

Our Daily Bread

- Is high in dietary fiber, starch, essential fats, antioxidants, vitamins, minerals, lignans, and phenolic compounds
- **Reduces** the risk of coronary **heart disease** and **constipation** (by 25-36%)
- Can help with **weight management** (3 oz.)
- Risk of **diabetes** Type II drops 21-27%
- **Stroke** risk drops by 37%
- Reduces **cholesterol** levels
- Reduces risk of **asthma**
- Reduces the risk of **cancer**

"Bread is the real staff of life..." {CD 315.3}

BREAD WAS THE STAFF OF LIFE IN BIBLE TIMES:

Adam – "In the sweat of thy face shalt thou **eat bread...**" (Genesis 3:19)

Abraham – "And Abraham rose up early in the morning, and **TOOK BREAD**, and a bottle of water, and gave it unto Hagar, putting it on her shoulder, and the child, and sent her away: and she departed, and wandered in the wilderness of Beersheba." (Genesis 21:14)

Jacob & Esau – "Then **Jacob gave Esau bread** and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright." (Genesis 25:34)

Days of Moses & The Children of Israel – "Then said the LORD unto Moses, Behold, **I will rain bread from heaven for you;** and the people shall go out and gather a certain rate EVERY DAY..." (Exodus 16:4)

Days of Christ – "And He commanded the multitude to sit down on the grass, and took the **FIVE LOAVES**, and the two fishes, and looking up to heaven, he blessed, and brake, and **gave the loaves to his disciples**, and the disciples to the multitude. And **they did all eat**, and were filled: and they took up of the fragments that remained twelve baskets full." (Matthew 6:11)

Days of Disciples – "And they, continuing DAILY with one accord in the temple, and **breaking bread from house to house**, did eat their meat with gladness and singleness of heart." (Acts 2:46)

IT IS ESSENTIAL FOR GOOD HEALTH:

"There are very many girls who have married and have families who have but little practical knowledge of the duties devolving upon a wife and mother. They can read, and play upon an instrument of music; but they cannot cook. They cannot make **good bread, which is very essential to health of the family...**" {3T 156.2}

ENCOURAGE THE EATING OF IT:

"Encourage the eating of fruit and vegetables and **BREAD."** {CD 314.5}

SHOULD BE EATEN DAILY:

"Give us this day our daily bread." (Matthew 6:11)

SHOULD BE A SACRED DUTY TO LEARN HOW TO MAKE:

"It is a sacred duty for those who cook to learn how to prepare healthful food. Many souls are lost as the result of poor cookery. It takes thought and care to make good bread; but there is more religion in a loaf of good bread than many think..." {MH 302.3}

MOTHERS ARE TO TEACH DAUGHTERS AT VERY YOUNG AGE:

"It is a religious duty for every Christian girl and woman to learn at once to make GOOD, SWEET, LIGHT BREAD from unbolted wheat flour. Mothers should take their daughters into the kitchen with them when very young, and teach them the art of cooking." {CD 316.1}

"Bread is the real staff of life, and therefore, every cook should excel in making it." {CD 315.3}

INSTRUCTION NEEDED ON HOW TO MAKE GOOD BREAD:

"We need a genuine education in the art of cooking. . . . Form classes where you may teach the people how to make good bread..." MS. 150, 1905. {MM 267.5}

SOME EDUCATIONAL PRINCIPLES REGARDING GOOD BREAD MAKING:

1. TO BE LIGHT AND DRY: "Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry..." {CD 315.3}

2. TO BE LIGHT AND SWEET: "Bread should be light and sweet. Not the least taint of sourness should be tolerated. The loaves should be small, and so thoroughly baked that, as far as possible, the yeast germs shall be destroyed..." {CD 316.4}

HEAVY BREAD BREAKS DOWN ORGANS – "heavy, clammy bread are breaking down the digestive organs of tens of thousands." {CD 343.3}"

3. SHOULD BE AT LEAST 2 OR 3 DAYS OLD:

"Bread which is two or three days old is more healthful than new bread. Bread dried in the oven is one of the most wholesome articles of diet." {CD 317.2}

4. WHOLE WHEAT IS BEST:

"For use in breadmaking, the superfine white flour is not the best. Its use is neither healthful nor economical. Fine flour bread is lacking in nutritive elements to be found in bread made from the whole wheat. It is a frequent cause of constipation and other unhealthful conditions." {MH 300.3}

"It is a religious duty for every Christian girl and woman to learn at once to make good, sweet, light bread from unbolted wheat flour." {CD 316.1}

5. WHEAT GRAIN BREAD NOT TO BE EATEN DAY AFTER DAY...SHOULD BE A MIXTURE OF GRAINS WHEN MAKING:

"All wheat flour is not best for a continuous diet. A mixture of wheat, oatmeal, and rye would be more nutritious than the wheat with the nutrifying properties separated from it." {CD 321.1}

6. NO BAKING SODA OR POWDER IS TO BE USED:

"The use of soda or baking powder in breadmaking is harmful and unnecessary. Soda causes inflammation of the stomach and often poisons the entire system..." {MH 300.4}

7. USE WATER INSTEAD OF MILK (soy or nut) WHEN MAKING:

"In the making of raised or yeast bread, milk should not be used in place of water. The use of milk is an additional expense, and it makes the bread much less wholesome..." {MH 301.1}

8. SHOULD BE THOROUGHLY BAKED INSIDE AND OUT:

"Let ordinary raised bread be cut in slices and dried in a warm oven till the last trace of moisture disappears. Then let it be browned slightly all the way through. In a dry place this bread can be kept much longer than ordinary bread, and, if reheated before using, it will be as fresh as when new." {MH 301.3}

9. SHOULD BE MADE WITHOUT VINEGAR:

"They are not educated in regard to the injurious effects of meat eating and of using sugar and vinegar, tea and coffee..." {20MR 2.4} (Much of the bread today is made with vinegar...be sure to read all labels, even bread labels).

10. MAY USE YEAST:

"In the making of raised or yeast bread, milk should not be used in place of water..." {MH 301.1}

BREAD WILL BE GIVEN TO GOD'S PEOPLE DURING THE GREAT "TIME OF TROUBLE"

"He shall dwell on high: his place of defense shall be the munitions of rocks: bread shall be given him; his waters shall be sure." (Isaiah 33:16)

"THE LORD HAS SHOWN ME REPEATEDLY THAT IT IS CONTRARY TO MAKE ANY PROVISIONS FOR OUR TEMPORAL WANTS IN THE TIME OF TROUBLE. I saw that if the saints had food laid up by them or in the field in the time of trouble, when sword, famine, and pestilence are in the land, it would be taken from them by violent hands and strangers would reap their fields. Then will be the time for us to trust wholly in God, and he will sustain us. I saw that our bread and water will be sure at that time, and that we shall not lack or suffer hunger; for God is able to spread a table for us in the wilderness. If necessary He would send ravens to feed us, as He did to feed Elijah, OR **RAIN MANNA FROM HEAVEN**, as He did for the Israelites." {EW 56.2}

LINKS ABOUT THE IMPORTANCE OF WHOLE GRAIN BREAD:

<http://www.greatharvest.com/bread/benefits.html>

<http://dailyabtips.com/whole-grain-bread/>

SOP ABBREVIATIONS:

3T = Testimonies for the Church, Volume 3

MH = Ministry of Healing

CD = Counsels on Diets and Foods

MM = Medical Ministry

EW = Early Writings

Link to my blog:

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/our-daily-bread.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/12/our-daily-bread.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/our-daily-bread.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/our-daily-bread.html>