

Chapter Ten

Creation of Adam and Eve

“FOR YOU SEE CREATION IS NOT QUITE COMPLETE, the very best is yet to come in the closing hours of the sixth day.

A masterpiece of God’s creative powers and a living example of His love are about to unfold to the waiting world. For God intends to mirror His own existence in human life.

Then God said, ‘Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.’ Genesis 1:26

From the beginning of earth’s conception, man was alive in God’s thoughts. For Planet Earth is not only for God’s satisfaction and delight, but an intentional gift for a race of beings very much like Himself.

He has provided a world for their enjoyment, and in return they shall love Him as their Creator God and King over their lives.

*May you be blessed by the Lord, who made heaven and earth.
The heaven, even the heavens, are the Lord’s; but the earth
He has given to the children of men. Psalm 115:15-16*

*‘I have made the earth,
And created man on it.
I - My hands - stretched out the heavens,
And all their host I have commanded.’
Isaiah 45:12*

Finally the moment arrives, the moment God has longed for. The time has arrived to deliver man into his paradise home.

***So God created man in His own image: in the image
of God He created him...Genesis 1:27***

And the Lord God formed man of the dust of the ground... Genesis 2:7

Yes in a most humble and extraordinary way, God gifts His resemblance to man through the common dust of the ground.

Upon his creation, man receives the personal touch of his Creator.

*But now, O Lord, You are our Father;
We are the clay, and You our potter;
And all we are the work of Your hand.
Isaiah 64:8
‘Your hands have made me*

*and fashioned me,
An intricate unity...' Job 10:8*

With His great heart overflowing with tender love, the Son of God gathers particles of dust and with an intensity of a mother giving birth to her first child, He begins to form the first human being ...*whose foundation is in the dust... Job 4:19*

Carefully the Son of God moulds the dust into bones forming a skeleton to support flesh and organs. Then he fashions a heart to pump blood; a liver to process, sort and clean blood; kidneys to filter blood; lungs to oxygenate blood and more. And in the skull's cavity, the Creator implants a miraculous control centre called the brain, with all its programming to regulate the body's systems.

Yes indeed, a brain patterned after His own, with a mind to reason and process thoughts, to feel emotions, and to choose and respond as a unique individual.

Even more astounding, into the brain the Creator infuses the attributes of His own divine nature forming the human nature. Thus humanity becomes ...*partakers of the divine nature... 2 Peter 1:4*

And, you may be wondering, what is this divine nature?

Simply put, it is the living essence of God's moral and spiritual mind, pouring forth His motives of pure love, His righteous character and knowledge of truth. Through these virtues man shall live out God's divine nature in thought and deed Yes man will be holy in his humanity, as God is holy in His divinity.

And so creation of the first man continues. The Son installs the digestive system followed by the reproduction system, then throughout the body He channels metres of arteries into a network of tiny capillaries.

Next, he adds muscle, sinew and tissue and into this spongy flesh the Creator implants multiples of delicate nerves.

To protect the nerves and flesh our Creator covers the body in a smooth ventilating skin. Beautifying the face He moulds interesting features which will have important tasks to perform: Eyes to see by, brows and lashes to protect the eyes, ears to hear with, a nose to breathe through, a mouth and teeth to chew food, lips and a tongue to speak by, a chin and two cheeks and to the scalp a lustrous crop of coloured hair.

Finally with all systems complete and connected, the Creator fills the body with vital fluids, water for cleansing, blood to oxygenate and to feed the trillion of cells with nutrients.

...the life of the flesh is in the blood...

for it is the life of all flesh. Its blood sustains its life... Leviticus 17:11, 14

Truly, the human body is intricately and wonderfully made.

*I will praise You; for I am fearfully and wonderfully made;
marvelous are Your works, And that my soul knows very well.*

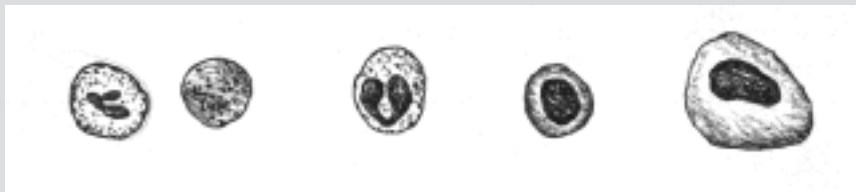
Psalm 139:14

DEEP IN YOUR BONES, right at this very moment, amazing things are happening. An army of highly specialised soldiers is growing and maturing to become defenders of the peace!

No, this is not science fiction, this is your very own immune system! These “soldiers” are known as white blood cells, or leukocytes (loo ko sites). Most of these good soldiers are made in the red marrow of our long bones, and some are made in special glands in other parts of our bodies. A generally healthy person will probably have between 4,000 and 11,000 white blood cells in every cubic millimetre of blood.¹

Every single white blood cell has one common goal: To protect the entire human body from evil invaders. What sort of invaders? Bacteria, molds, viruses, anything which is unfamiliar to the soldiers.

Just look at these drawings of your soldiers! Each of them looks different, because each of them has a different role.



One variety of white blood cell hugs invaders to death - they're not fussy, they will hug anything! Bacteria, viruses, dust, molecules of cigarette smoke all get the hug treatment.

Another kind of white plucks an identification marker from an invader and displays the marker, so another type of soldier (called a helper T cell) can crawl over the marker and go off in search of more invaders. If there is a match then the two whites join up. The helper T cell shoots out a protein into the blood and now at last, the human begins to know something is going on! The protein sends a signal to other parts of the body to heat up! We begin to feel a fever coming on! Helper T cells dash to other parts of our bodies, commanding white cells to “Multiply!” (cont. over page)

(continued from page 79)

And that is the function of a fever, because the heat helps more white cells to come into action and fight the enemy invader.

Yet another kind of white cell, called a B cell, is called into action, producing powerful antibodies and rushing to the site of infection to attach to the invader...And once the battle has been won, another white remembers the invader and spends its life circulating in the blood watching out for that specific invader.

You can see how important a strong immune system is.

One of the easiest ways to make whites really weak is to consume very sweet food or drinks. If you eat or drink more than just a little sweet substance your white cells can become weak and helpless, letting invaders multiply without check. The more sweet food you eat, the more your white cells have to rest. So choose to have a break from cakes, biscuits, chocolate and sweeties and SWITCH TO FRESH, RAW FRUIT! ²

But there's more to a strong immune system than the food you eat! Have you ever read the following passage from the Bible and wondered what it meant?

