

The Importance of Diet



Declaring God's Word (Day 59)
by Derek Prince

Diet, or daily regimen, is a vital facet of life. Everybody follows a diet, whether he knows it or not. Various methods of dietary management are advocated, and among them is vegetarianism. I have met many people who are disposed to be vegetarians. I am not critical of them; I respect them. However, I think there are certain cautions they must keep in mind. Consider what Paul wrote:

> "Receive one who is weak in the faith, but not to disputes over doubtful things. For one believes he may eat all things, but he who is weak eats only vegetables. Let not him who eats despise him who does not eat, and let not him who does not eat judge him who eats; for God has received him." (Romans 14:1–3)

Paul said that we should be careful about our attitudes toward other people. Regarding vegetarianism, he said of the one who eats only vegetables that his faith is weak, for he eschews meat as a means of trying to attain righteousness.

Then, there is another diet solution advocated and espoused by many people: abstaining completely from alcohol. But Scripture tells us that the Lord "causes the grass to grow for the cattle, and vegetation for the service of man, that he may bring forth food from the earth, and wine that makes glad the heart of man, oil to make his face shine, and bread which strengthens man's heart" (Psalm 104:14–15).

God brings forth from the earth various things for us to consume, including wine, which "makes glad the heart of man." Obviously, God does not demand that we be teetotalers.

Devotional

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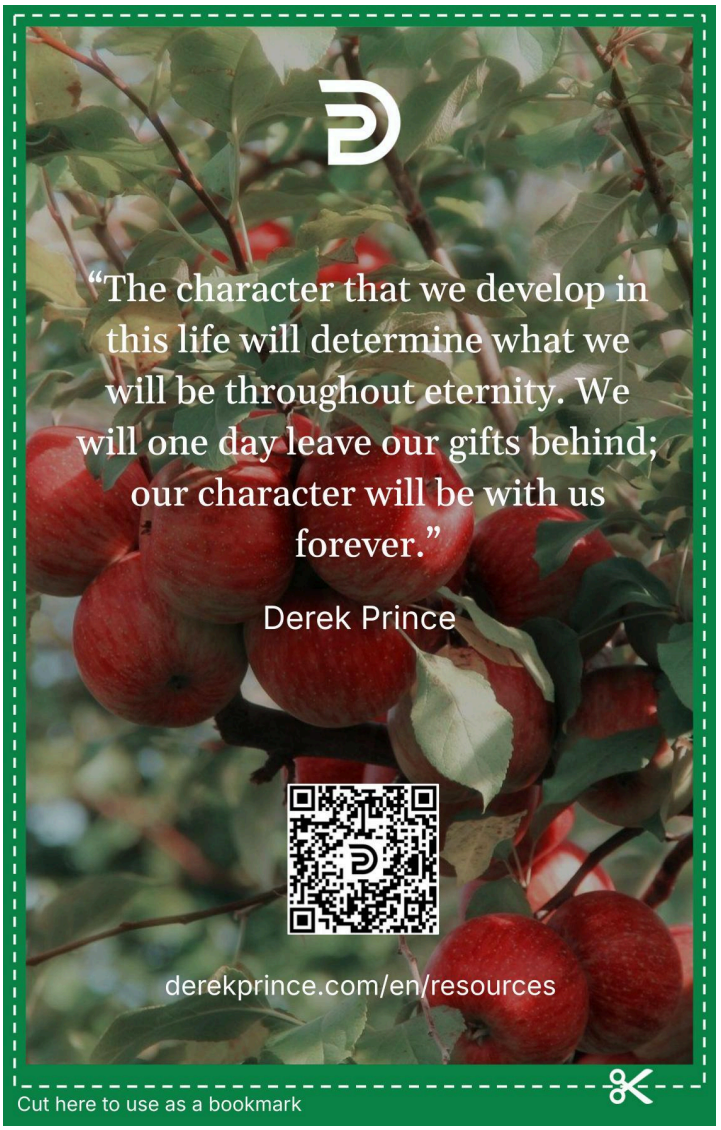
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