

## Lesson 20 – Healthy Living

- 1) What does God want us to do?

**3 John 2** “Beloved, I wish above all things that thou mayest \_\_\_\_\_ and be in \_\_\_\_\_, even as thy soul prospereth.”

NOTE: God wants us to prosper not only financially, but physically as well. He is very concerned about our health and He wants us to live healthy, abundant lives.

- 2) How are we to present ourselves to God?

**Romans 12:1-2** “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a \_\_\_\_\_, holy, acceptable unto God, *which is your reasonable service*. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

NOTE: God says that we should present ourselves as living sacrifices to Him. Living sacrifices are much more valuable than dead sacrifices. God wants us to live completely, wholly, entirely for Him. And when we do so, we will also be the happiest and will be living life to the fullest.

- 3) How does the Bible call our bodies?

**1 Corinthians 6:19-20** “What? know ye not that your body is \_\_\_\_\_ of the \_\_\_\_\_ *which is in you*, \_\_\_\_\_, and ye are \_\_\_\_\_? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”

NOTE: The Bible does not refer to our bodies, but it rather it refers to His bodies. The bodies that we have are not ours. They were bought by an infinite price. The blood of Jesus Christ claimed us, and because of that fact, we are admonished to glorify God.

- 4) How do we glorify God?

**1 Corinthians 10:31** “Whether therefore ye \_\_\_\_\_, or \_\_\_\_\_, or whatsoever ye do, do \_\_\_\_\_ to the \_\_\_\_\_ of \_\_\_\_\_.”

NOTE: If we can eat or drink to the glory of God, we can also not eat or drink to the glory of God. Let us first look at the drinking aspect.

- 5) How does the Bible describe wine?

**Proverbs 20:1** “Wine is a \_\_\_\_\_, strong drink is \_\_\_\_\_: and whosoever is \_\_\_\_\_ thereby is not \_\_\_\_\_.”

NOTE: Here wine is pictured as a mocker and a deceiver. It gives off the illusion that its use can be controlled. In the end it hunts its prey down and deceives them.

- 6) What does drinking wine bring with its consumption?

**Proverbs 23:29-32** “Who hath \_\_\_\_? who hath \_\_\_\_\_? who hath \_\_\_\_\_? who hath babbling? who hath \_\_\_\_\_? who hath \_\_\_\_\_ of eyes? They that tarry long at the wine; they that go to seek mixed wine. Look not thou upon the wine when it is red, when it giveth his colour in the cup, *when* it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.”

**Isaiah 5:11** “\_\_\_\_ unto them that rise up early in the morning, *that* they may follow strong drink; that continue until night, *till* wine inflame them!”

**Proverbs 4:17** “For they eat the bread of wickedness, and drink the \_\_\_\_\_ of \_\_\_\_\_.”

NOTE: No matter what Hollywood is telling you, alcoholic beverages do not bring happiness. They bring woe, sorrow and contention.

- 7) What was the original diet given to humanity?

**Genesis 1:29** “And God said, Behold, I have given you every \_\_\_\_\_ bearing \_\_\_\_\_, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding \_\_\_\_\_; to you it shall be for \_\_\_\_\_.”

NOTE: The original diet given to our first parents was a diet that did not contain meat. It was vegetarian. Today science is validating the original diet.

- 8) Did Noah make a distinction between the animals when He led them to the ark?

**Genesis 7:2** “Of every \_\_\_\_\_ beast thou shalt take to thee by \_\_\_\_\_, the male and his female: and of beasts that *are* not clean by \_\_\_\_\_, the male and his female.”

NOTE: Noah took the clean animals by sevens, and the unclean by twos. The reason he took the clean animals by sevens is obvious. These were the ones that could be eaten. This was actually the first time God gave man permission to eat meat. Up to this point man was a vegetarian. Because of the worldwide devastation due to the flood, man at this time was given permission to eat meat.

