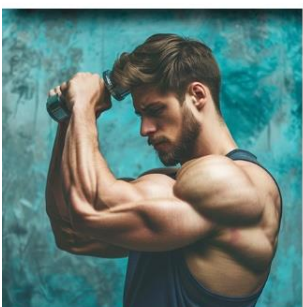


# HEALTHY LIVING



# 1. DOES GOD REALLY CARE WHAT I EAT AND DRINK?

**3 John 1:2; 1 Corinthians 10:31**

**The Bible says: I pray that you may prosper in all things and be in \_\_\_\_\_, just as your \_\_\_\_\_ prospers. (3 John 1:2) Whether you \_\_\_\_\_ or \_\_\_\_\_, or whatever you do, do all to the glory of God. (1 Cor. 10:31)**



Note: While many think health and faith are totally unrelated, the two are directly related. John says that as our health prospers, our soul prospers. Here, the Bible tells us that the health of the body and soul are interrelated. That means, if you are physically, mentally, or emotionally unwell, it affects you spiritually. Physical ailments make you more prone to spiritual problems or temptations. That's only one reason why it's important to keep in health. Besides that, health is a blessing, so strive to glorify God, even in your diet.

# 2. WHAT WAS THE ORIGINAL DIET GOD GAVE PEOPLE IN THE BEGINNING?

**Genesis 1:29, 30; 3:18**

**The Bible says: I have given you every \_\_\_\_\_ that yields seed which is on the face of all the earth, and every \_\_\_\_\_ whose fruit yields seed; to you it shall be for \_\_\_\_\_. (Gen. 1:29, 30) And you shall eat the \_\_\_\_\_ of the field. (Gen. 3:18)**

Note: In the beginning, God gave Adam and Eve every herb and tree that yields seeds to be used for food. That means God's food pyramid consisted of fruits, grains, nuts, and legumes, which are pod foods, like peas or beans. After sin, God introduced 'herbs,' or vegetables. Still today, the vegetarian diets prove to be a healthier alternative. While some argue that meat is necessary for optimal health, God disagrees. If you want to lose weight, live longer, and be healthier, you might want to consider God's original diet.

### 3. WHEN DO WE FIRST SEE PEOPLE EATING MEAT IN THE BIBLE?

**Genesis 9:1, 3**

**The Bible says: God blessed Noah and his sons, and said to them... “Every \_\_\_\_\_ that lives shall be \_\_\_\_\_ for you. I have given you all things, even as the green herbs.” (Gen. 9:1, 3)**

Note: While we may assume that some meat eating began before the flood, since there were animal sacrifices, it was not officially introduced until after the flood. Since there was little vegetation immediately after the flood, God permitted certain animals to be used for food, but while it is not a sin to eat certain meats, this was not part of God’s original plan. In the wilderness wandering God tried to reinstitute a vegetarian diet (See Ex. 16). Ironically, after meat eating began, the human lifespan shortened dramatically.

### 4. ARE THERE SOME MEATS GOD SAYS WE CAN’T EAT?

**Leviticus 11:4, 12; 3:17**

**The Bible says: These you shall not eat among those that chew the \_\_\_\_\_ or those that have \_\_\_\_\_. (Lev. 11:4) Whatever in the water does not have fins or scales—that shall be an abomination to you. (Lev. 11:12) You shall eat neither fat nor \_\_\_\_\_. (Lev. 3:17)**



Note: While God allowed man to eat meat, He still had guidelines. The animals were divided into clean, which were okay to eat, and unclean, which were not to be eaten. God said not to eat animals that chew their cud or have cloven hooves, like pork. Among the birds, we are to basically avoid birds of prey and of the fish, we are told that whatever does not have fins or scales, like catfish and shrimp, should not be eaten. Because these unclean meats were harmful, it is still best to avoid them (See Leviticus 11).

## 5. AREN'T ANCIENT DIETARY LAWS ONLY FOR THE JEWS?

**Acts 10:13, 14, 28**

**The Bible says: And a voice came to him, “Rise, Peter; kill and eat.” But Peter said, “Not so, Lord! For I have never eaten anything common or \_\_\_\_\_” ... But God has shown me that I should not call any \_\_\_\_\_ common or \_\_\_\_\_. (Acts 10:13, 14, 28)**



Note: Peter confirmed that even after the cross, the disciples were not eating unclean meat. While some use this verse to suggest that God was cleansing all meat in this vision, we find soon afterwards that the vision had nothing at all to do with eating, or unclean meats, but with people the Jews considered unclean. God was not saying that unclean meat was now clean. This is where God was sending the gospel to the Gentiles (See Acts 11:18). Unclean meats were forbidden for the same reason they are today. They are harmful to health.