*A merry heart does good, like medicine,
But a broken spirit dries the bones.*

Proverbs 17:22

Scientists know now that when we humans feel happy, we increase the white blood cells circulating in our blood. When we feel down, depressed and hopeless our immune system becomes weaker, we have fewer white cells coming from our bone marrow ...*a broken spirit dries the bones.*

Isn't God amazing!

1. http://www.uwosh.edu/med_tech/teaching/ElementaryHemeWeb/LEARN%20ABOUT%20WBCs.htm

2. Stepping into the Human Body (2002 ed.). Published by Vital Force NZ, pp. 33-36.

Thus in the closing hours of the sixth day the first man is completely made. His magnificent stature lies symmetrically proportioned, reflecting the image and nobility of God. But alone this is not enough. For man still needs the spark of life.

'Thus says the Lord God to these bones: Surely I will cause breath to enter into you, and you shall live. I will put sinews on you and bring flesh upon you, cover you with skin and put breath in you; and you shall live. Then you shall know that I am the Lord.' Ezekiel 37:5-6

Leaning over the man's lifeless frame, the Son of God ...breathed into his nostrils the breath of life; and man became a living being. Genesis 2:7

The wonder of it all! Into the nostrils of the first man the Son of God breathed His own breath of life, His own spirit, giving birth to the human spirit.

'...Thus says the Lord, who stretches out the heavens, lays the foundation of the earth, and forms the spirit of man within him...' Zechariah 12:1

'I will put My Spirit in you, and you shall live...' Ezekiel 37:14

*'Who spread forth the earth and that which comes from it,
Who gives breath to the people on it,
And spirit to those who walk on it...'
Isaiah 42:5*

...the breath of the spirit of life... Genesis 7:22

*The Spirit of God has made me,
And the breath of the Almighty gives me life. Job 33:4*

*As long as my breath is in me,
And the breath of God in my nostrils...
Job 27:3*

*'In whose hand is the life of every living thing? And the breath of all mankind?'
Job 12:10*

Indeed all creation is attached to God's respirator of life. Without His sustaining supernatural breath, nothing would survive - not even for a moment!

*If He should set His heart on it,
If He should gather to Himself His Spirit and His breath,
All flesh would perish together,
And man would return to dust. Job 34:14-15*

...for in Him we live and move and have our being... Acts 17:28

Thus God's Spirit formed the human spirit, giving not only physical breath to the human body, but also spiritual breath to the human mind.

*...there is a spirit in man,
And the breath of the Almighty gives him understanding. Job 32:8*

BREATHING AIR IS SOMETHING all human beings have in common. Even if you try to hold your breath, very soon your body takes over and makes you breathe. We have no choice - breathe or die!

The world record for going without breath and remaining conscious is 10 minutes and 17 seconds underwater, by a Hungarian escape artist in 2007. And occasionally someone very fit who falls into very cold water can survive for longer as their body functions slow dramatically.

But for most of us, a healthy breathing pattern at rest goes like this:

- 10-14 breaths per minute
- Air is breathed in through the nose
- Breathing is centred “low” in the body - from your abdomen (tummy button area)
- The rhythm is slow and even and the breath is not large.¹

With every breath you take, your entire body has a chance to invigorate and re-energise. Red blood cells suspended in the clear, straw-like liquid of the blood (called plasma), stand by in the lungs to load up with oxygen and travel to distant parts of the body, delivering life-giving oxygen to the trillions of cells in your body. Next, the red blood cells convert carbon dioxide, a waste product of the cells, to bicarbonate for transporting to the lungs. The red blood cells make their way back to the lungs to convert the bicarbonate back into carbon dioxide to be breathed away. One estimate says that in 24 hours approximately 20,000 litres of blood moves through tiny capillaries in the lungs ready to upload with oxygen. But wait, there’s more! Breathing gives our bodies rhythm, massages our inner organs, and gives us another way to communicate with others - we gasp, sigh, groan and yawn!²

So where did our breathing come from? From God, when he breathed life into Adam, the very first human being.

*“For the Spirit of God has made me,
And the breath of the Almighty gives me life.” Job 33:4*

1,2. Clifton-Smith, T. Breathe to Succeed in all Aspects of your Life.

...And the spirit of my understanding causes me to answer. Job 20:3

*...be renewed in **the spirit of your mind**... Ephesians 4:23*

The spirit of the mind gives birth to a person's soul, the living essence of who each of us are in intellect, personality, character and spirituality.

As long as the breath of life circulates through a person's body and charges the mind with the spirit of life - then that person is a living soul belonging to God.

And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7 KJV

In whose hand is the life of every living thing? Job 12:10

*'Behold, all souls are Mine;
The soul of the father
As well as the soul of the son is Mine...'
Ezekiel 18:4*

And so when the Son of God created the first man in a wonderful way both were joined together in spiritual life.

'God is Spirit...' John 4:24

***...he who is joined to the Lord is one spirit with Him.** 1 Corinthians 6:17*

*The Spirit Himself bears witness with our spirit that
we are children of God... Romans 8:16*

*Do you not know that you are the temple of God and that
the Spirit of God dwells in you? 1 Corinthians 3:16*

For you are the temple of the living God.

*As God has said:
'I will dwell in them
And walk among them.
I will be their God,
And they shall be My people.'
2 Corinthians 6:16*

And so on the sixth day of creation the first human being called Adam is energised with God's Holy spirit *...the breath of the spirit of life... Genesis 7:22*

Instantly Adam's muscles ripple with surging power, his eyes focus with visual sight. His ears tingle with sound and as his nostrils breathe in the fresh clean air, his whole being pulsates with newborn life. As Adam rises to his feet, angels sweep down from the heavenly places and with a symphony of joy welcome humanity into the family of God.

You have made him a little lower than the angels... Hebrews 2:7

Now standing before his Creator God in a moment transcending all moments, Adam meets and embraces the One who made the universe. And what an occasion!

For the very first time God and man commune together. Suddenly at the Creator's command the animals and birds flock to Adam's side.

And so God brought ...every beast of the field and every bird of the air... to Adam to see what he would call them. And whatever Adam called each living creature, that was its name. Genesis 2:19

With this privilege is the awesome responsibility to care for and respect the lower forms of life.

And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account. Hebrews 4:13

As Adam meets and names the creatures he soon realises that each species has companion males and females. Perhaps God explained to Adam the living purpose of each species and His plan to evolve creation through male and female reproduction.

But for Adam there was not found a helper comparable to him. Genesis 2:20

So where is Adam's human companion, a female mate comparable to him, to share his level of life? Has God forgotten something?

Oh no, God does not forget. Perhaps He wants Adam to realise his need for soul companionship, moulded in the form of femininity.

