

# The Mystery of Meat

Sermon Title: **The Mystery of Meat**

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Welcome to Brothers of the Word because brother you need the Word!

Today is a health message – for those of you who have been following this ministry, you know that God has commanded me for a series of 14 messages on the first Biblical Sunday of the Biblical month to preach a message dealing with health. Now also, on the first Sunday of the Biblical month, we have the “God Heals” program of where we come, pray over people, prophesy, and lay hands on them. That schedule is at [GodHeals.net](http://GodHeals.net). So on that Sunday, God has instructed me for 14 messages and this is number 13 out of 14. So there’s one more coming. But he has instructed me to teach the people about health.

God just doesn’t want you healed, he wants you healthy. Those are two different things and often times if we don’t have the knowledge, even when we have divine and supernatural healing, if we don’t change what made us sick in the first place, it simply returns. So this is a message and I’m trying to keep the messages fairly simple with some things that you can easily do. Nothing is complicated, nothing that’s complex, nothing that’s too overly deep but simple things. The first message in the series was entitled, “The Eight Pillars of Health” and that sermon was number 4021 and it outlined the four pillars of health and we always go over these and repeat them with each message because these are foundational, natural health principles.

1. Exercise 30 to 60 minutes a day, 4 to 6 days a week.
2. Eat at least 5 servings of fruits and vegetables daily.
3. Drink enough water, so that your urine remains clear or light yellow.
4. Maintain a healthy weight and watch your belly button.
5. Don’t smoke, do drugs, or drink too much alcohol.
6. Limit meat, sweets, fried foods and the full feeling.
7. Get enough sleep.
8. Have right relationships.

You can get a detail of each one of these eight pillars of health in Sermon # 4021 at [AirJesus.com](http://AirJesus.com).

A few years ago there was a Doctor who I know and he was telling me the story and he was in a bank, and he was fairly up in age and he ran into an old lady there at the bank and they just began talking. And the doctor – his name was Dr. Yan, see he told the old lady, he said, “You know, I believe that if I had been eating meat all these years, he said – I believe I would have been dead.” And the old lady looked at him and she looked up at him and he said – I expect if I hadn’t had any mead, I would have been dead.

I want to speak to you today from the subject of the “Mystery of Meat” and someone answered the question, should you be a meat eater or vegetarian. Now, I went into

some very heavy Biblical correlation with scientific truth and a sermon that I preached sometime ago called red blood and red meat. That sermon is #5018, you can go to AirJesus.com, I highly recommend that you go there, listen to that sermon, it's absolutely free, Sermon 5018 at AirJesus.com, "Red and Red Meat".

The Mystery of Meat – and sometimes this is a question that always – well should I eat meat or should I be a vegetarian. It's a question – and often times we don't even understand definitions of what the varying categories are. An omnivore which is what most people are – that's basically an animal or human that eats everything – eats all kinds of meat, eat all kinds of vegetables – eat everything. Omni simply means "All" it's like when we say God is Omnipotent – he's all powerful. Omnivore means a person who eat all stuff. And that's most people –and then you have a category where there are fish and chicken eaters. I've heard people say, I'm vegetarian, I only fish and chicken, well you're not vegetarian – that's meat. So if you're vegetarian, it does not mean that you're eating fish and chicken. If you're vegetarian, it means just that – vegetables and fruits only and not any type of meat.

And then you have another category and they are basically fish eaters. Those who sometimes follow what's called the Nazarite Vow and they will eat no food that breathes the air and that's primarily cushier or Biblically approved fish. There's another category called a Lacto-Ovo-Vegetarian and this is a type of person that eat no flesh foods but they will eat dairy products such as cheese milk and eggs. And then there's a vegetarian. The real definition of a vegetarian is a person who actually eats no flesh foods at all. And then you have another category called a 'vegan' a vegan is a person that just eats no animal products whatsoever – no dairy, no nothing... Often times real pure vegans, they won't even wear leather. They just don't partake of anything that has to do with the death of an animal. They make sure that they have nothing is processed with anything with meat. It has no meat byproducts in it whatsoever. They are strictly non-animalistic totally.

And as a final category, you have the "Raw Foodism". This is perhaps the ultimate category. They just don't eat anything cooked whatsoever. There is one other category – I've never met anybody but there are called "Breathatorious", they just breathe the air and there are a couple of people who claimed to be a breathatarian and they followed him around and caught him coming out of McDonalds. So there are not too many people that actually fit into the category of breathatarian.

