

DESPERATE DIETS

Bryan Matthew Dockens

Insect diets have been heavily promoted recently, offered up as a protein-rich source of nutrition that presents an alternative to raising the cattle that supposedly contribute to global warming. Although God authorized the Israelites to eat certain insects (Leviticus 11:22), there was only one man recorded in Scripture whose diet consisted of such. *“Now John himself was clothed in camel’s hair, with a leather belt around his waist; and his food was locusts and wild honey”* (Matthew 3:4). John the Baptist’s diet was specified in Scripture because of how unusual it was. He *“was in the deserts till the day of his manifestation to Israel”* (Luke 1:80). John lived away from others, he dressed strangely, and his food was weird. That *“John came neither eating nor drinking”* (Matthew 11:18) demonstrated intense humility. He was not exemplifying how people need to eat, but that he was apart from the religious elite who held sway over the Hebrew population of his time.

Some mothers are known to save their placenta following childbirth in order to consume it later – raw, cooked, or dehydrated – often in capsule form. The placenta is a temporary organ developed in the womb during pregnancy; it provides oxygen and nutrients to the baby, but it also removes waste products from the child’s blood. Eating the placenta is mentioned once in Scripture and the reference is not a positive one. God was warning Israel of the penalties the nation would face if they forsook Him and refused to repent. He foretold, *“her placenta which comes out from between her feet and her children whom she bears; for she will eat them secretly for lack of everything in the siege and desperate straits in which your enemy shall distress you at all your gates”* (Deuteronomy 28:57). With foreign armies surrounding them, the Israelites would starve to the point of cannibalizing their own children. *“You shall eat the fruit of your own body, the flesh of your sons and your daughters whom the Lord your God has given you, in the siege and desperate straits in which your enemy shall distress you”* (53). Eating placenta was an act of desperation and survival from sinners punished by an angry God, not a wholesome means of bonding mother and child or even of gaining post-partum nutrition.

Readily available in health food stores, as well as some mainstream grocers, the brand Food For Life markets its sprouted grain bread conspicuously with a reference to Ezekiel 4:9. The product itself is

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FIND ANOTHER CHURCH

Don Green

If your church is more concerned...

- about how you give than how you grow
- for your happiness than your holiness
- to teach you how to live than to teach you how to die
- about the sin in Hollywood than the sin in your heart
- to give you stories than Scripture

...it might be time to find another church.

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harmless, even healthy. The specific text its packaging refers to is not the least bit alarming: *“Also take for yourself wheat, barley, beans, lentils, millet, and spelt; put them into one vessel, and make bread of them for yourself. During the number of days that you lie on your side, three hundred and ninety days, you shall eat it.”* The verses in the immediate context, however, are quite startling. Jehovah instructed his prophet, *“bake it using fuel of human waste in their sight”* (12)! Plenty of grill-masters cook over mesquite or hickory, improving the aroma of the food, but nobody in their right mind would use their own excrement. In the very next verse, the Lord even refers to it as a recipe for *“defiled bread”* (13)! After some begging from Ezekiel, Jehovah relented on the source of the manure and let him bake over cattle droppings instead: *“See, I am giving you cow dung instead of human waste, and you shall prepare your bread over it”* (15). It was still cooked on poo. Nasty. God was revealing to Jerusalem what the conditions of a siege would be like. It was not meant to be nourishing and satisfying, but deliberately deplorable. To use a curse from God as a marketing ploy to sell a product reveals the ignorance of the buying public.

Holy Scripture is not a cookbook. *“For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit”* (Romans 14:17). Nevertheless, it sheds light on some bizarre food trends. There is nothing wrong with eating bugs, but to normalize across the population what was intended as a sign of separation turns the message on its head. Eating placenta and Ezekiel’s bread is, similarly, not immoral, but to normalize what the Almighty intended for punishment is to totally miss the point while also degrading oneself. Just eat food, regular food, and be thankful to God for it (1st Timothy 4:4-5).

**"WHAT MUST I DO
TO BE SAVED?"**

ACTS 16:30

LEARN THE GOSPEL

John 6:45; Romans 10:17

BELIEVE IN CHRIST

Hebrews 11:6; John 3:16

CONFESS CHRIST

Matthew 10:32-33; Romans 10:9-10

REPENT OF SIN

Acts 3:19; 17:30

BE BAPTIZED INTO CHRIST

Mark 16:16; Romans 6:3-6

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

**"THE ASSEMBLING OF
OURSELVES TOGETHER"**

HEBREWS 10:24-25

SUNDAY

Worship @ 10:00 a.m.

Studies @ 11:45 a.m.

WEDNESDAY

Studies & Worship @ 7:00 p.m.

75 Sherrod Boulevard
Belén, New Mexico

Seekers Welcome.
Members Expected.

**"IF A MAN IS OVERTAKEN IN
ANY TRESPASS...
RESTORE SUCH A ONE"**

GALATIANS 6:1

CONFESS TRESPASSES

James 5:16; 1st John 1:9

REPENT OF SIN

Acts 8:22

PRAY FOR FORGIVENESS

Acts 8:22

REMAIN STEADFAST

1st Corinthians 15:58; Revelation 2:10

**"A WORD FITLY SPOKEN IS
LIKE APPLES OF GOLD IN
SETTINGS OF SILVER"**

PROVERBS 25:11

"Sinners in the Bible asked *'What must I do to be saved?'*

Today, too many Christians are asking, *'What can I do and still be saved?'*

– Parker Webster

"WHOLE COUNSEL"

ACTS 20:27

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INFORMATION OVERLOAD

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God Almighty is omniscient. *"There is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account"* (Hebrews 4:13). *"His understanding is unsearchable"* (Isaiah 40:28).

Man is not omniscient because man cannot match the depth of God's comprehension. *"For My thoughts are not your thoughts, nor are your ways My ways," says Jehovah. 'For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts'"* (Isaiah 55:8-9).

Despite this manifest lack of omniscience, man has striven for total awareness in the world. Television news has been broadcasting around the clock for decades and the internet has largely eliminated the middleman of journalism, livestreaming information directly into the hands of information consumers. Content pours in instantly and continuously, but the human mind was not built to receive it.

While it is good to be aware of current events insofar as one may apply spiritual truths to present situations (Luke 13:1-5), as well as to know whom to pray for (1st Timothy 2:1), it is nonetheless harmful to be deluged with online content on a constant basis. Information overload is a source of anxiety rather than peace (Philippians 4:6-7). Jesus preached, *"Sufficient for the day is its own trouble"* (Matthew 6:34), so leave the omniscience to the Lord.

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