## 6. WHAT DOES BIBLE SAY ABOUT DRUG OR ALCOHOL USE?

**Ephesians 5:18; 1 Corinthians 5:11; 6:10**

**The Bible says: And do not be \_\_\_\_\_ with wine. (Eph. 5:18) I have written to you not to keep company with anyone named a brother, who is...a \_\_\_\_\_. (1 Cor. 5:11) Drunkards, nor revilers, nor extortioners will inherit the \_\_\_\_\_ of God. (1 Cor. 6:10)**

Note: While churches may have different views on alcohol, basically all will agree that the Bible condemns the act of getting drunk, which is what most drink alcohol for. Because those who continue to get drunk are banished from heaven, we know that getting drunk is a sin. By this same principle, getting high or using other mind-altering drugs would also be considered sinful. The Bible urges us to be “sober” or “sober-minded” (1 Pet. 1:13; Tit. 2:6), warning us not to “drink with the drunkards” (Matt. 24:49).

## 7. WHAT'S SO DANGEROUS ABOUT GETTING DRUNK, HIGH, OR INTOXICATED?

**Isaiah 28:7; Prov. 23:31, 33**

**The Bible says: Through wine...they \_\_\_\_\_ in \_\_\_\_\_. (Isa. 28:7) Do not look on the wine...Your eyes will see strange things, and your heart will utter \_\_\_\_\_ . (Prov. 23:31, 33)**

Note: Intoxication lowers the inhibitions and leads people more easily into sin. People have enough difficulty resisting sin while sober, but when we drink, our judgment is unclear. We do, say, think, and look at things we should avoid. Even if the Bible said nothing on the subject, the fact that drugs and alcohol have led to so much pain, suffering, and death makes it clear that intoxication is not in God's will. We should "make no provision for the flesh, to fulfill its lusts" (Rom. 13:14), which is exactly what intoxication does.

## 8. DIDN'T JESUS TURN WATER INTO ALCOHOLIC WINE?

**John 2:9; Deuteronomy 32:14; Habakuk 2:15; James 1:13**

**The Bible says: The water that was made \_\_\_\_\_. (John 2:9) And you drank wine, the blood of the \_\_\_\_\_. (Deut. 32:14) Woe to him who gives \_\_\_\_\_ to his neighbor! (Hab. 2:15) God cannot be tempted by evil, nor does He Himself \_\_\_\_\_ anyone. (Jas. 1:13)**



Note: The original language used the same word for both wine and grape juice, so while it could be talking about either, we are told that there were six jugs of twenty to thirty gallons each. Knowing that getting drunk is a sin, Jesus could not have placed that kind of temptation before people, since Jesus strongly warns against leading people to sin (See Mark 9:42). The reason the wine was called "good" was because they did not have modern preservation abilities, so the "wine" got old faster. The good wine was the fresh juice (John 2:10).

## 9. WHAT OTHER BIBLE PRINCIPLES SHOULD GUIDE OUR DECISIONS REGARDING HEALTH?

**Romans 6:16; 1 Peter 2:11; 1 Corinthians 6:20**

**The Bible says: To whom you present yourselves \_\_\_\_\_ to obey, you are that one's \_\_\_\_\_ whom you obey. (Rom. 6:16) Abstain from \_\_\_\_\_ which war against the soul (1 Pet. 2:11) Glorify God in your \_\_\_\_\_ and in your spirit, which are God's. (1 Cor. 6:20).**



Note: The Bible says to abstain from fleshly lusts that war against the soul. While there is nothing wrong with pleasure, we should refrain from using things that are harmful to our health simply because they bring us pleasure. Addictive substances that are harmful, like drugs, alcohol, tobacco, and even caffeine should be avoided. The Bible says, “whether you eat or drink, or whatever you do, do all to the glory of God” (1 Cor. 10:31). We should keep our Creator in mind even in respect to dietary choices and health related habits.

## 10. WHAT BENEFITS DO GOD'S HEALTH LAWS PROVIDE?

**Exodus 15:26**

**The Bible says: If you diligently...keep all His statutes, I will put none of the \_\_\_\_\_ on you which I have brought on the Egyptians. For I am the Lord who \_\_\_\_\_ you.” (Ex. 15:26)**

Note: Maintaining healthy choices requires effort, but it is worth the sacrifice. There is little in life that is so important as health. Many sick millionaires would give all their money in exchange for good health. Wouldn't you? Start to make changes today. Those who make the sacrifices it takes to follow God's health guidelines generally end up living longer, happier, and healthier lives. God says that if we follow His health laws, we will not share in the diseases we see plaguing the world today.