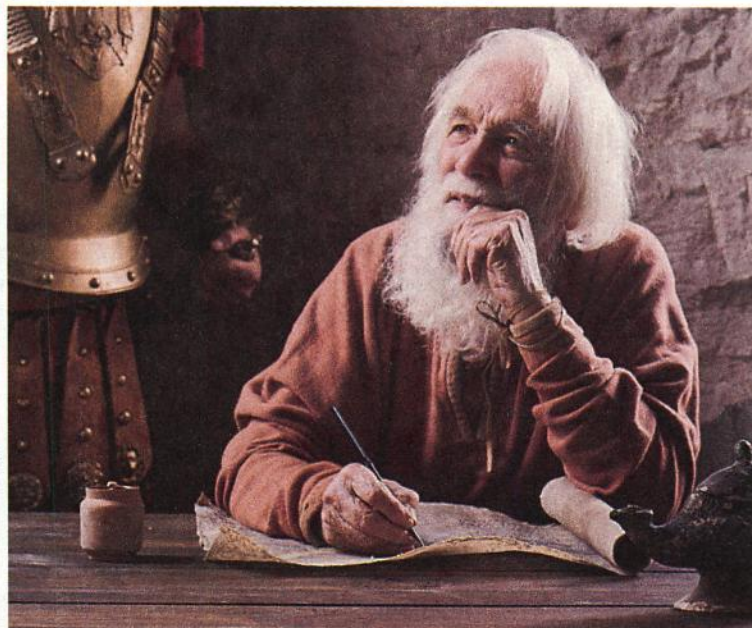
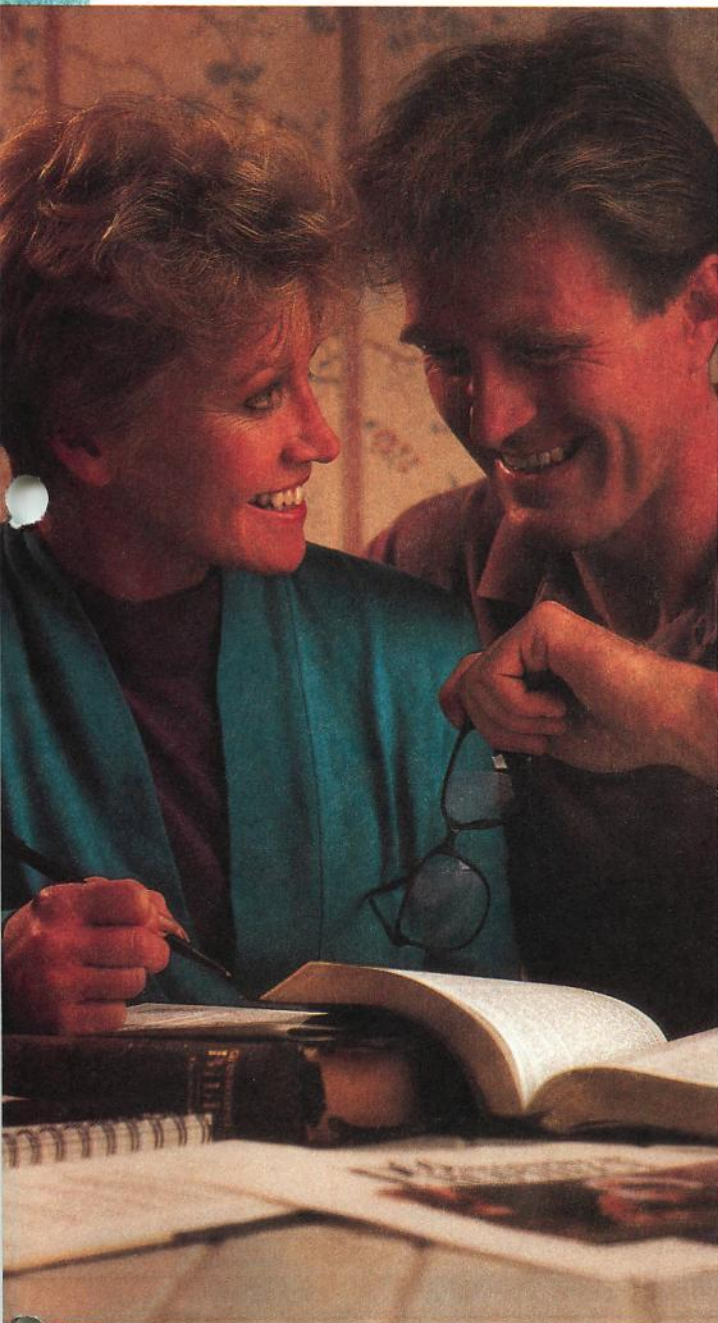


Discoveries in PROPHECY

WITH
MARK
FINLEY



The Bible's Ancient Health Secrets Revealed

Discoveries in Prophecy

by Mark A. Finley
Speaker-Director, *The It Is Written* Telecast

Discoveries in Prophecy is a series of 26 evangelistic presentations in magazine format by Evangelist and *It Is Written* Speaker-Director Mark A. Finley. These presentations have been reproduced here just as delivered; therefore, the reader will encounter occasional references to slides shown during the actual delivery of the topic as originally preached, and other references characteristic of a live presentation.

See the inside back cover for a complete list of the *Discoveries in Prophecy* evangelistic magazines—keyed to chapter in Mark Finley's book entitled *Beyond Orion's Gates*—and information on how to order additional evangelistic magazines and other Hart Research Center outreach materials.

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Discoveries in Prophecy

The Bible's Ancient Health Secrets Revealed

The evidence is in. As a matter of fact, the more scientific evidence comes in, the more it indicates that many of the diseases in our world, we're bringing upon ourselves. Our poor health habits contribute to the disease in our society. We could live far longer than we do. But we bring upon ourselves not only disease but also premature death. Scientific evidence indicates that heart disease, cancer, and strokes are largely preventable. In fact, it's the habits in our lives—our smoking, our drinking, the foods we eat—that contribute to disease and premature death. It's fat-rich food in our diets that brings us to the grave before our time. We all like a good bite now and then, but when the bite now-and-then becomes more *now* than *then*, we're in serious trouble. In fact, some people think health is like a roll of the dice. They think, "When your number comes up," you'll die. Others think life is pre-ordained, and "When the finger of Fate points at you," your life is over.

But the Bible teaches—and science demonstrates—that there is no finger of Fate that points at us. If I smoke cigarettes and get cancer, it's not the finger of Fate that pointed at me, it's my inhaling the 29 poisons in cigarette smoke that killed me. If I eat a fat-rich diet, it's not the finger of Fate that pointed at me, it's my veins and arteries clogged by fat. If I drink the night away, then drive my car drunk into a telephone pole and end up paralyzed from my waist down, it's not the finger of Fate that did me in, it's not God that did me in, it's alcohol that did me in.

So this idea that "When your number comes up, it's over for you," is certainly a fatalistic idea that's not true. But someone says, "Look, I don't worry about the way I live because science will invent some pill to cure my diseases. I enjoy smoking, drinking, and eating a poor diet. If I get sick, why, Doc, just give me a pill or injection—

but I don't want to change my lifestyle!" Our lifestyles, friends, *ruin* our health and not only *shorten* our lives, but create for ourselves lives less happy and not as fulfilling as they could be. Our lives could be filled with energy, health, and happiness. There could be smiles on our faces and new brightness in our eyes. There could be new vim and vigor in our lives.

