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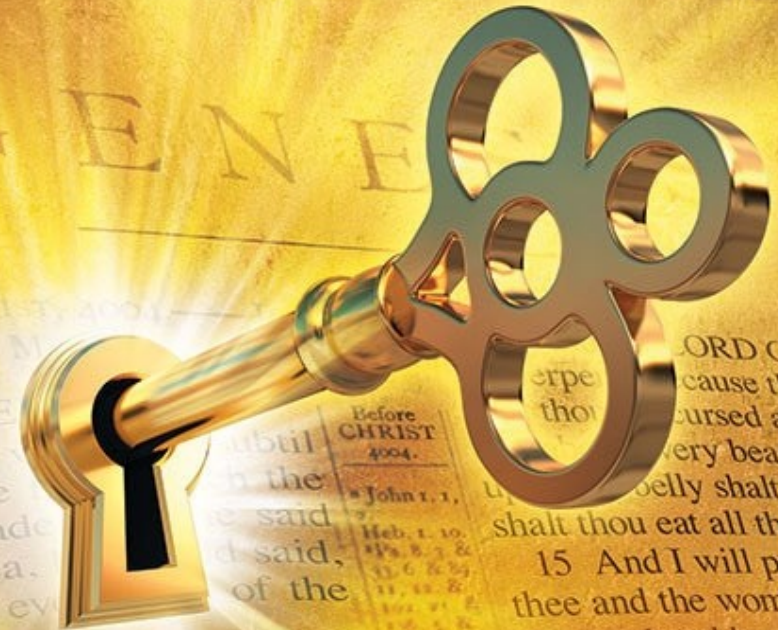
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CRACKING *the* GENESIS CODE



STEPHEN BOHR

SECRETS UNSEALED PRESENTS: “CRACKING THE GENESIS CODE”

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**Unless stated, All quoted verses are taken from the
“New King James Version” (NKJV).*

Genesis 1:31	Genesis 7:2-3	Revelation 21:27
Genesis 1:16-19	Deuteronomy 14:6	Isaiah 55:2
Genesis 1:6-8	Deuteronomy 14:8	Leviticus 19:18
Genesis 2:5-6	Deuteronomy 14:9	Romans 6:16
Genesis 1:29-30	Deuteronomy 14:11	I Peter 2:11
Genesis 2:16-17	Leviticus 3:17	Philippians 4:8
Genesis 1:18	Leviticus 11:44	II Corinthians 3:18
Genesis 2:15	Proverbs 23:31-33	Romans 12:1-2
Genesis 2:2-3	Genesis 9:20-25	Leviticus ch. 10
Genesis 2:9	Genesis 19:36-38	Leviticus 10:8-11
Romans 8:20-22	Leviticus 10:1-11	Daniel 1:8
Genesis 3:18	Proverbs 20:1	I Peter 2:11
Genesis 6:11-12	Proverbs 31:4-7	I Thessalonians 5:23
Genesis 3:22-24	Isaiah 28:7	I Corinthians 6:19-20
Genesis 5:9-29	Isaiah 5:20-25	I Corinthians 10:31
Genesis ch. 11	I Corinthians 6:9-10	Revelation 22:14
Genesis chs. 7- 9	Matthew 26:29	Revelation 2:7
Genesis 11:1-9	Isaiah 65:8	Revelation 22:2
Psalms 90:10	I Timothy 5:23	Isaiah 66:22-23
Genesis 1:29-30	Exodus 20:13	

do, do all to the glory of God.” (I Corinthians 10:31)

Restored to the Tree of Life

1. To what will God’s people be restored in the future kingdom?

“Blessed are those who do His _____, that they may have the right to the _____ of life, and may enter through the gates into the city.” (Revelation 22:14)

2. Will overcomers actually eat from the tree of life?

“He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes I will give to _____ from the tree of life, which is in the midst of the _____ of God.” (Revelation 2:7)

3. How frequently will God’s people eat from the tree of life?

“In the middle of its street, and on either side of the river, was the tree of life, which bore _____ fruits, each tree yielding its fruit every _____. The leaves of the tree were for the healing of the nations.” (Revelation 22:2; see also Isaiah 66:22-23)

NOTE: Restored to the tree of life, living in a perfect environment with perfect bodies, the overcomers will live forever in bliss and fullness of health.

