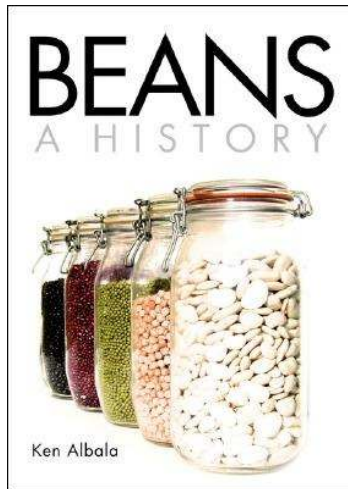


The Humble Bean
Joseph Herrin (05-16-2012)



I enjoy studying a wide array of subject matter. I have found that Yahweh speaks through so many diverse things in His creation. There is understanding to be gained in everything around us. When Yahweh recently began speaking to me about eating legumes as a source of protein and nutrition I decided to learn more about the humble bean. The book pictured above is one source of information I have looked to as I have delved into this topic.

The Lord's direction for me to eat more beans strikes directly at the issue of bodily appetites. The Father was directing me to replace less healthy but physically appealing foods in my diet with that which is generally considered by a great many people to be a less appealing food. The lack of appeal in eating beans has nothing to do with their nutritive value, for they are a veritable storehouse of healthy nutrients. Rather, they are eschewed because they are so common and they lack the excitement of meats, pastries, and many highly refined and strikingly flavored foods. Go to any school today and give the students a choice between eating a slice of pizza or a bowl of beans and there will be no contest.

For some time the Spirit has been impressing upon me that it is the Father's will that I choose what my body needs, rather than what my body wants. This brings into play the great struggle between the passions and desires of the flesh and the rule of the spirit.

Galatians 5:17, 24

For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please... Now those who belong to Christ Yahshua have crucified the flesh with its passions and desires.

Ruling over our bodily appetites provides one of the greatest opportunities for a Christian to exercise that new creature in Christ that has been formed by the new birth. When a person is "born again," a new life begins. This new life must be fed, nurtured, and exercised. This new creation very much mirrors the life cycle of the caterpillar/butterfly.

The caterpillar has been referred to as "the stomach with legs." Caterpillars live to eat. In

a few weeks time they multiply their weight many times over. The caterpillar's existence is dominated by a drive to eat as much as possible in a short span of time. After a period of conspicuous gluttony, the caterpillar will build a cocoon around itself and enter a time of transition. Its body liquefies, then the miracle of metamorphosis occurs. An entirely new creature takes shape. The earthbound caterpillar transforms into a creature of flight. Wings are formed, the body takes a new shape. The very mind of the creature is refashioned.

Caterpillars know nothing about flying. If they try to launch themselves from the top of a tree in which they have been munching on leaves they will assuredly have a hard landing. Yet to a butterfly, flying is its nature. A butterfly also has different appetites from its former incarnation. Butterflies sip on the nectar of flowers. They use their long proboscis to "probe" deep into the heart of a flower to draw forth its nectar. Caterpillars have no appetite for nectar. They want only an abundance of leaves and other vegetation, which they proceed to strip bare in a very destructive manner.

A caterpillar must surrender its old life, its former appetites, its entire manner of living, in order to become a heavenly creature. So too must man experience an alteration from all that was common in his natural life if he is to become a son of the Most High. We cannot remain fleshly men and be spiritual men at the same time anymore than an insect can be both a caterpillar and butterfly at once. One has to die that the other might live.

I have been writing lately about a wilderness experience appointed to the people of God. When the Israelites departed Egypt, symbolic of the world, Yahweh immediately changed their diet. Even before they left on the night of the first Passover, they were instructed a week prior to remove all leaven from their households. When they entered into the wilderness Yahweh fed them on that which humans had never seen before. The very name manna means "what is it?" Can you imagine a caterpillar being set before a plate of nectar. Surely, he would have a similar response.

Yahweh has demonstrated through the Exodus that when men are delivered from death by the blood of the Lamb, they are to begin to act as entirely new creatures. Indeed, all those born of the Spirit of Christ are new.

II Corinthians 5:17

Therefore if anyone is in Christ, he is a new creature; old things have passed away; behold, new things have come.

Christ demonstrated what a spiritual man looks like, acts like, and thinks like. His very first act after being baptized by the Holy Spirit in the Jordan involved His physical appetite. Like the caterpillar in the cocoon, Christ did not eat. For forty days and nights Yahshua ate nothing. He was demonstrating that His body's physical appetites were held in abeyance to the spiritual part of His being. The spiritual man feasts on doing the will of the Father.

Matthew 4:2-4

And when He had fasted forty days and forty nights, afterward He was hungry. Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." But He answered and said, "It is written, 'Man shall not live by bread alone,

but by every word that proceeds from the mouth of God."

John 4:34-35

Yahshua said to them, "My food is to do the will of Him who sent Me, and to finish His work."

