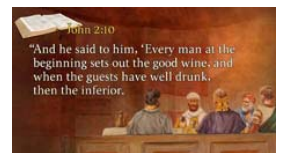
When he tasted the juice that Jesus had made, he called the bridegroom.

Notice what the scripture records in **John 2:10**—

“And he said to him, ‘Every man at the beginning sets out the good wine, and when the guests have well drunk, then the inferior.’”



46



47

“You have kept the good wine until now!”

Jesus didn't create fermented, intoxicating, alcoholic wine for those people to drink. Not at all.

The Bible says He created the “good wine.”

And what is the “good wine”?— a wine that is unfermented. Our Lord created wine that was so sweet, so magnificent, that it gave them energy.

It didn't destroy their brains. Jesus will never create something that's going to cause people to lose control of their minds – not for one second!

It's the devil who is destroying people's spiritual life.



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God is calling us to keep our minds clear in preparation of the second coming of Christ.

One of the leading causes of death in automobile accidents is alcohol.

No one gets in a car after drinking and thinks that they are going to be killed (or kill someone else).

They have been deceived by the evil one.



50

There is only one way to be free and that's to give these bodies of ours to Jesus and ask Him for power to overcome.



51

God promises to give us abundant health.

In the Old Testament God made a wonderful promise to ancient Israel.

Moses said:



52

Exodus 15:26

“If you diligently heed the voice of the LORD your God and do what is right in His sight,



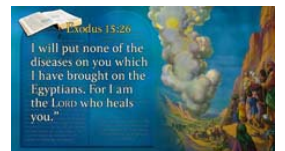
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give ear to His commandments and keep all His statutes,



54

I will put none of the diseases on you which I have brought on the Egyptians. For I am the LORD who heals you.”



55

God says, “I don’t want you to be plagued with many of the diseases that come from alcohol, tobacco, drugs, sexual immorality, and a harmful diet.”

God says, “I am the Lord who heals you.”

God wants you to be in health.

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Psalms 105:37

“And there was none feeble among His tribes.”

When the Israelites followed God’s plan of health they were free from the diseases that afflicted the Egyptians.



56

Studies done on Egyptian mummies confirm the truthfulness of God's Word.

When medical researchers evaluated the health practices of the Egyptians they came to some astounding conclusions on health and disease in the ancient world.



57

One autopsy was performed on Egyptian Pharaoh Ramses II.

The autopsy showed almost completely clogged arteries. He probably died of a massive heart attack.



58

A British researcher by the name of—

Dr. Rosalie David, Manchester University, Manchester, England performed multiple autopsies on Egyptians mummies.



59

She discovered that the Egyptians were dying of the same diseases as Western society today.



60

Dr. Claude Rufeis did x-rays on 14,000 mummies.

The Egyptians died of—



61

Heart Disease, Cancer, Arthritis, Obesity, High Blood Pressure, Rheumatism, STD's

Why? Because they were not following the Bible’s plan of health.



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What about diet in the scriptures?
Does the Bible offer any help in choosing the best diet?
It certainly does.



63

And what are the health principles God gives when it comes to diet?

Genesis 1:29

“And God said, ‘See, I have given you every herb that yields seed which is on the face of all the earth,



64

and every tree whose fruit yields seed; to you it shall be for food.”

When God created the human race, He gave them a magnificent diet of fruits, nuts, grains, and vegetables.



65

The Eden diet was a vegetarian diet.

God did not give Adam and Eve flesh food in the Garden of Eden. Adam didn't kill animals in Eden for lunch.



66

It was God's desire that Adam and Eve live long and abundant lives on the original diet given in Genesis. Some people have asked, "If you want the best diet what is it?"

Science reveals that is a vegetarian diet.

[YOU MAY INSERT A PERSONAL TESTIMONY ON WHY YOU ARE A VEGETARIAN HERE such as

I'm personally a vegetarian, not because it is a sin to eat meat. The Bible does not teach that it is a sin to eat meat.

I'm a vegetarian because in my lifestyle, I want God's best plan.]

It wasn't until after the time of the Flood in Noah's day that God gave people permission to eat flesh food for what seems to be obvious reasons. All vegetation was destroyed.



67

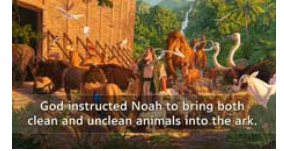
But flesh food was not the original diet that God gave Adam and

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Eve.

We read in the Bible that the lifespan of man decreased rapidly from over 900 years before the flood to around 140 years just a few generations after the flood.

