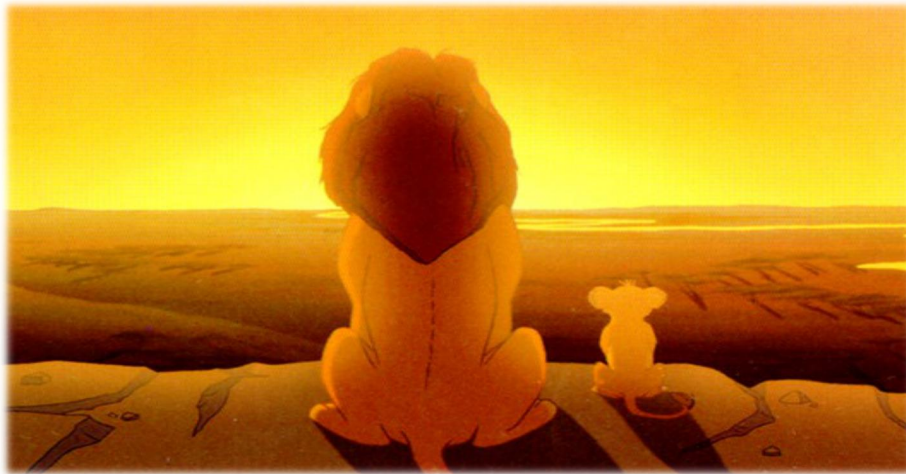


Lesson 11

Four Significant 'Pre-Fall' Instructions from God

Part 1: Stewardship

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



In a scene from the animated movie *'The Lion King'*, Mufasa the ruling king of the pride takes his son Simba to the top of a mountain and shows him the kingdom that he will one day inherit. He says to Simba *that his inheritance will be as far as he can see in every direction*. Simba is extremely excited to receive this present with **no effort on his part**. He says that *'I get to have all this'*, and his father Mufasa quickly advises him that there's more to being king than getting the inheritance. And Simba quickly asks *'there's more?'* Simba was of course thinking more presents and Mufasa was trying to teach his son that **there is a great responsibility that comes with being king and ruler**.

God entrusted
us with
**His
Creation.**



When God finished His Great Creation Process with the making of mankind males and females in His Image, **He authorized Mankind to be Rulers and Stewards over ALL of the Earthly creation.** As discussed in previous lessons, mankind was the only part of creation that was made in **'The Image of God'**. Being created in His Image was a great honor by itself. But being given **unearned authority** over the rest of Earthly creation is **huge**.



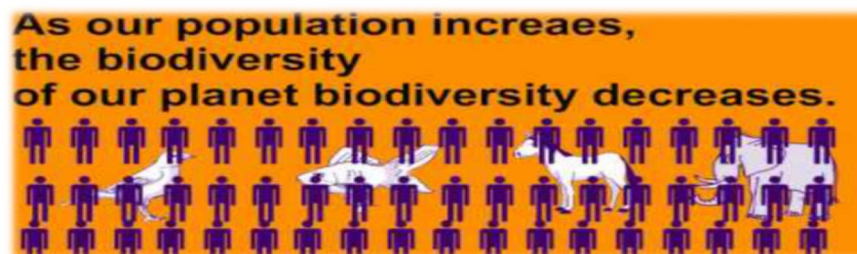
Mankind, when subduing the Earth did not have to wrestle a lion, bear, or alligator for supremacy. We did not have to race a cheetah or antelope to prove our worth by speed. We did not have to swim faster or longer or deeper than any of the water creatures. Neither did we have to hold our breath to see if this test would make us superior to rule. And the last time that I checked, mankind still doesn't have natural wings that we can use to fly with the birds.