Yahweh will often give His sons and daughters opportunity to decrease as natural men and women while increasing as spiritual by laying some obedience upon them in the area of their appetites. This is certainly what He is doing in my life by instructing me to give my body what it needs rather than what it craves. I must subdue my body and keep it under subjection. It is required of me that the spiritual part of me rule over the physical. There is no other way for me to obey God.

The flesh and spirit are truly at enmity with one another. Yahweh has designed it to be so. If a spiritual creature is to emerge there must be struggle. The struggle is necessary to enter into divine life. Even as a butterfly in all of its newborn frailty and weakness must struggle to free itself from the confines of the cocoon, so too must man strive to break free of the flesh. If someone "helps" the struggling butterfly by loosing it from the cocoon, the butterfly will die. The struggle, as brutal as it may seem, is necessary for its development. It causes the life blood to flow through its being even as those who exercise themselves spiritually find the life of Christ coursing through them.



Butterfly Emerging

Yahweh is using the area of my appetite for food to stimulate me to grow spiritually, to exercise the spirit man. He has particularly instructed me to eat more beans. This seems like such an odd thing for Yahweh to speak to one of His children, yet His ways are not man's ways. Spiritual growth can come to us in the most common experiences.

I was amazed to find the following statement in the book on beans that is pictured at the head of this post.

Beans also have a unique and fascinating flower structure. Apart from the delicate range of hues and subtle fragrance, each flower has two little wings, hence the archaic family name Papilionaceae - or butterfly-like.

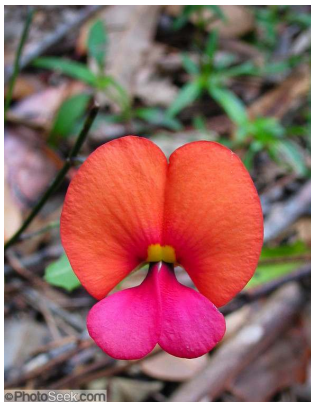
Following are some pictures of bean flowers, revealing their butterfly-like appearance.



Snow Pea Flower



A Bean Flower



Another Pea Flower



Bean Flower



Another Bean Flower

It is not hard to see how men perceived a butterfly when looking at the flowers of the lowly bean. The description of these flowers could well describe a butterfly's wings: *"the delicate range of hues... two little wings."*

It seems not coincidental that the bean is associated with humility, and yet its flowers resemble that transformed life evinced by the butterfly. The path to transformation into spiritual beings is a humble one. We must decrease that Christ might increase.

Was not the life of Christ a lowly one? He was not born in a palace. There was not even room for Him in the inn. His ministry years were those of a vagrant, a wanderer without

home or possessions. He was found among the drunkards, the prostitutes, the outcasts of society. It was the sick who needed a physician. He was crucified between two thieves. Yet He now abides in the heavens. He is seated in glory. We too must abide a lowly road if we are to ascend.

Recently I purchased a couple more books. They are focused on cooking with beans. One of the books is titled *Country Beans* by Rita Bingham. The book focuses on an oft neglected use of beans. It contains instructions and recipes for grinding beans into flour and using bean flour in cooking. There are recipes for various types of bean breads, for using bean flour as a base for soups and for gravies. There are even recipes for desserts using bean flour.

Bean flour/Bean flower - You are what you eat.

To be transformed into heavenly creatures of beauty we must feed on those things the Father directs us to eat, whether physical foods, the foods we feed our minds, or those spiritual foods that only spiritual men and women can partake of. We must exercise the spiritual creature in order to do the will of the Father. His instructions to us will often appear very humble. Our flesh may despise the Father's directions, but those who are spiritual will see the beauty and wisdom of doing the will of Yahweh.

The Humble Bean - Part 2 Joseph Herrin (05-17-2012)



Makings of a Good Meal

I want to share some more of my recent meditations upon the humble bean and what we can learn by it. The book *Beans - A History* by Ken Albala reveals clearly how beans have throughout history been considered the food of the poor, of laborers and rustics. Following are a few quotations from this book.

Beans are not enthusiastically embraced by everyone though, and they are often deeply charged with social and ethnic bias. More than any other food, beans have been associated with poverty. There are simple economic reasons why this is so. In any culture where a proportion of people can obtain protein from animal sources, beans will be reviled as food fit only for peasants. Beans are indeed a cheap and economically efficient way to meet nutritional requirements, and for this reason, regions with a high population density or sparse grazing land came to depend upon beans. In many places, China and India in particular, beans retain a central role in the diet to this day. But in Europe, and the so-called developed nations, only those people who could not afford meat depended on beans. Thus beans became a marker of class, the quintessential peasant food or "poor man's meat..."

*A common saying was "he became rich and suddenly he no longer likes lentils." The proverb suggests that it is particularly those who fear being mistaken for a member of the common rabble that would try to cast off the most obvious signs of their origins... In the 1911 edition of the Encyclopedia Britannica we are told "Lentils are more properly the food of the poor in all countries where they are grown, and have often been spurned when better food could be obtained, hence the proverb *Dives factus jam desiit gaudere lente.*" This is merely the Latin version of the proverb cited above. That is, the social stigma against lentils, as we shall see with most beans, remains firmly in place from the time of the ancient Greeks up to the twentieth century.*

Despite this proud bias against the humble bean, there are few foods that are a better hedge against starvation in times of famine. The same book contains the following words:

Beans are practically indestructible if thoroughly dried and well stored and thus have proved critical insurance against times of famine and dearth...

