

Chapter 7

Bitter Consequences



SYMPATHY FOR ADAM AND EVE resonates in This Man's voice.

"The first consequence for the earthlings' sin comes as a bitter blow. For at the King's command Adam and Eve are exiled from their Garden home, the paradise of Eden.

Then the LORD God said, 'Behold, the man has become like one of Us, to know good and evil. And now, lest he put out his hand and take also from the tree of life, and eat, and live forever' - therefore the LORD God sent him out of the garden of Eden to till the ground from which he was taken. So he drove out the man; and He placed cherubim at the east of the garden of Eden, and a flaming sword which turned every way, to guard the way to the tree of life. Genesis 3:22-24

Oh, what a sorry sight, as with stooped heads Adam and Eve ponder their great loss. No longer do they have access to the tree of eternal life. And so, the process of death slowly begins to work in them and in the world.

Between the co-existence of good and evil, a fight for survival begins. Delicate plants grope for life among the boisterous thistles, lofty trees sway in **the winds of uncertainty**. Bushes sprout piercing thorns, while brilliant flowers fade in colour and die.

Estrangement separates innocent creatures, some evolving into wildlife and predators of the world.

What a sorry sight for the great King and His Son, as they look into the future and see the brilliance of their plan overshadowed more and more with unrest and decay.

The sea is destined to foam and roar, just as the sky will one day pour down deluge in battering storms. Cyclones, hurricanes, volcanoes, earthquakes, droughts, disease and pestilence will eventually emaciate Planet Earth and mankind.

And in return the human race, endowed with the knowledge and desire for both good and evil, is destined to embark upon a long-term rampage through Planet Earth. Setting alight global wars and nuclear holocausts, clear felling the oxygen-giving rain forests, polluting the earth's atmosphere with greenhouse gases, depleting the ozone layer protecting our planet.

And still, the human rampage does not cease. The great King and His Son watch with horror as humans strangle the earth's environment, exploit the world's innocent creatures, enslave fellow humans and commit human genocide on an horrific scale, genetically engineering the species and ultimately defacing the image of God in mankind.

Thus the human race faces annihilation by its own hands. But not before facing a dreadful reckoning by an angry God.

*The nations were angry, and **Your wrath has come,**
And the time of the dead, that they should be judged,
And that You should reward Your servants the prophets and the saints,
And those who fear Your name,
small and great,
And should destroy those who destroy the earth. Revelation 11:18*

Yes, the sufferings we see in this dying world are the direct consequences of sin.

*For we know that the whole creation groans and labors with birth pangs together until now.
Romans 8:22*

'You, LORD, in the beginning laid the foundation of the earth, and all the heavens are the work of your hands. They will perish, but you remain; and they will all grow old like a garment; like a cloak you will fold them up, and they will be changed.' Hebrews 1:10-12

All this began in Eden's lost paradise, and as Adam and Eve live on with the consequences of sin festering around them, they repent in ever deepening sorrow. You see, a sin may be forgiven, but perhaps never forgotten. At times, flashbacks of remorse and shame may haunt a person reminding them of sin's destructive nature.

Individually and globally, humans continually suffer the consequences of sin. Daily life is bombarded with these consequences. Innocent bystanders, believers and non-believers are swept into the tide of sin's bitter reality, suffering grief and sorrow.

And remember, the consequences of just one sin may continue for a lifetime - a trust may never be regained, a lost life never restored. It is not God's way to always annul these consequences but **He can help every person through the ordeal.**

*The righteous cry out, and the LORD hears,
And delivers them out of all their troubles.
The LORD is near to those who have
a broken heart,
And saves such as have a contrite spirit... Psalm 34:17-18*

As a disciplinary measure, God hands down to Eve a direct consequence for her sin. God say's to Eve, *'I will greatly multiply your sorrow and your conception; in pain you shall bring forth children.'* Genesis 3:16

Throughout her lifetime, Eve experiences this practical lesson, as have women throughout human history. Hard as it may seem, God wanted Eve to learn the importance of obedience and the importance of character development.

Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it. Hebrews 12:11

Alas without consequences for doing wrong, eventually evil would overpower all that is good.