- 9) Where does the Bible explain which flesh foods are safe to eat?

**Leviticus 11:1-12** “And the LORD spake unto Moses and to Aaron, saying unto them, Speak unto the children of Israel, saying, These *are* the beasts which ye shall eat among all the beasts that *are* on the earth. Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat. Nevertheless these shall ye not eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the coney, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the hare, because he cheweth the cud, but divideth not the hoof; he *is* unclean unto you. And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he *is* unclean to you. Of their flesh shall ye not eat, and their carcass shall ye not touch; they *are* unclean to you. These shall ye eat of all that *are* in the waters: whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. And all that have not fins and scales in the seas, and in the rivers, of all that move in the waters, and of any living thing which *is* in the waters, they shall be an abomination unto you: They shall be even an abomination unto you; ye shall not eat of their flesh, but ye shall have their carcasses in abomination. Whatsoever hath no fins nor scales in the waters, that shall be an abomination unto you.”

NOTE: The land animals that have split hooves and chew their cud are clean. They are safe to eat, if you desire to eat meat. However, those that have split hooves and do not chew cud, these animals are unclean. The pig is a prime example. Pigs are scavengers and eat anything. God wants us to be in good health and so he admonishes us to stay away from animal flesh that would cause disease in man. In the water it is even simpler. The animals that have fins and scales are safe to eat. If they do not have both, they are unclean.

10) Are New Testament Christians free from these laws?

**Acts 10:9-16** “On the morrow, as they went on their journey, and drew nigh unto the city, Peter went up upon the housetop to pray about the sixth hour: And he became very hungry, and would have eaten: but while they made ready, he fell into a trance, And saw heaven opened, and a certain vessel descending unto him, as it had been a great sheet knit at the four corners, and let down to the earth: Wherein were all manner of fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And there came a voice to him, Rise, Peter; kill, and eat. But Peter said, Not so, Lord; for I have never eaten any thing that is \_\_\_\_\_ or \_\_\_\_\_. And the voice spake unto him again the second time, What God hath cleansed, *that* call not thou common. This was done thrice: and the vessel was received up again into heaven.”

NOTE: At first glance this seems to indicate that we can now eat anything that we want. But let's dig a little deeper to be sure that this is what God is saying.

Notice what Peter's response is to God. Peter said quite candidly, "I have never eaten any thing that is common or unclean." So Peter, up to this point, never ate anything that was common or unclean and this was well after Jesus died on the cross.

11) What was the entire point of the vision that God showed Peter?

**Acts 10:28 "And he said unto them, Ye know how that it is an unlawful thing for a man that is a Jew to keep company, or come unto one of another nation; but God hath shewed me that I should not call any \_\_\_\_\_ or \_\_\_\_\_."**

NOTE: Here is the point of the vision. The vision was not given to Peter so that he could eat anything that crawled across his plate. It was given to teach him a very important lesson. In this vision God breaks down the racial barrier. It shows that through the cross, all barriers between Jews and Gentiles were removed.

12) This is a hard teaching. Are you saying I have to give up my favorite foods?

**Philippians 4:13 "I can do \_\_\_\_\_ through Christ which \_\_\_\_\_ me."**

NOTE: Dear friend, this is not what I am saying, but this is what the Bible says. God does not ask us to give these things up because He is arbitrary. He wants us to be free from the diseases that plague our land. He wants us to have longer, fuller and happier lives. This is the reason why He asks us not to eat things that are harmful. Not only does He warn us about these harmful foods, but He also gives us the strength not to eat these things. If you struggle with any harmful habit, be rest assured that the power to overcome is not found in yourself. It is found in the power of Jesus Christ. If you want to be free and you seek the help that He has so graciously provided through prayer and the study of His Word, then even the most binding habit will disappear like the dew in the late morning sun.

IS IT YOUR DESIRE...

To live a fuller, healthier life by adhering to God's health principles? Yes or No