'Not by might nor by power, but by My Spirit,' Says the LORD of hosts.
Zechariah 4:6

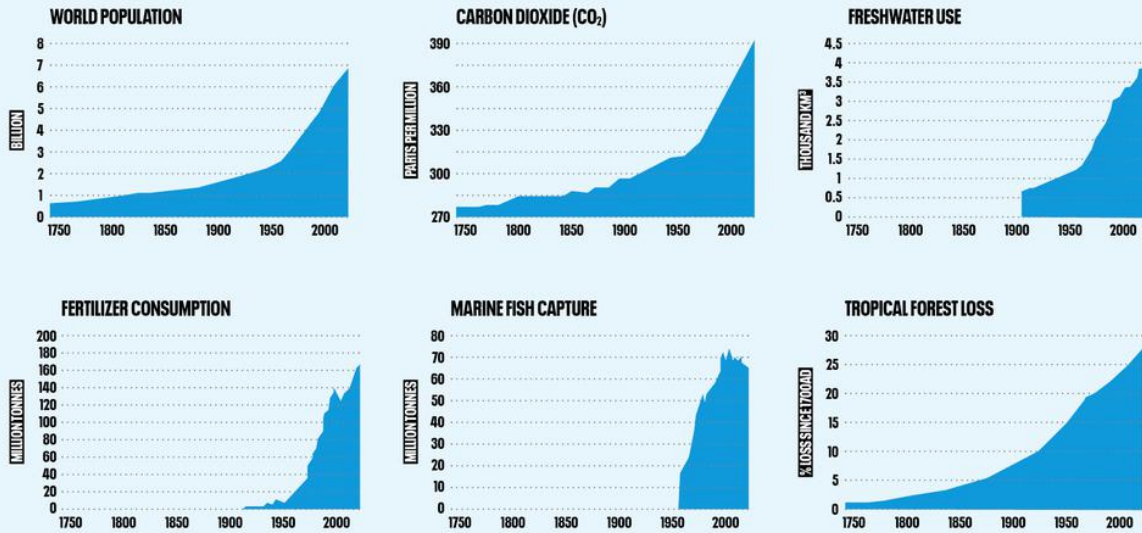
By God's **sovereignty** and **power**, mankind was given **authority to rule**. **But with that authority also came great responsibility**. Mankind has the **insight to understand how our world is connected**. We also have the **ability to make correct management decisions** on behalf of creation. In our 'pre-fall' state, we were in total alignment with creation. All of creation had ingrained respect and healthy fear for mankind as well. Creation looked to us to lead as God had intended and we did. Mankind must not forget (**creation amnesia**) that **we are still ordained by God to manage the Earth**. **Life on Earth is still looking for us to lead**. Now we must ask ourselves *how we are doing* as stewards today.



Documentaries like *The Planet* and *ENDGAME 2050* are extremely eye opening. Every living human being should be required to watch these films. They are scientific films that explain with great detail the Earth, our home planet, as a **complete connected system**. The films also explain mankind's extreme negative impact inducing **Global Change**. **Global Change** is not just climate change. It also includes: falling water tables, disappearing species, population change, changes in economics and technologies, are all part of **Global Change**. Much of the stress to the Earth is being caused by mankind and our decisions.



HUMAN FOOTPRINT



Source: WWF

'A Picture is worth a thousand words'



Planetary Status can be seen either as a **depressing message** or a **wake-up call**. It is a call to **remember 'our original authority'** and **'original responsibility'** as **Stewards of the Earth** to manage the Planet. Remember that we did not make the Earth. It was given to us as a gift from the Creator. **Where shall we go, if we destroy our habitat on Earth?** We can change our planet's direction. We have all the tools that we need. **It is up to mankind** to either destroy our habitat that was created for us, or to manage the Earth so that it can continue to sustain Life as intended. **Choose Now.... Before it's too late!!!!**

