

TIPS ON DIET



According to Gen 1:29 what did God say the diet ideal for man was to be? What did God add to the diet after sin? Gen. 3:18 _____



Genesis 9:4 "But flesh with the life thereof, which is the blood thereof, shall ye not eat." Leviticus 7:26, 17:12, 19:26



What did God command we are never to eat? _____



Acts 15:28, 29 "...That ye abstain from meats offered to idols, and from blood, and from things strangled, and from fornication: from which if ye keep yourselves, ye shall do well...." Acts 15:20; 21:25, Rom. 14:21



What dietary restrictions did the apostles decide to continue? _____



The Apostle's decisions actually demonstrate the categories of the statutes that are still binding. These Categories are concerning Idolatry, Health, and Moral/Duty to fellowman issues. Statutes dealing with these categories are still in force. (Ex. 15:26, Deut. 4:6; 4:40; 6:24)



Lev. 11:2-4 "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." Leviticus 11, Deuteronomy 14:3-20



What are the principles of the health statutes concerning clean and unclean meats? _____

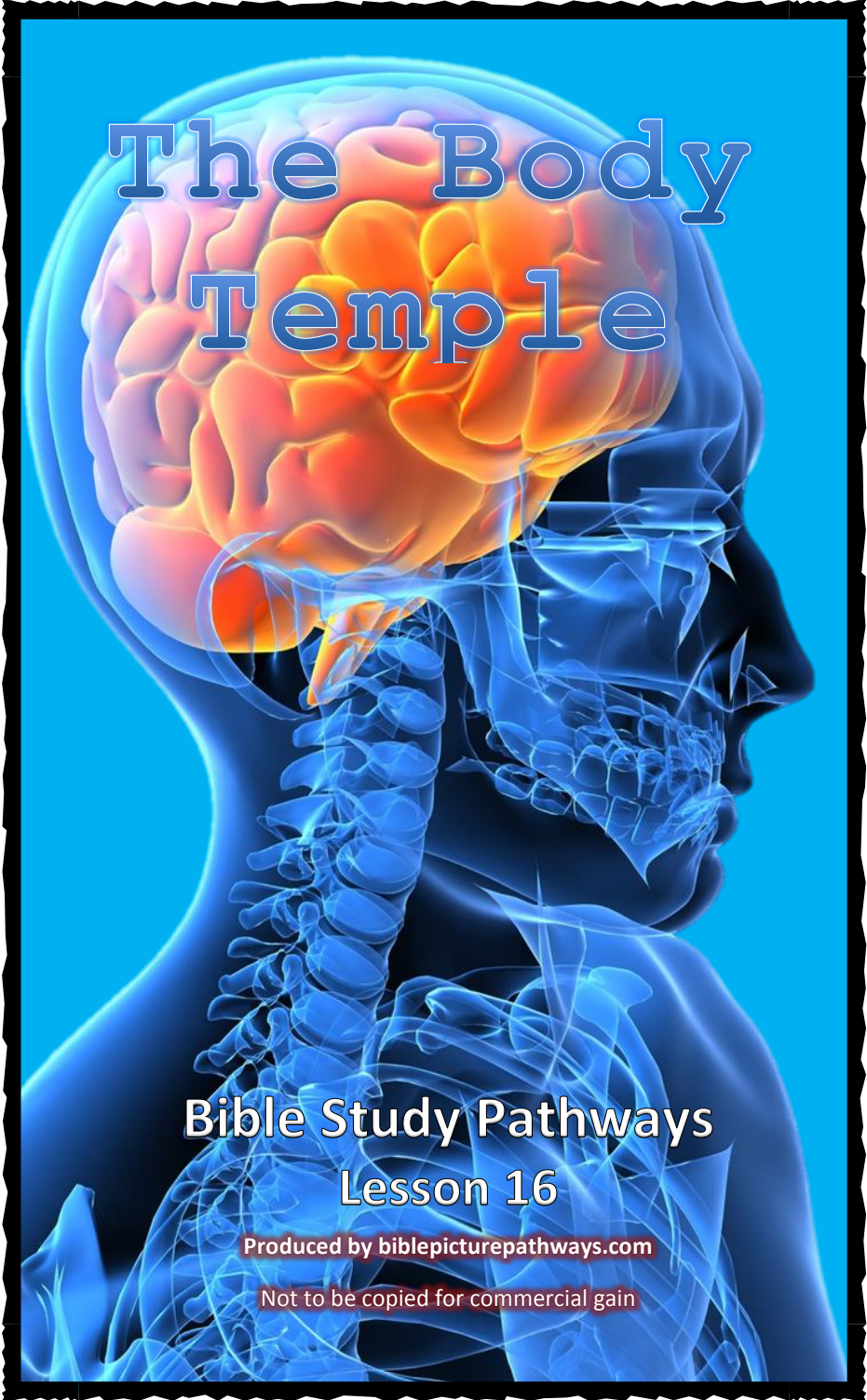
Other principles include: **Lev. 7:24; 22:8, Ez. 4:14, 1 Sam. 1:15-17; Isaiah 66:17**



