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August 2017 "THE POISON OF REFINED SCRIPTURE"

Dear Friends,

Many Christians today are challenged by what they believe God does and does not allow them to eat. Much of the debate involves the dietary laws God gave the Jewish people under the Law. However, a close study of the New Testament reveals that those dietary laws are no longer in effect. If you want to understand what God approves of eating, look no further than what He said in Genesis 9:1-4,

¹And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth. ²And the fear of you and the dread of you shall be upon every beast of the earth, and upon every fowl of the air, upon all that moveth upon the earth, and upon all the fishes of the sea; into your hand are they delivered. ³Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. ⁴But flesh with the life thereof, which is the blood thereof, shall ye not eat.

God designed our bodies to operate on what it recognizes as food. It does not recognize things like alcohol, refined sugar, bleached flour, etc as "pure foods." When those products are ingested, the body processes and stores them in a way that is different from real food. This always and without exception leads to conflict in the body. As long as those substances are ingested in minute amounts, the body can recover. But continual ingestion leads to ongoing internal conflict. This ongoing conflict produces health problems of various degrees.

One of the most dangerous products humans ingest is refined sugar. The following appears on the website, <http://www.globalhealingcenter.com/sugar-problem/refined-sugar-the-sweetest-poison-of-all>

In 1957, Dr. William Coda Martin tried to answer the question: When is a food a food and when is it a poison? His working definition of "poison" was: "Medically: Any substance applied to the body, ingested or developed within the body, which causes or may cause disease. Physically: Any substance which inhibits the activity of a catalyst which is a minor substance, chemical or enzyme that activates a reaction." The dictionary gives an even broader definition for "poison": "to exert a harmful influence on, or to pervert".

Dr. Martin classified refined sugar as a poison because it has been depleted of its...vitamins and minerals. "What is left consists of pure, refined carbohydrates. The body cannot utilize this refined starch and carbohydrate unless the depleted proteins, vitamins and minerals are present. Nature supplies these elements in each plant in quantities sufficient to metabolize the carbohydrate in that particular plant. There is no excess for other added carbohydrates.

Incomplete carbohydrate metabolism results in the formation of 'toxic metabolite' such as pyruvic acid and abnormal sugars containing five carbon atoms. Pyruvic acid

accumulates in the brain and nervous system, and the abnormal sugars in the red blood cells. These toxic metabolites interfere with the respiration of the cells. They cannot get sufficient oxygen to survive and function normally. In time, some of the cells die. This interferes with the function of a part of the body and is the beginning of degenerative disease."

Refined sugar is lethal when ingested by humans because it provides only that which nutritionists describe as "empty" or "naked" calories. It lacks the natural minerals which are present in the sugar beet or cane.

In addition, sugar is worse than nothing because it drains and leaches the body of precious vitamins and minerals through the demand its digestion, detoxification and elimination makes upon one's entire system. So essential is balance to our bodies that we have many ways to provide against the sudden shock of a heavy intake of sugar. Minerals such as sodium (from salt) [ever felt like you wanted something salty to go with your sugar?], potassium and magnesium (from vegetables), and calcium (from the bones) are mobilized and used in chemical transmutation; neutral acids are produced which attempt to return the acid-alkaline balance factor of the blood to a more normal state.

Sugar taken every day produces a continuously overacid condition, and more and more minerals are required from deep in the body in the attempt to rectify the imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin. Excess sugar eventually affects every organ in the body. Initially, it is stored in the liver in the form of glucose (glycogen). Since the liver's capacity is limited, a daily intake of refined sugar (above the required amount of natural sugar) soon makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess glycogen is returned to the blood in the form of fatty acids. These are taken to every part of the body and stored in the most inactive areas: the belly, the buttocks, the breasts and the thighs.

When these comparatively harmless places are completely filled, fatty acids are then distributed among active organs, such as the heart and kidneys. These begin to slow down; finally their tissues degenerate and turn to fat. The whole body is affected by their reduced ability, and abnormal blood pressure is created. The parasympathetic nervous system is affected; and organs governed by it, such as the...brain, become inactive or paralyzed. (Normal brain function is rarely thought of as being as biologic as digestion.) The circulatory and lymphatic systems are invaded, and the quality of the red corpuscles starts to change. An overabundance of white cells occurs, and the creation of tissue becomes slower. Our body's tolerance and immunizing power becomes more limited, so we cannot respond properly to extreme attacks, whether they be cold, heat, mosquitoes or microbes.

Excessive sugar has a strong mal-effect on the functioning of the brain. The key to orderly brain function is glutamic acid, a vital compound found in many vegetables. The B vitamins play a major role in dividing glutamic acid into antagonistic-complementary compounds which produce a "proceed" or "control" response in the brain. B vitamins are also manufactured by symbiotic bacteria which live in our intestines. When refined sugar is taken daily, these bacteria wither and die, and our stock of B vitamins gets very low. Too much sugar makes one sleepy; our ability to calculate and remember is lost. *This is very similar to the effect drugs have on the*

body. Sugar, in it's own way, is addicting. Have you ever had to fight intense cravings for sugar?

It has been proved...that (1) sugar is a major factor in dental decay; (2) sugar in a person's diet does cause overweight; (3) removal of sugar from diets has cured symptoms of crippling diseases such as diabetes, cancer and heart illnesses. Sir Frederick Banting, the co-discoverer of insulin, noticed in 1929 in Panama that, among sugar plantation owners who ate large amounts of their refined stuff, diabetes was common. Among native cane-cutters, who only got to chew the raw cane, he saw no diabetes.