Are you feeling *tired* right now? How would you like to get up in the morning and not feel as if you didn't sleep the night before? How would you like to have radiant zest each afternoon rather than sagging and feeling drowsy after your lunch? Now, I'm not suggesting that if

God's principles of health are not designed to restrict your freedom, they're not some legalistic requirements to take away your happiness. God wants you to live.

you follow the Bible's plan, you'll never get tired again. All of us, of course, have bodies that are running down because of sin, but I'll tell you something: If you're taking *alcohol or tobacco smoke or drugs* into your body, and if you're eating a *bad diet*, your body has to work much harder to deal with all those poisons! You're wearing it down and you're going to feel much more tired than if you followed God's health principles.

I once had a comical experience. Every night I'd come out to conduct my meetings, and I'm rather energetic, and when I was younger I'd walk back and forth on the platform and so forth. There was a little boy sitting in the front row during one of my lectures, and he saw this cord that was attached to me. So one night he asked his mother, "Mommy, is that the cord they plug into that guy every night so he has energy?" Well, no, that's not the cord they plug into me every night, son. But if you follow God's plan, you do have energy.

GOD'S GOSPEL OF GOOD HEALTH

What does the Bible say about health? Why—in a series of lectures on the Book of Revelation—do we take an evening to speak about health? Many people think the Bible has nothing at all to say about health, yet God's

Word says a lot about this subject. In 3 John 2 it says this: “Beloved, I wish above all things that you may prosper and be in health.” God wants us be healthy and to enjoy life to the fullest. On the other hand, Jesus said in John 10:10, NIV, “The thief [Satan] comes only to steal and kill and destroy.” Satan wants to steal your health. He wants to kill and destroy your happiness. He *wants* you involved in things like smoking and drinking, in thing like drugs, illicit sex, and a bad diet. He’d like to *program* you that way, so you won’t experience life in its fullest, life in all its abundance. But Christ says in John 10:10, “I am come that they might have *LIFE*, and might have it more abundantly.” So God’s principles of health are not designed to restrict your freedom, they’re not some legalistic requirements to take away your happiness. God *wants* you to live. He wants every nerve and tissue in your body pulsating with health and life and joy. In fact, God has sent a special message to the world in the Book on Revelation. That message, in Revelation 14, is pictured as being carried by three angels in mid-heaven. Does that message have anything to do with physical health? It certainly does! God’s last-day message has to do with our *spiritual* and *mental* and *physical* restoration. But many of these truths have been lost sight of.

Before Jesus comes, there must be a *spiritual* restoration of Bible truths like the second coming of Christ. Many churches don’t teach about Christ’s second coming. Truths like Sabbath sacredness. There’s also *mental* restoration—a special message to keep people’s minds at peace and free from stress. But there’s a message of *physical* restoration, as well. At a time when we’re destroying our bodies with alcohol, tobacco, and unclean foods, at a time when we’re destroying them with illicit sex, and AIDS is spreading through society, there’s a message of physical restoration in Revelation calling us to give not only our *minds* and our *spirits* but our *bodies* to Christ, as well.

Note what the Bible says in the same message we’ve been studying—Revelation 14:6, 7: “I saw another angel *fly* in the midst of heaven. . .” The angel doesn’t float, he flies, so it’s a rapid message. “. . . having the everlasting gospel to preach to *every* nation, kindred, tongue, and people . . .” This special message is to go to *all* the world. “. . . saying with a loud voice, fear [that is, *respect* or *obey*] God, and give glory to Him; for the hour of His judgment is come: and *worship Him* that *made* heaven, and earth, and the sea, and the fountains of waters.”

It’s a call to the judgment hour, and in the judgment hour, God says, “Be careful of what you eat and drink. I want not only your *minds* but your *bodies*.” The call of the Creator in the judgment hour is a call to give ourselves totally. The Bible says in 1 Thessalonians 5:23, “I pray God your whole spirit and soul and *body* be preserved blameless unto the coming of our Lord Jesus

Christ.” And Paul urges us in Romans 12:1, “. . . present your *bodies* a living sacrifice” to God.

LIVE TO GOD’S GLORY

So the call of the judgment hour is a call to give our bodies to God. For it says, “Worship Him that *made* heaven, and earth, and the sea, and the fountains of waters.” Worship the Creator. If I’m worshipping the Creator, I won’t destroy an object of His creation, and the highest object of His creation is my body. I can’t wor-

Since God gives us free choice, we can put whatever we want into our bodies. But when we put in tobacco and alcohol and unclean foods, our bodies begin to break down.

ship the Creator by destroying what He created. Furthermore, it says, “Give glory to Him.” *How* do you give glory to God? This whole message is telling us to give our heart, our mind, our soul, our body to God. The Bible says in 1 Corinthians 10:31, NIV, “So whether you *eat* or *drink* or *whatever* you do, do it all for the glory of God.”

In the last days, just before Jesus comes, the Bible teaches us to give every physical habit to Christ. Let your body be a *temple* for the Holy Spirit, not some *fun house* to destroy. The body isn’t a *pleasure center* to destroy by habits that seem to give us pleasure. The Bible, rather, teaches in 1 Corinthians 6:19 that our body is “the temple of the Holy Spirit.” Our body is a dwelling place for God’s Holy Spirit! Seen in that light, we have a *religious* responsibility to care for our bodies. Seen in that light, it is *sacrilege* to do anything that might hurt our bodies and *desecrate* or *defile* that temple. So God calls us from any habits that destroy our bodies. In the judgment hour before Christ comes, God calls us to lay our bodies on the altar, to put into those bodies only those things that build them up, only those things that prepare our body and mind for Jesus’ coming.

Now, you have a choice, just as you do when you buy a new car. You spend \$20,000 for a new car, and the *manufacturer’s instruction manual* tells you what to put in the car. However, it’s *your* car, so you can put water in the crankcase, and run the worst kind of gas in it, and may never change the oil. But your car will break down if you treat it like that.

Christ redeemed your body on Calvary's cross. He paid the price with His own precious blood at the cost of pain and suffering. That's why—even though we may feel that "My body is my own, and I'll treat it as I please"—the Bible reminds us in 1 Corinthians 6:19, 20 that "Ye are *not* your own, for ye are *bought* with a *price*: therefore glorify God in your body, and in your spirit, which are God's." We're not only sons and daughters of the King, but we're also Christ's *purchased possession* and belong to Him—so we should conduct ourselves accordingly.

It's true that since God gives us free choice, we can put whatever we want into our bodies. But when we put in tobacco and alcohol and unclean foods, our bodies begin to break down. We get heart disease or cancer. Physically, that's a tragedy. But spiritually, those habits don't honor or glorify God, because what we put into our bodies goes through our blood into our *brain*. The brain is a bodily organ like any other and is inevitably affected by our physical condition. And one reason many people are not in tune with the Holy Spirit is that their brains are so *clogged* with tobacco, unclean foods, and alcohol that it's difficult for the Holy Spirit to break through. But friends, God doesn't want us to die too soon. He wants us to live and to live more abundantly.

DYING FOR A SMOKE?

You know, the sixth commandment says, in Exodus 20:13, "*Thou shalt not kill.*" Some think that refers only to taking a gun and shooting some enemy, but it means

Is the power of tobacco greater than the power of Jesus Christ?

