

Word of Wisdom For Christians

To: Epoch Times Editorials

Cc: Church of Jesus Christ of Latter-day Saints

by Sterling D. Allen, 228033

Aug. 28, 2022

I was raised in a strong Christian Fellowship (The Church of Jesus Christ of Latter-day Saints) that has a health code called the Word of Wisdom^(written) (D&C 89). There are variants of its adherence among them, but the underlying principles are advisable to any righteous person to achieve good health/vitality which improves one's spiritual connection to God.

The preface to this Word of Wisdom is something any MAGA patriot should be able to bird-dog as super important, "showing forth the order and will of God in the temporal salvation of all saints in the last days — given for a principle with promise." (vs. 2, 3). It was given "in consequence of evils and designs which do and will exist in the hearts of conspiring men," which is why "I [God] have warned you, and forewarned you, by giving unto this word of wisdom." (vs. 4).

No MAGA patriot is oblivious to the phenomenon of evil people promoting

products for gain and control (even addiction). They realize that health and well being are rarely a consideration by ^{Food & beverage} companies motivated only by the bottom line.

Meanwhile, societal norms, popular products and trends are usually contrary to these principles. Advertising usually appeals to the base/carnal man, using lust, greed, pride (arrogance) to sell products. So, if something is socially popular, it's probably not good for you. Furthermore, it's also generally the case that it's unpopular to buck these trends and to embrace healthy things.

I've noticed that Christian culture generally tends to go the way of the world on matters of health and diet. They love their alcohol, even though it has destroyed hundreds of millions of lives, through addiction, abuse, out-of-control behavior and loose lips. "No alcohol - it's a good standard - stay in control; don't let demons take over. Ditto for smoking and drugs. Why would you do anything to compromise your body, which Paul said is the temple of God?"

(3)

Another standard the WOFW sets

Forth is to eat meat sparingly, except in time of ^{cold or} ^(vs. 12, 13) Famine. I ^{personally} prefer the Vegan lifestyle, honoring animals as Friends, not food, I also do it to protest how animals are treated like Nazi concentration camp victims in Factory Farms, with no regard for their comfort and happiness.

I include caffeine as a drug that is not beneficial. It's a ~~stimulant~~ stimulant that creates dependency and over a level of addiction. That includes a Christian favorite: Coffee. I love that I can awake, ready to go, not needing coffee to get alert.

The promise at the conclusion of the WOFW is that "all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall

④

shall pass by them, as the children of Is-
rael, and not slay them, & men. (vs. 18-21)

Sterling D. Allan

Dad Coming.com

#WordOfWisdom4Christians