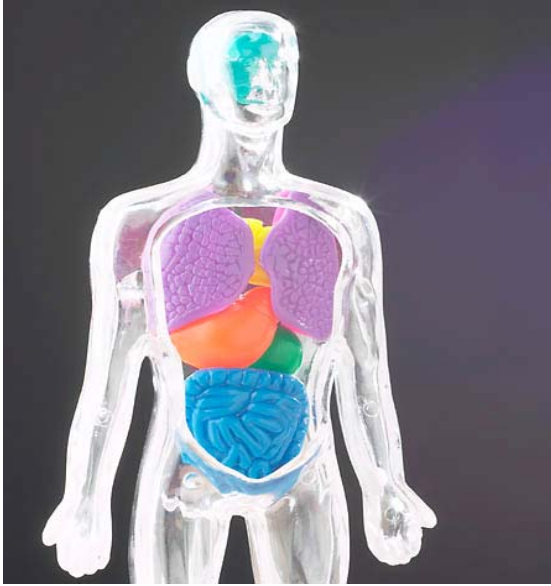


# God's Promise Of Health



**1. Jesus came that we might have life and that we might have it how? John 10:10**

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2

**2. What service does God ask of us? Romans 12:1**

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

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

**5. What was the original diet of man? Genesis 1:29**

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

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 neither fins nor scales is also unclean. Birds of prey and certain other birds are unclean. And so are many small animals such as weasels, mice, lizards, and snails.

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

This was long before there ever was Jew. It is not just Jews who can be harmed by eating unhealthful things. Some of the diseases that 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.

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

Even Gentiles who accepted the Lord were to abstain from eating blood Acts 15:20

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

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.

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

“Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, **for strength**, and not **for drunkenness!**” Ecclesiastes 10:17

**11. What did Daniel and his friends request to eat and drink? Daniel 1:12**

Pulse is vegetable foods. More and more people today are learning that the best diet is the one God originally gave man at his creation.

**12. What did this diet do for them? Daniel 1:15**

**13. Every man that strives for the mastery is what? 1 Corinthians 9:25**

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

“Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.” Philippians 3:19



## **In the Light of God's Word...**

I understand that God asks me to do all that I can to keep my mind and body, which belongs to Him, in the very best condition.

I choose to glorify God I my body by eating those things which promote health, and by avoiding all that is harmful to me.