

THE TRUTH

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Lesson 20 - The Truth About Health

Millions are suffering the side effects of wrong living habits and harmful eating and drinking. Is it God's will that diseases plague people? The Bible gives guidelines for us to care for our health. We may be concerned about our bodies, but do we do anything about caring for our health?

The vast majority of people today suffer poor health. Is this God's plan for mankind? The Lord has provided guidelines that are simply ignored by most. The Lord has given us in Genesis the ideal diet for people. Following God's plan of caring for our bodies will eliminate much of the disease we see in the world today.

1. What is Gods ultimate will for our lives? [Jeremiah 29:11; 3 John 1:2] Ans. _____ and _____ prosperity.

NOTE: God gave health principles because He knows what is best for the human body. Automobile manufacturers place an operations manual in the glove compartment of each new car because they know what is best for their creation. God, who made our bodies, also has an "operations manual," the Bible. Ignoring God's "operation manual" often results in disease, twisted thinking and burned-out lives, just as abusing a car can result in serious car trouble. Following God's principles results in "saving health" [Psalm 67:2] and more abundant life. [John 10:10] With our cooperation, God can use these great health laws to significantly reduce and eliminate the effects of the diseases of Satan. [Psalm 103:2, 3]

THE ORIGINAL DIET

2. What was the original diet God gave to Adam and Eve at creation? [Genesis 1:29-30]

- _____
- _____
- _____

NOTE: From these verses it is seen that in the beginning when God planned the food for mankind, before sin had marred mind or body, the **grains, fruits, and nuts** were to be the food of man and the green herbs were to be the food of the entire animal kingdom.

3. Apart from the dietary laws, what other laws did God institute for man's health? [Genesis 1 & 2]

_____odly Trust

[Genesis 2:17]

_____pen Air

[Genesis 1:6,7]

_____aily Exercise	[Genesis 2:15]
_____unlight	[Genesis 1:16]
_____roper Rest	[Genesis 2:3]
_____ots of Water	[Genesis 2:10]
_____lways Temperate	[Genesis 2:16,17]
_____utrition	[Genesis 1:29]

There are many ways of practicing the healing art; but there is only one way that Heaven approves. God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties. Pure air and water, cleanliness, a proper diet, purity of life, and a firm trust in God are remedies for the want of which thousands are dying; yet these remedies are going out of date because their skillful use requires work that the people do not appreciate. **[Healthful Living, 225]**

THE DIET AFTER SIN [Genesis 3:17-19]

4. Because of sin, what amendment was made to man's original diet? [Genesis 1:29]

- Fruits
- Nuts
- Grains
- _____

NOTE: The divine punishment involved a partial change in diet. We can deduce that grains, fruits and nuts were reduced in quantity and quality because of sin, so man was obliged to eat vegetables for his maintenance. That change in the diet could be caused by the loss of certain elements from the tree of life, a climate change or the sentence of hard working to support oneself. **[Genesis 3:18]** God authorized no further change in man's food for the next _____ years. **[SDA Bible Commentary]**

THE DIET AFTER THE FLOOD [Genesis 9:3-4]

- Fruits
- Nuts
- Grains
- Vegetables
- _____

NOTE: After the flood God allowed man to eat meat, but He was particular, *only* the "clean" animals were to be eaten. Noah knew the difference between clean and unclean animals, for he had taken into the ark seven each of the clean animals, but only two each of the unclean.

God allowed man to consume flesh, provided it met these **four** Biblical requirements. The distinction between clean and unclean meats was not of Jewish origin. God gave the commandments covering it, and Noah knew of God's instruction centuries before Abraham was born.

