

## Breakfast – The Importance of Eating / Not Skipping

**2 Chronicles 20:20** – “...Believe in the LORD your God, so shall ye be established; believe his prophets, so shall ye prosper.” Men may get up scheme after scheme, and the enemy will seek to seduce souls from the truth, but all who believe that the Lord has spoken through Sister White, and has given her a message, will be safe from the many delusions that will come in these last days.” {MR760 23.1}

One of the delusions of the last days is the practice of skipping breakfast.

What does the bible, spirit of prophesy and medical science all have to say about breakfast?

### **BIBLE:**

Jesus showed the importance of eating breakfast...

**John 21:4-6** – But when the **MORNING WAS NOW COME**, Jesus stood on the shore: but the disciples knew not that it was Jesus. Then **JESUS SAITH UNTO THEM**, Children, **HAVE YE ANY MEAT (FOOD)?** **THEY ANSWERED HIM NO**, And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes.

**John 21:9-10** – As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread. Jesus saith unto them, Bring of the fish which ye have now caught.

**John 21:12** – **JESUS SAITH UNTO THEM, COME AND DINE**

**DINE = #709** in the Greek section of the Concordance... = aristao (ar-is-tah-o); from

**#712 to take principal meal-dine.**

**#712 = ariston (ar-is-ton)**

### **SOP:**

**THE BEST MEAL/BREAKFAST**

**SKIPPING BREAKFAST IS CONSIDERED A BAD HABIT:**

“It is the custom and order of society to take a slight breakfast. But this is not the best way to treat the stomach....the habit of eating a sparing breakfast and a large dinner is wrong.” {CD 173.2}

**TO BE THE HEARTIEST MEAL OF THE DAY:**

“At breakfast time the stomach is in a better condition to take care of more food than at the second or third meal of the day...make your breakfast correspond more nearly to the heartiest meal of the day.” {CD 173.2}

**NOT TO PATTERN AFTER STEREOTYPED BREAKFAST:**

“You will see, as we have in our experience, the stereotyped breakfast, -- PORRIDGE, as it is called, -- we call it mush, baker's bread, and some kind of sauce...Now those after eating in this kind of way for months, knowing what will appear before them at every meal, come to dread the hour which should be interesting to them, as the dreaded period of the day...Give me an experienced cook, who has some inventive powers, to prepare simple dishes healthfully, and that will not disgust the appetite...” {CD 259.4}

**Note:** This would also include not having a liquid diet for breakfast as well such as a shake, smoothie, or blended drink.

“You have educated the stomach to this kind of diet. This, your judgment has taught you, was the best, because you realized the least disturbance from it. But this was not a correct experience. Your stomach was

not receiving that vigor that it should from your food. Taken in a liquid state, your food would not give healthful vigor or tone to the system...you should educate your stomach to bear a more solid diet." {CD 105.1}

**Note:** Eating solid foods in the morning promote peristalsis which leads to a great movement of the bowels.

"Not to eat bread only as a meal and drink coffee: "...living principally on... Coffee and bread was not health reform..." {CD 105}

### WHY MOST PEOPLE SKIP:

"As a result of eating late suppers, the digestive process is continued through the sleeping hours. But though the stomach works constantly, its work is not properly accomplished. The sleep is often disturbed with unpleasant dreams, and in the morning the person awakes unrefreshed and with little relish for breakfast. When we lie down to rest, the stomach should have its work all done, that it, as well as the other organs of the body, may enjoy rest. For persons of sedentary habits, late suppers are particularly harmful. With them the disturbance created is often the beginning of disease that ends in death." {MH303.3}

### MEDICAL SCIENCE:

#### Something To Keep In Mind When Reading Any Medical Science Information:

"Our workers should use their knowledge of the laws of life and **HEALTH**. They should study from cause to effect. Read the best authors on these subjects, and obey religiously that which your reason tells you is truth..." {CH 566.3}

In other words, if you have a good Medical Science article about good foods for the brain and it lists blueberries, grains, nuts, fish, etc. We know according to the SOP, we are not to eat fish. So disregard the section about fish, but glean all the other information that you know to be true.

