



THE SURE WORD

Lesson 25: HEAVEN'S HEALTHCARE SYSTEM

Name:

Date:

1. Jesus came that we might have what type of life? John 10:10.

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."

2. In what four ways does man develop? Luke 2:52.

"And Jesus increased in wisdom and stature, and in favour with God and man."

"And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23.

3. How important is our physical health to God? 3 John 2.

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

4. What reasonable service does God ask of us? 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."



5. Why is God so concerned about our bodies? 1 Corinthians 3:16.

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?"



6. What will happen to the person who mistreats his body? 1

Corinthians 3:17.

"If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

7. As a vital ingredient in man's restoration, how was Adam to spend his time? Genesis 3:23.

"Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken."

Physical exercise is a great blessing to man, promoting physical, mental, and spiritual health.

8. What does the Bible say is as good as medicine? Proverbs 17:22.

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."

Lesson 25 Work Sheet

9. What has God asked us to do for others which will benefit our own health? Isaiah 8:7, 8. 7

“Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? 8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.”

10. What should guide our eating habits? 1 Corinthians 10:31.

“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”

11. What was the original diet that God gave to man? Genesis 1:29.

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.”

12. On that diet, how long did Adam live? Genesis 5:5.

“And all the days that Adam lived were nine hundred and thirty years: and he died.”

13. For several generations, how long did men live? Genesis 5:8, 11, 14, 17, 20, 27.

5:8 And all the days of Seth were nine hundred and twelve years: and he died. 5:11 And all the days of Enos were nine hundred and five years: and he died. 5:14 And all the days of Cainan were nine hundred and ten years: and he died. 5:17 And all the days of Mahalaleel were eight hundred ninety and five years: and he died. 5:20 And all the days of Jared were nine hundred sixty and two years: and he died. 5:27 And all the days of Methuselah were nine hundred sixty and nine years: and he died.

14. What was added to man’s diet after the flood? Genesis 9:3. “Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.”

15. What was the immediate result? Genesis 11:10, 11. 10

“These are the generations of Shem: Shem was an hundred years old, and begat Arphaxad two years after the flood: 11 And Shem lived after he begat Arphaxad five hundred years, and begat sons and daughters.”



16. After just a few generations on that diet, how long did men live? Genesis 11:32.

“And the days of Terah were two hundred and five years: and Terah died in Haran.”

17. God has given permission for only what kind of beasts to be eaten? Leviticus 11:2, 3. 2

“Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. 3 Whatsoever parteth the hoof, and is clovenfooted, and cheweth the cud, among the beasts, that shall ye eat.”

18. Unclean animals such as what, are forbidden? Leviticus 11:7.

“And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you.”

Unclean animals are defined in Leviticus 11 and Deuteronomy 14. Large animals which are not cloven-footed, or do not chew the cud, are unclean. Sea food which “hath no fins nor scales” is unclean. Birds of prey and certain other birds are unclean. And so are many small animals such as weasels, mice, lizards, and snails.

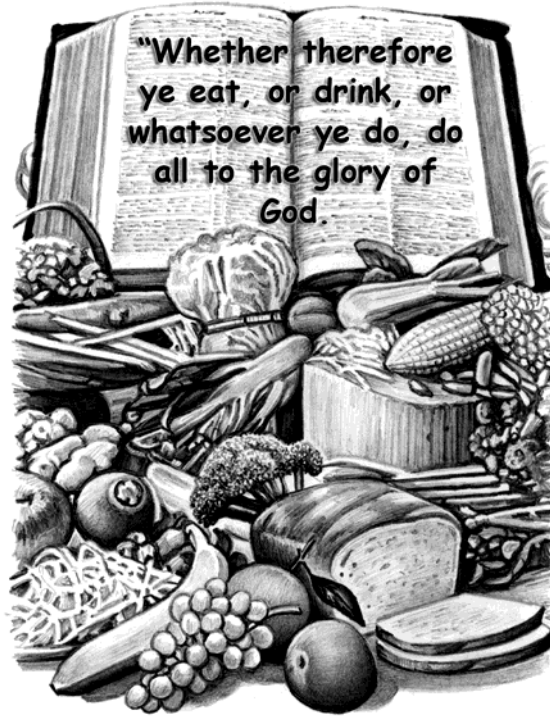
19. To whom did God originally make the distinction between clean and unclean animals? Genesis 7:1, 2. 1

“And the LORD said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation. 2 Of every clean beast thou shalt take to thee by sevens, the male and his female: and of beasts that are not clean by two, the male and his female.”

