



VIDEO
BIBLE
STUDY

#7

**THE BIBLE
ABOUT HEALTH**



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↑ VBS.GUIDE/HEALTH



**OR DO YOU NOT KNOW THAT YOUR BODY IS THE
TEMPLE OF THE HOLY SPIRIT WHO IS IN YOU,
WHOM YOU HAVE FROM GOD, AND YOU ARE NOT
YOUR OWN? FOR YOU WERE BOUGHT AT A
PRICE; THEREFORE GLORIFY GOD IN YOUR
BODY AND IN YOUR SPIRIT, WHICH ARE GOD'S.
1 CORINTHIANS 6:19-20**



A HEALTHY BODY MAKES
A HEALTHY MIND.
A HEALTHY MIND HELPS
US WITH OUR
WALK WITH GOD

Some of us say: "Lord, anything; but just leave my sport, my career, and my meat based diet alone." Yet we all sing: "I surrender all." Jesus paid the highest price possible for us, because He did not want to lose you or me. Nothing ought to separate us from the love of Jesus. There is a proverb that says: "Our attitude will determine our altitude." We are the limitation, not Jesus. Read Romans 8:38-39.

Other individuals are comfortable with that which they are able to control. They can completely resist the temptation of too much food or of the wrong food, but have a problem with brother X at church, and then look for salvation by way of diet. Such a person then suddenly has opinions about the closeness of brother X's relationship with God as soon as someone dares to analyze his plate of food.

Jesus has the following to say to each of His followers: "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly" (John 10:10). The Lord gives advice regarding what is bad for us, and He wants only the best for each of us. He wants our knowledge to increase and He wants to help us lead healthier lives for Him. That is why the Lord reminds us that we must truly be temples of the Holy Spirit. This places a great responsibility on us to make good choices for the sake of our health. Read Romans 12:1-2 and 1 Corinthians 6:19-20.

We have been redeemed with the highest price possible in the universe! The Godhead went all out to reconcile the world with God. This act of love reminds me that God the Father did not even spare His Son, and that is why no sacrifice should be too great for me to make, so that I may be part of this group that will enjoy the hereafter with the Lord.

Look up 1 Peter 1:18-20 and 1 Corinthians 3:16-17 in your Bible. What does

HOLINESS IS TO REFLECT GOD'S CHARACTER

God's Word say about keeping our bodies pure?

If we look at the symbolism relating to the earthly temple and also the holi-

ness that was associated with it, it must become evident that we fall far short of the ideal. God calls us to be holy and we must realize what it means to be devoted to God. We must discharge our responsibility. We are completely sanctified and we should not merely maintain the status quo, but we should grow further in holiness (meaning: reflecting God's character more and more). While



HIGH IN FIBER

lowers risk of heart disease and diabetes 2

MAX MINERALS

good for bones, teeth, blood, hair, muscles.



SOOTHING

for the stomach when there's inflammation

we are on this side of eternity, we must realize that it is a lifelong process of growth, which requires us to look to Jesus and become changed, until we are like Him. The outpouring of the Holy Spirit in our lives brings about further growth. Read 2 Corinthians 3:18 and 1 Thessalonians 5:23.

Our entire life should be to the honour of God. If we live according to this perspective, we will successfully be able to avoid many potholes on the road to eternity.

1 Corinthians 10:31 and Genesis 1:29 explain it all. Why don't you look it up in your Bible?

It is interesting to note that the fall of earth's first parents took place as a result of diet, and also that Christ's first temptation was linked to food. Based on the testimony of people, it appears that if we apply discipline in our lifestyle, including our diet, we also make progress in our Christian growth. We must be vigilant that our

behaviour is not dictated by food. For example, the average American consumes almost 1,500 pounds of food annually and 1.2 gallons of soda per week. This is one of the aggravating reasons why 70 million patients are admitted to hospitals each year in the United States, with risks and complications directly linked to overweight.

Someone once said: "Have you ever noticed that three fifths of the word 'DEATH' is 'EAT'?"

10 million Americans are hospitalized each year because of overweight.

death



THE FIRST DIET

Our first parents lived for almost a thousand years, and had no animal products in their diet. Then the flood follows and the devastated earth takes time to recover. Man is now allowed to eat clean animals, and God declares that their years will now be 120.