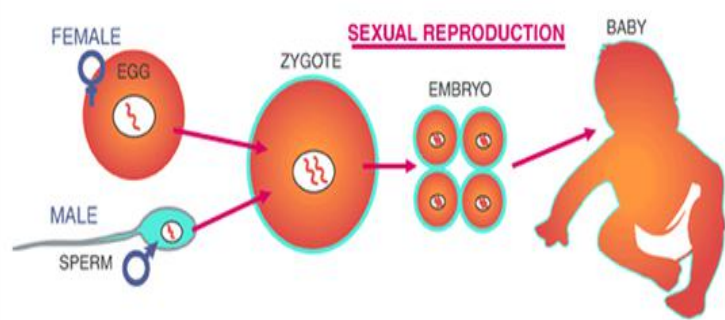
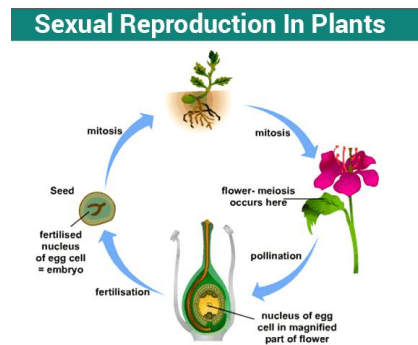
Part 2: Be Fruitful and Multiply

So God created man in His own image; in the image of God He created him; male and female He created them. 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 1:27-28

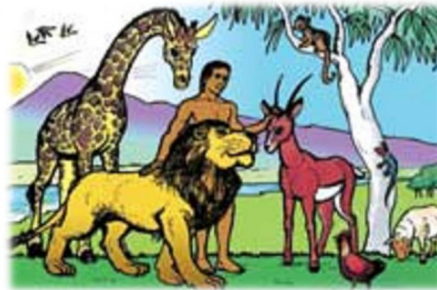


Who said that God doesn't like sex? Who said that sex is a 'dirty' word? Who put the shame into one of the first instructions that The Creator gave to mankind? **From the beginning**, things were much different than

today. We shall explore God’s original intent for male female relationships, sex, reproduction, and God’s blessing.



The Creator created all living things with the ability to reproduce. Whether plant, insect, land/water animal, bird.... all were created with reproduction capability. Humankind also has the ability to reproduce our own kind. But because we are made in **God’s Image** and because he blessed us like none other in creation, **sex for mankind is more than procreative.**



Then the Lord God said, “I see that it is not good for the man to be alone. I will make the companion he needs, one just right for him.”
Genesis 2:18

In the Genesis Chapter 2 inset, true design intent is revealed beyond the physical make-up of mankind. As much as we love nature and other living parts of creation, **humans are designed to need other humans.** This social need is particularly true between the opposite sexes. The female **‘helper’** was made in the sense of a **partner or ally**; the word

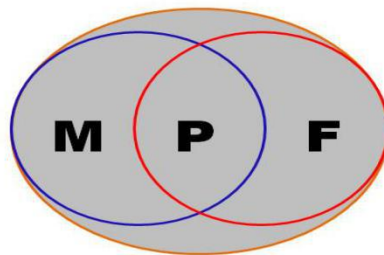
'helper' **does not** imply subordinate status. She was his **equal in status** but **different in characteristics**.

Then he brought the woman to the man. And the man said, *"Finally! One like me, with bones from my bones and a body from my body. She was taken out of a man, so I will call her woman."* That is why a man leaves his father and mother and is joined to his wife. In this way two people become one. **Genesis 2:22-24**



As a male, I can totally understand the **excitement and elation** that the male experienced when he saw his woman for the first, second, third.....time. **Thank God!!!! He got it just right!!!**