In the New Earth, a plant-based diet will be restored both for people and animals. **Isaiah 65:25 The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: ... They shall not hurt nor destroy in all my holy mountain, saith the LORD. Rev. 22:2, Ez. 47:12**

CONCLUSION

God wants us to be healthy and to care for our body temple. In order to do this, we must avoid everything that defiles this temple. The Bible gives us many clear instructions that if we follow we can be healthy. Won't you pledge to follow God's Health Laws today? **Psalms 67:1, 2 "...That thy way may be known upon earth, thy saving health among all nations."**



The Body Temple

Bible Study Pathways Lesson 16

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A Story to Ponder...

A wealthy man, before leaving on an extended vacation, said to a contractor, "While I am away, I want you to build me a fine new home according to these plans. Be sure you work with extreme care, and use the best of everything. Tell me the cost as soon as you have it and I'll send you a check." During the process of construction the contractor discovered many opportunities to substitute inferior materials; he put in his own pocket the money he saved. His employer would never know the difference, and he himself would profit, he thought. But he soon regretted his dishonesty, for the wealthy man, upon his return, inspected the finished home and said: "You have built it exactly as I wanted it, and I'm sure that you used the best of everything in its construction. Now, in appreciation for your long years of service to me, I am giving you this new home for your very own. Here's the deed!"

God's has given us a body that we live in. He has also given us specific instructions in the Owner's Manual, the Bible, of how to care for it. In this study we are going to look at principles of health found in the Bible.

 **1 Cor. 6:19, 20 "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."**

 The Bible says that what is the temple of the Holy Ghost? _____

We are bought with a _____. Who bought us? _____

Acts 20:28, 1 Peter 1:18, 19.

 Imagine that you bought a pet of some sort, and that the pet decided that it was more fun to run out into the busy street where it could get run over instead of staying in the fence where you told the pet it could be safe. How would you feel? In the same way, it hurts Christ when His purchased people destroy their bodies with unhealthful practices.

 **3 John 1:2 "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."**

 John said he wished that above _____ things that we would be _____, and he compared physical health to spiritual health.

 **Romans 12:1 "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."**

 Paul says our bodies should be a _____, that is holy and acceptable unto God and this is our _____ service, because of what He has done for us.



If our bodies are to be holy (meaning sacred) and they are a temple for God, should we have defiling substances put in them?



Galatians 5:22, 23 “But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.” (Acts 24:24, 25; 2 Peter 1:6)



What is the last mentioned Fruit of the Spirit that was also an important part of what both Peter and Paul preached? _____



Temperance is moderation in that which is good, and total abstinence from (or elimination of) that which is harmful. (Phil. 4:5)

WHAT ARE SOME UNHEALFUL SUBSTANCES THAT SHOULD BE AVOIDED?



Proverbs 20:1 “Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.” Prov. 23:20,29-33, Isaiah 65:8; Ephesians 5:18, Romans 14:21,



The Bible says that, _____ is a _____.



Note: There are two types of wine mentioned in the Bible. New wine is the juice of the grape before it is fermented. Old wine is the alcoholic wine.



Galatians 5:19-21 “Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, ... they which do such things shall not inherit the kingdom of God.” (1 Cor. 3:17, 1 Peter 1:13, Daniel 1:8)



Witchcraft is listed as a work of the _____. Also these verses include the avoidance of those substances which negatively affect the mind and thus _____ the temple of God.

The Greek word translated as witchcraft here is “*pharmakeia*” (translated as sorceries in Rev. 9:21; 18:23.) It means “medication” and it is where we get our word “pharmacy” from. The Greek word “*pharmakeus*” (used in Rev. 21:8 as sorcerers) means “a druggist or poisoner.” Thus, anything that medicates the mind or poisons the body is classed under pharmakiea. This would include narcotics and hallucinogenic drugs or “herbs”, tobacco, substances containing caffeine, like coffee, tea, chocolate, caffeinated beverages and anything else that poisons the body. All of these are listed as a work of the flesh, and therefore should be avoided by the Christian.

“Although it is the world’s most widely consumed psychoactive drug, caffeine is legal and not regulated... Nicotine, too, is a stimulant and produces addiction... Both of these nonregulated drugs have an excitatory effect on membranes of neurons...” Openstax Anatomy and Physiology, pg 832