God instructed Noah to bring both clean and unclean animals into the ark.



68

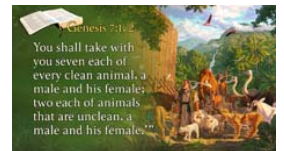
Genesis 7:1, 2

***“Then the LORD said to Noah, ‘Come into the ark, you and all your household, because I have seen that you are righteous before Me in this generation.*”**



69

You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female.”



70

So God said, **there are two kinds of animals, clean and unclean.**

Before Adam and Eve sinned God gave them a vegetarian diet.

At the time of the flood, God allowed the eating of meat. But He made a distinction between clean and unclean. The unclean were never to be eaten.



71

After the flood the vegetation had been destroyed. God instructed Noah to take the clean animals into the ark by sevens.

The unclean were taken in by two's because they were not fit for food. Some of these were scavengers, created to eat the garbage of the earth.

It was only after the flood that God gave human beings permission to eat meat.

Meat eaters seeking to move to a healthier lifestyle will begin



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by following the Biblical model of eating only clean meats.
But what are clean meats?

The Bible gives very clear, very specific instructions to help us know which animals are clean or unclean.

Major portions of two entire chapters – Leviticus 11 and Deuteronomy 14 are devoted to this instruction.

Now, which are the clean animals?
Moses wrote:

Deuteronomy 14:6-8

“And you may eat every animal with cloven hooves, having the hoof split into two parts,

and that chews the cud, among the animals.

So an animal must have two characteristics to be clean. It must have a split hoof (like a cow) and chew its cud.

What does chewing the cud mean?

It means that the animal chews its food, swallows it, spits it up, and chews it again so the poisons and toxins are not absorbed into the flesh as easily.

Some examples of clean animals are the cow, the sheep, the goat and the deer.

Those animals fit God’s description as clean animals.

What animals are unclean?

What animals should we avoid according to the Bible?

Moses continued:

Nevertheless, of those that chew the cud or have cloven hooves, you shall not eat, such as these:



73



74



75



76



77



78

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the camel, the hare, and the rock hyrax; for they chew the cud but do not have cloven hooves; they are unclean for you.



79

The camel. The Bible says, “Do not eat the camel.” Though it chews its cud, it doesn’t have a split hoof.

Also the hare – that’s a rabbit and the rock hyrax. They chew the cud but do not have cloven hooves, they are unclean to you.



80

All right, good. Let’s go on—

Also the swine is unclean for you, because it has cloven hooves, yet does not chew the cud;



81

Going on, Moses said further in **Deuteronomy 14:8—**

you shall not eat their flesh or touch their dead carcasses.”



82

Pigs! Nobody would eat one of those things would they? The Bible forbids it, it is a scavenger, it’s flesh is unclean for food.



83

Some people say, “But when Jesus died on the cross, it was all okay.”

Did Jesus die to cleanse pigs?

Certainly not! Jesus came to cleanse sinners.

If pig was unhealthy before the cross it must be unhealthy after the cross.

Here’s a verse you should remember: The Psalmist says—

Psalms 84:11

“No good thing will He withhold from those who walk uprightly.”



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Pork has the highest cholesterol source of all meats.

If pork was good, God wouldn't hold it back from us.
But since it's NOT good He says: "Don't eat it." Why?
Reason #1



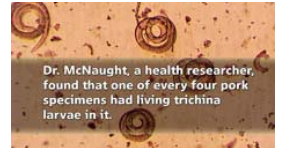
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Dr. McNaught, a health researcher, found that one of every four pork specimens had living trichina larvae in it.

If you put an infected piece of pork under a microscope you'll see the trichina larvae which may have millions of little eggs.

Those eggs hatch in your stomach. Then invade your muscle tissue, causing serious symptoms like arthritis or rheumatism.

Trichina are parasite worms.
Trichinosis is breaking out again.



86

Someone says, "Oh, but we cook it so hot that we kill them all."
Does it give us more comfort to know we're eating dead trichina larva rather than live ones?



87

Many cases of trichinosis that break out afflict people who thought they cooked their pork sufficiently.

I'd rather follow God, friends. And I know you would too, wouldn't you?

We can learn to control our appetites.
We can "eat to live" rather than "live to eat."

Philippians 3:19

"Whose end is destruction, whose god is their belly, and whose glory is in their shame—



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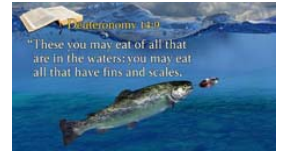
who set their mind on earthly things.”