And the Lord God said, 'It is not good that man should be alone; I will make him a helper comparable to him.' Genesis 2:18

And the Lord God caused a deep sleep to fall on Adam, and he slept; and He took one of his ribs, and closed up the flesh in its place. Genesis 2:21

Anaesthetising Adam, God removes a rib from the man's side, a vital rib covering Adam's tender heart.

Then the rib which the Lord God had taken from man He made into a woman... Genesis 2:22

As God moulds Adam's rib into a woman, for the first time humanity gives birth to a human life - through the creative power of God. And from this one man's flesh - one blood, one human spirit - evolves the creation of the entire human race.

And He has made from one blood every nation of men to dwell on all the face of the earth... Acts 17:26

But by God's design it is the blend of the male and female genders that produces all humanity.

For you see, humanity represented by the first man is not complete. And God's image mirrored in humanity is not fully represented. Humanity is completed through God's creation of the female formula.

A woman's femininity is derived from God's nurturing care pictured in the Hebrew words, 'El Shaddai' an ancient Hebrew name for God which means: The power of the many-breasted One.

Yes, El Shaddai pictures the nurturing role of motherhood from God's nurturing love for created life - even you and I. Thus the first woman is one of God's most profound creations bringing completion to the human race.

Man ...is the image and glory of God; but woman is the glory of man. For man is not from woman, but woman from man. Nor was man created for the woman, but woman for the man....Nevertheless, neither is man independent of woman, nor woman independent of man, in the Lord. For as woman came from man, even so man also comes through woman; but all things are from God. 1 Corinthians 11:7-12

And so we see that through the unique blend of the male and female formulas, God's image mirrored in humanity is made complete.

But always remember, the humble reality remains, the substance of all humanity is merely the dust of the earth:

*As a father pities his children,
So the Lord pities those who fear Him.
For He knows our frame;
He remembers that we are dust.
Psalm 103:13-14*

Yes, the life power of God turns the dust into human life.

'Thus says the Lord God to these bones: Surely I will cause breath to enter into you, and you shall live. I will put sinews on you and bring flesh upon you, cover you with skin and put breath in you; and you shall live. Then you shall know that I am the Lord.' Ezekiel 37:5-6

And so the rib bone God took from Adam, He gives back in the beautiful form of femininity ...and He brought her to the man. Genesis 2:22

Having clothed the woman with natural beauty, God escorts her to the awakening man. Upon their Holy introduction, with spontaneous love, Adam surrounds the woman with his masculinity.

While responding in love, the woman draws Adam into her femininity and both meet in a lifelong embrace of husband and wife. *And Adam said: 'This is now bone of my bones, and flesh of my flesh; she shall be called Woman, because she was taken out of Man.' Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh. Genesis 2:23-24*

And therein is the whole basis of marriage. When a man and a woman join together in holy matrimony, they become one flesh in purpose and life. As husband and wife they walk side by side through life giving and sharing in the most intimate ways, respecting and fulfilling the other's needs.

Let the husband render to his wife the affection due her, and likewise also the wife to her husband. 1 Corinthians 7:3

Thus from Adam and Eve's marriage of one flesh, Adam is destined to become the

STAYING HAPPILY MARRIED could be one of the greatest contributions a couple can make to their family and community.¹

To quote a TIME magazine article “...marriage - for all its challenges - is like a health-insurance policy.”²

Men in a healthy marriage (defined as happy in the marriage most of the time) are more likely to live longer and have less physical illness and disease than men in an unhappy marriage, or those who are not married. Women are more likely to be fulfilled emotionally, be more financially secure and protected from crime and abuse. And according to the research, both men and women who are mostly happily married tend to have better relationships with their children.³

Children and young people of a mostly happy married couple are more likely to reach their potential at school and beyond and less likely to be involved in drugs, alcohol, crime or be sexually active as teenagers.⁴

Even communities and employers benefit from having physically and emotionally stable citizens and employees, with lower rates of all crime.⁵

And if you are wondering about a couple of tricks to keep your marriage a mostly happy one, try this: Ask God to give you wisdom in your marriage, then keep your eyes and ears open for His leading. As most of us know, but sometimes find hard to follow, this will usually involve you putting the needs of your spouse first! For a quick love burst, hold hands with your loved one!⁶

1. What is America's most serious social problem? (2006, February). Center for Marriage and Families at the Institute for American Values, Fact Sheet No.1. Retrieved from <http://center.americanvalues.org/?p=5>

2. Oliwenstein, L. (2008, January 17). Marry me. Retrieved from <http://www.time.com/time/magazine/article/0,9171,1704686,00.html#ixzz11ovQ8y84> <http://www.time.com/time/magazine/article/0,9171,1704686,00.html#ixzz11jnGIUt>

3,4,5. Family Dynamics Institute. Benefits of healthy marriages (marriage statistics).

6. Holding hands is key to a happy relationship. Retrieved February 7, 2007 from <http://www.insidedivorce.com/news-features/Holding-hands-is-key-to-a-happy-relationship/?stage=&subject=>

genetic father of the human race and Eve the genetic mother, forming the genetic imprint of the entire human race.

*...Adam called his wife's name Eve, because she was
the mother of all living. Genesis 3:20*

This is the book of the generations of Adam. In the day that God created man, in the likeness of God made he him; Male and female created he them; and blessed them, and called their name Adam, in the day when they were created. Genesis 5:1-2 KJV"

Chapter Eleven

The Seventh Day Sabbath Rest

“THEN GOD SAW EVERY THING THAT HE HAD MADE, and indeed it was very good. So the evening and the morning were the sixth day. Thus the heavens and the earth, and all the host of them, were finished. Genesis 1:31, 2:1

In six days God created Planet Earth, plants, animal life and human kind, but still His plan is not quite complete. Creation is finished, but does not have an end.

God has one more thing to do. And that is simply to unfold a seventh day through rest. And on the seventh day, God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Genesis 2:2

But God is not resting because of exhaustion. *‘Have you not known? Have you not heard? The everlasting God, the Lord, the Creator of the ends of the earth, neither faints nor is weary. His understanding is unsearchable.’ Isaiah 40:28*

Indeed, God’s rest is His way of making the seventh day a holy day, a special 24 hours of sacred time, as a reflection of His love for the human family.

‘The Sabbath was made for man...’ Mark 2:27

Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. Genesis 2:3

God calls the seventh day the Sabbath, a holy rest. Following God’s example, mankind shall work on the six ordinary days of the week, Sunday to Friday, and on the seventh day rest from labour.

Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord... Exodus 31:15

‘...You shall do no work on it; it is the Sabbath of the Lord in all your dwellings.’ Leviticus 23:3

And man has named the seventh day ‘Saturday.’ More than one modern dictionary puts it something like this:

‘Saturday n. the seventh and last day of the week.’

And do you know that seven is God’s special number for perfection and completion? Thus through His sanctifying power the seventh day brings perfection and completion to God’s creation week.

*This is the day which the Lord has made;
we will rejoice and be glad in it.
Psalm 118:24.”*

IN THE 1960'S SCIENTISTS WOULD HARDLY have believed that by the 1980's their colleagues would discover something truly wondrous - A seven day cycle in all life forms on Planet Earth!

Marine algae do not read the Bible,¹ bean seeds do not think about the value of having a seventh day rest,² and it is highly unlikely that bees in a South American jungle know about worship on the seventh day Sabbath³

Yet all these life forms have a seven day cycle in growth, repair and adjustment to change. Scientists have observed and documented these life forms' seven day cycle, and there is more.

People who have organ transplant surgery make good progress until the seventh day after surgery, when the body rests and is more likely to reject the transplanted organ. This risk of rejection continues on the 14th day, the 21st, and especially on the 28th day after surgery. Scientists have also observed and recorded changes in blood pressure and these too show a seven day rhythm.⁴

And there is evidence for a seven day rhythm in both modern and ancient humans in the development of tooth enamel.⁵

A doctor, nurse or experienced parent or grandparent will tell you that a cold lasts seven days. And chickenpox symptoms show almost exactly two weeks after exposure to the disease.⁴

This seven day rhythm is called a circaseptan rhythm.

So, consider this: "Most animal species die after 7 days if you constantly stress them without relief. But if you give a relief on the seventh day, they can take another six days of stress." So what does this mean for us today? Simply that God built a seven day cycle into all creation. And through His rhythmic seven day cycle God's healing touch ripples through our entire being of mind, body and human spirit. ⁶ (References listed over the page.)

Seven Day References:

1. Cornelissen, G., Broda, H., Halberg, F. (1986). Does *Gonyaulax polyedra* measure a week? *Cell Biophys.*, 8(1), 69-85. Abstract only. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/2421908>

2. Spruyt, E., Verbelen, J-P., & De Greef, J. A. (1987). Expression of circaseptan and circannual rhythmicity in the inhibition of dry stored beans. *Plant Physiol*, 84, 707-710. Retrieved from <http://www.plantphysiol.org/cgi/reprint/84/3/707.pdf>

3. Mikulecky, M., & Bounias, M. Worker honeybee hemolymph lipid composition and synodic lunar cycle periodicities. *Brazilian Journal of Medical and Biological Research*, Online Version, ISSN 1678-4510.

4. Westby, K. What is God's mysterious seven day cycle in plants, animals and man? Part 2. Retrieved from <http://www.biblestudy.org/godsrest/mysterious-sevn-day-cycle-in-plants-animals-man-2.html> (with complete references).

5. Morris, D. H. (1992). Reviewing structure, function and evolution of teeth. Edited by Smith, P. & Tchernov, E. Department of Anthropology, Arizona State University. Retrieved from http://anthropology.osu.edu/DAA/back%20issues/DA_07_02.pdf

6. Stepping into Total Health (2003 ed.). Published by Vital Force NZ, p. 34.

A holy presence streams from This Man, reflecting God's abiding Spirit - just as the seventh day Sabbath mirrors the Creator's own life.

We begin to feel God's presence of truth moving in our own souls, and our minds long for greater understanding of the fullness of the Sabbath. Answering our hearts' desire This Man graciously leads us into the Sabbath and how it relates to us today.

"How do we rest and keep the Sabbath holy in today's world? Firstly, we need to understand that God is most holy, and so is the place and space where His presence abides.

Thus the seventh day Sabbath, as God's place and space of time, is holy ground just as God is holy and pure.

Can you remember the ancient prophet Moses? God attracted Moses' attention to His presence in a burning bush. When Moses draws near to the burning bush, God commands him

'...Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.' Exodus 3:5

Thus, when we enter upon the holy Sabbath hours we put aside the ordinary things of the world, just as Moses put his sandals aside, so as not to trample upon God's sacred ground.

Gladly we shall switch off the television and radio, tidy away newspapers and worldly books. With a sigh of relief we can leave the mail unopened and set aside our plans and thoughts of everyday living.

With peace and joy in our hearts, we turn away from playing or watching sports, and all other ordinary weekly activity.

Simply put, we lay aside anything and everything which deprives us of a spiritual connection and uplift with God.

Thus we are set apart from the world's impressions and encroachment. In an extra special way, our lives and homes become spiritual sanctuaries for God's abiding presence. Our thoughts meditate on His goodness, our minds contemplate His holy word, and our hearts appreciate His beautiful creation. What an exalted privilege and magnificent gift to share a full 24 hours of sacred time with God!

Of course, God is still worshipped on the six ordinary working days, Sunday to Friday. But the seventh day is an extra special time to meet with God.

Following the same pattern as the six ordinary days, the seventh day Sabbath begins at sunset Friday evening and ends at sunset Saturday evening.

*Then God saw everything that He had made, and indeed it was very good. So the **evening** (night time) and the **morning** (day time) were the **sixth day**. Genesis 1:31*

...from evening to evening, you shall celebrate your Sabbath. Leviticus 23:32

As we celebrate the Sabbath, God never intends us to ignore the needs of others. The truth is quite the opposite.

Those who need help in mind, body and spirit during the Sabbath hours are cared for and looked after even more tenderly if possible. Remember, the Sabbath is a reflection of God's love for humanity - not a bondage to His law.

In fact, Jesus the Son tells us it is lawful to do good on the Sabbath, and not only to humans but to all forms of life.

'...For the Son of Man is Lord even of the Sabbath.'

*Now when He had departed from there, He went into their synagogue (this was the synagogue of an Israelite religious sect called the Pharisees) And behold, there was a man who had a withered hand. And they asked Him, saying, 'Is it lawful to heal on the Sabbath?'—that they might accuse Him. Then He said to them, 'What man is there among you who has one sheep, and if it falls into a pit on the Sabbath, will not lay hold of it and lift it out? Of how much more value then is a man than a sheep? **Therefore it is lawful to do good on the Sabbath**' Then He said to the man, 'Stretch out your hand.'*

And he stretched it out, and it was restored as whole as the other.