The only difference was their diet. The Lord gave specific guidelines and I want to emphasise that these guidelines are based on health principles and that is why pork is just as dangerous to you and me as it is to the Jew.

Read Genesis 6:3 and Leviticus 11:2-8.

UNCLEAN fish

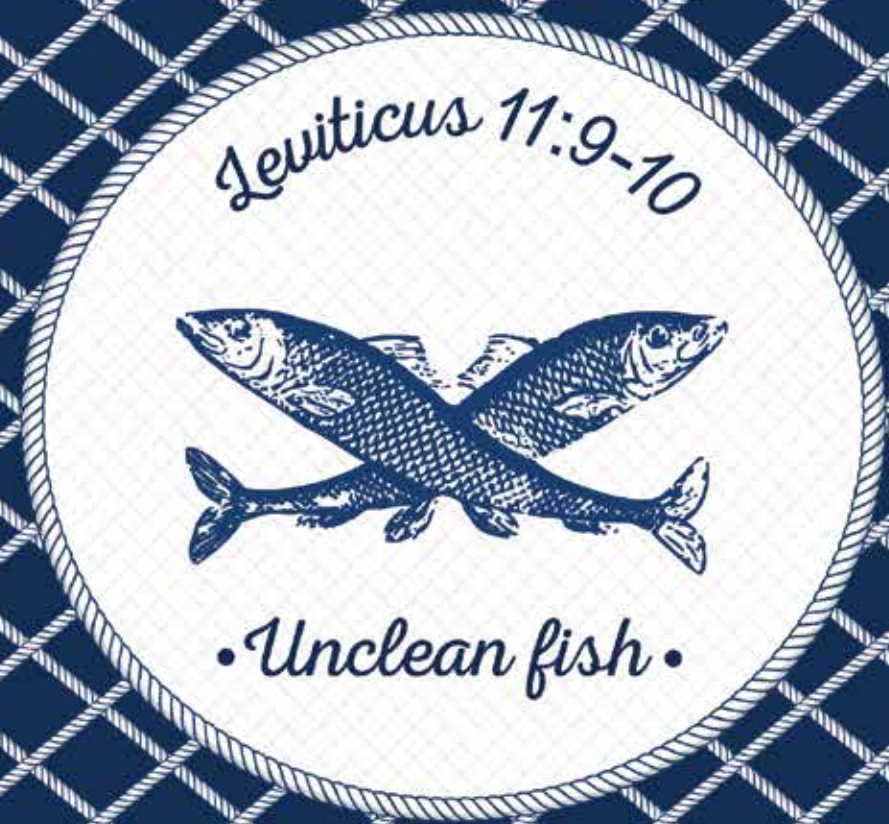


The Lord also provided information regarding unclean fish. This information includes all the bottom feeders, as well as those animals that filter the water, for example crayfish, prawns and snails. Leviticus 11:9-10 says: "These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the river - that you may eat. But all in the seas or in the rivers that do not have fins and scales, all that move in the water or any living thing which is in the water, they are an abomination to you."

In our modern era we are able to understand scientifically why the Creator regards certain foodstuffs as undesirable and refers to them as an abomination. The absence of fins and scales in water creatures indicates that they

are either scavengers, or predominantly carnivorous, or that they perform the function of filtering the water. They are consumers of secondary material and comprise the vultures and hyenas of the water sources. Most of us would not like to have a vulture on our plate for lunch, but the equivalent type of sea creatures, viz., sharks, crayfish, prawns and octopuses are marketed as delicacies and consumed by believing Christians. Shellfish, prawns, abalone and many others were created by an all-wise God to preserve the equilibrium in the water sources, so that waste can be effectively removed. They eat carrion and eat on the seabed where the waste

accumulates, and they clean it up as a pig would on land. They are confirmation of the idea that you are what you eat. They form the filtration system of the sea and lakes in order to maintain the homeostasis in nature. This then is also the reason why there are very high levels of toxic substances, such as heavy metals (mercury), in their bodies. All of us are aware of the fact that when red tide occurs, those who consume seafood are warned that it may be fatal to eat these sea creatures, because now levels that would normally be toxic are considerably higher. The author Rex Russell, MD, confirms that cholera bacteria in water may be filtered out by placing enough shellfish in the water.