THE IMAGE OF GOD



M = MALE = MASCULINE TRAITS
P = PERSON = NEUTRAL TRAITS
F = FEMALE = FEMININE TRAITS

= IMAGE OF GOD = MANKIND



But there was more to the elation than just the beautiful physical specimens that God created. In the making of Mankind, He separated His characteristics into both male and female. When you connect the male and female persons together, you have **'The Image of God'** (*Creation Amnesia*). Mankind is designed to be **'The Image of God'**. This

design is why we seek our **'other half'**. The connection is completed when the male and female join sexually. **Their two separate fleshly bodies becomes one and form an invisible lifetime spiritual bond.** One virgin male and one virgin female mating for life was **God's original intent.** **God made sex and it is a beautiful thing in His eyes.** From the beginning, it was so. Our **oneness, faithfulness, and loyalty** with our mate are also symbolic of the **oneness, faithfulness, and loyalty** to our God that **we should possess and that our offspring should observe.**

The man and his wife were naked, but they were not ashamed.
Genesis 2:25

WHAT HAPPENED THEN?



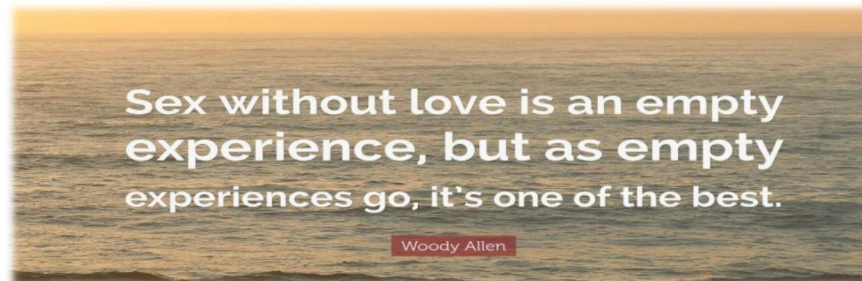
*Sex is the most wonderful thing on this earth, as long as God is in it.
When the Devil gets in it, it's the most terrible thing on this earth.*

BILLY GRAHAM, *Just As I Am*

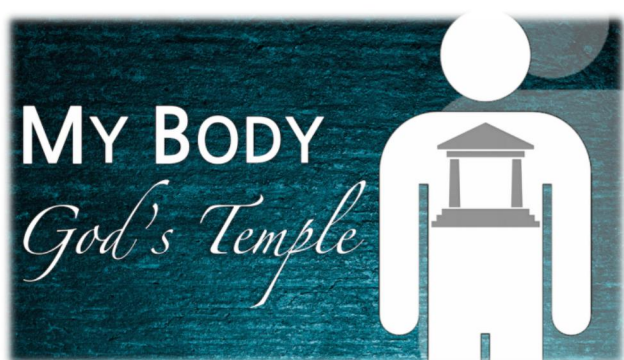
When sin entered into the world, the practice of sex and being fruitful was greatly impacted. Not only did we develop **Creation Amnesia**, **mankind totally corrupted** what was **blessed and beautiful** from the beginning. And because of its powerful nature, **corrupted sex can have many consequences that were not a part of the original design intent.**

Abortion, unwanted and unloved offspring, rape, sexual transmitted

diseases, lust....and many more issues can be linked to not understanding and not following this original intent. Closing the gap between original intent and today's school of thought can be an extreme challenge given the dis-information that is constantly paraded to mankind today and the silence that religious leaders, parents, teachers and others exhibit on this subject.



The quote by Woody Allen sums up much of our current *fleshly mentality* surrounding sex. It is merely a passionate temporal experience without the loyalty, love, and **oneness** that the Creator designed to go along with it. **Remember that a partner cannot feel the spot in your heart that is reserved for God.** Temporal sex can also be emotionally painful too. Because when you join sexually, you give your partner 'you' and your partner gives their 'self' to you. If this union is broken and your partner goes to another partner, so goes 'you'. Here's an even greater thought to think on. If we are believers, we take God with us to each partner. How 'twisted' is that?



**YOUR
BODY IS
A
TEMPLE,
NOT A
VISITOR
CENTER**



In any successful business, family, or sports team, you will find that there are multiple people performing different roles very well. In a male / female relationship this concept of knowing roles is no different. In fact **knowing roles is a vital necessity for the long term maturity and success of the relationship and children.** If mankind wants to sustain loving **God-Blessed Relationships**, we should know the following roles before entry into a relationship.