No, Jesus is stronger than a cigarette. I have seen Jesus deliver thousands of people from the tobacco habit.

not only that you shouldn't kill other people—it means you shouldn't kill *yourself*, either. Dr. Linus Pauling—one of the few scientists ever to win *two* Nobel Prizes—said that every cigarette you smoke takes 14-1/2 minutes off your life. Every cigarette smoked statistically takes 14-1/2 minutes off the life! In other words, smoking is

committing slow suicide. Are you aware of research done at the Sloan-Kettering Institute of Cancer? They developed a smoking machine that extracts tobacco tar from cigarette smoke. When they painted that tar on the backs of mice, the mice developed cancer indistinguishable from human cancer. Today we know there are 29 different *carcinogens*—that's 29 cancer-producing-chemicals, in the smoke of every cigarette!

And then, aside from *cancer*, there's *emphysema*. At least 80 percent of all emphysema cases are caused by cigarette smoking. A victim of emphysema can breathe in, but he can't breathe out. He has to carry around an oxygen tank to get air. Death by emphysema is terrible, because your lungs lose their elasticity. They can expand, but they can't contract. So a person can breathe in, but he can't breathe out. Here in this slide you see these little blebs on the lung. This of course, is a smoker's lung. Those little blebs will blow up like a balloon, then explode, and the person drowns in his own body fluid. It's terrible! People who get emphysema die at 45, 48, 50 years old.

Then, of course, cigarette smoking is related to *heart disease*. The very first puff of smoke reaching a person's lungs causes his blood vessels to *contract* and constricts the flow of blood, forcing the heart to work harder. You have a 25 percent greater chance of getting a heart attack if you're a smoker than if you're a non-smoker. So cancer, emphysema, and heart disease are all related to cigarette smoking.

Someone says, "Pastor, I'd really *like* to quit smoking, but I *can't*." Friend of mine, is the power of tobacco greater than the power of Jesus Christ? No, Jesus is stronger than a cigarette. I have seen Jesus deliver thousands of people from the tobacco habit. Thousands of people. In fact, I think of Ed. He was about a two-pack-a-day smoker. Ed was the kind of person who could do everything—except quit smoking. He just couldn't quit. He smoked a pack-and-a-half to two-packs a day for 15 to 20 years.

CHRIST CAN DELIVER YOU

So I talked to Ed about the Bible. I said, "You know, in Bible times when Christ touched blind eyes, they were healed. When Christ touched the paralyzed man's withered arm, it was healed. Those people had afflictions, and you have an affliction of tobacco. You can't quit yourself, but Christ can deliver you. Would you like to kneel down with me, so we can pray about it?" I had him bring his cigarettes, and he put them on the floor. Then we began to pray. Here's how he began to pray—it was the weakest prayer I've ever heard—"Oh, dear Jesus, I can't quit. You know I can't quit. I'm so weak, Lord. Tobacco has a grip on me. I can never give it up."

I couldn't take it anymore. I shook him as he prayed.

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I said, "Stop praying like that!" He looked up at me and said, "Pastor, what did you say?" I said, "Don't pray anymore. You're going to be worse after you pray than you were before." Now, he'd never heard a preacher talk to him like that before, but nevertheless I did. I shook him as he prayed. "Look, you're convincing yourself in your prayer that you can't quit smoking." But the Bible says in Matthew 7:7, 8, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto

You're a slave either to tobacco or to Jesus. It's a wonderful thing to say, "I'm not a slave to tobacco anymore."

you. For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened."

I told Ed, "Get down on your knees and tell God, 'I know I'm weak, but You're strong, God. You've got almighty power. You touched blind eyes—and they were opened. You touched deaf ears—and they were unstopped. Lord, Your power is greater than tobacco.'" I said, "Ed, your problem is that you think tobacco is greater than Jesus, but you need to tell Jesus you believe that *His* power is greater. Please pray your prayer over again right now." He bowed his head and prayed, "Dear Jesus, I'm so weak, but You're strong. You're almighty. You can deliver me, Lord. I may have a craving, but You're greater than that craving. I may want to run out and get some tobacco, but You're greater than that, Lord. Please deliver me."

That man *was* delivered by the grace of God! And *you* can be delivered, my brother and sister. You don't need to be bossed around by a little cigarette. You don't! You can be delivered by the grace of God. Your lungs don't need to be polluted. Jesus can deliver you. I'm not saying it's going to be easy. You've been putting nicotine in your body for 10, 15, 20 years, and your body's going to cry out. It'll say, "What are you doing to me now?" You've been putting that stuff in for years, to keep feeding that habit. But you don't *have* to do that. You see, Jesus' power is greater.

One scientific textbook says, "Nicotine causes the arteries to *shrink*. This combination of *fat buildup* and *shrinkage* of the arteries hinders the blood vessels from

supplying enough blood to the heart, brain, extremities, and other organs. As the condition becomes worse, tissue damage results. At this point, it takes only a *small* blood clot caught in the constricted blood vessel to cause a heart attack or a stroke." That's what happens, friends. A lot of people look fine while they're smoking. But their arteries are getting smaller and the fat's building up. Then one day something happens. They feel pain in their heart. And it gets worse—like an elephant is stepping on their heart! The pain radiates through their chest, and they fall over—dead. That's the cumulative effect of smoking.

QUITTERS ALWAYS WIN

But by the grace of God, you *can* quit. The good news is that when you stop smoking, your vessels begin to clear up. Your lungs improve, the irritation stops, the inflammation stops, the congestion stops, the dripping mucous stops, the shortness of breath stops. The beneficial health effects are almost immediate. *I thank God* that Christ can give us abundant health, can give us power to *overcome*—and live!

You know, there's a lot of evidence today, too, about second-hand smoke, about what smoking does to people living in the home of a smoker. What does smoking do to women who are pregnant? The *Chicago Tribune* ran an article that said this: "Women who smoke during pregnancy are damaging their baby's blood vessels." Smoking affects not only you. If you're pregnant, it affects your baby. If you have little children, two, three, five years old in the home, it affects them. They have more colds, and through your second-hand smoke, they can develop cancer. There's no question about it. You pollute the atmosphere for your kids. Women who smoke have premature babies much more frequently. Those tiny babies have to be put in incubators, and have a difficult start in life. Smoking is harmful to everyone around you, so you have every reason to quit.

The power of God will enable you to quit. By the grace of God, you can be free. You can present your body "a *living sacrifice*." The Bible says in Romans 6:16, NIV, "Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey?" You're a slave either to tobacco or to Jesus. It's a wonderful thing—even though it's difficult sometimes when we have that craving—to say, "I'm not a slave to tobacco anymore. I'm laying that down. I want to be a servant to Jesus Christ, I want to be a child of the King." And He comes into our lives and grants us His power over those habits!

FIGHTING THE BATTLE OF THE BOTTLE?

Alcohol destroys brain cells immediately—brain cells, incidentally, which *never* regenerate! So they're gone for-

ever. Dr. Melvin Knisely has developed an electron microscope that he uses on college students. He can look through that microscope into the blood vessels in their eyes and see the coagulation of the blood carrying oxygen to the brain. He can tell if a person has taken two drinks, six drinks, or eight drinks by looking into their eyes with the new electron microscope. He warns that drinking alcohol cuts off oxygen supplied to the brain. Now, let me ask you a question: Where does the Holy Spirit communicate with you? Does He communicate through your fingers? Does He communicate through your toes? Where does He communicate? Through your *brain!* Do you see why the devil brewed alcohol in the laboratories of hell? Because alcohol affects the brain!