Prawns, oysters, crabs, and mussels are particularly effective in this regard. They filter large volumes of water each day. Harmful waste materials such as chemicals, poisons, as well as harmful bacteria, parasites and viruses are found in concentrated quantities in shellfish. The cause of cholera in various areas can be traced back to contaminated prawns, crabs, oysters and mussels.

Leviticus 11:13-19 says: “And these you shall regard as an abomination among the birds; they shall not be eaten, they are an abomination: the eagle, the vulture, the buzzard, the kite, and the falcon after its kind; every raven after its kind, the ostrich, the short-eared owl, the sea gull, and

the hawk after its kind; the little owl, the fisher owl, and the screech owl; the white owl, the jackdaw, and the carrion vulture; the stork, the heron after its kind, the hoopoe, and the bat.” Revelation 18:2 talks of hated birds—this creates the impression that certain birds can be asso-

ciated with Satan. Read Revelation 18:2

PORK
The fact that a swine does not chew the cud disqualifies it as suitable food for man, and in addition, the swine is actually a scavenger and an omnivore (that is, it eats plants as well as animals). There

is a high incidence of parasites in pork, and tapeworms as well as Trichinosis being transferred to humans if the pork has not been well cooked. Read Isaiah 66:25-17.

THE CHRISTIAN AND ALCOHOL

The question of alcohol is problematic because people look

for proof in the Bible that the use of alcohol is allowed. The question is: What does the Bible say? Noah’s drunkenness was certainly his spiritual nadir and definitely not his zenith. Lot’s use of alcohol made him abandon his principles entirely and the result was incest with his daugh-

ters. The one line of descendants, the Moabites, was a great snare for Israel later on. These episodes are certainly experiences that all of us would like to avoid in our spiritual lives. Check out Proverbs 20:1; 23:29-35; 1 Corinthians 6:9-10, and Galatians 5:19-21.

The things here associated with alcohol should make any one of us uncomfortable and ought to make us doubt whether we should dare to make it a part of our lives. The clearly detrimental effects of alcohol on the brain as it relates to logical reasoning and ethical decisions teaches

me that I should not even venture close to this risk of sin and instead, should totally avoid it. Romans 13:13-14 says that we should walk properly, and not in drunkenness.



UNCLEAN BIRDS



There are also guidelines regarding how we can be saved: John 17:3: “And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

Do we really know the Lord? Just because some people in the Bible practised polygamy, should we conclude from this that God allows it? Of course not! Yet we want to deduce from a few people who use alcohol in the Bible, that it is acceptable to use liquor “responsibly”.

How can God approve of a practise that traps up to 30% of users in a habit that is not only addictive, but which becomes progressively more difficult to overcome? In addition, an estimated 32% of fatal car crashes in the United States involves an intoxicated driver or pedestrian. Long-term use also causes damage in different ways and may even result in death.

We are busy preparing to spend an eternity with Jesus

and for me the use of alcohol is of no value in bringing me closer to my Creator. On the contrary, alcohol may lead me away from the Lord. In addition, we do not know whether we may

no longer be a reality in the new Eden or the New Jerusalem. If you therefore aspire to experience the afterlife, then the principle is to establish appropriate habits now. be genetically programmed for addiction. In the wine making process it is not possible to associate the fermentation process with the sinless conditions in the afterlife.

ALCOHOL HAS NO VALUE IN BRINGING ME CLOSER TO JESUS

be genetically programmed for addiction. In the wine making process it is not possible to associate the fermentation process with the sinless conditions in the afterlife. Basically, it is a controlled rotting process which will

Basically, it is a controlled rotting process which will no longer be a reality in the new Eden or the New Jerusalem. If you therefore aspire to experience the afterlife, then the principle is to establish appropriate habits now.