“The Eight Health Secrets in Genesis”

Lecture #29

There is a lot of talk in the United States today about health. The health care industry faces increasing budgetary challenges, Congress debates Medicare, HMO reformation and prescription drug. In a nation increasingly afflicted by obesity, new diets are the rule of the day. New strains of old diseases, resistant to treatment, are appearing at an alarming rate. New medications which solve one problem but create a host of others constantly appear on the market. Furthermore, wrong physical habits have been instrumental in corroding the moral fiber of our nation. Is there any light at the end of the tunnel in sight? Is it just possible that the old adage “better an ounce of prevention than a pound of cure” is as relevant today as it has ever been? Let’s take a look at God’s solution to the health problems which afflict our society.

The Original Condition of Man

1. How does the book of Genesis describe the perfect environment which God made during creation week?

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

NOTE: Nature was in perfect balance at the beginning. The air was crystal clear. Water was pure and refreshing. The earth was perfectly fertile with no pests, weeds, thorns and thistles. The rays of the sun reached the earth in just the right intensity to enhance life. Animals did not eat one another. There was no disease. The environment was perfectly adapted to the preservation and prolongation of life.

2. God established eight laws of health at the beginning.

What were they?

☞ (Genesis 1:16-19) On the fourth day God created **sunlight**

☞ (Genesis 1:6-8) On the second day God created the atmosphere—**fresh air**

- ↪ (Genesis 2:5-6) On the second day God placed **fresh water** under the earth
- ↪ (Genesis 1:29-30) On the third day God made **plants and fruits** for man and beast to eat
- ↪ (Genesis 2:16-17) By commanding man to not eat from the tree of knowledge of good and evil, God was teaching man **temperance** or **self control**
- ↪ (Genesis 1:18) By making the cycle of day and night on the first day, God was implying that man needed to **rest** at the end of the day.
- ↪ (Genesis 2:15) By giving Adam physical work in the garden, God was indicating that man needed **exercise**.

2. By establishing the Sabbath, God was indicating that man needed to **trust in the divine power** of the Creator (Genesis 2:2-3)

In harmony with Scripture, Ellen White has stated:

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them.” (The Ministry of Healing, p. 127)

3. **What did man need to continue eating from in order to continue living?**

“And out of the ground the Lord God made every _____ grow that is pleasant to the sight and good for food. The tree of _____ was also in the midst of the garden...” (Genesis 2:9)

NOTE: Living in a perfect environment and obeying the eight laws of health was still not enough to sustain and prolong life. Man also needed to eat on a regular basis from the tree of life. That is to say, man was given a basic constitutional energy which needed to be recharged on a regular basis. Think of man’s constitutional energy as a battery and the tree of life as the battery chargers.

_____ lusts which war against the _____.” (I Peter 2:11)

NOTE: “Whatever injures the health, not only lessens physical vigour, but tends to weaken the mental and moral powers. Indulgence in any unhealthful practice makes it more difficult for one to discriminate between right and wrong, and hence more difficult to resist evil. It increases the danger of failure and defeat... The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death.” (The Ministry of Healing, p. 128, 130)

5. **How many of our faculties does God wish to sanctify?**

“Now may the God of peace Himself sanctify you completely; and may your whole _____, _____, and _____ be preserved blameless at the coming of our Lord Jesus Christ.” (I Thessalonians 5:23)

NOTE: One of the tragic legacies which we have received from Greek philosophy is the idea that man’s body and soul are mutually separable. But the Bible, as well as modern science, have shown conclusively that what affects the body also impacts our mental and spiritual nature. For example, negative feelings such as guilt, sorrow, and failure can make our body sick. Likewise, wrong physical habits such as drinking, smoking, and sexual license make our mental and spiritual natures sick. The physical, mental, and spiritual natures are not mutually separable but rather interact as an inseparable whole.