- The animals had to be _____ . [Lev. 11:1-8; Deut. 14]
- No _____ should be in the meat or eaten. [Lev. 7:25]
- No _____ should be in the meat or eaten. [Lev. 7:26; 17:14]
- The animal should not die in a _____ or be _____. [Acts 15:20, 28]

BEFORE FLESH EATING

AFTER FLESH EATING

<u>Name</u>	<u>Age</u>	<u>Age</u>	<u>Name</u>
Adam	930	600	Shem
Seth	912	438	Arphaxad
Enos	905	433	Salah
Cainan	910	464	Eber
Mahalaleel	895	239	Peleg
Jared	962	239	Reu
Enoch	365	230	Serug
Methuselah	969	148	Nahor
Lamech	777	205	Terah
Noah	950	175	Abraham

5. What about marine life and birds of prey?

NOTE: In Leviticus 11 and Deuteronomy 14, God points out the following food groups as being unclean. Read both chapters in full.

- All fish and water creatures that do not have both fins and scales. [Deuteronomy 14:9] Nearly all fish are clean.
- All birds of prey, carrion eaters, and fish eaters [Leviticus 11:13–19].
- Most “creeping things” (or invertebrates) [Leviticus 11:21–44]

These chapters make it clear that most animals, birds, and water creatures’ people ordinarily eat are clean. There are, however, some notable exceptions. According to God’s rules, the following animals are unclean and are not to be eaten: cats, dogs, horses, camels, eagles, vultures, hogs, squirrels, rabbits, catfish, eels, lobsters, clams, crabs, shrimp, oysters, frogs, and others.

6. Does the Bible say anything about the use of alcoholic beverages?

- _____ wine - alcoholic beverages. These *are* forbidden. [Proverbs 20:1; 23:29-35; Isaiah 5:11; Habakkuk 2:15]
- _____ wine - pure grape juice, non-alcoholic. These *are* permitted. [John 2:1-8; Isaiah 65:8; 1 Timothy 5:23]

7. Does the Bible warn against the use of other harmful substances, such as tobacco? Ans.

NOTE: The Bible gives six reasons why the uses of harmful substances such as tobacco are displeasing to God.

- The use of harmful substances injures health and defiles the body. **[1 Corinth. 3:16, 17]**
- Nicotine is an addictive substance that enslaves people. **[Romans 6:16]**
- The tobacco habit is unclean. **[2 Corinthians 6:17]**
- The use of harmful substances wastes money **[Isaiah 55:2]**
- The use of harmful substances weakens our ability to discern the promptings of the Holy Spirit. **[1 Peter 2:11]**
- The use of harmful substances shortens life. Science has confirmed that the use of tobacco can dramatically shorten life spans. This breaks God's command against killing. Although it is a slow murder, it is still murder. One of the best ways to postpone your funeral is to quit using tobacco. **[Exodus 20:13]**

THERE IS HOPE

8. What may we claim as we struggle against harmful health habits?

- _____ the promises of God. **[2 Peter 1:4; Philippians 4:13]**
- Have a _____ - _____ **[Daniel 1:8]**

You can take all of these habits to Christ and lay them at His feet. He will joyfully give you a new heart and the power you need to break any sinful habit and become a son or daughter of God. **[Ezekiel 11:18, 19]** How thrilling and heartwarming it is to know that, "with God all things are possible." **[Mark 10:27]** Jesus said, "The one who comes to Me I will by no means cast out." **[John 6:37]** Jesus is ready to break the shackles that bind us. He longs to set us free and He will, but only we will permit it. Our worries, bad habits, nervous tensions, and fears will be gone when we do His bidding. "These things I have spoken to you... that your joy may be full." **[John 15:11]** The devil argues that freedom is found in disobedience, but this is false. **[John 8:44]**

The sincere Christians will bring their lives into harmony with God's health principles immediately because they love Him. They know that His rules only add to their happiness and protect them from the devil's diseases. **[Acts 10:38]** God's counsel and rules are always for our good, just as good parents' rules and counsel are best for their children. And once we know better, God holds us accountable. "To him who knows to do good and does not do it, to him it is sin." **[James 4:17]**