

Biblical Eating
By Doug Hamilton

Lesson Eight: Obedience means Obedience!

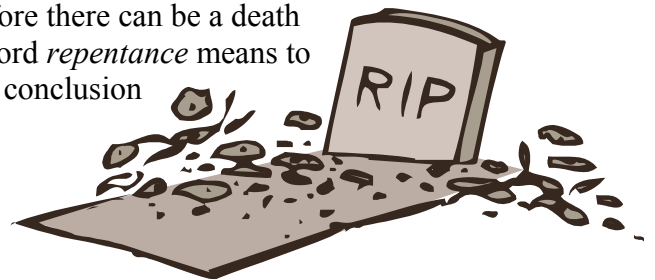
This is the last lesson in the series and hopefully we have come alive to the biblical principles of consumption of food, eating when hungry and stopping when satisfied. For some, this has been a difficult thing and for others it was simple. How can that be? How can two people attend the same class and hear the same things at the same time, yet have different reactions? The focus of this lesson is to expose the primary ingredient that has made the difference in most cases.

Paul wrote concerning food rules in *Col 2:20-23* *If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, 21 "Do not handle, do not taste, do not touch!" 22 (which all {refer to} things destined to perish with the using)-- in accordance with the commandments and teachings of men? 23 These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, {but are} of no value against fleshly indulgence.* He was telling the Colossians that they do not have to submit to man-made rules and worldly principles, something that has no value in the spiritual realm, for what reason? It was because of a type of death that took place (...*you have died with Christ...*). Was it a physical death that Paul was referring to? No, but it was a spiritual death that took place in the lives of the recipients of the letter. He referred to this death a few verses earlier concerning their baptism.

Col 2:13-14 *And when you were dead in your transgressions and the uncircumcision of your flesh, He made you alive together with Him, having forgiven us all our transgressions, 14 having canceled out the certificate of debt consisting of decrees against us {and} which was hostile to us; and He has taken it out of the way, having nailed it to the cross.*

They were able to come alive to the principles of God because they died to themselves, making a conscious decision to put to death their way of thinking. This decision resulted in OBEDIENCE to the principles of Christ and a new way of living. No longer are they bound to the rules of the world concerning food, for they died to that type of slavery.

There must be a death in the thoughts of the mind before there can be a death in behavior of the body. The basic definition of the word *repentance* means to “think again”, with the idea that you will make a new conclusion based on new information. *Rom 12:2* *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.*



At the beginning of the course, we all brought our mindsets to the group, thinking in a set pattern and carrying a behavior that was commensurate to the mind. We ate and drank like gluttons because we thought like gluttons. We obeyed man-made rules concerning food because we thought and sought to make the food behave. Then over our course of study, a new way of thinking was introduced and some began to reason within

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themselves, “I don’t have to be a slave of the food! God designed me to know when to eat and when not to eat! All the food that God made is good!”

This new information allowed us to come to a new conclusion (repentance). The result was a changing of the mind, leading to a changing of the action of the body. With the information from the class, there was a death to the old way of thinking concerning the food. With that death came a new way of living and the benefits that accompany it. The primary difference between the successes and failures has been a “death” in the thinking of the individual.

In order to have a new obedience, there must be a death of the old way of thinking. Where there is not a death of something old, there cannot be the life of something new. When a farmer plants seeds, it was necessary for the seeds to fall of the plant and die. It is a dead seed that is put into the ground, but a living plant that comes out of the earth as a result.

- John 12:24 "Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains by itself alone; but if it dies, it bears much fruit.
- 1 Cor 15:36 You fool! That which you sow does not come to life unless it dies;

This is the same concept that we go through in the class. We focused on the natural design of the body that God invented and came to some new conclusions with that knowledge. Our mindset prior was seeking to eat with head hunger rather than true hunger, something that is contrary to the physiological design. It may have been that we knew, but forgot due to our love for the food. Either way, we did not know any better because it was not researched, for the truth was not embedded in our mind.

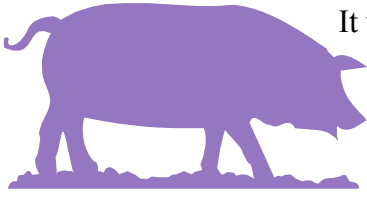
Through this course, the veil of ignorance has been lifted and a new decision was faced. “Do we continue to eat with head hunger or with true hunger?” *James 4:17 Therefore, to one who knows {the} right thing to do, and does not do it, to him it is sin.* For those who have been successful, it was this knowledge that caused a death to an old way of thinking and the birth to a new mindset. This led to the new behavior, for the new information led to a new decision, the proper eating habits and the ensuing benefits. The sin of gluttony became alive through the information on gluttony, which in return led to a condemnation of the act. *Rom 7:9 And I was once alive apart from the Law; but when the commandment came, sin became alive, and I died;* It was with this newfound condemning mindset concerning gluttony that we made the decision to begin to eat right.