Five Things Everyone Should Know Before Entering A Relationship:

- 1) The role of a male to God
- 2) The role of a female to God
- 3) The role of a male and female united to God
- 4) The role of a male to the female
- 5) The role of a female to the male

Each person needs to know all of these roles so that they can understand **what to give to God and your partner** and **what to expect from God and your partner**. When fully aligned, a good **Team** knows, accepts, and **performs their roles** so that the **Team can be successful** with **minimal duplication of effort** and **maximum performance**.



Unfortunately many believers are already off the original path before they become believers, married, or before they understand the original path. We must learn about relationships and sex the 'original way', teach them the 'original way', and enjoy them the 'original way'. The 'original way' takes more time, but so does great relationships & sex. We must also pray that the All Powerful God that we serve grant us mercy and forgiveness for our lack of understanding. Pray that he leads each of us to the place **where He is in control** of our relationship & sex life. Then we can truly fulfill the instruction of **'be fruitful and multiply'**. **We cannot leave God out of relationship & sex, He designed them and they are Good.**

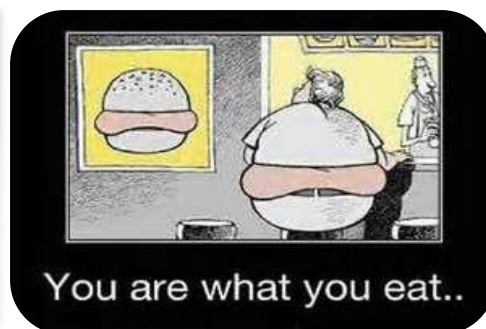


Part 3: Diet

God said, "I am giving you all the grain bearing plants and all the fruit trees. These trees make fruit with seeds in it. This grain and fruit will be your food. And I am giving all the green plants to the animals. These green plants will be their food. Every animal on earth, every bird in the air, and all the little things that crawl on the earth will eat that food." Genesis 1:29,30



Put your steel toe boots on because the original instruction from the Creator on our diet will surely step on all of our toes. Most of us **have, are, and will continue to violate** this original instruction **but not without consequence.**





God's **original menu** for mankind was both **nutritious and satisfying**. As the Creator of mankind, He knew **exactly what intake** our physical bodies require to **maintain maximum productiveness**. If we own a car, we may be familiar with oil changes. The manufacturer of the vehicles tells the consumer that an oil change is required every 3 to 10 thousand miles depending on the type of vehicle. Your vehicle will continue to run even if you don't change your oil at these intervals. But over time you will start to see decreased performance because of all of the contaminants that the oil collects. **And just like our vehicles don't like contaminants, neither do our physical bodies.**



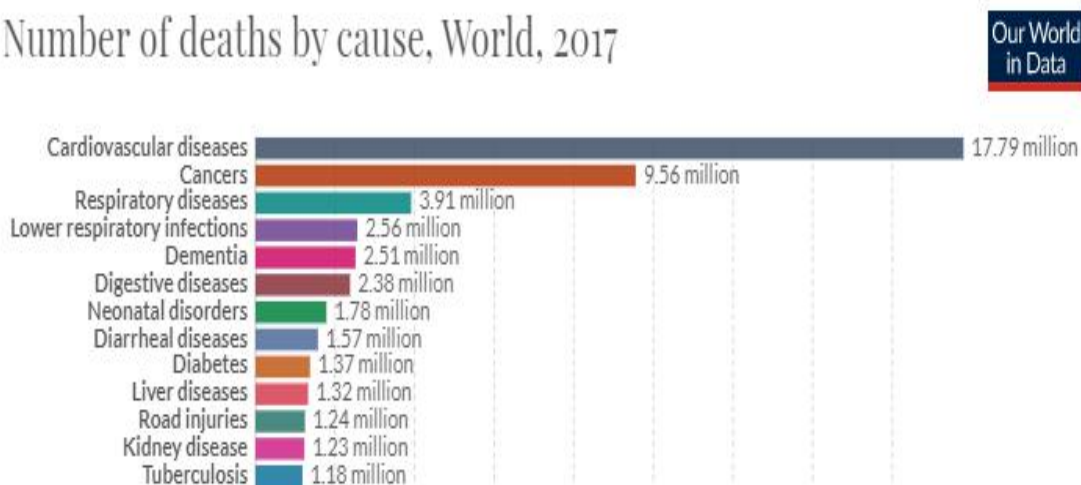
We see an example of God's original diet with the story of Daniel and the Hebrew Boys refusal to eat the rich diet requested by King Nebuchadnezzar in ***Daniel 1:1-16***. This story had both spiritual and physical impacts as a result of eating God's diet. In this test of diet to