6. **To whom does our body belong and how must we care for it?**

“Or do you not know that your _____ is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your _____? For you were bought at a price; therefore _____ God in your body and in your spirit, which are _____.”

(I Corinthians 6:19-20)

7. **What fundamental principles should guide us in our eating and drinking?**

“Therefore, whether you _____ or _____, or whatever you

A Higher Motivation than Physical Health

1. **Read the experience of Nadab and Abihu in Leviticus 10. What kept these two young men from having the ability to distinguish between right and wrong?**

“Do not drink _____ or intoxicating drink, you, nor your sons with you, when you go into the tabernacle of meeting, lest you die. It shall be a statute forever throughout your generations, that you may _____ between holy and unholy, and between _____ and unclean, and that you may teach the children of Israel all the _____ which the Lord has spoken to them by the hand of Moses.”
(Leviticus 10:8-11)

2. **What did Daniel and his friends choose to do when they arrived in Babylon?**

“But Daniel _____ in his heart that he would not _____ himself with the portion of the king’s delicacies, nor with the _____ which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.” **(Daniel 1:8)**

3. **Read the stories of Daniel three and six. Do you think that the moral and spiritual stature of Daniel and his friends in these critical situations had anything to do with their physical habits?**

4. **Is there any psychosomatic relationship between the body and the mind?**

“Beloved, I beg you as sojourners and pilgrims, abstain from

Between the fall and the Flood

1. **What happened to the environment after sin entered the world?**

“For the creation was subjected to _____, not willingly, but because of Him who subjected it in hope; because the creation itself also will be delivered from the bondage of _____ into the glorious liberty of the children of God. For we know that the whole creation _____ and labours with birth pangs together until now.”

(Romans 8:20-22)

NOTE: Several things happened to the environment after sin. The earth began to produce thorns and thistles (Genesis 3:18). Animals began killing for food. With Satan at the helm of the kingdom he had usurped from Adam, nature began to rebel against the creator. Yet between creation and the flood the change in nature was not as drastic as it would be in consequence of the worldwide deluge.

2. **What type of lifestyle did the pre-flood race live?**

“The earth also was _____ before God, and the earth was filled with _____. So God looked upon the earth, and indeed it was corrupt; for all flesh had corrupted their way on the earth.”

(Genesis 6:11-12)

NOTE: There can be no doubt that the pre-flood race not only violated God’s moral law, they also violated the eight laws of health. A slightly deteriorated environment and a violation of the laws of health slowly but surely depleted the original vital energy which God had bestowed upon Adam and Eve.

3. **What did God do with Adam and Eve when they sinned and for what reason?**

“Then the Lord God said, ‘Behold, the man has become like one of Us, to know the good and evil. And now, lest he put out his hand and _____ also of the tree of life, and eat, and live _____’ - therefore the Lord God sent him _____ of the Garden of Eden, to till the ground from which he was taken. So He drove out the man; and He placed cherubim at the east of the Garden of Eden, and a flaming sword

which turned every way, to _____ the way to the tree of life.”

(Genesis 3:22-24)

NOTE: Slowly but surely the constitutional energy which God had originally given to Adam to transmit to his descendants was depleted. As man lived in a deteriorating environment in violation of the laws of health and without access to the battery charger, his life force would eventually die out.

4. How long were the life spans of the righteous before the flood?

“Adam _____, Seth _____, Enoch _____, Cainan _____, Mahalalel _____, Jared _____, Methuselah _____, Lamech _____, Noah _____.” **(Genesis 5; 9:29)**

NOTE: Adam and Eve must have originally been given an enormous amount of Constitutional energy. Imagine, most of their descendants lived almost a millennium! And yet Genesis emphasizes that when their battery totally depleted, they died.