Matthew 12:8-13

By God's design all life on Planet Earth can rest and be refreshed on the seventh day Sabbath. 'Six days you shall do your work, and on the seventh day you shall rest, that your ox and your donkey may rest, and the son of your female servant and the stranger may be refreshed.' Exodus 23:12

*'Six days you shall work, but on the seventh day you shall rest; **in plowing time and in harvest you shall rest.**' Exodus 34:21*

When the Sabbath is kept holy as God intends, the sacred hours are liberating and invigorating, benefitting men, women and children in a way that no other special day of celebration can ever do.

As we honour God by keeping the seventh day Sabbath holy, in a spiritual way our loyalty and obedience becomes a visible sign of our commitment to God as our Creator. Thus as King and Lord, God is enthroned in our lives.

'Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the Lord made the heavens and the earth, and on the seventh day He rested and was refreshed.' Exodus 31:16-17

And so as God's presence rests upon the seventh day Sabbath, His Holy Spirit permeates our lives and we receive His rest and His blessing of prosperity.

*'If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him,
not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
Then you shall delight yourself in the Lord;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the Lord has spoken.'*

Isaiah 58:13-14

*'Six days shall work be done, but the seventh day is a Sabbath
of solemn rest, a holy convocation...'* Leviticus 23:3

Yes, the seventh day is a time for two or three, dozens or hundreds of believers to assemble together and worship God our Creator in a spirit of thanksgiving and unity.

*As the Son of God said '...where two or three are gathered together
in My name, I am there in the midst of them.'* Matthew 18:20

*Praise the Lord!
Sing to the Lord a new song,
And His praise in the assembly of saints.
Let Israel rejoice in their Maker;
Let the children of Zion be joyful in their King. Psalm 149:1-2*

*I will give You thanks in the great assembly;
I will praise You among many people.
Psalm 35:18*

*Oh come, let us worship and bow down;
Let us kneel before the Lord our Maker.
For He is our God... Psalm 95:6-7*

*Give to the Lord, O families of the peoples,
Give to the Lord glory and strength.
Give to the Lord the glory due His name;
Bring an offering, and come before Him.
Oh, worship the Lord
in the beauty of holiness!
1 Chronicles 16:28-29*

When we come apart from the hustle and bustle of daily life and worship God on His Sabbath day, our minds, bodies and spirits are refreshed for the coming week - giving balance to our lives. And there is another spiritual truth about the Sabbath. For the sacred seventh day is God's seal of ownership over the world exalting Him as the Creator, and Possessor of heaven and earth.

*I have raised my hand to the Lord, God Most High, the
Possessor of heaven and earth... Genesis 14:22*

*The earth is the Lord's, and all its fullness,
The world and those who dwell therein. Psalm 24:1*

Centuries after God's creation of the first humans, God descends upon Mount Sinai and writes His law on two stone tablets - and in the 4th commandment he reminds humanity to keep holy the seventh day Sabbath in commemoration of earth's creation.

'Remember the Sabbath day, to keep it holy Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the Sabbath day and hallowed it.' Exodus 20:8-11

'...For the Son of Man (Son of God) is Lord even of the Sabbath.' Matthew 12:8

*'Observe the Sabbath day, to keep it holy, as the Lord your
God commanded you.'* Deuteronomy 5:12

Yes, just as God tells us to live by His commandments, with the very same breath of life He commands us to keep holy the seventh day rest - highlighted in His commandments. And God's commands echo through New Testament times to us today.

'If you love Me, keep My commandments.' John 14:15

*For this is the love of God, that we keep His commandments.
And His commandments are not burdensome. 1 John 5:3*

Week following week, in a continuous cycle, God's seventh day Sabbath brings blessings and completion to life and above all remains in our midst as a monument to God's creation of earth.

You can think of the seven day week like this: The six working days of creation are like a changeless lock, and the seventh day is its matching key. God's sanctifying power connects

the two, locking the weekly cycle in His creative name forever.

‘Dr JB Dimpleby, premier chronologist to the British Chronological and Astronomical Association, after years of careful calculations asserts: ‘If men refused to observe weeks, and the line of time was forgotten, the day of the week could be recovered by observing when the transits of the planets, or eclipses of the Sun and Moon, occurred. These great sentinels of the sky keep seven days with scientific accuracy, thundering out the seven days inscribed on the inspired page.’ All Past Time, p 10 *from National Sunday Law, Appendix 12 p 93 by Jan Marcussen*

As long as the earth remains, the seven day week stands as an immovable foundation of time and thus the Sabbath rest can never be moved from God’s sanctified seventh day.

For such a thing to happen all creation would need to reverse and unravel to nothing, and the seventh day would need to return to God’s Holy being.

Then God, and only God, would have the authority and power to make any change. But quite clearly God’s sacred times are as changeless as God himself, for it is written, ‘*I am the Lord, I do not change...*’ Malachi 3:6

Forever, O Lord, Your word is settled in heaven.

Psalm 119:89

Just as God does not change and His word is settled forever in heaven, so shall His seventh day Sabbath remain the same forever, even when He creates the earth anew.

For as the new heavens and the new earth

Which I will make shall remain before Me, says the Lord,

So shall your descendants

and your name remain.

And it shall come to pass

That from one New Moon to another,

And from one Sabbath to another,

‘All flesh shall come to worship before Me,’ says the Lord. Isaiah 66:23

There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Hebrews 4:9-10

‘...the seventh day is a Sabbath of solemn rest...’ Leviticus 23:3

And so in earth’s beginning the six days of creation come to a happy close. The evening sun flares the sky in ribbons of pastel pink as a heavenly presence envelops the planet.

For the very first time God is giving Himself to the world through the holy hours of the seventh day rest.

***‘Come to Me, all you who labour and are heavy laden,
and I will give you rest.’ Matthew 11:28***

On their first Sabbath day, Adam and Eve meet with God and arm in arm they walk with Him through their paradise home.

IN THE FAST PACED 21ST CENTURY, there never seems to be enough time. So is there any health benefit in spending precious time worshipping God?

Yes! Several studies over the past 10 years have proven real health benefits from regular worship!

One study published in 2008 strongly suggests that women who go to church at least once a week to worship, reduce their risk of death by as much as 20% compared to women who do not attend any worship service at all. The lead author of the study, Dr Schnall said the protection against death could not be entirely explained by social support from friends or family, or lifestyle choices, or reduced smoking and alcohol. “There is something here that we don’t quite understand...” Dr Schnall added.¹

Another 2008 study surveying 18517 teenagers shows that teens who take part in worship activities are 50% less likely to use marijuana, than teenagers who don’t. Another result from the study showed that the teenagers who attended worship services valued their individual religious experience more highly than being part of a church community, or a churchgoing family. ² In other words, their relationship with God was the most important part of their spirituality! Awesome.

