

HEALTH

Is God concerned with our health? He spent more time healing than preaching when He walked this earth. In this study we will look at a few health principles outlined in the Bible.

1. **What is God's desire for us today in the area of health?**
Bible Text – 3 John 1:2
2. **How important is it to God in what we eat and drink?**
Bible Text – 1 Corinthians 10:31
3. **What type of diet existed in the beginning?**
Bible Text – Genesis 1:29

Bible Text – Genesis 3:17-18
4. **When and why did God allow us to eat meat?**
Bible Text – Genesis 9:1-3
5. **What principles has God outlined in the Bible regarding meat we can eat?**
Bible Text – Leviticus 11
6. **Who was the principle of eating clean animals established for?**
Bible Text – Genesis 7:1-2
7. **What important principles have been given by God when we do eat meat?**
Bible Text – Leviticus 3:17; Genesis 9:4
8. **How about Peter's vision? What was the meaning of that? Didn't God cleanse all meats in the New Testament?**
Bible Text – Acts 10:9-17; Acts 10:28
9. **Why was Peter shown animals? What does an animal represent in Bible prophecy?**
Bible Text – Daniel 7:17
10. **Why did God place such a restriction on the diet?**
Bible Text – Deuteronomy 14:2-3
11. **In the Bible, what are the effects of eating meat?**
 - A. **How long did people live before the flood?**
Bible Text – Genesis 5:5, 8, 27
 - B. **How long did people live at the flood?**
Bible Text – Genesis 9:29
 - C. **How long did people live after the flood?**
Bible Text – Genesis 11:10-32

12. What other substances harm our bodies other than eating meat?

Bible Text – Proverbs 20:1; 23:29-32, John 2:1-11

13. What is the underlying principle behind keeping our bodies healthy?

Bible Text – 1 Corinthians 9:25, Philippians 4:5

14. What should be the purpose of every child of God when he/she realizes that the Lord is coming soon?

Bible Text – 1 John 3:1-3

15. How can those who find themselves enslaved by injurious habits gain the victory over them?

Bible Text – Philippians 4:13

16. Is my health a salvation issue?

Bible Text – Isaiah 66:15-17; James 4:17

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 live to glorify God in every way. Do you have an injurious habit which you desire to overcome? Submit yourself to Jesus and He can give you the victory today.