

# Guidelines For Discernment

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After the great disappointment, between April and September 1848 a series of meetings were held known as “Sabbath Conferences” where the **five pillars of Adventism** were established. These were:

**The Sanctuary doctrine,**  
**the doctrine of the second advent,**  
**the Sabbath,**  
**the state of the dead**  
**the Spirit of Prophecy.**

Out of these, the realization emerged of the context of the three angels’ messages that had to be preached to the whole world. The **health message** later added its voice as the right arm of the gospel herald.

Gen 1:29 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.

Gen 1:30 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.

Gen 3:17 And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;

Gen 3:18 Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field;

God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man's wants required. God gave man no permission to eat animal food until after the flood. Everything had been destroyed upon which man could subsist, and therefore the Lord in their necessity gave Noah permission to eat of the clean animals which he had taken with him into the ark. But animal food was not the most healthful article of food for man. CCh 228.1

After the flood the people ate largely of animal food. God saw that the ways of man were corrupt, and that he was disposed to exalt himself proudly against his Creator and to follow the inclinations of his own heart. And He permitted that long-lived race to eat animal food to shorten their sinful lives. Soon after the flood the race began to rapidly decrease in size, and in length of years. {CD 373.3}

Isa 11:6 The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them.

Isa 11:7 And the cow and the bear shall feed; their young ones shall lie down together: **and the lion shall eat straw like the ox.**

Isa 11:11 And it shall come to pass in that day, that the Lord shall set his hand again **the second time** to recover the remnant of his people, which shall be left, from Assyria, and from Egypt, and from Pathros, and from Cush, and from Elam, and from Shinar, and from Hamath, and from the islands of the sea.

Isa 11:12 And he shall set up an ensign for the nations, and shall assemble the outcasts of Israel, and gather together the dispersed of Judah from the four corners of the earth.

## Exodus 16:2-31

**Exo 16:2** And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness:

**Exo 16:3** And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, *and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger.*

**Exo 16:4** Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, **that I may prove them, whether they will walk in my law, or no.**

**Exo 16:5** And it shall come to pass, that on the sixth day they shall prepare *that which they bring in; and it shall be twice as much as they gather daily.*

**Exo 16:8** And Moses said, *This shall be, when the LORD shall give you in the evening flesh to eat, and in the morning bread to the full; for that the LORD heareth your murmurings which ye murmur against him: and what are we? your murmurings are not against us, but against the LORD.*

**Exo 16:12** I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat flesh, and in the morning ye shall be filled with bread; and ye shall know that I *am the LORD your God.*



**Exo 16:35** And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

**Deu 8:3** And he **humbled thee**, and **suffered thee to hunger**, and **fed thee with manna**, which thou knewest not, neither did thy fathers know; **that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.**

**Num 11:18** And say thou unto the people, Sanctify yourselves against to morrow, and ye shall eat flesh: for ye have wept in the ears of the LORD, saying, Who shall give us flesh to eat? for *it was well with us in Egypt: therefore the LORD will give you flesh, and ye shall eat.*

**Num 11:19** Ye shall not eat one day, nor two days, nor five days, neither ten days, nor twenty days;

**Num 11:20** *But even a whole month, until it come out at your nostrils, and it be loathsome unto you: because that ye have despised the LORD which is among you, and have wept before him, saying, Why came we forth out of Egypt?*

**Num 21:5** And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for *there is no bread, neither is there any water; and our soul loatheth this light bread.*

**Num 11:32** And the people stood up all that day, and all *that night, and all the next day, and they gathered the quails: he that gathered least gathered ten homers: and they spread them all abroad for themselves round about the camp.*

**Num 11:33** And while the flesh was yet *between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague.*

**Num 11:34** And he called the name of that place Kibrothhattaavah: (**graves of the longing**) because there they buried the people that lusted.

Num 11:6 But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.

Num 11:31 And there went forth a wind from the LORD, and brought quails from the sea, and let them fall by the camp, as it were a day's journey on this side, and as it were a day's journey on the other side, round about the camp, and as it were two cubits high upon the face of the earth.

Psa 106:14 But lusted exceedingly in the wilderness, and tempted God in the desert.

Psa 106:15 And he gave them their request; but sent leanness into their soul.

1Co 10:6 Now these things were our examples, to the intent we should not lust after evil things, as they also lusted.