As you know, this was not the first time that God has used food to teach obedience. In Luke 15:11-32, Jesus taught the parable of the prodigal son. He said there were two sons of a certain man; and one of the sons demanded his inheritance, resulting in him packing up and heading for a far country. While there, he squandered his inheritance on loose living, including through implication, gluttony. When a severe famine hit the land where he was and he was faced with working as a pig farmer for a local citizen of the country. This is a big deal because to the Jew, the people to whom Jesus is speaking, a pig was

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one of the most unclean animals on the planet. This Jewish man was now serving pigs and was in desperate need of food.

Luke 15:16-19 "And he was longing to fill his stomach with the pods that the swine were eating, and no one was giving {anything} to him. 17 "But when he came to his senses, he said, 'How many of my father's hired men have more than enough bread, but I am dying here with hunger! 18 'I will get up and go to my father, and will say to him, "Father, I have sinned against heaven, and in your sight; 19 I am no longer worthy to be called your son; make me as one of your hired men."



It was at the point of deep hunger, desiring to eat the food of swine which he fed, that He made a new decision based on new information. He had to “*come to his senses*”, for the new data had to be recalculated, leading him back to the father. It was not while he was living loosely that this new information was contemplated, but while he was in the pigpen with hunger. It was hunger for the food that led him to the hunger for the father. This was a true repentance, a dying to one’s way of thinking, the result of him coming to his senses, which led to obedience. Take away the new way of thinking and there would not have been a new way of behavior. He had to go through a mental death before a regenerating of behavior.

We are the same, for we came to the class knowing something was wrong with the way that we eat. We had been living loosely through gluttony and abuse and entered the pigpen of slavery to food. Our pigpen is appropriately named for we had been eating like swine. In the midst of the sty, knowing of the wrong, we learned the new information (*came to our senses*) and died to our former ways. We became obedient through a changing of the mind. *Eph 4:22-24 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in {the likeness of} God has been created in righteousness and holiness of the truth.*

OBEDIENCE means obe **DIE** nce.

There can never be true obedience in anything we do unless there is a death in the thoughts that led to the poor behavior to begin with. We are obese because of not dying to head hunger through repentance. An easy way to remember this fact would be to take the first three letters in OBese, the only three letters in DIE and the last three letters in repentaNCE...OBE-DIE-NCE. In order for there to be OBEDIENCE in this area of our lives is to DIE to our way of thinking. In order to have success long after the class is over, it will be necessary to remember these points concerning our obedience.

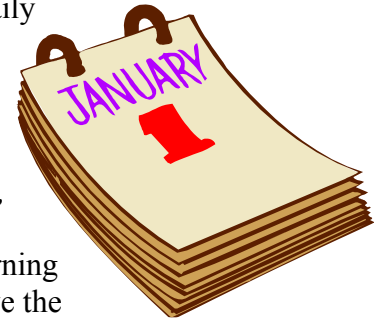
OBEDIENCE means to DIE daily.

This is not an obedience that we can do for just a few weeks, but the rest of our life. The principle of eating when hungry and stopping when satisfied applies daily, for our need for the food is daily.

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- Matt 6:11 'Give us this day our daily bread.
- James 2:15 If a brother or sister is without clothing and in need of daily food,

God designed our walk to be with Him not on a weekly basis, but a daily basis. It is a constant thing. *2 Cor 4:11 For we who live are constantly being delivered over to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh.* We do not decide to follow sound principles on a monthly or yearly basis, but on a daily basis. Jesus said in *Luke 9:23 And He was saying to {them} all, "If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me."* The mental death that we died concerning the food was a daily death that we continue to make as long as we have the decision. *1 Cor 15:31 "...in Christ Jesus our Lord, I die daily."* The moment that we stop renewing our mind is the instant we return back the pigpen. *2 Pet 2:22 It has happened to them according to the true proverb, "A dog returns to its own vomit," and, "A sow, after washing, {returns} to wallowing in the mire."*



It is in daily dying principle of obedience that our greatest strength comes. *Phil 4:12-13 I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me.* We can continue to do all things through the strength of God if we are willing to die daily in any and every circumstance. Never forget that obedience means to DIE daily in this area.

OBEDIENCE means to DIE to self.