The human brain is precisely where God wants to communicate with us through His Holy Spirit. Have you ever noticed that when people start drinking, after a few drinks they don't have many inhibitions? Drinking and sexual immorality go together. Drinking goes with a moral fall. Why? It's because the devil destroys our brain cells, and we can't hold back from doing what we *know* we *shouldn't* do. That's why the Bible says in Proverbs 20:1, "Wine is a mocker, strong drink is raging: and whosoever is *deceived* thereby is not wise."

Two out of every five people who use alcohol develop serious drinking problems—that's 40 percent! But someone still will say, "Oh, I can drink socially with no problem." Listen, friend: If you had a dog that bit only two of five people who came to your house, and it sent them to the hospital for a long time, would you keep that dog around? Not at all! Two out of every five people who take even one drink, develop serious marital problems, family problems, and job-related problems, as a result of drinking. You don't know if you're one of those two. That's why the Bible says "Wine is a mocker. It will deceive you." God says, "Don't take that chance—don't even begin."

The Word of God doesn't have good things to say about liquor. In fact, the Bible puts it this way in Proverbs 23:29-33, NIV: "Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? Those who linger over *wine*, who go to sample bowls of mixed wine. Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! *In the end it bites like a snake and poisons like a viper.* Your eyes will see strange sights and your mind will imagine confusing things." That last sentence describes the hallucinations and *delirium tremens* which plague many drinkers of alcohol.

Someone says, "Hey, wait a minute, Pastor. Wait a minute! Jesus created wine at a wedding feast." Now hold it, friend. Did you ever study that passage? I looked at the measurements. The wine He created at that wedding feast was a large amount. John 2:6, 7 (NIV) says it

was enough to *fill* "six stone water jars . . . to the brim" and describes the jars as "each holding twenty to thirty gallons." That's between 120 and 180 gallons of wine! It was enough for everyone at that wedding feast to get sauced—to get *really drunk* if it were fermented wine. Can you believe that Christ created *fermented* wine that intoxicates? Look at those quantities! If those people drank like that, then some man will go after another man's wife. Another one's going to drive an ox cart off the road on the way home. And someone else will go home and beat his children. Do you mean Jesus is responsible for those kinds of things? Don't believe it for a minute, friend.

I don't want to be sidetracked into a deep discussion of linguistics, but we must look at things from the *biblical* perspective, and the fact is that the Bible uses the English word "wine" to refer to *two* distinctly different grape beverages: one, *unfermented*, refreshing and lawful; the other, *fermented*, intoxicating and unlawful. The sacred Scriptures translate the Hebrew word *yayin* in the Old Testament and the Greek word *oinos* in the New Testament into our English word "wine."

In Bible days, both *yayin* and *oinos* could mean EITHER the fresh, unfermented juice of the grape OR the fermented, intoxicating drink we call "wine" today. Since the Bible is not a lexicon which defines its words, the meaning of its words must often be derived from their context. Therefore, we can't just read the word "wine" and *assume* it means an alcoholic drink that makes men drunk or a delightful drink of grape juice even our children can enjoy—we must look at the context. When the Bible *condemns* "wine" and the problems of drunkenness it causes, we know it refers to the intoxicating variety. When it *praises* "wine" as a refreshing and healthful blessing to mankind, we may be sure it refers to the unfermented variety—pure grape juice!

When Jesus went to that wedding feast at Cana, He performed His first miracle. The Bible says in John 2:9, 10 that the wine the wedding guests drank at the end, which Jesus created, was *different* from that at the beginning. People said, "This is the sweetest and the best wine we've ever tasted." Jesus miraculously created *non-alcoholic* wine which you can buy in the stores today. He didn't create fermented, intoxicating, alcoholic wine for those people to get drunk by drinking that quantity. Not at all! My Lord created wine that was so sweet, so magnificent, so bubbly that it gave them energy. It didn't destroy their brains. Jesus will never create something that's going to cause people to lose their minds and go after other women—not for one second!

I get agitated about these things because the devil is destroying people's spiritual life! Someone has to stand up and say, "My brother, my sister, Jesus is coming soon! Let's get our bodies ready for the second coming of

Christ.” Someone has to face the liquor industry and say, “You’re deceiving our teenagers. You’re raping the minds of American young people.” Don’t talk to me about ‘responsible drinking.’ There’s no such thing! You become *irresponsible* when you drink because it deceives you.” Shakespeare said of alcohol: “O God! that men should put an *enemy* in their mouths to steal away their brains.”

Jesus wants some young people today to look at their friends and say, “I don’t drink.” Jesus wants young people to look at their friends and say, “I don’t smoke.” Jesus wants young people today who have the courage to put their bodies on the altar. Jesus wants adults to set the tone for young people. If *you* are drinking socially, how can you tell your teenage son or daughter not to drink? And even if you can handle it, how do you know they’ll be able to handle it? Many a young person has started drinking at home by taking beers out of the refrigerator when parents are gone—drinking and sipping a bit of wine when parents are away. That’s right, they do. You can never lead them to get ready for Jesus’ coming unless you, yourselves, put your bodies on the altar. I want to do that, don’t you? I want to be finished with habits that destroy life. But the only way is to abstain totally. Say, “I’m going clean myself up for You, dear Jesus.” People think they can handle it, but they can’t—not when they sip wine and other alcoholic beverages that destroy health and destroy lives by drunk drivers and so forth.

When we put our bodies on the altar by refraining from alcohol, tobacco, and drugs, they’re clean before God. But dope, drugs, narcotics are destroying countless lives. It sounds like a corny cliché, but the only way to be safe from them is to say “No,” to drugs—there’s no other way. Our bodies are the temple of God. I’m not my own, for Christ bought me on the cross, and now I’m His.

NONE OF THESE DISEASES

In the Old Testament, God made a wonderful promise to His people of ancient Israel. In that promise of Exodus 15:26 to Israel, He said, “If thou wilt hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put *none of these diseases* upon thee, which I have brought upon the Egyptians: *for I am the Lord that healeth thee.*” And when God led Israel out of Egyptian bondage, the Bible says in Psalms 105:37, “There was *not one feeble person* among their tribes!” The Israelites followed God’s health principles, but the Egyptians did not.

Today we know the Egyptians’ health practices because we’ve been studying the mummies. And through hieroglyphics, we know the lifestyle of the Egyptians. The Egyptians drank a lot of alcohol and were generally overweight because they ate a diet high in fat. They ate roast

pork a great deal, which has the highest fat content of all meats. The Egyptians also had a lot of sugary foods in their diet.

Loma Linda University in Loma Linda, California, conducted some magnificent studies on health and disease in the ancient world. Other researchers, looking at some of those studies, performed autopsies on Egyptian mummies. They’ve done autopsies on literally thousands of mummies, and from these autopsies we learn about Egyptian culture and health habits. They actually did an autopsy on Egyptian Pharaoh Ramses II. This slide shows an artery of Ramses II. When you look at this artery on the right, you see it’s *filled* with deposits of fat. It’s almost completely clogged up. He died of a massive heart attack.

They can also x-ray those mummies. Dr. Rufoin, a French physician and Egyptologist, x-rayed mummies extensively. He found they had cancer, heart disease, arthritis, and rheumatism. Ramses II—what a specimen he was, with his heart disease and arthritis. Folks, the ancient Egyptians had the same diseases we have today. They had sexually transmitted diseases—things like syphilis and gonorrhea—because of their immoral lifestyles. They turned their backs on what the Bible said and violated God’s health principles. As the result of those violations, they had everything from atherosclerosis to tooth decay, from obesity to heart disease, from cancer to lives filled with stress.