But in the answer to the question, "The Mystery of Meat" – first of all, let's see what God's word say, if you go back to Genesis 1:29-30 – [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. [30] And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

What God basically said was – in the beginning, in the garden of Eden – in perfection, everything was vegetarian. Not only did man eat only fruits and vegetables and herbs but so did every animal. And it says to every living creature, to them the herbs shall be for meat. This meant that all of our current modern day carnivores such as lions and tigers and dogs – they only ate vegetarian. So this was a time where not only was man vegetarian but so was all of creation. There was total peace and harmony but right now, you know if you go into mother nature, it's kind of rough, do you understand what I mean?

I mean, I see what happens even at my lake in the back and I see the big fish eating up the little fish. I mean, Mother Nature is rough. So what happened when man fell out of perfection - it not only affected him but all creation – so it affected every other animal but that was the way that it was in the garden of Eden but I don't have to tell you, that's not the way it is now. If you go fooling with a lion and scratching his head he's going to chop your hand off. So no longer is a lion just eating apples and bananas and leaves and twigs. Now, the animals themselves are eating meat and things changed after the flood.

And in Genesis the 9<sup>th</sup> chapter beginning with the 1<sup>st</sup> verse, “And God blessed Noah and his sons, and said unto them, Be fruitful, and multiply, and replenish the earth. 2 And 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. 3 Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. 4 But flesh with the life thereof, which is the blood thereof, shall ye not eat.”

Now, in the Levitical law God further broke things down because even in the days of Noah, God had separated the clean and the unclean animals. That's why he told Noah, you shall bring seven of every clean and two of every unclean. So God had already made a separation of the clean and the unclean animals. But here after the flood – God changed things and he said, “Now, you shall eat meat” So there is a difference and there's perhaps even a scientific reason when you understand the flood and the vapor cloud that covered the earth, it blocked out so many of the harmful ozone and the people lived a long time.

So stuff happen, things biologically changed after the flood and the maker who understood our nature, understood our make-up and that time told Noah – Now, you shall eat meat. But he also put instructions on the clean and the unclean. And basically God told the people – don't eat such thing – don't eat rats, don't eat snakes, don't eat vultures, don't eat pigs and bottom dwelling sea food. Now, I kind of went through the details of the reason why God told the people this in that Sermon 5018 “Red Blood and Red Meat”.

So I won't take time enough to go through that but everything God told the people then is true now. Everything God told you not to eat has a reason he told you not to eat it. And when you understand the reason then you'll understand why God made certain foods available and certain foods – had nothing to do spiritual. God was trying to protect your health. So the question is, "Should you eat meat?"

The mystery of meat – now, I am perhaps a little bit unique for most pastors because I've been on both extremes. When I grew up I was eating everything just like most of you all eat. I mean, there is still not quite anything as tasty as barbecued ribs. I mean there maybe but I haven't found much as the taste quite as good as some aged barbecue where the meat is just about to fall off the rib and its soft dripping off and then white bread. I still haven't found anything as quite that good. So I have been on both extremes of where I have been a meat eater or an omnivore and where I have been a vegetarian. I was vegetarian for six years and I ate absolutely no flesh whatsoever. So I have been on both extremes of the meat and the vegetarian issue.

And my brother James and I, we began just researching the health benefits of vegetarianism. And I began reading and James began reading and what we found was this—and we began to notice the correlation even in the people who we knew. None of the folk who lived a long time were vegetarian. That was the bottom line of what we found. All of the old folk, you all say old folk – all of the old folk ate some meat. This book that I have here is called the blue zone. The blue zone is – it is perhaps the most comprehensive, scientific study of old people all around the earth. And a group of scientist went to every society where the people live far longer than normal and they interviewed all of the old-old-old folks. And in terms of the question of meat – every single one of them ate meat. And they ate all kinds of meat.

I was trying to find where at least they didn't eat swine but they were eating pig and o – now I don't advocate it because I'm not going to tell you that I don't eat it. I'm not going to tell you to eat anything God told you not to eat because there's a reason. See first of all, you know what your doctor – if you've got high blood pressure, first thing the doctor does is take you out of pork, so you know that. So you know that if you've got high blood – you know Pastor Bronner said – they don't have any salt on their pork, they are walking 5-10 miles a day. So look, I'm going to tell you right now, don't you eat that stuff because you can't handle it. So what the scientists found was that every one of the old group of people, they all ate meat. But there was another common characteristic with all of them. They all ate meat but they ate very little of it. They all ate meat but they ate very little of it. What they found was that, most of their diet consisted of fresh fruit, vegetables and nuts. And they had meat occasionally. And when they did have meat they did not eat very much of it.