JESUS COULD NOT RISK OUR SALVATION BY USING SEDATIVE DRINKS

It is also clear that the Bible provides details which, on the face of it, appear to be unimportant, but which, together with other information in the Bible, form a remarkable whole. At the end of earth's history we will see the Holy Spirit as well as Satan and his angels working in all their power. We will not be able to trust in feelings, only in principles. We will have to be able to say: It is written (see Matthew 4:4). So note the following: Jesus is on the cross. He is thirsty and full of pain and if He were to act in accordance with His feelings, He would leave the cross. He is

however driven by a love that keeps Him on the cross; His frontal lobe makes the decisions and not His limbic system which is motivated by feelings. In the process, they give Him vinegar or sour wine to drink to dull the pain, but He refuses to drink it. Read Psalm 69:21; Mark 15:23, and Matthew 27:34. In spite of how He felt, and even shortly before His death, my Saviour did not consider that the circum-

stances gave Him the excuse to make use of sedation and analgesics. He knew it would compromise His ability to make the right decisions. He could take no risks with our salvation. Is it possible that you and I take risks with our own salvation? Yes there is. 1 Thessalonians 5:1-8 provides us with a great example.



Paul agrees with Jesus that we should be sober at the end of this earth's history. We cannot afford in the slightest to compromise our ability to think clearly. One of the great shortcomings of the Laodiceans is a lack of eye salve or "spiritual insight." This ability is neutralised when we use alcohol. As mentioned in Chapter 27 regarding true and false prophets, E.G. White often gave

advice about health and she repeatedly confirmed that alcohol is undesirable in the diet of those who are awaiting the second coming of Jesus. Read Isaiah 55:2.

The Lord wants only the best for us and therefore nothing is too much to avoid if the Lord has revealed His will for us. We must ask Jesus to remove the defects in our lives and to show us which risks may cost us eternal life.

Genesis 1 and 2 give us the image of Eden created and Revelation 21 and 22, the image of Eden restored. All of us believe that we can take only our characters to heaven with us, as well as those persons we led to Jesus,

and we must start adapting our behaviour now so that we will feel at home in that holy atmosphere. We should however be careful that no one can

say the following about us: "He is so heavenly minded that he is no earthly good." Look again at Genesis 1:29, which was addressed earlier: "And God said, See, I have

given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food."

OUR DIET IS PART OF OUR PREPARATION FOR THE HEREAFTER

The diet which, according to the Creator, would allow our bodies to perform optimally must be precisely the same diet in the hereafter. When we buy a motor vehicle we consult the manual to see what fuel should be used in order to maximise engine life and to provide the best performance. The Bible is our manual and we must determine which clues are

provided in the Bible for those who are on their way to eternity. The Eden diet remained until after the flood and then there was a drastic shortening of life expectancy as a result of the use of animal protein.

The exodus from Egypt is a type of our exodus from the world of sin, and note, the Lord saw fit to provide only manna as food. The mixed multitude however, longed for the flesh pots of Egypt and therefore they were given quails followed by punishment because they ate the quails without cooking them properly. For the remainder of the journey through the wilderness, manna was their exclusive diet (see Joshua 5:11-12)

Why were the Israelites not allowed to use meat as part of their diet during the journey from Egypt to the Promised Land? It must be linked to our journey out of the slavery of sin into our Promised Land. After Israel entered Palestine, they returned to their old diet because their typological path – symbolic of the antitypical journey of the people of the promise – had been completed. Are there more types in the Bible that teach us a similar lesson about a specific diet? Yes, there are. For example, we are asked to flee out of Babylon, just like Abraham

A healthy diet allows us to be better watchmen

was called out of Ur.

Revelation 18:4-5 is a great example: "And I heard another voice from heaven saying, Come out of her, my people, lest you share in her sins, and lest you receive of her plagues. For her sins have reached to heaven, and God has remembered her iniquities."



Daniel and his three friends are examples of persons who found themselves in Babylon and who knew that that environment posed a risk to their spiritual experience and that good lifestyle choices offered spiritual advantages. This can be found in Daniel 8:1-16.

They therefore used no wine and drank only water and followed a vegetarian diet. If these young men, under the guidance of the Holy Spirit, regarded these decisions as important, you and I ought to do the same in present day Babylon.

KEY TAKE AWAY



A healthy lifestyle affects us physically, mentally, and spiritually. All three are intertwined.

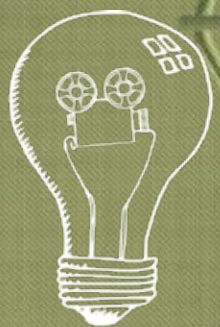


The health laws given to the Israelites are still valid today. They are blessings from above.



Jesus did not drink any sedative drinks on the cross. He had to stay focussed on His Father, to seek help to make it through.





Little Light
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