Gervase Markham in his A Way to Get Wealth explains not only how to plant them, but also how they should be dried. When one is compelled to harvest early, beans must be kiln-dried, after which they will remain sound for "the space of many years, without turning or rolling: nor need you to respect how thick the heap lie, since beans after they are once dried in the Kilne, or in the Sun, never after will thaw, give again, or relent, but remain firm in their soundness." Those you intend to feed your servants can just be kept in barrels, up to twenty years, he claims, and he has even heard of beans last 120 years this way. His comments about servants are revealing, but so too is the idea that this is the one food that can withstand time and ostensibly feed people in a time of want.

Dried beans are not only a good source of nutrition in times of famine, but they make a good portable food. Beans were a staple food of the pioneers and explorers.

In the mid-nineteenth century beans were also considered one of the ideal foods to take on long cross-country journeys, the ideal pioneer food because of their durability. Indeed, Lewis and Clark in their first foray across the continent early in the century brought with them 100 pounds of beans from St. Louis. Later they traded for more beans among the native tribes, and they ate beans along with buffalo. Later the migrants would give beans the nickname "prairie strawberries..."

As I consider Yahweh's recent counsel to me to make beans a significant part of my diet and to store up beans at this time, I am reminded of that which the Father spoke to me in 2008 right after He directed me to leave my employment at the Macon Rescue Mission and return to a ministry of writing and teaching full-time. I spent some time seeking the Father to know specifically what He was calling me unto, and what the character of the ministry would be that He was directing me to. What He revealed to me I set forth in my very first blog posts on this website. You can read them still. In particular, I would draw your attention to those posts titled *Pioneers and Explorers to Serve as Guides (Parts 1 and 2)*.

<http://www.parablesblog.blogspot.com/2008/04/explorers-and-pioneers-to-serve-as.html>
http://www.parablesblog.blogspot.com/2008/04/explorers-and-pioneers-to-serve-as_21.html

The gist of these posts is that Yahweh has been leading a small number of His sons and daughters down wilderness paths, through many trials and afflictions whereby their flesh has been dealt with and reduced. This fiery path has been for their cleansing and perfecting, their maturing as spiritual men and women. These ones have gone before their brothers and sisters down this wilderness way much like Moses spent forty years in the wilderness being humbled by God BEFORE Yahweh appeared to him at the burning bush and commissioned him to lead a much larger group through a similar experience.

These forerunners have gone before their brothers and sisters in the same way that there were certain explorers and pioneers who went into wilderness and uncharted places before the great migrations that opened up the western portion of the American continent. These

pioneers and explorers were able to serve as guides to those who followed behind them. The value of a good guide could not be underestimated. It could literally mean the difference between life and death.

In a sense, Yahweh directing me to focus upon beans, and to recommend them to His people at this hour is a spiritual parable. Beans are humble fare. Those who follow Christ into a wilderness experience in the days which are close at hand must put on the garment of humility. Yahweh's remnant must be content with lesser things than they have been accustomed to. They must endure hardship, and manifest a heart of trust and thanksgiving for all the provision Yahweh sends forth, no matter how humble.

Those who are the most humble and content will find the wilderness easier to endure. Yahweh gives grace to the humble. A merry and thankful heart does good like a medicine, while a complaining spirit is like rottenness to the bones. Attitudes and expectations will make or break people in the days approaching. It is time to cast off the desire for ease that has encapsulated the church. A yearning for material comfort and prosperity must be laid aside. The disciples of Christ must discern the call and value of taking up the cross which He bore. He is the first pioneer. All who would arrive at the same destination must follow the path He trod.

I will close today's post with a recipe I recently came across. It is simple, inexpensive, nutritious, and delicious. I am cooking my second pot as I am writing this post. That which others despise as humble and fit only for those in poverty can actually be a hidden treasure. I will call this "Pioneer Soup." Its basic ingredients are lentils and rice. The seasoning may seem unusual, but they work great together. It is a real treat (at least to my taste buds.)

Place the following in a crock pot (a solar oven will also cook this excellently).

1 cup lentils
½ cup brown rice
¾ teaspoon salt
½ teaspoon cinnamon
1 Tablespoon cumin
5-6 cups chicken broth (or vegetable broth if you prefer)

In a skillet saute 1 medium sized onion until softened and translucent (not browned)
Add onion to crock pot

Cook until lentils are softened (several hours). You will know when it is done. Just try it.

The above is the recipe as I found it online. I prefer my food with a little heat, so I also added the following.

1-2 jalapenos chopped (add to onions when sauteing then put in crock pot)
½ teaspoon black pepper
½ teaspoon cayenne or chipotle chile powder