



FRUITS AND VEGETABLES: Powers Of Healthy Living

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And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. *And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so. Genesis 1:29-30

It's good to note that you cannot separate food from health, strength and vigour. What you eat determines how you live. How you eat what you eat determines the state of your body. The food you eat will automatically impart on your three realms: *spirit soul and body*, but the most affected part is your body. Via what you eat your body may be endangered and making it not conducive enough for the Spirit to stay there. Your eating may destabilize your soul making you having pains aches and placing a whole lot of stress on your mental faculty. If it's not well with your body, your internal organs won't be in their perfect state. Some people are having problems with their internal organs; lungs, kidney, liver and even their bones because of the stress from what they eat. Naturally human has capacity to fight tension, stand in the face of some adversity and overcome some battles without being destabilize if they are physically well because the body helps the soul and the spirit but if the body is not well cater for; you will always find yourself destabilize, unstable and totally down at the flicker of an evil sight.

THE FOOD GOD GAVE MAN TO EAT: ...*I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat... I have given every green herb for meat: and it was so.*

The Advantages Of Fruit and Vegetables:

1. It fattens your body and strengthens your bones.
2. It Sponsors your mental prowess.
3. It boosts your immune system.
4. It keeps your blood flow normal, steady and balance.
5. It keeps your mind sound; free and alerted as no stress is placed on it.
6. It makes you comes out finer and enhance your internal beauty.
7. It helps in digestion process.
8. It makes your eyes sharper and movement faster e.t.c

In the world of today; we have moved from eating more of fruits to consuming human created delicious delicacies. Just as edible fruits can't be compared with *Can-Juice* so also God's prescription is forever higher than human ideas. It's high time we need to appreciate the place of fruits and vegetables.

BIBLICAL PROVES

1. **Adam and Eve** ate the forbidden fruit and their eyes got opened, so the fruit had power over their three realms; spirit soul and body. The fruit has capacity to liberate your mental faculty from slavery. Their story shows that by in-take of fruit one can enjoy mental liberation, new idea, depth because eating herbs and fruits sponsors' shaper mind.

*Genesis 3:1-7...And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. *And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.*

- **The Israelite:** Deuteronomy 1:25, Joshua 5:12: *And they took of the fruit of the land in their hands, and brought it down unto us, and brought us word again, and said, It is a good land which the Lord our God doth give us.*

God had been feeding them with heavenly meal but at their promised land; the first thing they got from the land was edible fruits of the land. The fruit in a place is a prove if the ground is fertile or not. If the land is good or not which means any nation where fruit doesn't grow, it's isn't a good place to dwell. It always good to remind ourselves that what a single fruit will offer us is much more than what conjunction of delicacies will offer. People that eat edible fruits and consumes vegetables tends to live longer and get wiser than those that eat combinations of human created delicious meal made with chemical preservatives.

- **Daniel :** Daniel 1:12-15: *"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. * Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." *So he agreed to this and tested them for ten days. *At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. (*

NIV)

This was in the days that iniquity reigns but Daniel and his colleagues stood out in the midst of others by choosing what to eat. They took vegetables and water not costly alcoholic wines and king's rich food and yet they came out ten times better and finer than others. This means that a food may be delicious and well desired but have nothing or little to offer your body. Daniel through understanding knew that vegetables will offer more to them than the king's delicacies, therefore through biblical understanding we can rule our world. The bible is complete and affects every aspect of human life. The Bible knowledge is above every other knowledge and you can't compete with God's standard for human Health

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If you have not being doing well health-wise, try eat vegetables and fruit daily. God has made adequate provision for our healthy living and best state of life. When we eat well we live well but much more so after the fall of man by eaten the forbidden fruit corruption set-in. Though fruits can help in our wellness but it's glaring that after the fall of the first man the soul, spirit and body of human came under Satanic attack, by the operation of curses heaps on human generation by God, Satan now have the order to afflict anyone; which can only be done away with in Christ Jesus. If you receive Jesus today, you will step out of corruption to abundant life. *Romans 3:25, 1John 2:2* when we step into Jesus Christ by confessing our sins and receiving him as our Lord and Saviour then the curses on human race had no effect on us but whenever our faith is tried then we should result to the kingdom mysteries such as Anointing oil, prayers of faith, healing, flesh and blood of Jesus. The bible says *James 5:13-15*
Is any among you afflicted? let him pray. Is any merry? let him sing psalms. * Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: *And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

Living by God's word doesn't exempt you from eating well because if your sickness is tied to the junks you eat then it will kill you if you don't stop it, so many had killed themselves by eating the king's rich food always. We need to take responsibility for our wellness. The three Hebrew boys and Daniel were godly and God fearing but they ate right and reign, even Daniel reign with kings and his mental prowess and exploit in Babylon is ever reckon with. Keep a fruit on the table always.

Hope you are blessed, God is your strength.

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