

LESSON 3 WORD OF WISDOM WORKSHEET- by Barbara Wilkinson

1. What does the term “**All grain...**” mean?

- a. Americans are so whole grain-deprived that the U.S. Department of Agriculture [USDA] recognized whole grains for the first time in their revised dietary guidelines, 2000 Food Pyramid. Most Americans consume only a single serving of whole grains daily. The USDA recognizes that whole grains are far more nutritious than the highly processed white flour, therefore the USDA and the American Dietetic Assoc. both urge us to add more whole grain foods, such as breads and cereals to our daily diet. Whole grain is defined as the whole edible grain or seed: that includes the germ, endosperm and bran. The only way to insure getting that in the American diet is to buy only products that say the product is 100% whole grains and cereals.

Just recently on TV they said the Nutritional Pyramid was being revised and turned upside down. They just flashed it on the screen, so I can't tell how it will relate to the Word of Wisdom. When you see it, determine if it is a closer representation of the Word of Wisdom than the current one. If it is NOT understand that the new pyramid is wrong. ALWAYS understand that the Word of Wisdom is the God's nutritional plan, so it is the correct way to eat.

- b. Read labels on grains and cereal packaging that you have in your home. Are you eating mainly whole grains?
- c. While at the grocery store look at a variety of grain and cereal products and see how many say “100% whole grains,” in the title or in the list of ingredients. Is the bread you are eating 100% whole grains? If the label doesn't say 100% whole wheat. If it just says ‘wheat flour,’ understand that is a commonly used deceptive term for white flour. If it looks like whole wheat bread it has a little whole wheat flour plus brown coloring.
- d. UNDERSTAND: ingredients are listed in order of concentration. One of the “deceptive practices is to use 3 or 4 kinds of sweeteners so that sugar isn't listed as the first ingredient. In breads and cereals, look for sugar, honey, corn syrup, fructose, maltose, dextrose, glucose and/or sucrose content. Any word ending in “ose” is some form of sugar.
 - i. Which cereals are mainly sugar?
 - ii. Look at crackers, how many have a high concentration of sugar?
 - iii. Look at bread labels, learn which ones are 100% whole grains? Which ones are high in sugars? Which ones have hydrogenated fats?
 - iv. Read cereal labels, which ones are 100% whole grains? For example read the Quaker Oats labels. Look at the list of ingredients in the following types of oats: Old Fashioned Oats; Instant oatmeal- in the can, in individual packets. Look at Wheaties, Cheerios, Puffed Rice, Shredded Wheat, with and without sugar coating, cracked wheat, Cream of Wheat, Malt-0-Meal, granolas

etc. Which ones are 100% whole grains, which ones are high in sugars?

2. What groups of animals are to eat grains as their staff of life? [DC 86:2c]
3. Which groups of animals does God say are to eat grains as their staff of life? What groups of animals are not mentioned?
4. The American Heritage Dictionary of the English Language, 1973 defines staff of life as: **“A staple or necessary food, especially bread.”** The Webster’s Ninth New Collegiate Dictionary 1987 defines staff of life using a 1638 definition, **“... a staple of the diet, esp.: Bread.”** Therefore the staff of life for man would be bread.
 - a. Which kind of bread or breads do you think would be worthy of this title?
 - b. What would be the staff of life for the other animals God mentioned? [DC 86:3b]
 - c. Does this mean that the only food we need to eat to be healthy is breads or grains?
 - d. OR does this suggest that grains and cereals should be our main calorie source, not our only calorie source? REMEMBER DC 86 tells us what and how much of the things we are to eat. It says we are to eat:
 - i. A prudent [wise amount; to exercise good judgment and common sense] in the amount of fruits and herbs [vegetables] we eat. That means to eat several servings of fruits and vegetables, but not to eat only fruits and vegetables, that is do not be a complete vegetarian.
 - ii. Eat beast [meat] and poultry sparingly.
 - iii. If you do this without a lot of sweets, fats and junk food on the side, you will still be hungry. Then you are to meet your excess hunger or remaining hunger by eating grains and cereals. That means not only, all kinds of grains and cereals, but also, all parts of the grains and cereals
5. Pray, fast and study DC 86:2c-3b out in your mind. Come to a conclusion as to what you think **“these are to be used only in times of famine and excess hunger...”** is referring to.
 - a. Does it refer to the subject of this portion which is grains,
 - b. or to the animals mentioned?Then ask God if your understanding is correct, to
 - c. give you a burning of the bosom. UNDERSTAND; you will NOT get the burning of the bosom unless your understanding is 100% correct.
 - d. Also UNDERSTAND that if your understanding is NOT 100% correct, you will get a NO ANSWER, that is you will receive
 - i. no such feeling
 - ii. or a stupor of thought so you can’t remember the understanding that was NOT correct.
6. UNDERSTAND: Satan will try to convince you that you didn’t get the burning of the bosom because you aren’t sufficiently righteous to receive an answer. THAT IS NOT RIGHT. God says ASK and it will be given to you.... **“For everyone that asketh, receiveth...”** [3 Ne 6:19-20; see also Luk 11:10-11]