## Flesh in the Bible is a symbol of the unsanctified nature and manna symbolises the sanctified nature

During this period of waiting, there was time for them to meditate upon the law of God which they had heard, and to prepare their hearts to receive the further revelations that He might make to them. They had none too much time for this work; and had they been thus seeking a clearer understanding of God's requirements, and humbling their hearts before Him, they would have been shielded from temptation. But they did not do this, and they soon became careless, inattentive, and lawless. **Especially was this the case with the mixed multitude.** They were **impatient** to be on their way to the Land of Promise--the land flowing with milk and honey. It was only on condition of obedience that the goodly land was promised them, but they had lost sight of this. There were **some who suggested a return to Egypt**, but whether forward to Canaan or backward to Egypt, the masses of the people were **determined to wait no longer for Moses.** {PP 315.2}

**They were so gluttonous for meat that the least they gathered was ten homers or from 80 -100 bushels**

**Psalm 78:18** And they tempted God in their heart by asking meat for their lust.

**Ps 106:14** But lusted exceedingly in the wilderness, and tempted God in the desert.

**Ps 106:15** And he gave them their request; but sent leanness into their soul.

## Health reform was to be a blessing

**Psalm 105:37** He brought them forth also with silver and gold:  
*and there was not one feeble person among their tribes.*

**The light that God has given and will continue to give on the food question is to be to His people today what the manna was to the children of Israel.** The manna fell from heaven, and the people were told to gather it and prepare it to be eaten. So in the different countries of the world light will be given to the Lord's people, and health foods suited to these countries will be prepared. {MM 267.2}

The members of every church are to cultivate the tact and ingenuity that God will give them. The Lord has skill and understanding for all who will use their ability in striving to learn how to combine the productions of the earth so as to make simple, easily prepared, healthful foods, which will take the place of flesh-meat, so that the people will have no excuse for eating flesh-meat.-- MS. 78, 1902. {MM 267.3}



# Daniel

The character of Daniel is presented to the world as a striking example of what God's grace can make of men fallen by nature and corrupted by sin. The record of his noble, self-denying life is an encouragement to our common humanity. From it we may gather strength to nobly resist temptation, and firmly, and in the grace of meekness, stand for the right under the severest trial. {SL 21.1}

Those who make the most of their opportunities, who place themselves in right relation with God, will be rewarded even as was Daniel. We read of him, "Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king; .

. . for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king" [Dan. 1:8-10]. "Prove thy servants, I beseech thee, ten days," **Daniel said, "and let them give us pulse to eat, and water to drink.** Then let our countenances be looked upon before thee, and the countenance of the children that eat of the [portion of the] king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat" [verses 12-15]. {1SAT 314.1}

# John the Baptist

**Matt 11:18** For John came neither eating nor drinking, and they say, He hath a devil.

**Matt 11:19** The Son of man came eating and drinking, and they say, Behold a man gluttonous, and a winebibber, a friend of publicans and sinners. But wisdom is justified of her children.

John separated himself from friends and from the luxuries of life. The **simplicity of his dress**, a garment woven of camel's hair, was a standing rebuke to the extravagance and display of the Jewish priests, and of the people generally. His diet, **purely vegetable**, of locusts and wild honey, was a rebuke to the indulgence of appetite and the gluttony that everywhere prevailed. . . . Those who are to prepare the way for the second coming of Christ are represented by faithful Elijah, as John came in the spirit of Elijah to prepare the way for Christ's first advent. **The great subject of reform is to be agitated.** . . . Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things. {CC 273.3}