Because Eve failed to submit to God and allowed sin to enter Planet Earth through her life, God passes down another consequence.

He said to her, *'Your desire shall be for your husband, and he shall rule over you.'* Genesis 3:16

Notice God said 'rule', not dominate. God's ideal of rule is vastly different to the world's methods. In His sovereignty, God does not dominate. In humility He rules over universal existence through deeds of love.

The Son of God said, *'Whoever desires to become great among you shall be your servant. And whoever of you desires to be first shall be slave of all. For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.'* Mark 10:43-45

Can you see how God's rulership gives preference to the needs of another, whatever the personal cost to Himself?

His love is unconditional, limitless in faithfulness and kindness, delivered through gentleness. God wanted Adam to rule over Eve with compassionate Godly love. At best a husband's rulership draws his wife into his own soul that through love the two may blend as one life.

Wives, likewise, be submissive to your own husbands, that even if some do not obey the word, they, without a word, may be won by the conduct of their wives, when they observe your chaste conduct accompanied by fear.

Do not let your adornment be merely outward - arranging the hair, wearing gold, or of putting on fine apparel; rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God.

For in this manner, in former times, the holy women who trusted in God also adorned themselves, being submissive to their own husbands, as Sarah obeyed Abraham, calling him lord, whose daughters you are if you do good and are not afraid with any terror.

Husbands, likewise, dwell with them with understanding, giving honour to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.

*Finally, **all of you be of one mind**, having compassion for one another; love as brothers, be tender-hearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.* 1 Peter 3:1-9

And because Adam failed to commit his life unreservedly to God, he too receives the consequence of his sin.

God said to Adam, *'Because you have heeded the voice of your wife, and have eaten from the tree of which I commanded you saying, "you shall not eat from it":*

*'Cursed is the ground for your sake;
In toil you shall eat from it
all the days of your life.
Both thorns and thistles
it shall bring forth for you,*

And you shall eat the herb of the field.” Genesis 3:17-18

Cast out from Eden’s paradise, toil and hardship are now the course of Adam’s life.

To support his family, Adam’s first task is to cultivate the ground to grow the *herb of the field*, known today as vegetables.

Thus the *herb of the field*, or vegetables, are added to the family’s diet of plant foods.

IMAGINE GOD, MERCIFUL AND KIND, standing in the stream of time: On one side he sees Adam and Eve cast out of the Garden of Eden, their lives changed forever. On the other side of time, our merciful and kind God sees earth’s future, our world today. He sees the rapid downward spiral of the human race.

Perhaps because of what He sees, God gives vegetables to Adam, and explains Adam will need to dig the soil, sow seeds, grow and harvest vegetables for his family to eat.

Did God teach Adam that vegetables would triumph as safe and healing foods for his billions of descendents to eat? And did God share with Adam the bleak truth - that our world would become unsafe for humans to thrive and survive?

Consider this: Almost every healing lifestyle plan in the 21st century advises high vegetable consumption. Vegetables are the healers, the weight loss food, biologically active food, cleansers, a vehicle for mineral absorption, helpful for healing autoimmune conditions and degenerative disease such as Hashimotos, Graves disease, Crohns disease, cancer, diabetes and cardiovascular disease.

If we yearn for less disease, greater health and longevity, then from every dietary position, vegetables need to be the mainstay of the human diet. We need all the God-given goodness vegetables have to offer! Consider the recommendations of these food and diet heroes of our age:

Michael Pollan – journalist and author of revealing and thought-provoking books about food in the 21st century is famously quoted as saying, “Eat food. Not too much. Mostly plants.”

Cardiologist, Caldwell Esselstyn, famous long time fat free vegan, prescribes

his patients six servings of leafy green vegetables per day. He says leafy green vegetables supply fatty acids, omega 3 oils and healing properties greater than any other food.

Cardiologist, William Davis, famous author of *Wheat Belly*, encourages increased consumption of vegetables, while completely avoiding wheat along with avoidance of all grains and high GI starchy foods.

The popular Paleo diet and Autoimmune Protocol, encourage vegetable consumption at every meal. Vegetables are vital to this way of eating.