So what they found – all of the old folk, all over the world, those who lived much longer than average and not only did they live longer than average they had health that was much greater than average, they all ate meat but they ate a very small amount of it. This is the same thing that the US Government is telling everybody now. It's saying cut down on the amount of meat and the amount of fat that you eat. So it is correlated. They found this stuff out of medical research and through medical understanding that it is alright to eat meat – just don't eat a whole lot of it.

See often the problem of what we have in America is – we just – you know we have some vegetables with our meat. We have a stake dinner – we got a great big old steak that's taking up 80% of the plate and a little bit of scoop of vegetables along with a scoop of potatoes and 80% of the plate is a big slab of steak. So it violates what science has found and it's closer to what God placed in the original when we eat mostly vegetables. So what the research is showing is that 80% of the weight of your plate is to be in fruits and vegetables and non-meat items. So it's from every piece of science and from God's word it's okay to eat meat, just don't eat too much of it.

If you want to have health and if you want to have life and if you want to have it more abundantly and we've had, you know – we've had – I guess the good grace to run into people who are really old. I went to a funeral of John Robinson, he was a Deacon in the church that I grew up in and he was in his upper nineties and he ate everything. My grandmother who lived to be 97 – grandma ate everything. I mean grandma ate everything. But if you look at grandmother's plate and if you ever went to grandma's house to eat, they had a garden in the backyard and when grandma bought the plate it was piled high with all kinds of fresh vegetables and it had meat on it. As a matter of fact – grandma sometimes would take some fat and put it in the vegetables but she had fresh vegetables straight out of the garden and 80% to 90% of her plate is with that fresh stuff out of the garden. So grandma lived a long time and grandma ate meat. But grandma ate predominantly vegetables.

So this is one of the keys – it's okay to eat it people just don't overindulge in it. And I was at John Robinson's funeral, as I was leaving, I saw another older man and I just got to talking with him and he told me and said, "I'm 101" and the man was looking good, had all of his hair, skin just as smooth, he was just looking good. And actually, I said, what is your secret? And he just told me one quick short sentence. He said – just live right. That was all he said. Live right and actually I did something I had never done in my life. I said, "Look man, I want you to anoint me." And I was sitting out there in the hall after that funeral; I got down on my knees. I told him, put your hand on my head and anoint me. And that's what he did. And for the next 15-20 minutes I just felt something going on through me. Anytime a man 101 – just sharp – looking good, that's what I want. But to get that, now this is another factor with all of the old people – all of them are slender. All of them had

another characteristic, they never ate until they were full. They all stopped before they got full.

This American thing about this bloated out – you know, just full is deadly and that science has proven that one of the things that can double lifespan is what they call caloric restriction. So if you just don't eat until you're full, it's one of the eight pillars of health. But this has been proven over and over and over and all of those who we see who really live a long and healthy life without any – I saw Alley Pat in Home Depot not too long ago. Now some of you in Atlanta, if you're listening to me, you're not in Atlanta, you don't know Alley Pat – he's a radio personality and I used to go and show years ago – and I saw Alley Pat and he was in Home Depot. Alley Pat was walking just as big and strong and I got to tell him, I said, Alley Pat, how are you doing? He said, "Man, I'm in my nineties." And I said, "What?" – He was in his nineties and he didn't have any bend in his back, he didn't have any crook in his step and he was in home depot. He was walking just as strong – I said, "Alley Pat, what is your secret? You're in your nineties and you're looking like you're 70.

Now Alley Pat is a character, you've got to understand this, he's a character. I don't know whether Alley Pat was joking or telling the truth, when I asked Alley Pat what was he doing to look so young and so vibrant in his nineties. So I don't know – you got to take this, now this is Alley Pat but this is exactly what he said – I'm going to tell you exactly what he said, Alley Pat leaned over to me and he said, good whiskey and wild women. I said good grief, I said man – now I think Alley Pat was joking but because it's Alley Pat, I'm not sure. So people, just in terms of the mystery of meat, if you are lead to eat it, go ahead and eat it.

And some people are called to a different vibration. There are some for example who have the Nazarite Vow, there are some who are simply called to a vegetarian lifestyle. Nothing wrong with that, it is a healthy way of living but most people are not and God's word does not prohibit it. Now sometimes he'll give you a specific word. Minister Stephanie is a good example. God gave her a specific – where I still laugh every time I hear about it and how he spoke it to her. And she's had 7 children and she looks like she's 20 years old. God has blessed her but God told her this on her diet. He said don't eat anything with feet. And every time I think about it – and it's back to the next – so she can't eat anything that has feet. So it brought her back to really the diet of Jesus, because fish don't have any feet. Now they do have some walking catfish but you can't eat catfish either. So some of you God will give some special instructions but most of you he will not.