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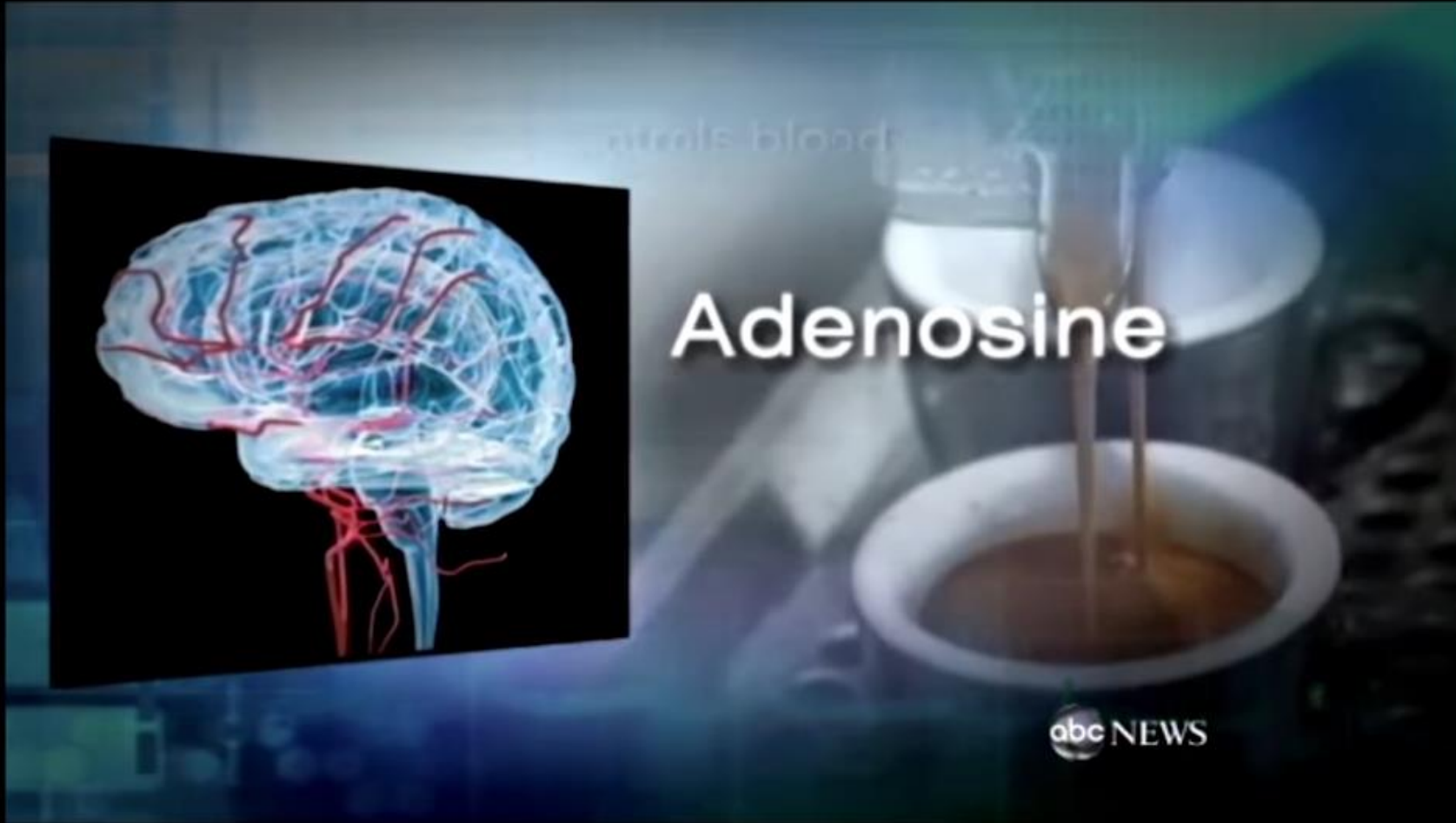
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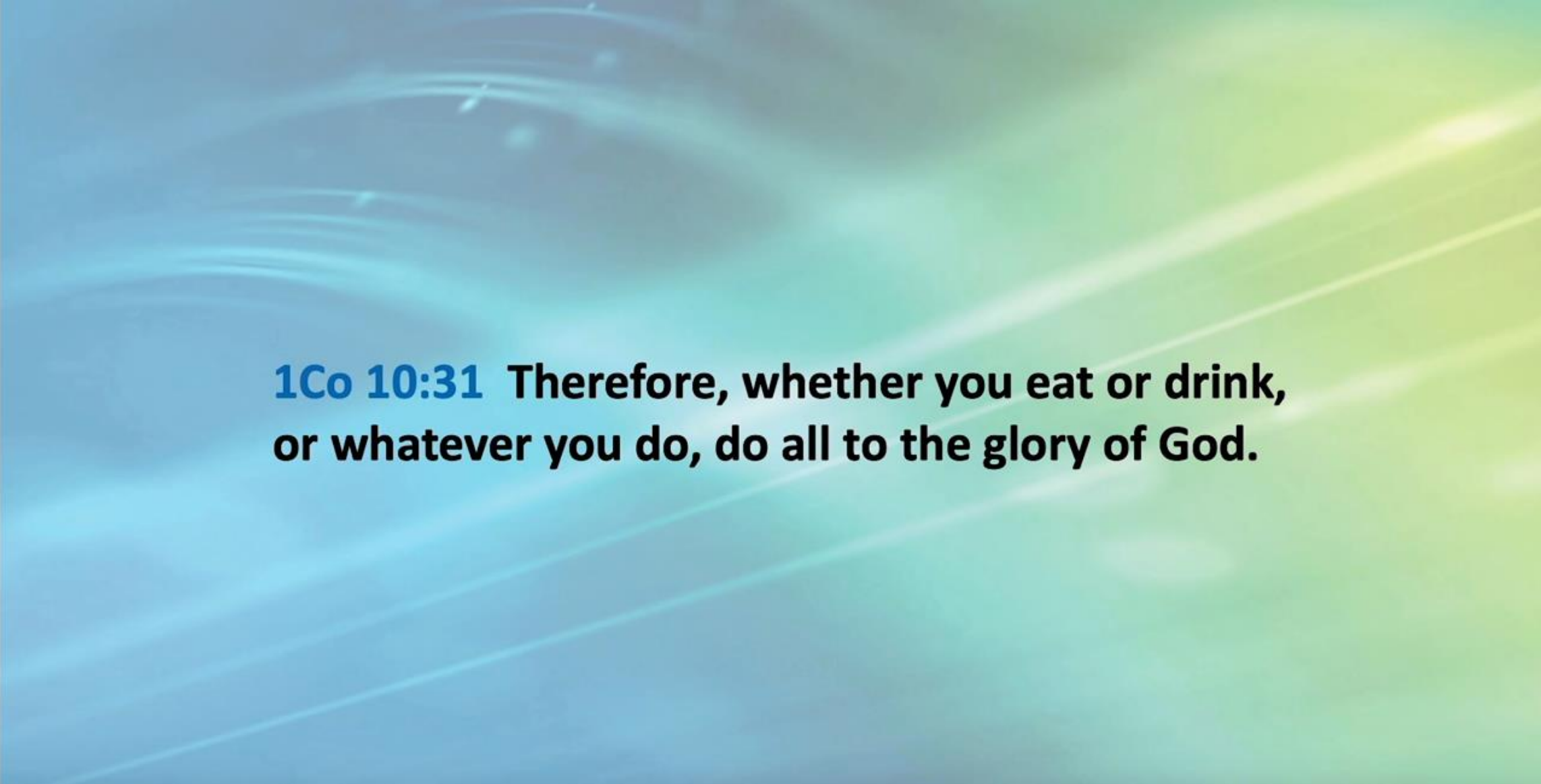
There is no safety in eating of the flesh of dead animals, and in a short time the milk of the cows will also be excluded from the diet of God's commandment-keeping people. **In a short time it will not be safe to use anything that comes from the animal creation.**--Unpublished Testimony, July 26, 1898. {PUR, November 7, 1901 par. 1}