As I researched this subject even further, I discovered that the molecular structure of refined sugar is almost identical to that of cocaine! In fact, the process of refining sugar from the cane or beet is very similar to the way cocaine is refined from the coca plant. Because of its addictive qualities, many people find it difficult to instantly stop all consumption of refined sugar; some even demonstrate withdrawal symptoms similar (but far less intense) to people breaking a drug addiction. To counter this, they actually have to go through a process of gradual withdrawal from refined sugar. At this point, some of you might be rethinking the amount of refined sugar you ingest; I know I am.

However, there is something far more dangerous than refined sugar; it is refined scripture.

Our born again spirit is designed to operate only on what it recognizes as spiritual food: God's truth. Raw, unprocessed scripture is pure sustenance to our spirit. Each verse is a mineral, protein or enzyme designed to enhance spiritual health, growth and development. But the moment we begin refining it with traditions and rearranging it's "molecular structure" by taking verses out of context, we break down it's nutritional value. The result is spiritual decay, malnutrition, a dysfunctional spiritual mind, and overall depleted spiritual health. It is then impossible to function as a normal Christian.

In 2 Timothy 3:16-17, the apostle Paul wrote,

¹⁶All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: ¹⁷That the man of God may be perfect, thoroughly furnished unto all good works.

All scripture means all scripture. Every verse in both the Old and New Testaments is functional for our spiritual "furnishing," including those lengthy passages about who begat whom and the details about the building materials of the ark, tabernacle and temple. If God put it in the Bible, it is there because we need it. I have heard of Christians who say we don't need the Old Testament because we're living in "New Testament times." That is like many people today who tell us we need to eat fat-free everything, not realizing that some fats actually help our bodies, such as the unprocessed fats found in yogurt.

In Isaiah 28:9-10, God reveals how He teaches us truth,

⁹Whom shall he teach knowledge? and whom shall he make to understand doctrine? them that are weaned from the milk, and drawn from the breasts. ¹⁰For precept must be upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little

We could compare a line-upon-line, precept-upon-precept approach to scripture as a “balanced spiritual diet.” The prophet Jeremiah wrote,

Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.
(Jeremiah 15:16)

Along with taking scripture out of context, God’s Word is also refined when preachers teach anything not established by God and given through those He used to write the Bible.

¹⁹Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God; ²⁰And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; ²¹In whom all the building fitly framed together groweth unto an holy temple in the Lord: ²²In whom ye also are builded together for an habitation of God through the Spirit.
(Ephesians 2:19-22)

Making the word of God of none effect through your tradition, which ye have delivered: and many such like things do ye. (Mark 7:13)

The moment we deviate from what is written in the Bible, we are using “additives” to try and enhance what we teach. Just as additives corrupt the nutritional value of pure food, the additives of tradition corrupt truth. Some people refer to additive-laden food as “empty food” or “empty calories;” the food appears to be nutritional and tastes good, but falls short of supplying the nutrition our body needs. In the same way, additives of tradition make scripture more “palatable” to lukewarm, flesh-driven Christians, but fail to nourish our spirit toward growth.

Another way scripture is refined is through the proliferation of “versions” of the Bible. The King James Version is considered to be “public domain,” meaning it cannot be copyrighted. However, all other versions I have examined to this point are copyrighted. Briefly, a copyrighted book indicates ownership and original content by the copyright holder. In other words, by copyrighting a non-King James version of the Bible, one or more people are claiming to be the source of the original content. However, 2 Timothy 3:16 declares that **all** scripture originated with God. Also, in order to copyright a version of the Bible, the “authors” are required by copyright law to alter the original (the King James Version) by a minimum of ten percent!

I have compared what is written in some non-King James versions and am shocked at how words and phrases are horribly butchered. In some cases, words appearing in the original Hebrew or Greek are omitted. Words that need to be italicized (indicating they were added by the interpreters) are not italicized, thus completely altering the meaning of a verse. Punctuation that is added, removed or moved within a verse distorts what God is telling us. Here is but one example of how a newer version can totally misrepresent God’s Word to humanity:

Who, being in the form of God, thought it not robbery to be equal with God
(Philippians 2:6, KJV)

Who, being in the very nature God, did not consider equality with God something to be grasped (Philippians 2:6, New International Version)

There is absolutely no way the New International Version rendering of Philippians 2:6 is correct. In fact, it even appears to say the opposite of what is recorded in the King James Version. I have taught Philippians 2:5-11 in a detailed, break-down-every-verse, what-does-the-Greek-say manner and I can attest that if the NIV translation of verse six is used, it completely distorts the message of the passage.

I realize everyone has their favorite version of the Bible they like to use. But I am warning you, be sure that the version you are using does not refine what God has said. With every new version that is published, we are told that it is the most faithful to the original text. What else would the publishers say? They want to sell their product and make money; if they tell us they have published something that is inaccurate, who would buy it? Keep in mind, easier to read is not always spiritually compatible with our born again spirit. Some versions of the Bible I have reviewed are worse for our spirit than a daily feast of fast food is for our body.

Just as it is difficult for many people to break their desire for refined sugar, it is just as difficult for many Christians to break their desire for refined scripture. It can be an intense battle, but the Holy Spirit can help correct the imbalance and cravings. As Christians, we need unrefined scripture in what we hear preached and taught and in what we read. Our spirits need a balanced, healthy diet of truth so we can be nourished into the fullness of the image of the glory of Christ. Praying in the Spirit will help us identify spiritual junk food and the Holy Spirit can explain all that is recorded in the Bible. Feast at the table of the Lord and grow in grace and in the knowledge of our Lord and Savior, Jesus Christ (2 Peter 3:18)!

In His Grace,

Jim Martin

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