performance, the kids who ate the Original Diet vs The King's rich diet were judged healthier by men whose lives were on the line.



Our original diet did not involve cooking our food the way that we cook today. A gradual increase in the cooking of vegetables and fruits has changed the benefits of the foods. And today our diets are terrible. Nearly everything we eat is either cooked or processed, much of which contains Animal Products and Sugar. At the same time we eat very few raw green plants. With a diet like this, the new replacement cells that are constantly being created in our bodies are not as healthy as God intended. The end result is weak immune systems, sickness, disease, premature aging, and death.

Number of deaths by cause, World, 2017



The #1 Cause of Death Worldwide is Cardiovascular Diseases, and what we choose to eat is strongly correlated to this cause. Several other top causes of death can also be linked to an unhealthy diet. Our choice of food and drink may be the Single Most Important Daily

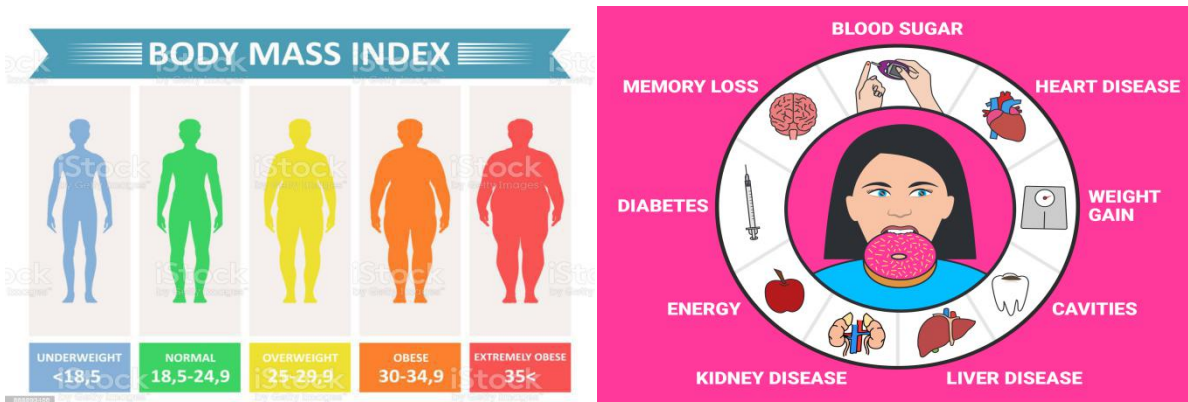
Decision that we make to have a **Healthy Quality of Life**. Being **Obedient** to the **Original Designed Diet** is a **No-Brainer**.



Well-balanced vegetarian diets offer **many advantages** over those that include **Meat and Sugar**:

Reduced Body Mass Index

On average, vegetarians have a lower body mass index, or BMI, than meat-eaters and high sugar-eaters.



Lower Saturated Fat Intake

Two of the primary sources of saturated fat are red meat and poultry skin. Saturated fat is the primary dietary cause of high cholesterol.