Many Christians don't understand the real issue. They love Jesus, but haven't seen that by having an attitude that says "I don't care what you say, God, I'm going to eat what I want," they are really in rebellion and in very real danger. Our God is the God of the universe and He invites us to give Him our bodies.



89

What about fish?
Moses said,
Deuteronomy 14:9



90

“These you may eat of all that are in the waters: you may eat all that have fins and scales.

And whatever does not have fins and scales you shall not eat; it is unclean for you.”



91

If a fish has fins and scales you may eat it.
But if it's in the water and does NOT have fins and scales, such as a crab, lobster, or clam, a scavenger, do NOT eat it.

What about Peter's vision?

Some people though have honest questions. They sincerely wonder about Peter's vision of the sheet with all kinds of animals in it.



92

In that vision he saw rats, snakes, alligators, pigs, and a whole array of unclean things.

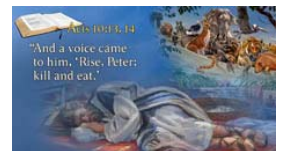
As the sheet descended from heaven filled with unclean animals, Peter was given some startling instructions:



93

Acts 10:13, 14

“And a voice came to him, ‘Rise, Peter; kill and eat.’
Peter was confused. Did God mean we should eat rats, pigs, crabs, and alligators?



94

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But Peter said, ‘Not so, Lord! For I have never eaten anything common or unclean.’”



95

Some preachers will try to tell you that this vision means you can eat anything you want to.

That's certainly not how Peter understood it.

He didn't eat. In fact, he refused to eat.

It was only when God explained the true meaning of the vision that he understood it. God was telling Peter that as Jewish Christian, he should not consider the Gentiles to be unclean, but they too could be reached with the Gospel.

Peter explained the meaning of the vision to the rest of the disciples this way—

Acts 10:28

“But God has shown me that I should not call any man common or unclean.”



96

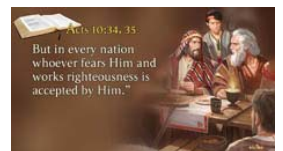
Acts 10:34, 35

“In truth I perceive that God shows no partiality.



97

But in every nation whoever fears Him and works righteousness is accepted by Him.”



98

Was this a vision that we should eat pigs, snakes, and rats? Not at all.

It was a vision about racial harmony.

It was a vision that God has made of one blood all nations.

It was a vision against prejudice between people of different backgrounds.

Man can say this is a vision of eating unclean animals. But God used unclean animals as an illustration that Peter should accept all people through Jesus Christ.

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But you say, “I’m struggling with alcohol, tobacco, unclean foods or drugs.

I hear God calling, what can I do?”

Jesus says, I will give you the power and strength to live a victorious abundant life.

Here is a vital principle in giving up habits that are destroying us.

John 15:5

“... for without Me you can do nothing.”

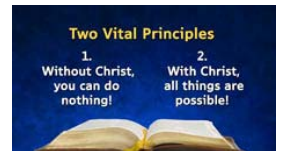


99

First, without Christ you cannot quit smoking.
Without Christ you cannot give up alcohol.
Without Christ you cannot give up unclean foods.
Without Christ you cannot give up the lust which rages in your soul and destroys relationships with people you love.

Two Vital Principles

The first principle: **Without Christ, you can do nothing!**
The second principle is this; **with Christ all things are possible!**



100

Philippians 4:13 says,

“I can do all things through Christ who strengthens me.”

He doesn’t say, “I can do all things through Christ EXCEPT quit smoking. I can do all things through Christ EXCEPT give up drugs, alcohol and unclean foods.”

No, He says Without Christ we can do nothing.



101

Jesus says to you right now, “Come to Me.

Put your tobacco on the altar,
put your alcohol on the altar. ”

If you are in some destructive relationship,
put your life on the altar.

If you’re abusing your body with drugs,
put that on the altar.



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If you are overeating, if you can't control your appetite,
put that on the altar, too.

Lovingly, Jesus reminds you, "I've worked many miracles,
I've delivered people who were blind and crippled, and when
you surrender all, I'll work miracles in your life."

God is gathering a group of people that He will preserve as a
testimony for the world that His way of life is best.



103

Would you like to say, "Tonight, Lord, I want to give you my
life, my body. I want to surrender all to you, right now."

If that is your desire, would you stand with me as we pray?

After the prayer, there are some here who have been
thinking about being baptized, and you would like to ask
some questions, so would you step forward here in the front
and we can answer your questions and pray with you. If you
have been praying and thinking about being baptized, just
step forward after the prayer and we will talk together to
answer any of your questions.

Let us pray.