Now, people sometimes ask me, “Mark, what about *diet* in the Bible? Does the Bible offer any help in our diet?” It certainly does. And what are the health principles God gives when it comes to diet? *Principle #1* is found in Genesis 1:29: When God created the human race, He gave them a magnificent diet that was largely vegetable matter. It was vegetables, grains, nuts, and fruits—a vegetarian diet. “God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat [that is, for food].”

So their “meat” was fruits, nuts, grains, and vegetables. Adam and Eve weren’t jumping on some cow and killing it in the Garden of Eden. There was no death there—no death at all in God’s beautiful plan—and they were vegetarians originally. It was God’s desire they live long lives on that diet, which incidentally provides very adequate *protein*. Strong animals like the horse and cow get all the protein they need from the oats and corn and other grains they eat. They get their protein firsthand, from the earth, and grow big and strong. The man who kills them and eats their flesh is getting his protein secondhand.

When Adam and Eve left the Garden of Eden, their diet also included root vegetables, so they had a great

abundant diet of fruits, nuts, grains, and root vegetables. It wasn't until the time of the Flood of Noah's day that God gave people permission to eat flesh food. God did give permission to eat meat at that time—there's no question about that. But flesh food was not the original diet God gave Adam and Eve. If you want to eat His original diet, you must go back to Adam and Eve's diet.

This slide shows an interesting picture. Seven generations from Adam, you see the man there by the Ark—that's Methuselah. His name *Methuselah* means: "When he dies, the flood waters will come." (Incidentally, God did lay him to rest the very year the Flood came.) But he lived to be 969 years old. The average lifespan before the Flood was 900 years. Seven generations before Methuselah, Adam lived for 930 years. Noah lived 950 years. Genesis 5:5, 5:27, 9:29. Some people ask me, "Did they really live that long?" They certainly did. Nine hundred and sixty-nine years were nothing. God designed for them to live—and wanted them to live—forever and ever and ever! When God makes something, He doesn't make junk. He makes something to live and to last for a long time. Isn't that true? God wanted them to live *forever*.

FLESH FOOD SHORTENED LIFESPAN

But right after the Flood—since the catastrophic Deluge ripped up trees and plants and temporarily destroyed all vegetation—God gave Noah and his family permission to eat meat. And immediately their lifespans were *shortened* by hundreds of years. Look, seven generations from Adam is Methuselah, and those patriarchs lived long, long lives. But seven generations from Noah's son Shem, you come to the patriarch Nahor. Genesis 11:24, 25 says he lived only 148 years. So mankind's lifespan went down very, very, rapidly once they began eating a diet other than what God gave originally.

Some may wonder, "Is it a *sin* to eat meat?" The answer is no, it's not. God gave permission to eat meat if people choose to do that. But you must realize that if you eat a lot of meat, you'll have more animal fat in your diet—and in your arteries. So it's important not to abuse that privilege, for you need to cut down on that high fat in your diet. If you want the best diet, of course, you'll choose a vegetarian one. That's what God really intended us to eat.

When you study the days of the Flood, you find something very interesting. God told Noah *how many* of each species of animal to bring into the ark. We find this instruction in Genesis 7:2. God said, "Of every *clean* beast thou shall take to thee by *sevens*, the male and his female: and of the beasts that are *not clean* by *two*, the male and his female." So God said there are two kinds of beasts. What are they? Clean and unclean.

Why should Noah take the *clean* animals into the ark by sevens? Because he and his family were going to eat

the clean ones and also use some of them for sacrifice. They were to take seven pairs—the original Hebrew tells Noah to take "seven seven, a male with his female"—so the animals could multiply. Why should Noah take the *unclean* animals in by only two? Because they're scavengers—not to be either eaten or sacrificed. The scavengers were created to eat the garbage of the earth. They were God's garbage-disposal system long before our modern garbage disposal was invented. As unclean creatures, they're unfit for human consumption.

So stop and think: Noah took the unclean animals—scavengers like the pig and the vulture—into the Ark only by two, a male and female pair, simply to preserve and perpetuate the species. IF Noah and his family *had* eaten either one of the pair of those animals God says are unclean, we wouldn't *have* any of those animals around today!

Now, the two categories of animals are *clean* and *unclean*. Please note that God made this designation *BEFORE the Jewish race existed!* There are still some people who say that *clean* and *unclean* came in only with the Jews. This is simply not true. Noah was not Jewish. The first Jew was Abraham, born about *four centuries* after the Flood. Only eight humans were saved in the Ark: Noah, his three sons, and their wives were the sole survivors of the whole human race. When God applied this distinction with them, it's obvious He applied it to *all humanity*, not just Jews, who didn't exist as a race or nation until later.

Furthermore, when God *did* tell Noah the proper number of beasts to save aboard the Ark, Noah didn't ask for the clean-unclean distinction to be explained, so it must have been in effect even earlier.

Some say, "The *clean-unclean* distinction was only for *Old Testament* times." But, friends, that is simply not true, on the basis of both theology and common sense. Theologically, the Bible says in Isaiah 66:15-17 that God's distinction between clean and unclean foods will *still be in effect* at the time of Jesus' second coming. "Behold, *the Lord will come* with fire, . . . and the slain of the Lord shall be many. They that sanctify themselves, . . . *eating swine's flesh, and the abomination, and the mouse*, shall be consumed together, saith the Lord."

And common sense tells us that God's prohibition against unclean beasts is *not* based on a ceremonial or religious ritual, like circumcision, that was changed at the Cross. It's a *health principle*—good for all time—because it's based on what God, the Creator, knows about those scavenging beasts, their anatomy and their eating habits. He knows what He designed all creatures for—He made the horse to be an excellent beast of burden, and He made the *pig* and the *vulture* and the *catfish* to be scavengers to keep their environment clean, just as we make garbage disposals and sewers.

The ideal diet is, of course, vegetarian, as God originally prescribed. In the emergency after the Flood, God did say man could eat meat in limited amounts. But God *never* said we could eat the *unclean* animals! Nor should we want to—someone observed that “He was a *valiant* man who first ate an oyster!” We’ll be *so much healthier* if we follow God’s principles of health and diet just as He gave them in the Bible. But you may ask, “What are some of those principles, and which animals are *clean* and *unclean*?” That’s a very good question.

SCIENCE VALIDATES GOD’S PRESCRIPTION

The first thing we need to notice when eating *any* kind of meat is the instruction God gave us in Leviticus 3:17, RSV: “It shall be a *perpetual* statute for you *throughout* your generations, in *all* your dwelling places [not just in Old Testament times but always], that you *eat neither fat nor blood.*” Is science just catching up with the Bible? What did God say thousands of years ago? *Don’t eat the fat.* What do we hear everywhere today? Eat a low-fat diet. You read about the importance of a low-fat diet in all kinds of books coming out today. But God said it long ago. The scientists are just catching up with God. Why not eat fat? Because of the cholesterol. Why not eat blood? Because disease is transmitted through the blood. They’re just now seeing cancer as a virus transmitted through blood. So indeed, studies are being done in these areas. If you do eat meat, certainly cut out those *high-fat* meats and certainly don’t eat *rare* steaks filled with *blood*.