GAPS and SCD healing diets for Crohns, ulcerative colitis, autism, and the many other gut/brain conditions suggest well-cooked vegetables, a little at first and then building up to as much as possibly tolerated.

What did God build into vegetables to make them such life savers for His human creation?

“Phytochemicals/ phytonutrients/ phytonutriceuticals are organic compounds derived from plants that have health protective effects. Besides the common nutrients such as carbohydrates, amino acids and protein, there are certain non-nutrient phytochemicals in vegetables that have biological activity against chronic diseases. They are low in fat and like all plant products, contain no cholesterol. Most phytochemicals are found in relatively small quantities in vegetable crops. However, *when consumed in sufficient quantities, phytochemicals contribute significantly towards protecting living cells against chronic diseases.*” (our emphasis)

Will any vegetables do?

EATING CLEAN VEGETABLES

There’s more to clean vegetables than a swish under a running tap! Clean vegetables are grown without artificial fertilisers and without chemical pesticides, herbicides, fungicides and other chemical treatments. Clean vegetables will keep a human body healthier for longer without succumbing to disease caused by a build up of toxic chemicals.

“The impact of industrial chemicals on human health was recently highlighted by the World Health Organisation, which forecasts a ‘tidal wave of cancer’ (International Agency for Research On Cancer 2014). Meanwhile, public health researchers suggest we are experiencing a ‘silent pandemic of neuro-developmental disorders’ and a ‘chemical brain drain’ brought about by the exposure of an entire generation to industrial chemicals (Grandgean 2014).”

To eat clean vegetables means choosing to eat chemical free. The decision can be a big brain leap, because large chemical companies have entire departments devoted to “helping” the public feel safe and secure about these pesticides, herbicides, chemical fertilisers and fungicides.

Make no mistake, there is plenty of research dating back to the 1960’s and reaching forward to 2015, showing the dangers of agricultural chemicals to fish, birds and livestock - and lately, and lastly, humans.

The truth is this: Following World War Two, chemicals began to be used widely on agricultural land and crops - as a way to produce more with less loss to insects and weeds. The short term goal - more money.

The question must be asked: Could chemical laced food eaten since childhood be one reason why so many people are shocked to find they are developing disease at a younger age than their parents?

So, if you’re feeling rebellious right now, take a breath: Where exactly do you buy these clean vegetables? They will be labelled “organic” or “chemical free”. Organic vegetables from supermarkets are convenient but can be pricey. Farmers’ or growers’ markets are a wonderful alternative. And many markets operate on Sundays which is vital if you have seen and follow the truth of God’s seventh day Sabbath, found in Commandment Four of the Ten Commandments (Exodus 20:8-11)

However in many small towns, villages and even cities, chemical free or organic produce may not be available. There are options:

Organisations in some countries (USA, Australia and NZ) publish a regular or occasional list sometimes called the “Dirty Dozen”. These are the vegetables and fruits which test highest in single and/or multiple pesticides and other chemicals, such as fungicides. Prepare to be shocked because these dirty vegetables and fruit are often the most popular with families - apples, blueberries, broccoli, carrots to name four from the 2015 Australian Dirty 18 list.

Good advice is to avoid conventionally grown dirty foods altogether – search out organic or chemical free instead. Some places publish a “Clean” list of vegetables and fruit. These are lower in pesticides and other chemicals. For example: Avocados stand out in all lists as being cleanest of the conventionally grown produce.

Make no mistake, the research is clear: The main reason to choose dirty vegetables and fruit is because dirty is cheaper.

For those times, places and circumstances which make chemical free or organic vegetables and fruits impossible, there are ways to help the body cope with the burden of chemical exposure.

Recent research shows liver damage caused by eating chemically grown food can be partially restored by taking specific herbs or combinations of herbs. The easiest of these is dandelion root. This coffee substitute can be bought at health food shops and supermarkets. Dandelion root coffee/tea is also being studied by mainstream oncology for treating cancer and helping deal with side effects of chemotherapy.

