

# YOU ARE WHAT YOU EAT

## Revelation Chapter 10

**Have you ever heard the saying “you are what you eat?” Is there scientific truth behind that?**

**If you live on a diet of hamburger and pizza your whole life, washed down with sugary sodas, then what is the result?** Weight gain, diabetes, heart disease, and generally feeling like a slug

**If you live on a diet of chicken and vegetables and drink plenty of water, what is the result?** Your healthy and your chances of developing life-threatening diseases is greatly reduced.

**Does “you are what you eat” apply to the things you put into your mind and spirit also?** The former CEO of Harley Davidson said “We don’t sell motorcycles. What we sell is the ability for a 43-year old accountant to drive thru a small town dressed in black leather and have people be afraid of him.” They are selling a lifestyle!

Peter Kraft said that advertising is the world’s oldest profession. It was invented by the devil in Eden: “See this apple? Eat it and you’ll be like God!”

**Is God concerned with what you put in your hearts and minds?** Paul wrote, “Do not be conformed to this world, but be transformed by the renewing of your mind.” **So how do you renew your mind and transform YOUR life?** By changing your spiritual diet!!

## THE APPEARANCE OF A STRONG ANGEL

In Chapter 10-15 we come to another long pause before the next series of judgements that begins in Chapter 16.

### Revelation 10:1-2

**Who is this mighty angel?**

- Some say Christ: Christ is sometimes called the “angel of the Lord” in the Bible
- Some say it is an angel as stated, and not Christ: Jesus is not a created being like the angels. He has charge over the angels. Scripture never mentions Christ coming midway through tribulation; only at the end in final victory

**What was this “little book”?** Most commentators agree it is the seven-sealed scroll that Jesus unrolled in Revelation 5. The scroll where all of these judgements have come from.

**Ultimately, what is the seven-sealed scroll? The book of judgement? The book of punishment? What ultimately does this book lead to once all is said and done?** REDEMPTION OF GOD’S PEOPLE. This is the book of Redemption! Remember when we talked about the Book of Redemption that the Israelites used to use? If they lost their land, they would seal up a scroll that contained how their land was lost, and how they can gain it back.

This seven seal scroll contains the terms by which the Lord was lost to Satan and sin, and also the terms by which Christ will reclaim the world for God.

**The angel stood on both sea and land. What was this representing?** All creation. This was a sign of possession. God owns the world but temporarily it had been taken over by sin and evil (satan), but now God is reclaiming it back through Christ.

## **JOHN FORBIDDEN TO WRITE FURTHER REVELATION**

### **Revelation 10:3-4**

**The angel cries out in a loud voice of seven thunders? John apparently heard a human voice voice in that thunder. Why didn't he write it down?** For whatever reason, the Lord did not want this message recorded. This remains a mystery to us. Could there possibly be other judgements that are not recorded in Revelation?

**Is God, Creator of the Universe, ever obligated to reveal all His plans to us? Does he require our permission?** The Bible clearly states that some things of God will remain a mystery to us, but He has revealed as much as we need to believe in Him, trust Him, and love Him and know He loves us. **Do you think we could even understand everything about God even if He tried to explain it?** The secret things belong to the Lord.

## **THE ANNOUNCEMENT OF THE STRONG ANGEL**

### **Revelation 10:5-7**

**What two things does the angel swear by the authority given to him from God?**

- There will be no more delay in delivering the judgements
- There will be no more time for unbelievers to repent

**What is the "mystery of God"?** A mystery is not a puzzle to be solved, but a truth about God and His ultimate purpose that was hidden but will be revealed. The mystery is the things that we've all wondered about but we're not in the position to know completely. "Why did God allow evil in the world? Why do some prayers go unanswered it seems? Why do catastrophes happen? When Christ returns, we will all see how God "causes all good things to work together for good" Romans 8:28. When that happens, we can say "The mystery of God is finished" and see how the very beginning and very end of history is all under God's sovereign plan.

### **Revelation 10:8-11**

**Why is John instructed to take the little book and eat it? Did he actually eat it? Is this figurative language?** Some say the little book contained the revelation that John was told not to write down, others think it contains the remaining judgements to come, but either way, it contained judgements because of its bitterness.

**Whether John “ate” the little book literally or figuratively, what lesson can be drawn from this? How is God’s Word both bitter and sweet in terms of its AUDIENCE?**

- To Unbelievers: This news, that all will one day believe, is bitter news. Jesus is coming back to judge the unrighteous, only judgement and eternal separation in hell remain for the unsaved, etc.
- To Believers: This is good news, that God’s sovereign plan (even after things that may be unpleasant) will reign and believers will be rewarded a home in the new heaven on earth for eternity, void of sin, death, and pains.

**Will you EAT THE WORD OF GOD too? YOU ARE WHAT YOU EAT!!!**