### THE DANGERS OF SKIPPING BREAKFAST:

- Eat Later In The Day
- Exercise Less
- Fatigue
- Fuzzy Thinking
- Headaches
- Heart Problems
- High Cholesterol
- Increase Alcohol Consumption
- Increase Smoking
- Increases Chances For Tooth Decay In Children
- Increases Stress Levels
- Lack Of Memory Recall
- Low Blood Sugar
- Nutritional Shortcomings
- Obesity/Weight Gain

<http://www.bestofhealth.com/np/Previous/Sep03/breakfst.html>

[http://www.indiadiets.com/Health\\_flash/News%20details/skipping\\_breakfast.htm](http://www.indiadiets.com/Health_flash/News%20details/skipping_breakfast.htm)

<http://www.sciencedaily.com/releases/2004/01/040115080612.htm>

<http://www.naturalnews.com/004771.html>

<http://www.medicalnewstoday.com/articles/4004.php>

#### **THE BENEFITS OF EATING A HEALTHY BREAKFAST:**

- Alert
- Blood Sugar Levels Balanced
- Cholesterol Levels Are Lowered
- Class Performance And Taking Tests Are Improved
- Creativity is Increased
- Energy is Increased
- Hand-Eye Coordination Is Better
- Memory Concentration Improved
- Physical Activity is Increased
- Problem Solving Skills Are Better
- Productivity is Increased
- Stress Levels Decreased
- Weight Loss Aided

<http://www.webmd.com/diet/features/many-benefits-breakfast>

<http://www.mayoclinic.com/health/food-and-nutrition/NU00197>

**A nutritional breakfast should always consist of complex carbohydrates, proteins, and fats.** Some quick and healthy breakfast ideas include:

- \* Oatmeal with fresh fruit and whole-grain toast
- \* Whole grain waffles or pancakes
- \* Cold cereal that is high in fiber and low in sugar with some type of nut, seed, or grain milk, and fresh berries
- \* Whole-grain toast with peanut butter and a piece of fresh fruit

Choose your breakfast recipes such that they focus on a blend of protein and carbohydrates. Hearty carbohydrates will give that boost of energy to jumpstart your day. A mix of protein will be the staying power to keep your body going strong over the next three to four hours until lunch.

**Note:** Be sure to have grain, nuts and/or seeds and fruit for every breakfast...

**Grains** – Whole grain pancakes, waffles, French Toast, whole grain bread and/or muffins, granola, brown rice pudding, muesli, hot cereal like oatmeal, or Wheatena.

**Protein/Nuts** – Almonds, cashews, peanuts, peanut butter (1 T.), scrambled tofu, tofu omelets, be sure to have only ¼ c. of nuts or one closed fistful without any seeping out the sides.

**Seeds** – Sesame, pumpkin, sunflower, flaxseed (unroasted, unsalted...be sure it's RAW)

**Fruit** – Eat at least 3 fruit. Try to have at least one citrus.

**\*\*\*NO FRIED POTATOES per Medical Science and per SOP.** (CD 323)

### THINGS TO KEEP IN MIND:

Large population studies show that **those who eat breakfast daily live longer** than those who tend to skip breakfast.

**Eating Regular Meals** – especially **BREAKFAST** – every day is a good health habit.

**Breakfast kick-starts your metabolism, provides fuel for your mind, and cuts down on mid-morning snacking.** Most snack foods are high in calories, fat, sugar, and salt, and low in nutrients. This is probably one reason why breakfast skippers tend to weigh more.

“Some people skip breakfast in an effort to lose weight, but **the practice is more likely to cause weight gain than weight loss.** Skipping breakfast is strongly linked to the development of obesity. Studies show that overweight and obese children, adolescents, and adults are less likely to break the fast each morning than their thinner counterparts.” (Web MD)

“...The time of ignorance God winked at, but as fast as light shines upon us, **He requires us to change our health-destroying habits,** and place ourselves in a right relation to physical laws.” {CD 19.3}

### SOP ABBREVIATIONS:

**MR** = Ministry of Healing

**CD** = Counsels on Diets and Foods

**MH** = Ministry of Healing

**CH** = Counsels on Health

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/breakfast-importance-of-eating-not.html>