But the Bible goes on and gives very clear, very specific instructions to help us know which animals are clean or unclean. Two entire chapters—Leviticus 11 and Deuteronomy 14—are devoted to this instruction. If you do eat meat, whatever you do, don’t eat any animals God tells us are unclean. Now, which are the *clean* animals? Deuteronomy 14:6, NKJV, says, “You may eat every animal with cloven hooves, having the hoof split into two parts, and that chews the cud.” What does it mean that it chews its cud? It chews its food, swallows it, spits it up, and chews it again. Some examples of clean animals are the ox or cow, the sheep, the goat, the deer, the gazelle, the antelope, the mountain goat and mountain sheep. All those animals fit God’s description and are clean for food.

What animals are *unclean*? What animals should we *not* eat, according to the Bible? Well, what about the camel? I wonder, is the camel clean or unclean? Well, in Deuteronomy 14:7 God says, “Ye shall not eat of . . . the camel, and the hare, and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you.” So the camel is unclean. Okay, I want you to go home and take all the camel meat out of your refrigerator and throw it away! No more camel sandwiches

for lunch! No more stopping at McDonald’s to get a camel sandwich! The Bible says the camel is unclean to you. Are willing to give up eating camel because you love Jesus? You may smile because you don’t eat camels. Maybe there’s only one or two camels in the zoo.

Okay, so we don’t have to worry about eating things that are unclean, because you wouldn’t eat anything that’s unclean. We’d better keep reading the Bible. We’ve learned about the camel, the hare—that’s a rabbit—and the coney. What’s a coney? A coney is like a rock badger. It’s an animal like a large rat that lives near the ocean. So no more coney in the mornings, okay?

Going on, Deuteronomy 14:8 says, “And the swine”—what’s swine? Pig! Pork! Why does God mention it?—“because it divides the hoof, yet chews not the cud, it is *unclean to you*: you shall *not* eat their flesh, nor the touch their dead carcass.” We can skip that because no one eats pork, right? God says not to eat it. Someone asks, why? Well, let me give you a few scientific reasons—but even if I didn’t know the scientific reasons, I’d follow God, wouldn’t you? The Bible says of pork: Don’t eat it, get rid of it, throw it away. It’s good fertilizer.

Here’s a verse you should remember: Psalms 84:11 (RSV) says, “No good thing does the Lord withhold from those who walk uprightly.” If pork were good, God wouldn’t hold it back from us. God won’t hold back anything good from us, but since it’s not good, He says: “Don’t eat it.” Cows, yes, you may eat. But pigs, God says, “No, don’t eat the pig.” Why? *Reason #1*—It has the *highest fat content* of all meat. Ounce for ounce, no meat is higher in fat than pork. It clogs the arteries and gets you ready for a heart attack.

Reason #2—Dr. McNaught examined pork specimens in the San Francisco meat markets and found that one out of four had *living trichina larvae* in it. Trichina are parasite worms. Trichinosis is breaking out again. If you put pig meat under a microscope, you’ll see the trichina larvae, which may have millions of little eggs. Those eggs hatch in your stomach and then invade your muscle tissue, causing symptoms like arthritis or rheumatism.

You know what someone said to me once? He said, “Oh, but we cook it so hot that we kill them all.” Does it give us more comfort to know we’re eating *dead worms* rather than *live* ones? In fact, many cases of trichinosis that break out afflict people who *thought* they cooked their meat sufficiently. I’d rather follow God, friends. And I know you would too, wouldn’t you? We can learn to control our appetites. We can eat to live rather than live to eat. We don’t have to be among those God speaks of in Philippians 3:19, “Whose end is destruction, *whose God is their belly.*” The Lord will gladly help us *sanctify our tastes* if we ask Him. Instead of junk food, we can learn to enjoy the premium fuel our bodies deserve.

YOU ARE WHAT YOU EAT

Look at everything God give us to eat! We can follow a diet with real meal appeal! We can feast on the flavor of all those wonderful fruits and vegetables and nuts. And if you want to eat meat, there's beef, there's lamb, there are a number of other things. But isn't it wiser to follow our Creator's way and not destroy these God-given bodies of ours? I don't want those parasitic trichina worms inhabiting my body in any way. I want my body as healthy as possible for Jesus.

What about *fish*? God says in Deuteronomy 14:9, 10, "These ye shall eat of all that are in the waters: all that have *fins and scales* shall ye eat: And whatsoever hath *not fins and scales* ye may not eat; it is *unclean* unto you." If a fish has fins and scales, you may eat it—no problem. But if it's in the water and doesn't have fins and scales, eating it is simply digesting garbage. When you eat garbage, your digestion transports it into your flesh and makes you a candidate for disease and premature death.

During World War II, after the tragedy at Pearl Harbor, the American government hired Bruce Halstead, a marine biologist. Many American fliers—Marine and Naval aviators—who were shot down in the Pacific ate seafood to survive but were getting sick. So the American government said, "Okay, Mr. Halstead, we'll give you a year. We'll pay you a good salary, give you a boat and a crew, and we want you to study fish. We want you to make a little manual for the American fliers showing them pictures of fish, because we want you to tell them which fish they can eat, and which fish they shouldn't eat. Okay?" So Bruce Halstead went out and made a manual—a large study manual to tell the Navy fliers what they could and couldn't eat.

The interesting thing he said was this: "If you lose this manual, remember one thing: if it has fins and scales, you can eat it. If it doesn't have fins and scales—such as crab, lobster, shrimp, oysters, clams—don't eat it, because they have a high level of toxicity." This man of science, this twentieth-century marine biologist, *echoes* the words of God in Deuteronomy 14:10, "Whatsoever hath not fins and scales ye may not eat; it is *unclean* unto you." We seek out and respect *expert advice*—from doctors, nutritionists, and other medical specialists. But God is the *divine* Expert who made us. As the Creator, He *knows* whereof He speaks!

POISON ON THE PLATE

You know, I was brought up on the Atlantic Ocean, not the Pacific, but I used to go crabbing. I didn't know these things about clean and unclean food. I'd go down to the fish stands, and after the fishermen came in, I had a friend who'd cut off the heads and the tails of the fish and gut them. I'd go to this fish house to get the stinking

smelly heads, the stinky smelly guts, and I'd take a string and tie it on a fish head—an old, rotten, decaying, smelling, worm-filled, maggot-filled, fish head. I'd drop it down off a bridge, and along would come some crab looking for his dinner. He'd see that worm-filled, maggot-filled, smelly, stinking fish head. Then old Mr. Crab began to eat it. I'd begin to pull up, pull up, pull up, so gently on my string, and the crab would still hang on. Then we'd pop him in the net.

Do you know anything about crabs or lobsters? When you catch a crab or lobster, do you kill it right away and leave it lying there in the boat? No, you *don't* kill it right away. You have to keep it alive, because if you kill it, the poison goes right through it. The only way to cook a lobster is to put it *live* into boiling water, right? Don't kill it ahead of time, because the poison would quickly go through it. What does that tell you about the poisons in those scavenger shellfish?

Prevention magazine had an article some time ago entitled "Shellfish Are Dirty and Dangerous" which blew the whistle on "shellfish which carry *so much disease and poison*." It stated that "No other animal food offered on the menu of your favorite eating place would be served to you along with its *feces*. Yet this is the case with seafood. It is offered whole, complete with its intestinal tract!"

I used to go out and get quahogs. Do you have quahogs in your area? You know what they are? They're like clams, but they have a harder shell. You have to go in the muddy parts, sometimes where the sewers come out. Quahogs go right down by the sewers, you know, because they want to get all that nourishment! I'd go along with my bare feet, like this, and I'd feel one of those quahogs or clams with my feet. Then I'd reach down and take it and throw it to my grandfather on shore. He'd take a knife and pry it open, put salt on it, and hand it back to me—and I'd slurp it into my mouth. I probably shouldn't tell you what I used to do! But I always had problems with my stomach! Do you understand why?

