

## CHAPTER 6

### The Narrow Way - The Broad Way



**A**LL OF US SEATED IN THE SHELTERED GROVE have experienced consequences at sometime in our lives, often with bitter loss.

Thus we feel the impending consequences looming over Adam's and Eve's fallen lives.

It seems they and Eden's paradise are changed forever.

Reflecting this very truth, This Man rises from the table and with solemnity he announces we must journey on now. We rise from the table, refreshed by the natural foods provided for us. And once again we follow This Man, leaving our last thoughts lingering in the quiet solitude of the sheltered grove.

Journeying on we notice changes on every side. Rocky ledges now line the narrowing path and we step upon flat stones to cross over rushing streams. With amazement we gaze upon a waterfall cascading into a swirling pool far beneath us.

Still This Man leads us on until we reach another path crossing our own. Here we are invited to sit and rest on huge ancient tree trunks, felled by the forces of nature.

Happily our bodies recline in peaceful rest.

Catching our attention one of our group directs our eyes to a sign standing at the cross section of the path. We see two arrows pointing in opposite direction and we read the words:

THE NARROW WAY

THE BROAD WAY

What could they possibly mean?

Answering our inquiring question. This Man explains their spiritual meaning.

You see the narrow way and the broad way are two opposite extremes. The narrow way, my dear friends, leads into the realm of everlasting life.

And though the way is often difficult, in the narrow way we find the foot steps of the King's only begotten Son who has gone before us. Pressing on in His footsteps,

clothed in His righteousness, if we remain faithful to God we shall enter the great King's heavenly Kingdom and receive a crown of everlasting life.

Now the broad way, my friends, is the deceptive way which leads into everlasting death. The broad way offers an alluring assortment of pleasures, prosperity and riches to be accumulated into mountains of worldly wealth. Honour is piled upon selfish pride as if this is the true fulfillment of life.

Alas not only will you meet atheists and infidels on the broad way but also worldly Christians who live life according to their selfish desires. They profess an outward show of godliness but shun God's Holy spirit from working within their lives.

*Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it. Matthew 7:13-14*

Thus multitudes of travelers, jostling on the broad way follow in Satan's footsteps that lead down into the abyss of everlasting death and eternal separation from God.

But my dear ones fear not, for we have journeyed on the path of God's true knowledge. Only now have we arrived at the intersection of true reckoning.

Here individually we must face the fierce conflict between light and darkness and the consequences that have evolved from Adam's and Eve's sin.

With this statement ringing in our ears this man returns us to Eden where Adam and Eve face the consequences of their recent actions.

**L**OOKING FOR THE NARROW WAY IN YOUR LIFE? In Chapter 4, we learned that the child Jesus - the only begotten Son of God who became a babe in human flesh - was to eat curds and honey, that he might know to refuse evil and choose good. *Isaiah 7:15*

Understanding what is evil and what is good is becoming more difficult as we approach the end of the world. Can you trust your government to protect you? Can you believe what you read in newspapers? Are foods grown with pesticides, herbicides and Roundup (glyphosate) safe for human health? Does your brain relax when watching television? Does sun cause cancer or does sunscreen cause cancer?

*"Woe to those who call evil good, and good evil; Who put darkness for light, and light for darkness; Who put bitter for sweet, and sweet for bitter." Isaiah 5:20*

We need a clear brain to understand and reject evil, and we need a clear brain to

understand good and choose good!

We learned in Chapter 4 that a healthy digestive system helps our brains work better. But did you know that honey helps brain development, and helps prevent brain degeneration?

How can that be? Well, it turns out that honey is a nootropic, a “smart drug.” Honey can help memory, learning and even concentration. Studies are few, and some still underway. Some studies have used humans, others have used rats!

Rats aside - there is ancient, modern and very recent knowledge showing honey’s benefits for the human brain. “Honey...assists the building and development of the entire central nervous system, particularly among newborn babies and preschool age children, which leads to the improvement of memory and growth, a reduction of anxiety, and the enhancement of intellectual performance later in life.”

How much honey will bring about these amazing effects? Let us turn to the Bible and read in *Proverbs 25:16*. “*Have you found honey? Eat only as much as you need, Lest you be filled with it and vomit.*” From this text, we learn that a little honey might be better for the brain than a lot of honey.

Modern research agrees. According to one study 250 milligrams of honey per kilogram of weight, per day, is sufficient honey to help protect the fat in brain tissue from oxidation (think of this like butter going rancid). Thus honey, with powerful and near miraculous properties helps prevent brain deterioration in adults.

How much is 250 milligrams? Approximately 1/20th of a teaspoon. So, for a 65kg person, just 3 1/4 teaspoons daily is the right dose over time (at least a year) to help protect the brain. Some people take their honey at night, to help promote melatonin production (increasing good sleep) . Honey also gives the brain a little extra energy for night time processing. Waking at night can be low blood sugar in the brain!

Buying good quality honey is not as easy as it used to be: Ask around, perhaps there is a beekeeper near where you live. Look for natural and unprocessed honey. This might be called raw, cold extracted or unfiltered. Organic is best, if possible.

MohammadMijanur Rahman, Siew Hua Gan, and Md. Ibrahim Khalil, “Neurological Effects of Honey: Current and Future Prospects,” *Evidence-Based Complementary and Alternative Medicine* 2014 (April 27, 2014): 13.