Life Spans Between the Flood and Today

1. How long was the life span of the righteous who lived between Noah and Abraham?

Shem _____, Arphaxad _____, Salah _____, Eber _____, Peleg _____, Reu _____, Serug _____, Nahor _____, Terah _____, Abraham _____ . **(Genesis 11)**

NOTE: Several factors played a part in the drastic life span decrease.

First, the environment was drastically altered and thrown out of balance by the worldwide flood cataclysm (read the story in Genesis 7-9). Great Regions of the earth became inhospitable. Huge bodies of salt water, deserts and Polar Regions appeared. Cosmic rays now penetrated the atmosphere more readily. Disease became more prevalent. The earth became less fertile.

Second, man continued to live in disobedience to the laws of God as can be seen, for example, in the story of the Tower of Babel (Genesis 11:1-9).

Furthermore, each generation received less constitutional energy from its ancestors. Without access to the battery charger, the life span of each

Exodus 20:13

Revelation 21:27

Isaiah 55:2

Leviticus 19:18

Romans 6:16

I Peter 2:11

NOTE: Remember, when a specific practice is not addressed in the Bible, we look for principles to guide us. For example, the Bible does not say: Thou shalt not watch sex and violence on television. But clear principles against such practices are found in texts such as Philippians 4:8; II Corinthians 3:18; Romans 12:1-2. If we love the Lord and are sincerely trying to serve Him, we will ask for divine wisdom to apply the principles to specific contemporary situations.

7. **Even if we do chose to eat clean meats, from what must we abstain?**
“This shall be a perpetual statute throughout your generations in all your dwellings, you shall eat neither _____ nor _____.”
(Leviticus 3:17)

8. **According to God, what motivation should drive us to abstain from that which He has forbidden?**
“For I am the Lord your God. You shall therefore _____ yourselves, and you shall be _____; for I am holy. Neither shall you _____ yourselves with any creeping thing that creeps on the earth.” (Leviticus 11:44)

9. **What does God say concerning the consumption of alcohol?**
“Do not look on the _____ when it is red, when it _____ in the cup, when it swirls around smoothly; at the last it _____ like a serpent, and stings like a viper. Your eyes will see _____ things, and your heart will utter _____ things.”
(Proverbs 23:31-33)

NOTE: This is only one of many verses in the Bible which discourages the consumption of alcohol. For further research look up the following Bible verses and passages: Genesis 9:20-25; 19:36-38; Leviticus 10:1-11; Proverbs 20:1; 31:4-7; Isaiah 28:7; 5:20-25; 1 Corinthians 6:9-10. Alcohol in any amount kills brain cells and makes it more difficult to discriminate between good and evil.

There are texts in the Bible which appear to condone a moderate use of alcohol. A careful study, however, will reveal that these texts are not teaching what people say they are. For example, at the wedding in Cana of Galilee, Jesus did not make fermented wine but rather pure grape juice. The same is true of the Last Supper (read Matthew 26:29 in the light if Isaiah 65:8). Paul did recommend a little wine for Timothy but it was for medicinal purposes (1 Timothy 5:23).

10. **Through the Bible does not directly address habits such as doing drugs, smoking tobacco, and drinking coffee, what principles do we find in the following verses which forbid such practices?**

generation became shorter and shorter.

2. **According to David, how long was man’s life span in his day?**
“The days of our lives are _____ years and if by reason of strength they are _____ years, yet their boast is only labour and _____ for it is soon cut off, and we fly away.” (Psalm 90:10)

3. **Thought Question:** During the Middle Ages infant mortality was rampant and the life span of people was extremely short. Which factors in the world today have caused the average life span to remain steady at about seventy to eighty years?

