

## HIGHWAY TO HEALTH



Every person who has had the satisfaction of owning a new car has received an owner's manual which tells him how to enjoy and care for the new vehicle. This manual gives almost all the information he needs to operate the car.

A wise owner will study the instructions of the manual carefully and will follow them closely. These suggestions are based on the fact that the manufacturer designed and built the car and knows how it will perform best.

From time to time people find themselves in a hospital. Doctors are forced to tell them that they are seriously ill and that their illness is caused by misuse of the body God has given them. We are told that 80 per cent of all diseases, excluding accidents and infections, are the results of wrong health habits. Millions of people are committing suicide on the installment plan. They are really digging their graves with their knives and forks.

The Creator and Designer of the human body has written an instruction book. Shall we call it an Owner's Manual? In this Book, the Bible, God has given us some excellent instruction as to how to care for our remarkable bodies. In this Book, God has told us what to put into the body and what not to use. How few have taken time to let God show them the better way of life! As a result, many people suffer needless pain and experience premature death.

God does not lay down arbitrary rules just to show His authority. He gives this advice because, having made us, He knows what is best for us. Let us explore God's counsels for better health.



## WHAT JESUS SAID ABOUT HEALTH

“I have come that they may have life, and that they may have it more abundantly”

John 10:10.

As you study, be thinking about the Life Quest questions.

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

### HIS WORD SAYS

1. What type of life does Jesus plan for His children? John 10:10.

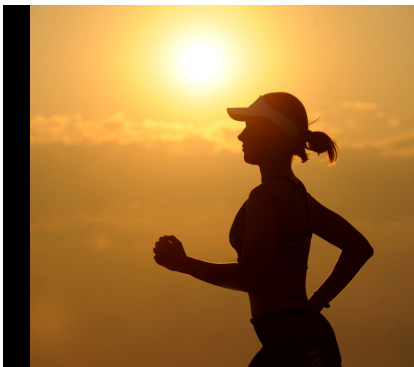
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2. What is the desire of our heavenly Father in regard to our physical well-being? 3 John 2.

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3. To whose glory should the Christian's attitude be concerning the use of his body? 1 Corinthians 10:31.

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*God has given us a body made after His own image. It is our responsibility to give glory to God in everything we do; even down to what we put in our mouth and how we care for our bodies. When we take Jesus' name upon ourselves, everything we do represents Him. It is a big responsibility to take the title of Christian!*

4. Why should the Christian be particularly careful in the way he cares for his body?  
1 Corinthians 3:16, 17.

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5. What are some of the ways in which we can defile our bodies? Daniel 1:8.

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*Daniel was a true health reformer. He understood his obligation to God and desired to honour Him through his conduct in even the small things. Today studies have been done to examine the health benefits of Daniel's diet when followed for as little as thirty days. These people ate a completely plant-based diet and avoided refined foods and alcohol. In this short time most people lost weight, improved their blood pressure and blood sugars, reduced their cholesterol, and generally felt better. The Bible has some incredible insights into how we should live to enjoy good health. Avoiding meats and alcohol is a very good place to start.*

6. What diet did the Creator originally plan for man? Genesis 1:29; Genesis 3:18.

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*This is the ideal diet for us and includes grains, nuts, fruits, legumes, seeds, and vegetables (herbs). Flesh was not a part of the original diet but was added after the Flood to sustain the people till the vegetation recovered. Genesis 9:1-4. When flesh was allowed into the diet, people went from living close to 1000 years to less than 120 years within a few generations. With our lifespan as short as it is today, avoiding meat should be on our priority list if we want to live a long and healthy life.*



7. Into what two classifications did God divide the animals when He sent them into the ark? Genesis 7:1, 2.

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*This distinction between clean and unclean meats was made centuries before the birth of the father of the Jewish race, Abraham. If Noah had eaten one of only two unclean animals he would have made that species extinct. This is why God instructed him to take the clean animals by sevens.*



8. Which animals does God say were fit for food? Deuteronomy 14:2-6.

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*As meat had become part of the diet and the Israelites were not satisfied with manna from heaven, God allowed them to consume certain meats. Today we know that these animals are less harmful to our health than the unclean ones.*

9. What fish are considered by God to be clean? Deuteronomy 14:9.

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10. What Birds are declared un-fit to eat? Deuteronomy 14:12-19.

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11. What does the Bible say about eating blood & fat?  
Leviticus 3:17; 7:23, Acts 15:20, 29 & 21:25.

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*Many think that the health laws were only for Israel. However, the command to remove the blood is also given to us in the new testament, showing us that God's health laws endure. It makes sense that God would want His people to enjoy healthy long lives, and it is for this reason He has clearly outlined to us what is okay to eat.*

12. What does Solomon say concerning those who use strong drink? Proverbs 20:1.

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13. What does the Bible teach will be the result of using strong drink? Proverbs 23:29-35

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14. What command of God forbids the use of any substance that would shorten life? Exodus 20:13.

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*The command not to kill includes killing self. We should not maintain any indulgence or habit that would shorten our lives or prevent us from sharing the gospel.*

15. Why should the Christian desire to glorify God in his body by caring for it? 1 Corinthians 6:19, 20.

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*Tobacco, alcohol, marijuana, heroin, ice and other harmful drugs severely decrease the efficiency of the body's functions and shorten life. Living with intelligent self-control glorifies God and enables the Christian to give Christ longer and better service.*

16. What should be the purpose of every child of God when he realizes that the Lord is coming, soon? 1 John 3:1-3.

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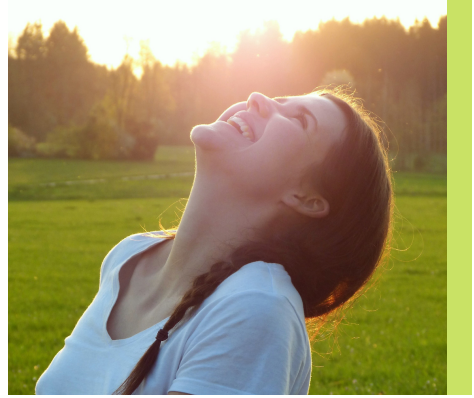
17. How can those who find themselves enslaved by injurious habits gain the victory over them? Philippians 4:13.

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*The Lord is coming to redeem a special people, a people who have dedicated body, mind and soul to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot or blemish. Paul makes this appeal to us: 'Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.'" Romans 12:1. Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but instead live to glorify God in every way. Diet, clean air, temperance, sunshine, exercise, water, rest and trust are the eight ways to having a great life.*

“Bless the Lord, O my soul, and forget not all his benefits: Who forgives all your iniquities; who heals all your diseases; Who redeems your life from destruction; who crowns you with loving kindness and tender mercies; Who satisfies your mouth with good things; so that your youth is renewed like the eagle’s.”

Psalm 103:2-5



**LIFE QUEST:**

Have you thoughtfully reviewed these Questions?

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

**YOUR TURN**

Check the statements that most closely reflect your response to this study.

\_\_\_\_ I choose for God to be in control of every part of my life. I am praying for His leading and power to help me make these necessary changes.

\_\_\_\_ Please pray for me as I wish to consider how to best apply the health principles in this lesson to my daily life.

\_\_\_\_ I accept Jesus as Lord and Saviour of my life.

\_\_\_\_ Other \_\_\_\_\_