**“It’s All Good”**

In the beginning; God the son made food that was good for man & woman to eat. This God given food that was given to humanity to eat. Produced healthy and long living people. The same food still grows on the earth today. Let’s Get Into The Word!

**Scripture Reading: Genesis 1:29 (NKJV) says this,** “29 And God said, “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.**

**Call To Worship & Praise: Psalm 100:4 (NKJV) says this,** “4 Enter into His gates with thanksgiving, And into His courts with praise.” Be thankful to Him, and bless His name.

**Genesis 1:11-12 (NKJV) says this,** “11 Then God said, “Let the earth bring forth grass, **the herb that yields seed (Plant Vegetables), and the fruit tree (Fruit Trees), that yields fruit according to its kind, whose seed is in itself, on the earth”; and it was so.** 12 And the earth brought forth grass, **the herb that yields seed according to its kind** **(Plant Vegetables), and the tree that yields fruit (Fruit Trees), whose seed is in itself according to its kind. And God saw that it was good.”**

**Genesis 5:1-32 (NKJV) says this,** “5 This is the book of the genealogy of Adam. In the day that God created man, He made him in the likeness of God. 2 He created them male and female, and blessed them and called them Mankind in the day they were created. 3 And Adam lived one hundred and thirty years, and begot a son in his own likeness, after his image, and named him Seth. 4 After he begot Seth, the days of Adam were eight hundred years; and he had sons and daughters. 5 So all the days that **Adam lived were** **nine hundred and thirty years; and he died.**

6 Seth lived one hundred and five years, and begot Enosh. 7 After he begot Enosh, Seth lived eight hundred and seven years, and had sons and daughters. 8 So all the days of **Seth were nine hundred and twelve years; and he died.**

9 Enosh lived ninety years, and begot Cainan. 10 After he begot Cainan, Enosh lived eight hundred and fifteen years, and had sons and daughters. 11 So all the days of **Enosh were nine hundred and five years; and he died.**

12 Cainan lived seventy years, and begot Mahalalel. 13 After he begot Mahalalel, Cainan lived eight hundred and forty years, and had sons and daughters. 14 So all the days of **Cainan were nine hundred and ten years; and he died.**

15 Mahalalel lived sixty-five years, and begot Jared. 16 After he begot Jared, Mahalalel lived eight hundred and thirty years, and had sons and daughters. 17 So all the days of **Mahalalel were eight hundred and ninety-five years; and he died.**

18 Jared lived one hundred and sixty-two years, and begot Enoch. 19 After he begot Enoch, Jared lived eight hundred years, and had sons and daughters. 20 So all the days of **Jared were nine hundred and sixty-two years; and he died.**

21 Enoch lived sixty-five years, and begot Methuselah. 22 After he begot Methuselah, Enoch walked with God three hundred years, and had sons and daughters. 23 So all the days of **Enoch were three hundred and sixty-five years.** **24 And Enoch walked with God; and he was not, for God took him.**

25 Methuselah lived one hundred and eighty-seven years, and begot Lamech. 26 After he begot Lamech, Methuselah lived seven hundred and eighty-two years, and had sons and daughters. 27 So all the days of **Methuselah were nine hundred and sixty-nine years; and he died.**

28 Lamech lived one hundred and eighty-two years, and had a son. 29 And he called his name **Noah, saying, “This one will comfort us concerning our work and the toil of our hands, because of the ground which the Lord has cursed.”** 30 After he begot Noah, Lamech lived five hundred and ninety-five years, and had sons and daughters. 31 So all the days **of Lamech were seven hundred and seventy-seven years; and he died.**

32 And Noah was five hundred years old, and Noah begot Shem, Ham, and Japheth.

Why did all these men in different Generations live so long for the exception of Enoch? Who was taken by God to be with him in Heaven. The answer is found in Genesis 1:11-12. When you find it please let me know what it is. You got it! It was Fruits & Vegetables of all types. This is what all mankind ate before the flood.

Therefore, if you want a healthy body free of disease and pain. Then incorporate the God given foods into your daily meals and you to will reap the benefits of a healthy and long living body. Amen!

**Genesis 9:1-4 (NKJV) says this,** “9 So God blessed Noah and his sons, and said to them: “Be fruitful and multiply, and fill the earth. 2 And the fear of you and the dread of you shall be on every beast of the earth, on every bird of the air, on all that move on the earth, and on all the fish of the sea. They are given into your hand. **3 Every moving thing that lives shall be food for you. I have given you all things, even as the green herbs. 4 But you shall not eat flesh with its life, that is, its blood.”**

**Genesis 9:28-29 (NKJV) says this,** “28 And Noah lived after the flood three hundred and fifty years. **29 So all the days of Noah were nine hundred and fifty years; and he died.”**

After the flood. God expanded the food diet of man from fruits and vegetables. To every moving thing that lives as well. The food our ancestors ate was processed but with natural preservatives. This is what allowed them to live long healthy lives. Amen!

(According to the Department of Agriculture, processed food are any raw agricultural commodities that have been washed, cleaned, milled, cut, chopped, heated, pasteurized, blanched, cooked, canned, frozen, dried, dehydrated, mixed or packaged — anything done to them that alters their natural state).

(The most common examples of natural food preservatives include sugar, salt, spices and oils. Natural food preservation techniques are canning, drying, pickling and others. The primary purpose of food preservation is to stop the oxidation process, which increases the shelf- life of any food product).

**Artificial ingredients:** The ingredients list on the back of processed food packaging is often full of unrecognizable substances. Some are artificial chemicals that the manufacturer has added to make the food more palatable. Highly processed foods often contain the following types of chemicals:

1. preservatives, which keep the food from going bad quickly
2. artificial coloring
3. chemical flavoring
4. texturing agents

Also, processed foods can contain dozens of additional chemicals that are not listed on their labels. For example, “artificial flavor” is a proprietary blend. Manufacturers do not have to disclose exactly what it means, and it is usually a combination of chemicals. Official organizations have tested most food additives for safety, though the use of these chemicals remains controversial among doctors and researchers. The best way to get the full range of essential nutrients is to eat whole, unprocessed, or minimally processed foods.

Therefore, if we want to live a long and healthy life. Then we better get back to eating the God given foods of yesterday. In order to live a long and healthy life tomorrow. Amen!

I Love You, Be Blessed!

Pastor Jimmy