But the hour is coming, and now is, when the true worshippers will worship the Father in spirit and truth; for the Father is seeking such to worship Him. John 4:23

1. Schnall et al. (2008). The relationship between religion and cardiovascular outcomes and all-cause mortality in the women’s health initiative observational study. Psychology and Health. Retrieved from www.sciencedaily.com

2. Brigham Young University. (2008, October 12). Religiosity curbs teen marijuana use by half, national study finds. Science Daily. Retrieved July 16, 2020, from <http://www.sciencedaily.com/releases/2008/10/081010175311.htm>

As they ponder His creation, thoughts of admiration and praise well within their souls. Then kneeling on the carpet of soft green grass Adam and Eve worship God and thank Him for the gift of life.

Today, you and I are invited to walk in the spiritual footsteps of our first parents, and like them kneel upon the sacred hours of the seventh day Sabbath. Then resting our souls in the love of God, worship Him who made heaven and earth.

*Give unto the Lord, O you mighty ones,
Give unto the Lord glory and strength.
Give unto the Lord the glory due to His name;
Worship the Lord in the beauty of holiness. Psalm 29:1-2*

With God's sanctifying blessing, the first seventh day Sabbath draws to a close and the whole sphere of earth's creation is now complete with a sacred end. The golden rays of the setting sun melt into the shadows of night and a second week begins in darkness. It is Sunday ...*the evening and the morning were the first day. Genesis 1:5*

This is the history of the heavens and the earth when they were created, in the day that the Lord God made the earth and the heavens. Genesis 2:4."

Chapter Twelve

The Human Family

Seated in our midst, This Man casts his eyes over the surrounding garden. Through our eyes we see what he sees, the attributes of God's lovely character portrayed upon the canvas of created life. This connection with God through nature seems to give This Man renewed vitality.

"Planet Earth ushers in the second week, radiant with new birth.

Life is just beginning and so is God's plan for the world. He can no longer contain the joy and hope He envisions for His new enterprise, and so God meets with Adam and Eve to give them their future prosperity.

Then God blessed them, and God said to them, 'Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth.' Genesis 1:28

When I consider Your heavens, the work of Your fingers, the moon and the stars, which You have ordained, what is man that You are mindful of him, and the son of man that You visit him? For You have made him a little lower than the angels, and You have crowned him with glory and honour.

You have made him to have dominion over the works of Your hands; You have put all things under his feet, all sheep and oxen - even the beasts of the field, the birds of the air, and the fish of the sea that pass through the paths of the seas.

O Lord, our Lord, how excellent is Your name in all the earth! Psalm 8:3-9

The world was made for man, not man for the world. By God's decree, Adam and Eve are to claim Planet Earth as their birthright and populate the new world with human life.

...God blessed them, and God said to them, 'Be fruitful and multiply...' Genesis 1:28

Through male and female reproduction God gave humanity a small portion of His creative power so humans might experience the joy of giving birth to new life:

Behold, children are a heritage from the Lord,

The fruit of the womb is a reward.

Psalm 127:3

And through the birth process the spirit of life is passed on from human to human.

Remember how God breathed into Adam's nostrils *...the breath of the spirit of life...* forming the human spirit? *Genesis 7:22* Well from Adam and Eve that same spirit of life was transferred to their children and from their children to their children and so on to every child born into the world.

At conception an embryo receives chromosomes from the father and mother and this

RIGHT AT THIS VERY MOMENT you have trillions of cells working to keep you healthy. The control centre of each cell is called the nucleus. You could liken the nucleus to a computer, a design department, company directors and a building supervisor all rolled into one. The nucleus of each cell is protected by a special membrane.

Inside the nucleus is all the information which makes you special and unique. We call this the 46 chromosomes (23 from your father and 23 from your mother).

Chromosomes are made of little units called genes. And these genes determine the colour of your eyes, the texture of your hair and so on.

Genes are made from a substance called DNA. The DNA groups together in different ways to form genes - just as we rearrange the 26 letters of the English alphabet to form words and sentences. (The term DNA represents the molecules which make up the substance). But there is more to DNA than forming genes.

You see, our cells don't stay the same after we are born. They don't stay the same even after we are fully-grown adults. Cells get old and die, but have to be replaced. And they are usually replaced in the very same way you were built from a single cell. Your cells divide and divide and divide. And DNA has the important job of determining just when each cell will divide. There are some exceptions of course. Only sometimes will our brain and nerve cells replace themselves. (That's a good reason to look after them!) And our muscle cells don't always replace themselves either, and that includes our heart. When we develop our muscles, the cells just get bigger.

But generally, each cell divides to form two new cells - and this is the miracle of how the body renews itself!

Excerpt (updated) from *Stepping into the human body* (2002 ed.). Published by Vital Force NZ, pp. 7-8.

blend sparks the beginning of a unique human life. But the spirit of life is passed on when the nutrients and oxygen in the mother's blood is extracted in the placenta and sent to the child forming in the womb.

For the life of the flesh is in the blood... Leviticus 17:11

And so from Adam and Eve's union of *one blood* the branches of earth's family tree have spread over the face of the globe. *Acts 17:26*

'And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings, so that they should seek the Lord, in the hope that they might grope for Him and find Him, though He is not far from each one of us; for in Him we live and move and have our being...' *Acts 17:26-28*

*...I bow my knees to the Father of our Lord Jesus Christ, from whom the **whole family in heaven and earth is named.*** *Ephesians 3:14-15*

...one God and Father of all, who is above all, and through all, and in you all. *Ephesians 4:6*

Yes God's life force, God's love, flows through humanity's vein of one blood, one spirit of life. All humans belong to His great family on earth, and He delights in each shade of colour, culture and texture of individual life.

Then Peter opened his mouth and said: 'In truth I perceive that God shows no partiality. But in every nation whoever fears Him and works righteousness is accepted by Him.' *Acts 10:34-35*

Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God... Ephesians 2:19

Scratch the surface of every human being and you will find traits common to all. We all have a threshold of pain, a well of emotion, a need to be loved and accepted for who we are. None can boast themselves above another for all are made of one common ingredient:

*As a father pities his children,
So the Lord pities those who fear Him.
For He knows our frame;
He remembers that we are dust.*

Psalm 103:13-14

God's love is the fusing power which can weld us together in truth and love. His voice of unification commands us, *'...love one another as I have loved you.'* *John 15:12*

Therefore be imitators of God as dear children. And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. *Ephesians 5:1-2*

As we converse with one another in an attitude of love, our conversation ascends to God like *...a sweet-smelling aroma.* *Ephesians 5:2*

Yet in the restless thoroughfare of life, many people still search for their ancestral roots hoping to find themselves, hoping to find the true essence of who they really are. The amazing answer is already mapped out for us.