7. Some people think “**these**” refers to the animals mentioned in this paragraph. The animals mentioned are man and animals and we are told to eat them in times of famine and excess hunger, someone someday is going to wrest the scripture and say that God is saying that cannibalism is acceptable during famine and excess hunger? Read Mos 9:7-11; Mat 22:36-39; Deut 28:1-17; Mos 7:95-97,111-124.
8. We are told that God is unchangeable [DC 61:3d, 6c; 81:1; 90:8d; Mat 24:49; Mar 13:52; Luk 21:36], therefore we should expect the teachings of the past to agree with current teachings. The scriptures make it clear that any revelation or prophecy given, should be consistent with past revelation. [Alm 5:34-36; 2 Ne 2:19-21; Eze 37:16-19; Gen 50:30;31; DC 126:10b; 129:8a-c,g] Using this criteria, see what God suggested through-out biblical history to be used during time of famine and excess hunger:
 - a. What did God tell Pharaoh to store up for the prophesied famine of the future? [Gen 41:33-39] Understand the term “**corn**” in other English speaking countries means several cereal plants, such as, corn, wheat, oats, barley and rye etc.
 - b. What food did the starving people in Egypt want to buy from Pharaoh during the famine? [Gen 41:55-56]
 - c. What did people of other countries coming to Egypt want to buy during this famine to prevent starvation? [Gen 41:57]
 - d. What did Jacob/Israel send his sons to Egypt to buy so his family would survive the famine? [Gen 42]
 - e. In times of plenty, what sort of gift did Jacob/Israel send to his brother Esau? [Gen 32:13-15]
 - f. What sort of gift did Jacob/Israel send to Pharaoh’s steward [who, unbeknown to him was his son Joseph] during times of famine? [Gen 43:11]
 - g. Why did Jacob/Israel want to bring his family and flocks to Egypt? [Gen 47:4]
 - h. How was famine defined in Gen 47:13?
 - i. Because of the drought, the crops failed in Egypt and Canaan. The Egyptian people came to Joseph asking for help. [Gen 47:15-17]
 - i. What did they want from Joseph?
 - ii. What did they use for money so they could obtain grains? [Gen 47:16,17]
 - iii. What sort of animals did they give to Joseph as money in exchange for grains? [Gen 47:17]
 - iv. When their cattle were gone, what did they offer to sell Joseph for grains? [Gen 47:18-22]
 - v. When the famine was over, what did Joseph give to the people? [Gen 47:23]
 - vi. How were they to pay for that and live themselves? [Gen 47:24-26]
 - vii. Therefore, throughout this famine what was the greatest need of the people to survive the famine?

- viii. Is it any different today during a famine? What do we ship to starving nations when there is a famine?
9. For other examples and definitions etc. Word search ‘famine.’ If you don’t have a scriptural search program use www.computercontrolsystems.com/scriptures Determine what was used throughout biblical and Book of Mormon history as the major food to ward off starvation during a famine.
 10. The Word of Wisdom indicates which grains are best for specific animals:
 - a. Which grain is best for man? [DC 86:3b] Does that mean it is the only grain we are to consume?
 - b. What grains are we to use for mild drinks? [DC 86:3b] Beer is made from barley, is it a mild drink? Do you think God was talking about beer? Use “Ask Jeeves” on the web and read about Beer and Near Beer, are they considered mild drinks?
 11. What grains were used in Ezekiel’s bread? [Gen 4:9]
 - a. How long did Ezekiel eat this bread? [Gen 4:9]
 - b. Beans and lentils are an incomplete protein source. But beans and lentils in combination with specific grains and cereals provide all the essential amino acids needed to make a complete protein, so this bread would have been very nutritious.
 12. What are the 2 requirements for receiving the promises listed in Section 86:3c,d ? Does this mean that the Word of Wisdom is a commandment? Read the introduction DC 86, as well as, DC 86:3c,d to determine the correct answer.
 13. List the promises given. Remember, Hebrew lists put an “and” between each item in a list, therefore, you should come up with 8 promises.
 14. Determine what those promises mean, for example I believe, **“health to you navel”** means a healthy pregnancy. Recently I heard on TV that 1/4 of all women had to go to fertility clinics to get pregnant.
 15. Are these promises seen among our people?
 16. Are there promises you would like to receive? **THEN DO WHAT IS REQUIRED!**
 - a. These are promises only if you keep His commandments and eat according to God’s plan.
 - b. There dietary laws were given to the people from the beginning of the scriptures. Read Deuteronomy 28, and the list the blessings related to health if you keep His commandments and the curses if they didn’t. Do we see any of these blessings and curses today? What God says to one he says to ALL.
 17. From what you have learned, draw up a simply list of what the Word of Wisdom says you are to do or not do in relationship to:
 - a. Wines and strong drinks:
 - b. Tobacco:
 - c. Drinks:
 - d. Wholesome herbs [vegetables and fruits]:
 - e. Beasts and fowls:
 - f. ALL grains:
 - g. Which grains for which animals:

18. Look at the Food Pyramid and notice which foods aren't even mentioned in the Word of Wisdom? Why do you think they were omitted from God's plan? When the new upside down Food Pyramid comes out, do the same thing. ALWAYS USE GOD'S NUTRITIONAL PLAN AS YOUR YARDSTICK OF THE TRUTH ABOUT WHAT AND HOW YOU EAT. The scriptures say that God gives a pattern in all things. [DC 52:4b, 5a; 101:2d]
19. Do a word search of these foods and see if they are mentioned in the scriptures: Look up: Milk, honey, butter, fish, beans, lentils, pulses.
20. Many people say Daniel was a vegetarian. Notice how long he and his friends ate only pulses and water [Dan 1:12] Now read Dan 1:5-18.
- How long did Daniel eat pulses and water instead of 'the king's meat and wine?'
 - Notice this refers only to meat and wine, it does not mention fruits, vegetables or grains and cereals. Daniel could have eaten those without defiling himself.
 - But, remember the word "meat" can mean food in general or meat as we know it. Do you think these uses of 'meat' refers to all the king's food or just 'meat' Remember the Israelites killed their meat in a very particular way or it is not 'kosher.' But, in general, Kings throughout the world and centuries, eat very rich diet which would not be kosher and drink lots of alcoholic beverages. Also foods are a cultural thing, different countries and cultures eat different foods. For example, Chinese eat Seaweed Soup and Dog Stew; the English eat Steak and Kidney Pie; the French eat snails, none of which sound very good to Midwesterners. Do you think the Israelites would have liked or disliked the king of Babylon's food? They also would have been required to drink wine instead of water at their meals... is that healthy? I would guess that the Babylonian king's food would have seemed very foreign to the Jews, that could be why Daniel and friends after only 10 days on pulse and water were **"...fairer and fatter in flesh than all the children which did eat the portion of the king's meat."**[Dan 12-15] The Israelites just weren't used to the rich diet of the king, which could have made them feel sickly.
 - Daniel fasted for the remaining 3 years. What foods did Daniel specially say he would not eat? [Dan 10: 3] The Word of Wisdom mentions 4 basic food groups:
 - Strong drinks
 - Fruits and vegetables [herbs]- both above and under the ground.
 - Meat and poultry
 - Grains and cereals
 - Notice the groups not mentioned in Daniel's fasts are fruits and vegetables and grains and cereals. Can we assume he would have eaten these during his 3 years of fasting?
 - It sounds like Daniel was a vegetarian for at least 3 years. But he could have been a Lacto-Vegetarian which is a nutritious diet. Remember the scriptures say that the promised land is a land of milk and honey. Word or phrase: "milk and honey" [Exo 3:8; Exo 3:17; Exo 13:5; Exo 33:1; Exo

33:3; Lev 20:24; Num 13:27; Num 14:8; Num 16:13; Num 16:14; Deu 6:3; Deu 11:9 Deu 26:9; Deu 26:15; Deu 27:3; Deu 31:20; Josh 5:6; Jer 11:5; Jer 32:22; Ezek 20:6; Ezek 20:15]

IMPORTANT THING TO LEARN: Peggy Feagins edited for me and she pointed up a misconception of mine. I thought Daniel only fasted on water and pulses for 10 days. She suggested I read Dan 1:5-21, indicating that Daniel fasted on pulses and water for 3 years. I couldn't believe that because I have read that chapter many times and I was sure it didn't say that. But, sure enough, Peggy was right. **UNDERSTAND-** we all have misconceptions. Only Christ didn't... the rest of us do, so we need to always be looking for our misconceptions. When someone points up that our understanding is not right, don't search for things that prove your concept right, study anything you can find on the subject **LOOKING FOR GOD'S TRUTH**, pray and fast that God will lead you to the truth and give you the burning of the bosom when you find the 100% truth understanding.