This was long before there ever was a Jew. It is not just Jews who can be harmed by eating unhealthy things.

Lesson 25 Work Sheet

Some of the diseases which are commonly associated with pork include trichinosis, toxoplasmosis, salmonella, tapeworms, and undulant fever. Christians who recognize that their bodies are the temple of the Holy Spirit will not defile themselves with anything that will dishonor God.



13 "And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even pour out the blood thereof, and cover it with dust. 14 For it is the life of all flesh; the blood of it is for the life thereof: therefore I said unto the children of Israel, Ye shall eat the blood of no manner of flesh: for the life of all flesh is the blood thereof: whosoever eateth it shall be cut off. 15 And every soul that eateth that which died of itself, or that which was torn with beasts, whether it be one of your own country, or a stranger, he shall both wash his clothes, and bathe himself in water, and be unclean until the even: then shall he be clean."

And the restriction continues to apply for New Testament Christians (Acts 15:20 "But that we write unto them, that they abstain from pollutions of idols, and from fornication, and from things strangled, and from blood").

20. Is what we eat a salvational issue?

Isaiah 66:15-17. 15

"For, behold, the LORD will come with fire, and with his chariots like a whirlwind, to render his anger with fury, and his rebuke with flames of fire. 16 For by fire and by his sword will the LORD plead with all flesh: and the slain of the LORD shall be many. 17 They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating swine's flesh, and the abomination, and the mouse, shall be consumed together, saith the LORD."

21. God never allowed man to eat flesh with what in it? Deuteronomy 12:23-25.

23 "Only be sure that thou eat not the blood: for the blood is the life; and thou mayest not eat the life with the flesh. 24 Thou shalt not eat it; thou shalt pour it upon the earth as water. 25 Thou shalt not eat it; that it may go well with thee, and with thy children after thee, when thou shalt do that which is right in the sight of the LORD."

Like the prohibition against unclean meats, the restriction against eating blood was not just for the Jews. It dates back to the very beginning of flesh eating, hundreds of years before there was a Jew (Genesis 9:4 But flesh with the life thereof, which is the blood thereof, shall ye not eat.)

Even Gentiles who accepted the Lord were to abstain from eating blood (Leviticus 17:10-15 "And whatsoever man there be of the house of Israel, or of the strangers that sojourn among you, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people. 11 For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul. 12 Therefore I said unto the children of Israel, No soul of you shall eat blood, neither shall any stranger that sojourneth among you eat blood.")

22. What two animal products were never to be eaten? Leviticus 3:17.

"It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither fat nor blood."

Today it is well known that dietary fat is a major cause of heart disease, strokes, diabetes, obesity, and certain cancers—the major killers in western societies. Animal fat, being saturated, is especially harmful.

23. God has promised to satisfy our mouths with what? Psalm 103:5.

"Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's."

24. What did Daniel purpose in his heart? Daniel 1:8.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself."

25. What diet did he and his friends request? Daniel 1:12.

"Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink."

Pulse is plant based foods. Increasingly people today are learning that the best diet is the one God originally gave man at his creation.

26. What did this diet do for them?

Daniel 1:15.

“And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.”

27. What additional benefits did God give them? Daniel 1:17.

“As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.”

28. Considering all the sickness around us, why has God placed certain restrictions on our lifestyle? Deuteronomy 6:24.

“And the LORD commanded us to do all these statutes, to fear the LORD our God, for our good always, that he might preserve us alive, as it is at this day.”

29. What does the Lord want to do for us? Deuteronomy 7:15.

“And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee.”

“And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.” Exodus 23:25.



30. When people violate God's laws of health, what other god are they serving? Romans 16:18.

“For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.”

31. What will be their end?

Philippians 3:19.

“Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.”

32. Everyone who strives for the mastery over self is what? 1

Corinthians 9:25.

“And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.”

33. What did Paul say would happen to him if he didn't keep his body under subjection? 1 Corinthians 9:27.

“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”

Considering God's Sure Word...

Do you realize that God asks us to do all that we can to keep our mind and body, which belong to Him, in the very best condition?

Do you choose to glorify God in your body by eating those things which promote health, and by avoiding all that is detrimental to it?