For if we trace back our ancestral branches to earth's beginning, we will find ourselves at the parental trunk of the human race at ...*Eve because she was the mother of all living. Genesis 3:20*, and ...*Adam, the son of God. Luke 3:38*

Then from Adam, the son of God we look into the face of our Creator, the founding roots of our being and hear Him say:

'Behold, I am the Lord, the God of all flesh...' Jeremiah 32:27

Truly every human life is a gift of God. No one is a chance happening. Long before you were conceived in your mothers' womb, you were alive in God's thoughts awaiting your birth in reality.

For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvellous are Your works, and that my soul knows very well.

My frame was not hidden from You, when I was made in secret, and skilfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them. Psalm 139:13-16

This day in history, you stand in the midst of earth's billions of people.

Perhaps you feel inconspicuous, but nevertheless you are a unique individual with personalised fingerprints designed by God. In truth, there will never be another person quite like you to grace Planet Earth - for the Creator has ordained it that way. Then how great a gift is each human life. God draws near to every living soul and gently announces,

'My son, My daughter,'

*'Fear not, for I have redeemed you;
I have called you by your name;
You are Mine.'* Isaiah 43:1

*'Thus says the Lord, your Redeemer,
And He who formed you from the womb...' Isaiah 44:24*

*'I, the Lord, have called You in righteousness,
And will hold Your hand...' Isaiah 42:6*

'See, I have inscribed you on the palms of My hands...' Isaiah 49:16

'Behold, all souls are Mine...' Ezekiel 18:4

God accepts you as you are where you are, for who you are. He takes immense pleasure in your individuality - every particular of your life.

With compassionate love He speaks to each of us, 'You are my opportune child. ... Yes,

I have loved you with an everlasting love.' Jeremiah 31:3

*'...I will never leave you nor forsake you.' Hebrews 13:5, without
your companionship I must suffer an eternal loss.*

God is personally acquainted with every detail of your life - where you were born, your daily existence, circumstances surrounding and affecting your life, all things past, present and future.

*The Lord will record,
When He registers the peoples:
'This one was born there.' Psalm 87:6*

*'...I know your dwelling place,
Your going out and your coming in...' 2 Kings 19:27*

*O Lord, You have searched me
and known me.
You know my sitting down and my rising up;
You understand my thought afar off.
You comprehend my path
and my lying down,
And are acquainted with all my ways.
For there is not a word on my tongue,
But behold, O Lord,
You know it altogether.
You have hedged me behind and before,
And laid Your hand upon me.
Such knowledge is too wonderful for me;
It is high, I cannot attain it. Psalm 139:1-6*

Yes, right at this moment, you are not alone. God is near, God is with you.

*What then shall we say to these things?
If God is for us, who can be against us? Romans 8:31*

Whatever the circumstances of your life, whether you are buffeted by trials, troubles or sickness, God has the overruling power to change things and deliver you into His peace.

*'I create the fruit of the lips:
Peace, peace to him who is far off and to him who is near,'
Says the Lord,
'And I will heal him.' Isaiah 57:19*

'I, even I, am He who comforts you.' Isaiah 51:12

*'When you pass through the waters,
I will be with you;
And through the rivers,
they shall not overflow you.
When you walk through the fire,*

you shall not be burned,
Nor shall the flame scorch you.
For I am the Lord your God,
The Holy One of Israel, your Savior...' Isaiah 43:2-3

'Have you not known?
Have you not heard?
The everlasting God, the Lord,
The Creator of the ends of the earth,
Neither faints nor is weary.
His understanding is unsearchable.
He gives power to the weak,
And to those who have no might
He increases strength.
Even the youths shall faint and be weary,
And the young men shall utterly fall,
But those who wait on the Lord
Shall renew their strength;
They shall mount up with wings like eagles,
They shall run and not be weary,
They shall walk and not faint.' Isaiah 40:28-31

'Is any thing too hard for the Lord?' Genesis 18:14

'With men this is impossible, but with God all things are possible.' Matthew 19:26

And above all at this very moment God yearns to enfold His plan of love into your life,

'For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope.' Jeremiah 29:11

*'...as it is written:
Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him.'*
1 Corinthians 2:9

For He says:
*'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 day of salvation.'** 2 Corinthians 6:2

*'Call to Me, and I will answer you, and show you great and
mighty things, which you do not know.'* Jeremiah 33:3

*In my distress I called upon the Lord,
And cried out to my God;
He heard my voice from His temple,
And my cry came before Him, even to His ears. Psalm 18:6*

Yes rest assured, when you call to God He will hear and answer. And above all He will faithfully guide you through the tough times as well as the good times, until you reach His heavenly Kingdom.

*'I will instruct you and teach you in the way you should go;
I will guide you with My eye.' Psalm 32:8*

Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world...'
Matthew 25:34."

Chapter Thirteen

Adam and Eve's Lifestyle

INSPIRED BY WORDS OF HOPE, the courtyard is immersed in quiet contemplation. Each of us ponders the great possibilities that await us: a future with God; His hand upon the helm of our lives; living in His kingdom without end - surely there is nothing comparable.

Gently, This Man breaks the glowing silence and guides our minds back to the beginnings of the new world where we find ourselves with Adam and Eve in a beautiful garden.

“The Lord God planted a garden eastward in Eden, and there He put the man whom He had formed. Genesis 2:8

Now a river went out of Eden to water the garden, and from there it parted and became four riverheads. The name of the first is Pishon; it is the one which skirts the whole land of Havilah, where there is gold. And the gold of that land is good. Bdellium and the onyx stone are there. The name of the second river is Gihon; it is the one which goes around the whole land of Cush. The name of the third river is Hiddekel; it is the one which goes toward the east of Assyria. The fourth river is the Euphrates. Genesis 2:10-14

The land of Eden is the new world's capital, an area known today as the Middle East. And Eden's paradise garden is God's birthday gift to Adam and Eve.

Leafy trees, beautiful spreading shrubs, flowering scented plants, succulent fruiting vines - all these form the decorative interior to Adam and Eve's garden home. For you see the garden paradise is their living space, their house of comfort, their backyard of leisure.

There is no harsh climate to contend with.

For the Lord God had not caused it to rain on the earth...but a mist went up from the earth and watered the whole face of the ground. Genesis 2:6.