But when I came to Jesus, I gave up the clams and the quahogs and the lobsters and the pork. I've been energetic every since! Praise the Lord, we can give up all that stuff, right? They're not too hard to give up for Jesus. If Jesus asks me to give it up because He knows it's not good for me, since it doesn't have fins and scales, I'll do it. I don't want to drift toward disease and a premature death. I don't want to eat those things that God tells us not to eat. Indeed, the Bible's right.

But someone once said to me, "Mark, wait a minute, in the New Testament all that changed. When Jesus came, He said we could eat anything." You know what I said to him? "If something was bad to eat and unhealthy before the cross, it's going to be bad to eat and unhealthy after the cross."

PETER'S CORRECTIVE VISION

Then someone else asks, "What about Peter's vision when he saw all those unclean animals and God said, 'Get up and eat.' And Peter said, 'No, I can't eat that.' And God said three times, 'Eat it.' What did that mean?"

Let's look at that passage in Acts 10:1-35, which really talks about *two visions* given by God. The first was given to *Cornelius*, a Roman centurion who, although of heathen birth, worshipped God the best he knew how. While Cornelius was praying, "he saw in a vision . . . an angel" who told him to contact Peter for instruction. So he sent messengers to do just that.

Then the Bible says while *Peter* was praying "he fell into a trance" and saw in vision a large sheet that came down with many unclean animals in it. There were rats and alligators and crocodiles and crabs and lobsters and pigs and snakes, and three times God said, "Kill, and eat." But Peter said, "Not so, Lord; for I have *never* eaten *anything* that is common or unclean." Then the sheet went back up. Peter's reply *proves* that during his entire three-and-a-half years with Jesus, he never heard about any changes in the status of unclean foods. Jesus had *not* changed the prohibition against eating the forbidden animals—if He had, Peter would have *known* about it and wouldn't have responded as he did. The Bible says Peter was so confused, he didn't know what the vision meant.

Just then there was knock on his door, and the men Cornelius sent were standing there. They said, "Peter, our master Cornelius lives over there in a neighboring town. He's a Roman centurion and a Gentile. Please go visit him." Peter, being *prejudiced* against Gentiles, had always called them unclean and never wanted to go near them. Peter thought of Gentiles as rats and snakes. But now Peter understood the vision God sent him, and it had *nothing* to do with eating unclean animals! When Peter explained his vision, he said, "God showed me that *I should not call any MAN common or unclean.*" And he went and taught Cornelius about Christ.

God didn't really want Peter to eat the rats, snakes, crocodiles, or rodents in that sheet. God used them only as an illustration to show Peter he had prejudice against *people* of another race—not that it was all right to eat unclean animals. The lesson Peter got from the vision was this: "I now realize how true it is that *God does not show favoritism but accepts men from every nation who fear Him and do what is right.*" Acts 10:34, 35 (NIV). Peter realized God gave him the vision to correct his attitude toward *people*, not toward *food*. I'd rather let Peter interpret the vision than another human being, wouldn't you? It only makes sense that if things were unhealthy before the cross, they'll be unhealthy after the cross.

May God give the heavenly insight we need to see that we have a moral and religious duty to preserve our health, which comes to us as a sacred trust. We need to see that a failure to care for this priceless machinery called our body is an insult to the Creator. Jesus wants us well! He can help us change our careless, self-destructive lifestyle to one that heaven can approve.

Now, friend, you may feel too weak to change some habits. You may say that you love pork, that you're addicted to tobacco, and that you can't get along without alcohol because it calms your nerves. But Jesus says, "My child, come to Me. Give your body as a living sacrifice to Me. I'll give you health, joy, meaning, and purpose in your life. I love you so much! When I hung on the cross, I bought you. You're Mine—you're My son, My daughter."

You may have tried, in your own power, to stop smoking. You may have tried to give up alcohol. You may have tried *on your own* to give up bad habits and be healthier. But in John 15:5 Jesus says, "Without Me, ye can do *nothing.*" On the other hand, the apostle Paul triumphantly proclaims in Philippians 4:13, "I can do *all things* through Christ who strengthens me." He doesn't say, "I can do all things through Christ—except quit smoking. I can do all things through Christ—except give up this destructive relationship. I can do all things through Christ—except give up drugs, and alcohol, and unclean foods."

Without Christ, we can do nothing. *With Him*, we can do *all things*. Jesus says to you right now, "Come to Me. Put your tobacco on the altar, put your alcohol on the altar. If you're in some destructive relationship, put your life on the altar. If you're abusing your body with drugs, put that body on the altar." Lovingly, Jesus reminds you, "I've worked many miracles. I delivered the demoniacs and they went free—their chains were broken. I delivered people who were blind and crippled, and they went free with great joy. When you surrender all, I'll work miracles in *your* life. When you put your life on the altar, when you come forward and give Me your heart, My welcoming arms will be out for you!"

Surrender all to Jesus. Will you do that just now? ▲

Discoveries in Prophecy Quick Quiz

Our heavenly Father has *so much* He longs to teach us! Think of each seminar session as one in a series of steps leading upward—a series of “lessons from heaven.” May we learn our lessons well, so we in turn can teach others. God’s Word, the Bible—our Textbook for this seminar—offers **Learning Unlimited!**

The Bible’s Ancient Health Secrets Revealed

Numbers in parentheses below refer to page numbers in special-edition Seminar Bibles—the first number for the King James Version, the second for the New King James Version. For example: (709 / 681).

- God says, “Beloved, I wish above all things that thou mayest _____ and be in _____.” **To check your answer, see 3 John 2 (1216 / 1211).**
- A *basic* health principle God gave many centuries, even millenniums, ago says we must “eat neither _____ nor _____,” and science today *corroborates* that divine advice in its *warnings against* cholesterol-laden animal fat.
To check your answer, see Leviticus 3:17 (111 / 101).
- The Bible teaches that “Your _____ is the _____ of the Holy Ghost.”
To check your answer, see 1 Corinthians 6:19 (1136 / 1129).
- Some would have us believe the distinction between *clean* and *unclean* animals was a purely arbitrary one erased by the Cross. But God shows it has a clear **anatomical basis unchanged since Creation** when He specifies “a split _____ and _____ the cud” as points of identification for *animals*, while *fish and seafood* must have both “_____ and _____.”
To check your answer, see Deuteronomy 14:6 & 9-10 (214 / 194).
- The Sixth Commandment, “Thou shalt not _____,” prohibits *slow suicide* from unhealthful practices like smoking. But God gives an even *broader* principle when He says, “Ye are *not* your *own*, for ye are _____ with a _____,” the precious blood of Christ, and urges us to “present your _____ [as] a _____ sacrifice.”
To check your answer, see Exodus 20:13 (82 / 75), 1 Corinthians 6:19-20 (1136 / 1129) and Romans 12:1 (1128 / 1120).
- T The *original* diet God gave to mankind in the Garden of Eden was a *vegetarian* one which
 F included all different kinds of *fruits and grains and nuts*—nothing which necessitated death.
To check your answer, see Genesis 1:29 (2 / 2).
- The Good Book says, “Whether therefore ye _____, or _____, or *whatsoever* ye do, do *all* to the _____ of God.”
To check your answer, see 1 Corinthians 10:31 (1140 / 1132).