Adaption or Constitutional Energy

Hans Selye, Paul Tournier and others have done extensive research in the area of what has been called constitutional energy, vital force or adaption energy. On the basis of the data which they have gathered over the years, they have concluded that each person receives from their parents at birth a certain depreciable amount of constitutional energy. Some receive more and others less. This constitutional energy is what is needed for the body to perform its various physiological functions. The constitutional energy can be wasted or preserved. Its use or abuse will not only determine our longevity but also our quality of life. Dr. Harold Shryock gives the following illustration:

“Son, I have just established a \$500,000 trust fund for you at the bank. It is my way of saying Happy Birthday now that you have turned 18. This is your legacy for life. You will have no other inheritance. I have given the bank some unusual instructions on how the fund is to be administered. No interest is to accrue. But you may draw against the principal any time you wish. You may use the money only for living expenses, but you may define living expense as you please. You may draw as much as you like, but remember that this is all: when it is gone, there will be no more.” (Harold Shryock, *Your Depreciable Endowment* [Signs of the Times, July 1973, p. 14])

Shryock then explains the meaning of his illustration:

“We are speaking of Life’s quota of vitality, which you inherited from your parents. You inherited just so much, no more. In a very real sense, it has to last you for your lifetime, for your life will cease when you have used it all. If you squander it hastily, your life will be relatively short. If you use it wisely and carefully, it will last you throughout a long and healthy life-span.” (p. 14)

Health Reformer, Ellen G. White, has expressed the same idea in different terms:

“Intemperance in eating and drinking, intemperance in labour, intemperance in almost everything, exists on every hand. Those who make great exertions to accomplish just so much work in a given time, and continue to labour when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expanding the vital force which they will need at a future time. And when the energy they have so recklessly used is demanded, they fail for want of it. The physical strength is gone, the mental powers fail. They realize that they have met with a loss, but do not know what it is. Their time of need has come, but their physical resources are exhausted. Everyone who violates the laws of health must sometime be a sufferer to a greater or less degree. God has provided us with a constitutional force, which will be needed at different periods of our life. If we recklessly exhaust this force by continual over taxation, we shall sometime be losers. Our usefulness will be lessened, if not our life itself destroyed.” (Counsels on Health, p. 99)

Preserving the Constitutional Energy

1. What type of diet did God create for man and animals at the beginning?

“And God said: ‘See I have given you every _____ that yields seed which is on the face of all the earth, and every _____ whose fruit yields seed; to you it shall be for food. Also, to every _____ 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 _____ herb for food’; and it was so.” (Genesis 1:29-30)

NOTE: The original and most ideal diet is vegan. Our diet should be varied in order to get all the necessary nutrients. It should be simple and as close to the natural state as possible. We should eat at regular times and in the right amounts.

2. Was there a distinction between clean and unclean animals before the flood?

“You shall take with you seven each of every _____ animal, a male and his female; two each of animals that are _____, a male and his female; also seven each of birds of the air, male and female, to keep the species alive on the face of all the earth.” (Genesis 7:2-3)

NOTE: The dietary laws were not for the Jews but rather for the whole human race. Noah was not a Jew. Unclean animals are not made clean by the cross of Christ. Neither is our digestive system changed after the cross to make unclean meats less detrimental to our health.

3. What type of land animals did God allow man to eat after the flood?

“And you may eat every animal with _____ hooves, having the hoof _____ into two parts, and that _____ the cud, among the animals.” (Deuteronomy 14:6)

4. What specific land animal (which many people relish) does God forbid us to eat?

“Also the _____ is unclean for you, because it has cloven hooves, yet does not _____ the cud; you shall not _____ their flesh or _____ their dead carcasses.” (Deuteronomy 14:8)

5. What types of marine creatures did God give man permission to eat?

“These you may eat of all that are in the waters; you may eat all that have _____ and _____.” (Deuteronomy 14:9)

6. What sort of birds did God give man permission to eat?

“All _____ birds you may eat.” (Deuteronomy 14:11)

NOTE: Immediately following the words, “All clean birds you may eat”, God provides a list of birds which are not to be eaten. Without exception, the birds on the list are carnivorous and scavengers.