The death that we died concerning our eating was our own personal decision, not our neighbors, friends, fellow church members or spouses. You made the decision to die to yourself and because of it, you can live the way that God designed you. *Gal 2:20 "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the {life} which I now live in the flesh I live by faith in the Son of God, who loved me, and delivered Himself up for me.*

Do not take your eyes off of the real decision maker in this struggle...IT WAS YOU THAT MADE THE DECISION!!! Once we lose that personal involvement in the decision, we will end up not being personally involved with continuing with the decision. *Rom 6:5-9 For if we have become united with {Him} in the likeness of His death, certainly we shall be also {in the likeness} of His resurrection, 6 knowing this, that our old self was crucified with {Him,} that our body of sin might be done away with, that we should no longer be slaves to sin; 7 for he who has died is freed from sin. 8 Now if we have died with Christ, we believe that we shall also live with Him, 9 knowing that Christ, having been raised from the dead, is never to die again; death no longer is master over Him.* Never forget that obedience in this area of life means to DIE to self.

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OBEDIENCE means to DIE to sin.

We must never forget what it was that we died to, for that will only end up leading us to where we have fled from. When we made the decision to stop gluttonizing and abusing the natural design of God, we were making a decision against sin. Some may not like the idea that gluttony is sin, but we have shown in the Bible from the viewpoint of the Creator that it is. If we fail to remember what it was that we died to, then we risk accepting the same behavior again. It is SIN that we died to, not just behavior. *Rom 14:17 for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.*

When we forget this fact, then we forget the natural design of the digestive tract the Father made in us. *Rom 8:12-13 So then, brethren, we are under obligation, not to the flesh, to live according to the flesh—13 for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.* Never forget that we DIE to sin in this decision.

OBEDIENCE means to DIE completely.

In obedience, we are not talking about a partial death, but an entire death of our will concerning the food. You will have a tendency to want to eat when the stomach is not calling for it. You might be at a party and true hunger really isn't there. The temptation will be to backslide, but there is no justification for it. Be satisfied with dying completely, without backsliding. *Proverbs 14:14 The backslider in heart will be filled with his own ways, but a good man will be satisfied from above.*

We have to be willing to make it a complete death and to keep it dead. Anything short of a complete and permanent death in this area will not result in a complete and permanent success of the same. *1 Pet 2:21-24 For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps, 22 who committed no sin, nor was any deceit found in His mouth; 23 and while being reviled, He did not revile in return; while suffering, He uttered no threats, but kept entrusting {Himself} to Him who judges righteously; 24 and He Himself bore our sins in His body on the cross, that we might die to sin and live to righteousness; for by His wounds you were healed.* True obedience in this area is predicated on the fact that we must DIE completely in the same.

This week's pointers:

- ✓ Make sure that you are keeping in contact with some of the others in the class. Hold each other accountable to what you have learned. *Eccl 4:12 And if one can overpower him who is alone, two can resist him. A cord of three {strands} is not quickly torn apart.*
- ✓ Review the material occasionally to remind you of the path that has been chosen. It is so easy to forget what you know is right if we are not careful. *2 Pet 1:12 Therefore, I shall always be ready to remind you of these things, even though you {already} know {them} and have been established in the truth which is present with {you.}*

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- ✓ Take the class again. Many people will take the class again not only to be strengthened, but to invite a friend who is struggling with the same. You might even want to set your own class if you were happy with the program.
- ✓ Contact the teacher of the class if you have any questions. There may have been something that you thought should have been covered and this would allow you to make mention of it.
- ✓ Don't ever give up!!! These things were right when you took the course and they will continue to right throughout your entire life. Therefore continue in them.
- ✓ Don't become a slave to the scale! Don't become a slave to the food! Don't become a slave to the treadmill! Be the slave of God and never give that up!

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Daily Records:

Sunday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Monday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Tuesday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Wednesday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Thursday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Friday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

Saturday

Yes ___ No ___ Did you feel true hunger today?
Yes ___ No ___ Did you stop eating when you were satisfied?
Yes ___ No ___ Did you eat what you wanted to eat?

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Final Survey of Class

Simply cut and paste the questions and your ranking under each and then send them to the following email: CampHillPreacher@Yahoo.com This will assure improvement in the overall material.

How scriptural did you find this class?

1 2 3 4 5

How encouraging was the class?

1 2 3 4 5

How easy was it to make it to the class for you?

1 2 3 4 5

How much did this class help you draw closer to God?

1 2 3 4 5

How much did you enjoy the participants in the class?

1 2 3 4 5

How likely are you to take the class again if offered?

1 2 3 4 5

How likely are you to recommend this class to a friend or relative?

1 2 3 4 5

What would your overall rating be for the course of study?

1 2 3 4 5

Other comments or suggestions:

Thank You,
Doug Hamilton
Biblical Eating Teacher and Former Glutton