Astonishingly, probiotic foods and drinks are proving their ability to break down some pesticides – at least in a test tube study so far. Have you heard of these: Sauerkraut, kimchi and kefir? They are just three of literally thousands of ways to create your own probiotics at home. A good start is a book by Sandor Ellix Katz called “Wild Fermentation”.

One more thing: Eating a “rainbow” of vegetables most days will give you a broad range of powerful properties. Have you heard of the word

“synergy”? This means when a group of substances are combined together, they seem to produce an even greater effect than as single substances. So eating a variety of vegetables creates a super health effect! Five thousand beneficial photochemicals have been discovered in plants so far, and this is only scratching the surface of the qualities God created in vegetables!

“Are the reports of pesticides in produce just scaremongering? Reliable scientific evidence shows that pesticides which have been detected are implicated in cancer and in disruption of nerve and reproductive pathways. And these chemicals find their way into our bodies. For example, according to the US centers for Disease Control and Prevention, 96% of 5000 people aged 6 or older had pesticides in their blood and urine.”

References: (Time is short, for the world and this work. Thus you may notice shortcuts, such as this one: References are not linked to the health articles. We humbly ask the interested reader to research the references as time and resources allow. Thank you for your understanding.)

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And as the centuries roll by, Adam remembers God's word:

*'In the sweat of your face
you shall eat bread
Till you return to the ground,
For out of it you were taken;
For dust you are,
And to dust you shall return.'*
Genesis 3:19

Eventually death claims Adam's life at age 930 years.

Interestingly the oldest human to live on Planet Earth was a man called Methuselah who died at age 969!

You may wonder why humans today do not live such long lives. Over the centuries, consequences of sin have shortened the human life span in numerous ways. Today, humans face death sooner rather than later.

For all our days have passed away in Your wrath; we finish our years like a sigh. The days of our lives are seventy years; and if by reason of strength they are eighty years, yet their boast is only labour and sorrow; for it is soon cut off, and we fly away.

Who knows the power of Your anger? For as the fear of You, so is Your wrath. So teach us to number our days that we may gain a heart of wisdom. Psalm 90: 9-12

God has given life to each person. Yet in reality this gift of life is but a short time, a time of choice. For as we live out our natural life span, consciously or subconsciously, each of us will choose between everlasting life in God, or what the world offers for a short season of mortality.

During Old Testament times there lived a man called Moses who was the adopted son of Pharaoh's daughter. Pharaoh was the supreme king over the realm of Egypt. And being prince over Egypt, Moses' will inherit the entire Egyptian empire!

The world lies before Moses' feet. But when Moses comes of age, he chooses to lay aside everything the world offers and accept the lasting, true realities of God.

By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. Hebrews 11:24-26

For what will it profit a man if he gains the whole world, and loses his own soul? Mark 8:36

The same choice applies to all today.

Whoever you are in life, wherever you are in the world – now is your hour of opportunity to receive God into your life. Please do not be fooled by a false belief that another lifetime is allotted to you, or that a more convenient time will come your way. Truly there is no other lifetime

in this sinful world. And it is equally dangerous to delay your decision to accept God's gracious gift of salvation. For who knows what tomorrow may bring in life or death.

Do not boast about tomorrow, For you do not know what a day may bring forth. Proverbs 27:1

At this very moment God speaks to your heart and mind with loving urgency, 'In an acceptable time I have heard you, And in the day of salvation I have helped you.' Behold, now is the accepted time; behold, now is the time of salvation. 2 Corinthians 6:2

Happily when we receive God's gift of salvation, true life can be nurtured; but sadly if we decline His saving gift, our lives will remain in the valley of the shadow of death... Psalm 23:4

For if we sin willfully after we have received the knowledge of the truth, there no longer remains a sacrifice for sins, but a certain fearful expectation of judgment, and fiery indignation which will devour the adversaries. Hebrews 10:26-27"

With these solemn words of warning, a mist of sorrow fills This Man's eyes and there we catch a glimpse of God's deep sorrow for those who choose to pass Him by on the other side of life.

The Lord...is longsuffering toward us, not willing that any should perish...2 Peter 3:9

We wonder if our most urgent need is to explore the sin question - to find the hidden answers to the sorry condition of the human race.

This Man senses our need and begins an investigation.