Yes a temperate climate and the natural setting of nature combine all the ingredients for a varied lifestyle where open plan living caters for every need and desire for happiness.

Exploring their garden paradise, the two earthlings begin to learn about the mysteries of life as angels descending from heaven open the deeper knowledge of God's vast universe to Adam and Eve's minds.

...things which angels desire to look into. 1 Peter 1:12

Yet without question the highlight of the day is the time God visits the garden. As God's voice fills the air with gentleness every creature leans toward Him, thrilled by what they hear.

*‘I am your God. Come close and receive My touch of Life.’
‘Since you were precious in My sight,
You have been honoured,*

MOST PEOPLE FEEL GOOD after being outdoors. And now science has proven this to be true. Researchers in the UK looked at evidence from 1250 people in 10 studies and found that just 5 MINUTES spent being active in nature is beneficial for people! ¹

Walking in a park, listening to bird song, watching animals in their natural environment, feeling the sea spray on your face, pottering in a patch of earth, smelling the fragrance of the grass after rain. All these and many more outdoor experiences lower the stress of the human body to below the “base line”, that is the stress level your body has when you wake in the morning.

And while outdoors, don't forget to stop and smell the flowers, or gently crush a leaf from a tree or herb, or rub the bark on a tree. Research shows aroma has a marked effect on our moods and behaviour.

In his book “Natural Highs”, Patrick Holford tells us this recent research about fragrance and aromas:

“Fragrances can relieve pain, call up deep-seated memories... and generally affect personality and behaviour. Scientific research supports the notion that smelling particular odours has a direct effect on brain activity. Different scents produce specific emotional states communicated through the various neurotransmitters. For example, marjoram stimulates the secretion of calming serotonin. Once a person associates a particular fragrance with deep relaxation they relax whenever they get a sniff of it. Research has shown that smelling lavender increases alpha waves in the back of the head, which are associated with relaxation....”²

Susan Schiffman, doctor and professor of medical psychology at North Carolina's Duke University wanted to find out if natural aromas could improve people's moods when travelling on the New York City subway. She sprayed spicy scents into some subway cars then compared the numbers of pushes, (continued over the page)

(continued from page 105)

shoves and nasty comments in scented cars compared to unscented cars. She found that certain fragrances appeared to cut aggressive acts almost in half. And in the 19th century, a far seeing visionary, Ellen White, had this to say about plant aromas: "...there are life –giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health restoring."

1. In the green of health: Just 5 minutes of "green exercise" optimal for good mental health. Retrieved May 2, 2010, from www.physorg.com/news191999867.html
2. Holford, P. Natural Highs. P. 200
3. Aromatherapy for the emotions. In Herbs for health and healing. A Rodale book. Retrieved from www.mothenature.com

And I loved you...’ Isaiah 43:4

Now Adam and Eve are not idle, for God has given them the task of being Eden’s caretakers. Thus their days are joyously filled with labouring in the garden, tending to the laden vines and delicate plants.

...the Lord God took the man and put him in the garden of Eden to tend and keep it. Genesis 2:15

From the beginning God intended men and women to work for physical and mental stimulation.

I have seen the God-given task with which the sons of men are to be occupied. He has made everything beautiful in its time. Also he has put eternity in their hearts, except that no one can find out the work that God does from beginning to end.

I know nothing is better for them than to rejoice, and to do good in their lives, and also that every man should eat and drink and enjoy the good of all his labour - it is the gift of God. Ecclesiastes 3:10-13

Thus the two earthlings live a balanced lifestyle of labour, leisure and worship - essential for health of mind, body and spirit.

And born of God’s creation, Adam and Eve’s bodies are designed to last forever. The first earthlings are tall in stature, brilliant in intellect and vibrant in spirit. The food to nourish their total being is the natural produce of the earth - as the rich soil full of minerals feeds the plant life, which in turn yields delicious food full of vitamins and minerals.

HOW DO YOU KNOW IF THE FOOD you are eating is strengthening your health and vitality? Early in the Bible, Genesis 1:29, God told Adam and Eve all the plants which were to be their food. Now, in the 21st century thousands of scientific and research studies have shown startling benefits from eating more plant foods. These foods have been proven to reduce the risk of developing life threatening cancers, heart disease and degenerative illness:

- **Fruits**
- **Vegetables**
- **Whole Grains**
- **Dried beans, peas, lentils (Legumes US, Pulses UK)**
- **Nuts and Seeds**

The more of these “goodies” we add to our diet, the less room we will have for “risky” foods which eaten frequently can damage the intricate human system which is so *fearfully and wonderfully made*. Psalm 139:14

To find out more about the amazing qualities of these natural foods turn a few pages!

God said to Adam and Eve, *‘See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.’* Genesis 1:29

Thus a vegan diet of fresh fruits, grains, seeds, nuts and pure water sustain Adam’s and Eve’s lives. And above all, this daily menu of natural foods imparts clear understanding to their intellectual minds, glorifying God in their spirit of life.

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. 1 Corinthians 10:31

Yes, a diet of plant foods sustained Adam and Eve, and creatures, birds and animal life also flourished on vegan foods.

God said, *‘Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food’; and it was so.* Genesis 1:30

*The eyes of all look expectantly to You,
And You give them their food in due season.
You open Your hand*

And satisfy the desire of every living thing. Psalm 145:15-16

And so in Eden's paradise Adam and Eve begin living an abundant life; enjoying the friendship of innocent birds and animals in the garden, and close fellowship with visiting angels. Daily the earthlings grow in knowledge, gaining greater insight to God's plan for universal life.

Eventually Adam and Eve shall have children, and their children's children shall multiply, populating the land of Eden with human life. From Eden, people shall migrate to all regions of Planet Earth, establishing societies and pioneering great enterprises throughout the world.

Earth will be humanity's kingdom, co-reigning with God, the great King of the universe.

***'...For I am a great King,'
says the Lord of hosts,***

'And My name is to be feared among the nations.' Malachi 1:14

Such hope, such trust, God places in the family of human kind."

We feel God's hope and trust wash over us as if earth's beginning were only yesterday. But in reality, living in our troubled times we know that something must have gone terribly wrong. This Man assures us there is an answer:

"Yes without doubt we live in a changed world and our true story continues. We shall discover how life on Planet Earth becomes a swirling concoction of good and evil – life and death!"

Find out more in:

THE KING & HIS SON

Book 2

Earth Invaded by Evil

*The LORD bless you
and keep you,
The LORD make His face
shine upon you,
And be gracious to you;
The LORD lift up
His countenance upon you,
And give you peace.
Numbers 6:24*