So on the question of meat, the mystery of meat – all of the science has shown there is nothing wrong with eating meat. Now you do have a problem with some of the meat these days. And there is a difference in how you cook it. Fried anything is bad– now people who eat a lot of fish live longer but not when it's fried fish, do you understand that? Not when it's fried fish. So there is nothing wrong with chicken

but frying chicken changes everything because now, you got all this grease, heavy fat and all this stuff that you got to deal with. Man can take anything and mess it, fried green tomatoes and fried – man just fries everything and when he fries it, it messes it up. So if you are going to eat meat that's fine but try to stay – now I know the fried stuff tastes good, you don't have to tell me that. I understand that. Somebody that broils and bakes stuff, it just don't have a crunch and punch as they are fried I understand that.

I understand it and I sometimes, if I got to have some fish and I get to have it between broiled and fried, I know good and well – every now and then I'll say let me give some of that fried stuff, it didn't had a crunch and a punch. So I understand that but I do understand – I have to go out and run and just keep my arteries clear from eating that stuff because it will clog it up, so fried anything is bad for you, so there is usually nothing wrong with the meat.

As a matter of fact, not too long ago, I was at a show and a lady came up to me and she said, Pastor Bronner, I know you know a lot about health. She said, we're Seven Day Adventists and we're having an epidemical prostate cancer among the men in our church and we can't understand that because we're mostly vegetarian. And I didn't understand it even until I started researching. See, even a lot of the soy now has a problem because the soy is not real soy, it's genetically modified. 91% of all the soy products are genetically modified. What is genetically modified mean? It means man has fooled with the DNA of it. And they fool with the DNA of it to make it last longer and to make it more insect resistant.

Let me break that down to what it means. It won't spoil and bugs won't eat it. That's what genetically modified generally means, it won't spoil, meaning that germs or microbial life will not eat it and bugs won't eat it. There is something within a bug that says, "This stuff is not good for me, I'm not going to eat it." There is something within a bug that said, "I'm not going to eat this stuff. So it's not anything that's wrong with soy as God placed it here but man has fooled with it. It's like what happens when he took margarine.

And you know when margarine first came out, people were touting the health benefits of margarine and they found out that margarine was causing more heart attacks than butter because there's something about the margarine – so man when he fools with stuff, just messes it up. So a lot of times there is nothing wrong with the meat but your meat got so much hormone, you got like a chicken leg that looks like a baseball bat. You all know the chicken – that chicken if pumped full of hormones. So you got a chicken pumped full of hormones looking like a baseball bat. You're eating the chicken pumped full of hormones and they give the hormones to the chicken to make the chicken soft and fat. So you are eating all these hormones to make the chicken soft and fat, what do you think it does to you?

So I have now moved as I studied it, I eat both chicken and fish but when I go eat chicken, I'll get naturally farm raised chicken without all of the hormones, without all of the antibiotics because that stuff has more – there is nothing wrong with the meat, just like there is nothing wrong with the soy but it becomes something wrong with it when man fiddles with the way that God placed it here.

So do your research and understand it and I hope this just helps you just a little bit with the mystery of meat. And finally, I just want to read just one section out of this, “The Blue Zone” book it's on page 84. And the man asked, “What's the secret to living to age 102? I asked finally, I knew the question wasn't scientific but sometimes it provoked insightful answers I used to be very beautiful – I had hair that came down to my waist. It took me a long time to realize that beauty is within. It comes from not worrying so much about your own problems. Sometimes you can best take care of yourself by taking care of others, anything else I ask, eat your vegetables, have a positive outlook, be kind to people and smile. I looked over at my partner who was sitting next to me to see what he thought of her response. Well – he said, looking through his owlish glasses, it took us almost 500 pages in our book to say what she said in three sentences. Eat your vegetables, be kind to other people, smile don't worry about stuff.

Thank you for joining us today at Brothers of the Word because brother you need the Word.

Amen, amen and amen – The Mystery of Meat. Take care of yourselves people. God wants you healthy. Watch what you eat but more importantly watch how you eat. Do you eat with a smile on your face or do you eat fussing, frowning, complaining. Like the lady said, don't let your problems worry you, because you'll always have something wrong somewhere. Smile on your face, help other people, and eat your vegetables. The man said, the lady put in three sentences what took them 500 pages to figure out simple stuff that will help to keep us healthy.