FATS THE GOOD THE BAD & THE UGLY

American Heart Association | American Stroke Association
life is why™

<p>✓ GOOD</p> <p>Monounsaturated & Polyunsaturated Fats</p>	<p>✗ BAD</p> <p>Saturated Fats</p>	<p>✗ UGLY</p> <p>Hydrogenated Oils & Trans Fats</p>
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Increased Nutrient Intake

A plant-based diet is higher in fiber, magnesium, vitamins C and E and folic acid. A vegetarian diet that features a variety of colorful vegetables is also rich in antioxidants, phytochemicals, flavonoids and plant sterols that offer numerous health benefits, including the prevention of heart disease, diabetes, high blood pressure, cancer, osteoporosis and rheumatoid arthritis.



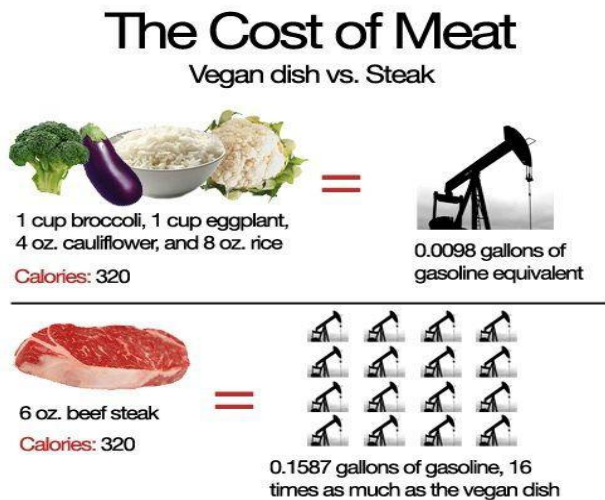
Environmentally Friendly

Breeding animals for food uses significant environmental resources. It contributes to pollution while using up water, grain and oil. It also introduces antibiotics and other drugs into the environment. Animal production leads to topsoil erosion and greenhouse gas production.

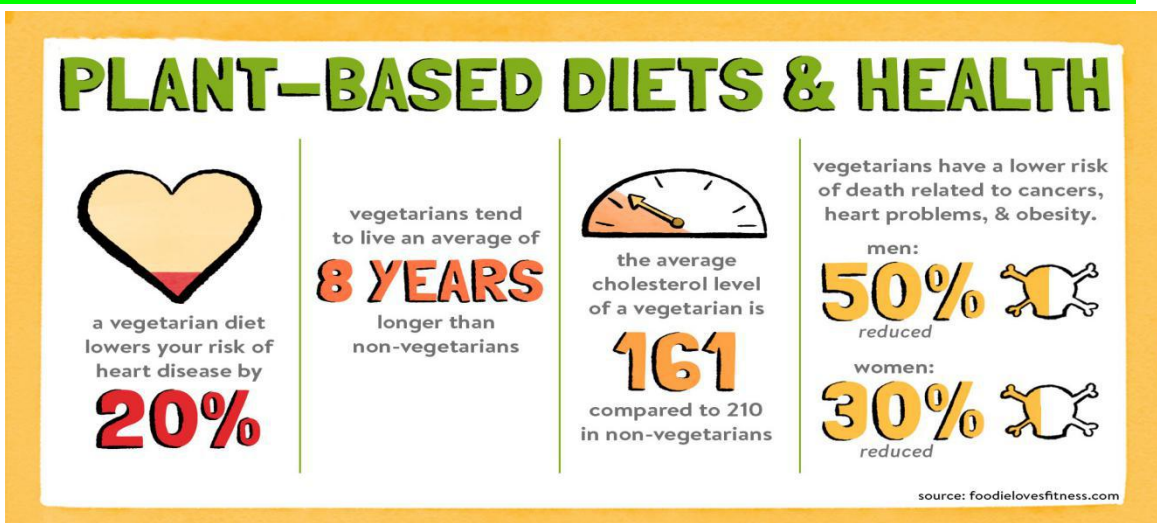


Lower Grocery Bill

A vegetarian diet that replaces expensive meat, poultry and fish with less expensive sources of protein -- such as peanut butter, lentils and beans -- could save you money.