It is interesting that when I came to understand of the truth about Daniel's fasting for 3 years, I immediately wondered, "Does pulse include grains like wheat and rye etc.?" So I looked up the definition of pulses and sure enough it includes 'flour.' Then I wondered if, maybe he was eating Ezekiel's bread, which was sufficiently nutritious to keep Ezekiel alive for 390 days. **"Take thou also unto thee wheat, and barley, and beans, and lentils, and millet, and fitches, and put them in one vessel, and make thee bread thereof..."[Eze 4:9]** This recipe was a part of a prophecy given to Ezekiel, so it is actually **GOD'S BREAD RECIPE**.

So I look to see when they both lived. Come to find out Daniel went into Babylonian captivity in the 3rd year of captivity, but Ezekiel didn't get there until about 25 to 30 years later. I always try to see those in the scriptures as ordinary people reacting with ordinary people. For example when Ezekiel arrived he would have heard about the great prophet Daniel and would have wanted to meet him and probably prayed asking God to let him meet Daniel. Since they were both very spiritual men, if and when they did get together they would have discussed spiritual things and told each other their best testimonies. I'd guess Daniel would have told Ezekiel about how he and his 3 friends didn't eat the non-kosher foods and how they were smarter and wiser than the rest of the Israelites. Can you just hear young Ezekiel asking questions about that 3 year fast? Can't you hear Daniel telling him how he is still eating a lot like that years later because the king's food was still non-kosher etc. Could Daniel also have received a similar recipe for bread from the Lord?

This is all speculation, we have no evidence of it, but it is interesting to consider. But I have found there are many hidden treasures of knowledge in the scriptures just waiting to be discovered. Maybe, just maybe somewhere in the books of Daniel and Ezekiel I will find some connection between Daniel's bread and Ezekiel's. I have asked God to show it to me if there is a connection, and I have found that God is very good at answering that sort of pray. Try it you will like it! I'm telling you all this because

1. You need to **ASK GOD LOTS OF QUESTION**, if you are going to 'see,' learn and find lots of answers in the scriptures.

2. ALWAYS look for misconceptions in your understanding and be willing to admit your understanding was wrong so you can weed ALL misconceptions out of your beliefs and teachings.
3. Ask God to have others show you your misconceptions so you can 'reason together' as to what is the truth. Don't always expect an instant answer like I found this time. There have been times that it has taken me 30 to understand my misconceptions. Keep looking, studying and asking God for answers.

The following is the recipe for Ezekiel Bread. Actually it is called GOD'S RECIPE BREAD. It is for 8 day supply.

2 1/2 c Hard red wheat
1 1/2 c Rye, whole grain
1/2 c. Barley, whole hulled
1/4 c. Millet, whole hulled
1/4 c. Lentils, green preferred
2 T. of each bean listed, great northern, pinto, red kidney.
Stir together well and grind in a flour mill. Make the flour the consistency of regular flour, NOT COURSE FLOUR. You can buy this flour at some health food stores. For example, Nature's Pantry in Independence has it.

To make the bread, measure into a small mixing bowl

2 C. lukewarm water
Add and stir until dissolved
2 tsp. honey
2 T Red Star yeast or 4 T other brand of dry active yeast.
Set aside and let the yeast grow for 3-5 minutes.

In a large bowl combine

All the flour
2 tsp sea salt
Stir and add:
1/2 c oil [for a richer bread you can add 1c oil. The oil Ezekiel would have used would be extra virgin olive oil]
1 to 1 1/2 c honey [add honey to taste, some people like sweet bread others don't]
2 c room temperature water
Add the yeast mixture

Stir until well mixed. You can add more water if necessary [about 1/2 to 1 c more until you have the consistency of a drop cookie dough.] CAREFUL TOO MUCH WATER REQUIRES LONGER BAKING TIME but TOO LITTLE WATER RESULTS IN DRIER BREAD.

Spread the dough out evenly on an oiled 9 x13x 2" pan.

Let it rise 1 hour in a warm place

Bake at 350 deg. oven for 30 minutes. Cut into 8 pieces, eat one per day.