Quick Quiz

8. Despite enticing ads from the liquor industry, God's Word declares, " _____ is a mocker, _____ is raging: and whosoever is _____ thereby is *not wise*." **To check your answer, see Proverbs 20:1 (671 / 636).**
9. Although the Bible teaches God's prohibition against unclean foods is *still in effect* at Jesus' *Return*, we shouldn't be surprised that *some churches fail to teach it*, for God says that the spiritual leaders who have *shown no "difference between the _____ and the _____ are the same ones who "have _____ their _____ from My Sabbaths."* **To check your answer, see Isaiah 66:15-17 (749 / 726) and Ezekiel 22:26 (844 / 822).**
10. T God's distinction between *clean and unclean foods* was part of His instruction to Israel and F was not given until the days of the Hebrew children. **To check your answer, see Genesis 7:2 (6 / 6).**
11. The Bible looks at both sides of the coin when it says that *without Christ* we can do "*nothing*" but *with Him* we can do "*all things*." On the lines below, briefly describe in your own words what this means to you and your life. **To check your answer, see John 15:5 (1069 / 1064) and Philippians 4:13 (1170 / 1162).**

12. In light of the fact that Jesus wants us to "have *life*, and . . . have it *more abundantly*," and that God will *withhold* from us "no *good thing*," comment on the *Bible's health laws* in general and on the negative picture it paints of *alcohol* in particular. **To check your answer, see John 10:10 (1062 / 1057), Psalms 84:11 (623 / 584), and Proverbs 23:29-33 (674 / 640).**



Words to the Wise:

Many are choosing to DIE by the way they're choosing to LIVE. But if you're *sick and tired* of feeling *sick and tired*, adopt a lifestyle that will add not only years to your life but life to your years, and make vibrant good health last a lifetime. *Take care of yourself*— after all, your body's only human!

Discoveries in Prophecy

Complete list of evangelistic magazines, cross-referenced
to the book *Beyond Orion's Gates*, by Mark A. Finley

Magazine Title

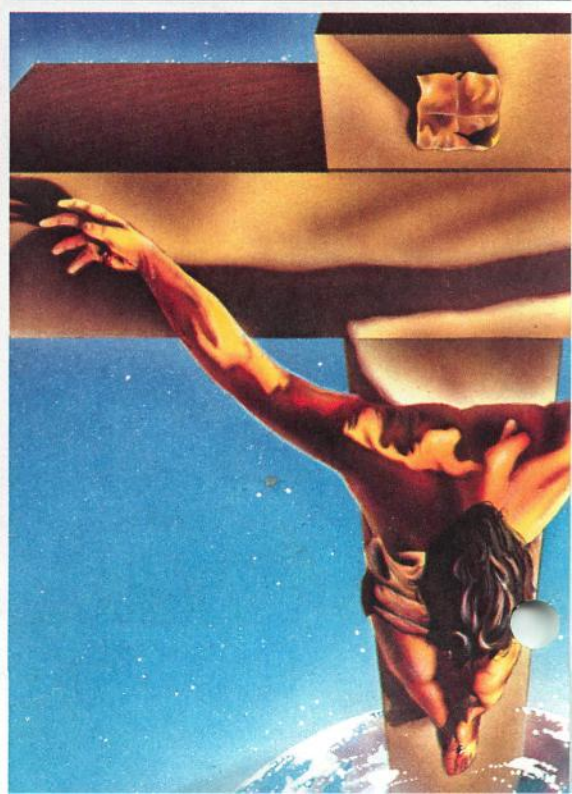
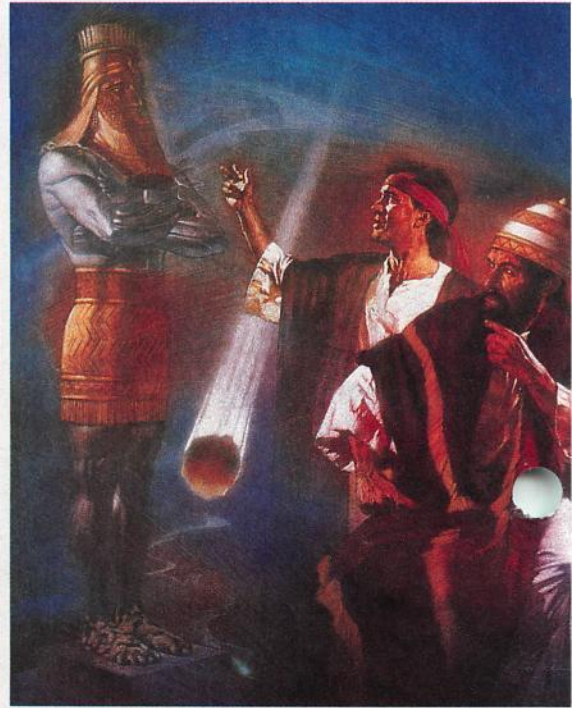
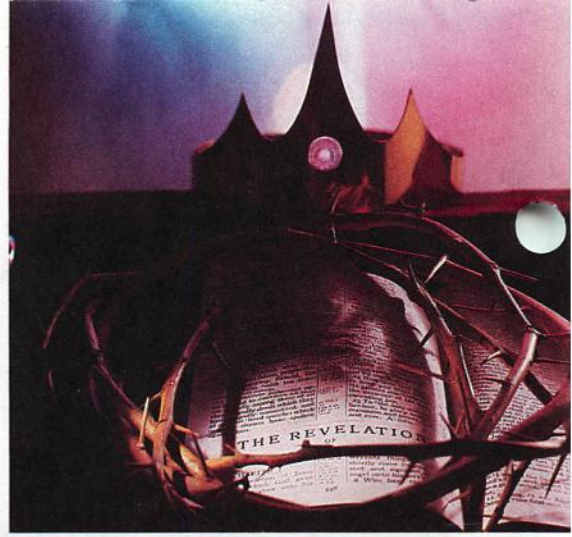
Beyond Orion's Gates

1. Living Beyond 2000	Ch. 2: Lonely No Longer
2. Countdown to Eternity: Why Communism Failed	Ch. 5: A Man of Mud and Metal
3. A World in Turmoil	Ch. 6: Snoozing Through the Sirens
4. Angel 911: Revelation's Angelic Conflict	Ch. 8: Why Insurance Companies Are Wrong
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7. New Age Conspiracy	Ch. 7: Beyond Virtual Reality
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13. How to Identify a Cult	
14. The Coming Thousand Years: The Golden Age—or World Disaster?	Ch. 24: A Workaholic's Long Vacation
15. The Real Truth About Near-Death Experiences	Ch. 14: Where Do We Go When We Die?
16. How to Successfully Bury the Past	Ch. 22: How to Start Life Over Again
17. Will a Loving God Burn Sinners in Hell Forever?	Ch. 25: Who Framed God?
18. The Bible's Ancient Health Secrets Revealed	Ch. 15: It Pays to Read the Owner's Manual
19. Why So Many Denominations?	
20. The Mystery of Revelation's Babylon Revealed	Ch. 20: A City Called Confusion
21. The Search for Certainty	Ch. 19: Survivors of the War Behind All Wars
22. A Financial Secret the World Doesn't Know	Ch. 16: Secrets Wall Street Doesn't Know
23. The Mark of the Beast	Ch. 17: Far More Than a Bar Code
24. The United States in Bible Prophecy	Ch. 18: The Clock Runs Out on America's Freedom
25. The Holy Spirit and the Unpardonable Sin	
26. Revelation's Glorious Climax	Ch. 23: A Preview of Earth's Final Headlines

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