With the benefits discussed above, one would think that mankind should all be on this original menu plan. But the reality is that we are not trained early, our flesh has developed unhealthy habits, and others around us have similar habits and promote unhealthy diets other than the **Original Diet**. This original instruction on diet from the Creator should be given great thought, prayer, and consideration.



Part 4: Rest

The Seventh Day—Rest

So the earth, the sky, and everything in them were finished. God finished the work he was doing, so on the seventh day he rested from his work. God blessed the seventh day and made it a holy day. He made it special because on that day he rested from all the work he did while creating the world. Genesis 2:1-3



*No matter large or small, rich or poor, old or young, male or female; ethnicity, location, job, era, education, politics.....**We ALL Need REST.** If there ever were an instruction that the Creator instituted specifically for mankind that **needs no debate**, it is **REST**. The Creator knew exactly how our natural bodies are designed because He designed them. We need proper **daily rest and weekly rest** to function to **our design intent**.*



*If left to our own understanding and instructions, mankind would run **24/7/365**. Oh, I forgot....that's exactly how the world is running today.*

With advancements in technology and the ability to stay connected worldwide, **the world is always wide awake**. We can access commerce, entertainment, religion, family, exercise, news.....in **real time 24 hours a day, 7 days per week worldwide**. And because the world is wide awake, many people will forgo rest to try to stay up with the rest of the world.



Remember when you were a kid or maybe even now, when you tried to stay up to see the New Year come in or watch a late show on TV? Many of us tried and failed on many occasion. As one of my old coaches use to say *'it doesn't catch up to you until it catches up to you'*. The need for rest eventually catches up to all of us.



No matter how you define rest, mankind needs it. **It is so important that God, who doesn't need it, rested from His work to demonstrate to his greatest piece of creation, mankind, the value of Rest.** ***It should be noted that Mankind is the only part of Living Creation that needs to be told to rest.*** Moses, the Hebrew writer, writes that God worked for Six Days and Rested One. This theme of Six Days work and One Day rest is consistent throughout both Old and New Testament Bible. I should

note here that the emphasis to this writing is not on the day of the week, but on the **Blessing** of the **'Rest'** of that day.

There remains,
therefore,
a rest
for the people
of God.
Hebrews 4:9

For the person who
has entered His rest
has rested from his
own works **JUST AS GOD**
Hebrews 4:10 **DID FROM HIS**

The day of Rest is not only beneficial to mankind in our current physical life, it also is a **foreshadowing of our Spiritual Rest that is yet to come after believers pass from our current limited physical life into eternal life**. God, our Creator, has a place for all believers that is greater than anything we can imagine. Let us labor to enter into that eternal rest. But while we are laboring for the eternal rest, let us remember to take out one day each week and have a **Blessed Rest**.



Lesson 11 Conclusion:

The **FOUR Significant Original Instructions** of:

*****Stewardship, Be Fruitful & Multiply, Diet, & Rest*****

that the Creator taught Mankind before things went wrong are **still vitally important to Mankind today**. They were given to Mankind long before there were *races, religions, countries, politics, classes, borders or anything else* that mankind uses to divide ourselves. Unfortunately our **Creation Amnesia** has caused Mankind to lose focus on these original instructions. We can see that these **original instructions are inter-linked and share a common thread**; the instructions are given to **help Mankind and the rest of Creation**. I pray that our renewed, understanding of and gap closure to, these original instructions can make a major difference in the abundant living of our individual and collective lives here on Earth. **Again the choice is yours; choose NOW.**