**We cannot now do as we have ventured to do in the past in regard to meat eating. It has always been a curse to the human family, but now it is made particularly so in the curse which God has pronounced upon the herds of the field, because of man's transgression and sin.** The disease upon animals is becoming more and more common, and our only safety now is in leaving meat entirely alone. The most aggravated diseases are now prevalent, and the very last thing that physicians who are enlightened should do, is to advise patients to eat meat. It is in eating meat so largely in this country that men and women are becoming demoralized, their blood corrupted, and disease planted in the system. Because of meat eating, many die, and they do not understand the cause. If the truth were known, it would bear testimony it was the flesh of animals that have passed through death. The thought of feeding on dead flesh is repulsive, but there is something besides this. In eating meat we partake of diseased dead flesh, and this sows its seed of corruption in the human organism. {CD 412.1}

Let not any of our ministers set an evil example in the eating of flesh meat. Let them and their families live up to the light of health reform. Let not our ministers animalize their own nature and the nature of their children. Children whose desires have not been restrained, are tempted not only to indulge in the common habits of intemperance, but to give loose rein to their lower passions, and to disregard purity and virtue. These are led on by Satan not only to corrupt their own bodies, but to whisper their evil communications to others. If parents are blinded by sin, they will often fail of discerning these things. {CD 399.3}

What then? They visited with their brethren, and at the table revealed their principles by **eating meat and drinking tea and coffee**. Then they would make some remark in regard to their not being so "straight-laced" as some of their brethren and sisters. **These men were not making that progress in divine things that would make them safe teachers.** They were opposed to health reform because instruction on temperance in all things was opposed to their practice of self-indulgence. This was the great stumbling block in the way of our bringing the people to investigate and practice and teach the truth of health reform.--Ms 103, 1898, pp. 1, 2. ("A Word to Our Ministers in Regard to Health Reform," typed August 23, 1898.) {4MR 372.2}

**At this stage of the earth's history meat-eating is dishonoring to God.** It is meat-eating and liquor-drinking that are making the world as it was in the days of Noah. These things are strengthening the lower passions of human beings, animalizing the race. By giving way to base passions, man is corrupting body, soul, and spirit. The murders committed by men under the influence of strong drink shows what a cruel, satanic spirit strong drink inspires in a man. Often the liquor sold is adulterated, poisoned; and those who drink it are made mad. Under its influence they show a satanic ferocity. They place themselves under Satan's control and he works through them. {BTS, July 1, 1902 par. 3}



**1Co 10:31** Therefore, whether you eat or drink,  
or whatever you do, do all to the glory of God.