



DID YOU KNOW?

The studies being conducted on the health patterns of black SDAs by Loma Linda University School of Public Health reveal the following:

FACT The health habits of Black SDAs were better than Black Americans in general. Black SDAs slept more, watched less TV, consumed less saturated fat, ate more fruit and vegetables, and ate more foods with a low glycemic index (i.e., beans, legumes, and nuts).

FACT Black SDAs had significantly lower prevalence of major cardiovascular disease (CVD) risk factors than non-vegetarian Black SDAs.

LESSON 1 JANUARY 28-FEBRUARY 3

One Blood All Nations

READ FOR THIS WEEK'S STUDY:

Acts 17:16-38; Genesis 16:1-15; Genesis 2:8-14; Genesis 12:1-9; Hebrews 11:24; Exodus 2:1-3:22; Numbers 12:1-15; Luke 3:23-28; Genesis 14:18-20; Acts 13:1-3.

MEMORY TEXT:

"And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their pre-appointed times and the boundaries of their dwellings."

ACTS 17:26 (NKJV)

How did the Bible with such deep historical and religious African roots come to have such little cultural connection with Africa and its descendants? When one sheds the lens of those who have mistakenly ignored these aspects of biblical culture and history, it is impossible to separate the sacred book from its African setting. As the late Cain Hope Felder highlights in the carefully researched Original African Heritage Study Bible, although Europeans appear much later in the Bible history, the earliest people of the Bible could have been considered "Black" by modern Western racial classification (Winston Derek Publishers, 1993).

Scripture highlights the "ruddy" Adam and scores of Ham's descendants, including Melchizedek the Canaanite and Hagar the Egyptian who, along with fellow Hamites Rahab, Tamar, and Bathsheba, are listed among the significant ancestors of Jesus. The biblical narrative also describes Moses passing as an Egyptian prince along with his Ethiopian wife whose pedigree triggered the envy of his siblings. Other Ethiopians are featured among the earliest believers in Jesus, the Messiah. Further, we must note that North Africans like Lucius of Cyrene were among the elders who ordained Paul and Barnabas (Acts 13:1-3). As revealed in *The Blessing of Africa* (Keith Burton, IVP Academic, 2007), from Genesis to the middle of Acts, the African-Hamitic presence dominates the flow of Bible history.

It is only in Acts and the consequent missionary work of Paul that Europe was significantly introduced into the biblical narrative.

This week's lesson takes a brief peek into the true bloodline of humanity—a mixed bloodline flowing out of biblical Africa and lost in the fog of European expansionism and colonialism. As we reclaim the bloodline in its biblical historical reality, we effectively break down a segment of the wall of partition that characterizes a protracted and racialized Christian cold war in which the Bible has served as a primary weapon against Black people.