



Shifting Sands or Changing Paradigms?

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I love research. I love truth and I get excited when I discover new and better ways of doing things or accomplishing those things for which God has called me.

Equally as much, I cannot tolerate being deceived, and I find more and more as the “grey hairs of wisdom” work their way onto my head that the world out there will lie, cheat, and rob you blind if you are not wise.

Our Savior said that if you build your house on sandy ground, when the earth shakes and the waves come, your foundation will easily slip out from under you and down your house will come. What He meant was that when you do not establish your life firmly in the truth, the world around you will eventually crash.

In Acts 17, after Paul ministered in the synagogue in Berea, the Scriptures report that the Bereans were more “fair-minded” than those in Thessalonica because, “...they received the word with all readiness, and searched the Scriptures daily to find out whether these things were so.” Some versions say “more noble”, “better disposed”, “more honorable”, or “more worthy”. Why were the Bereans complimented in such a way? Because God is no respecter of men. It was their humble search for truth that made them “fair-minded”.

We find one of Jesus’ most famous teachings in Matthew chapter five. It’s the Sermon on the Mount, and in it He lays out the foundation for His public ministry. He is *The Master* and, as such, He mastered the shifting of paradigms. I say this because, as we strive to become more like Him in all our ways, we should not ignore the importance of this major aspect of His ministry.

Our nature is to settle into our comfortable and familiar ways of doing things, or even the comfort of our current world-view. Change is scary and requires some effort or expenditure of energy. The powerful momentum of the way we think or do things is not easy to alter, even if it is not working for us. We become victims of our own stagnant, cemented-in-stone beliefs and behaviors. Yet, here was Jesus, Master of all and Savior of the world with a message...

You have heard that it was said to those of old, “You shall not murder...” But I say to you that whoever is angry with his brother without a cause shall be in danger of the judgment.

You have heard that it was said to those of old, “You shall not commit adultery.” But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.

You have heard that it was said, “An eye for an eye and a tooth for a tooth.” But I tell you not to resist an evil person. But whoever slaps you on your right cheek, turn the other to him also. If anyone wants to sue you and take away your tunic, let him have your cloak also. And whoever compels you to go one mile, go with him two. Give to him who asks you, and from him who wants to borrow from you do not turn away.

You have heard that it was said, “You shall love your neighbor and hate your enemy.” But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

Here is the message:

This is what you used to believe, but I am telling you to think this way now...

This is the ultimate “paradigm shifting” message! He is not only saying that your old ways of thinking were limited, but you are actually commanded to change your perspective.

Paul teaches in Romans 12 for us to be “transformed by the renewing of our minds.” The word for “renewing” here is actually “metamorphosis”, which is the term used to describe what happens when a caterpillar becomes a butterfly, a complete transformation. This is what we are called to as Believers.

So, let’s go ahead and agree that we can and should apply this *metamorphosis*, this transformation, to all areas of our lives. None of your old life is sacred; it is all up for change. Until you became a Christian, you believed in the world’s systems, and in some ways you abandoned those systems after you came to the faith. Only you know what you’ve let go of with open hands and what you’ve been holding on to with a tight fist. No doubt that in some ways you are still yoked to your old mindsets, habits and beliefs. Why? Maybe you have just not recognized some of them yet, or possibly you are in rebellion. Either way, change is required.

When it comes to health, you cannot and should not trust in the modern healthcare (disease care) paradigm. Every week there is more and more evidence that the system is not just broken and failing, but that it was built on “sandy ground” in the first place. It is crashing down even as I write, and as a Believer you should not stay part of it. Regarding the integrity of medical research, it is continually being exposed that a large percentage of supposed “discoveries” and scientific “evidence” are absolutely fraudulent.

Dishonest scales are an abomination to the LORD, but a just weight is His delight says Proverbs 11:1. *A cunning Canaanite! Deceitful scales are in his hand; He loves to oppress* is the warning in Hosea 12:7. And you know who the Canaanites were? They were the pagan nation whom God told His people to overthrow and possess their land. Modern application: the liars who are ruling the world and oppressing you need to be removed and be replaced by His people, the seekers of truth who are nobler, better disposed, more honorable, and worthier.

Again in Matthew five, “You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

In the style of the Sermon on the Mount, I leave you with “The Be-Attitudes of Health”. Please use them to inspire you, provoke some thought, and add a wee *bit of humor* to a sobering reality.

The Be-Attitudes of Health

*Blessed are the Researchers,
For theirs will be the informed choice.*

*Blessed are the Open-Minded,
For theirs will be new possibilities.*

*Blessed are the Steadfast,
For they will have increased understanding.*

*Blessed are the Indignant,
For they will take action.*

*Blessed are the Inquisitive,
For they will get answers.*

*Blessed are the Skeptical,
For they will question motives.*

*Blessed are the Personally Responsible,
For they will not play victim.*

*Blessed are the Seekers of Truth,
For they will expose lies.*

*Blessed are the Pro-Active,
For they will be prepared.*

*Blessed are the Informed,
For they will inform others.*

*Blessed are those Willing to be Wrong,
For only then can they be right.*

*Blessed are those who Do Not Trust in Man,
For they must depend on God.*

Be a Health Berean!

When it comes to what the world is telling you, rise above it and be nobler, better disposed, more honorable, and worthier by searching to see if what you are hearing is true.

And with that, BE TRANSFORMED!



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The study of Natural Health and Hygiene has always been of keen interest to Jeff, and he has two decades of experience in helping patients through chiropractic care, proper nutrition, and detoxification. In 2000, Drs. Jeff and Andrea opened a private practice in South Florida, where they serve hundreds of patients seeking to improve their health by changing their lifestyles. They believe God to be the head of their business, and consider their clinic a ministry, as much as it is a practice.

Jeff also teaches on God's Word, has authored the book *The Heart of David: Building the Spiritual Temple* (Xulon Publishers).

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