



Abundant Life In Mind And Body

“God’s Plan for Your Health”

Lesson 8

Abundant Life in Mind and Body

KJV Bible Lesson Series: Lesson 8

What does the Bible reveal about God's purpose for your life when it comes to your spiritual and physical health?

Read John 10:10; 3 John 1:2.

Write the Bible Answer:

Jesus came to give us life; spiritually and physically. The life Christ wants us to have is an abundant life, full of health.

What does Jesus do to our sins and our physical diseases?

Read Psalms 103:1-5

Write the Bible Answer:

Jesus forgives, cleanses, and redeems us from the destruction of sin. Also, He wants to heal our diseases. This is the tender mercies and lovingkindness of God. God always wants to benefit us with good things.

What is Satan's purpose for your life when it comes to your spiritual and physical health?

Read John 10:10; Revelation 12:9, 12.

Write the Bible Answer:

Satan is the great deceiver. He has great wrath upon the inhabitants of the earth. Satan's purpose is to destroy and take people's lives. He does this through whatever way he can; violence, war, drugs, disease, etc..., taking away the lives of hundreds of thousands of people a year. God has a much better plan than Satan's plan of death.

Who owns your body? Can we treat it any way we want to?

Read Psalms 24:1; 1 Corinthians 6:19,20; 1 Corinthians 3:16,17; Romans 12:1,2.

Write the Bible Answer:

Our all belongs to God. “The earth is the Lord’s and the fullness thereof.” We have been redeemed by the blood of Christ, bought with the price of the death of our Lord. Our body is to be the habitation of the Holy Spirit. We cannot intentionally do or put things in our body which will destroy it. Our body is to be the temple of the Lord. God reveals that those who continue to destroy His body will be destroyed, “for the temple of God is holy, which *temple* ye are.” As Christians we should be the most healthy people of the earth. Keeping good health is important; not only for our physical health but also our spiritual health. When the body is continually diseased it can have a negative effect on the mind (clouded by disease, stressed, depressed, etc...). Our mind is the place God communicates with us.

What are some basic Biblical principles for a healthy life physically and spiritually?

Read Isaiah 43:7; 1 Corinthians 10:31.

Write the Bible Answer:

In all that we do we are to glorify God, which includes all that we eat and drink. We were created by God in the beginning, to glorify Him!

What are some things that we must stay away from in order to glorify God in what we eat, drink, and do?

Remember, Satan is come to steal, kill, and destroy. He has concocted indulgent habits to destroy the body. Sadly, many people today indulge in them. Some of the destructive habits are the use of tobacco (cigarettes), drugs, wine, beer, and also caffeine.

Let’s take a look at some.

Cigarettes

Cigarettes is a crafty, highly addictive, and deadly habit that gets its inspiration

from Satan. Smoking or any other form of tobacco use causes all types of deadly cancers, heart disease, strokes, kidney disease, Alzheimer's, stress, lung disease, asthma, and premature aging. Did you know that smoking kills over 400,000 people in the U.S. alone per year? Wikipedia.org says, "The World Health Organization estimates that tobacco caused 5.4 million deaths in 2004." Smoking cigarettes destroys the body. If we want to glorify God in all we do and eat, we must not indulge in this deadly habits.

Drugs

Drugs generally are toxic substances that come in various forms. Drugs play with the delicate biochemistry of the brain to give an artificial feeling of happiness, excitement, and invincibility while in reality they are confused, drunk, unaware, not knowing where they are or how they got there, and at a high risk of injuring or even killing themselves or others. Both prescription and illegal drugs come with a host of side effects that can be detrimental to your health or even fatal to those who use them. Drugs kill. Stay away at all cost.

In these end times are we to be unaware?

Read 1 Peter 4:7.

Write the Bible Answer:

The end is near and we must be sober. Drugs and all things that will confuse the mind, must be discarded. We are to watch and pray, but how can we do this if we are unaware.

Caffeine

Caffeine is the world's most used and "addictive" drug. It is extracted from the berries of a Coffea plant. Caffeine, in short, excites the adrenal glands in the body which over excites the central nervous system of the body. This would give the user a feeling of energy and alertness. God did not design your brain to be always in a state of extreme excited activity as when a bear chases someone. If a bear was coming to attack you, God designed our body to activate; giving you more energy to run faster, jump higher, scream louder, or even fight. This is an amazing emergency system God has given us, but He did not design us to be activated all the time, as caffeine does when ingested. The use of caffeine can cause a host of nervous system and overall health problems such as tremors, depression, anxiety, insomnia, high blood pressure, increased heart rate and seizures. Also caffeine is known to cause cancer and tumors to grow more rapidly, even the so-called

“small” amounts.

If you intake caffeine, pray and ask God for victory over this very addictive drug. God does not want His people to depend on any addictive substance that plays with the mind such as caffeine. It does not fit the standard of glorifying God in what we drink. It violates God's laws of health.

But God can give you the power to overcome! In the first few days of withdrawing make sure you drink more water than you normally do which will help flush the caffeine from the body.

Alcohol

Alcohol is one of the most debasing habits that Satan inspired to confuse, destroy, and drag down the human race to perdition. Most widely it comes in the form of wine and beer. Alcohol is very toxic. It causes high blood pressure, heart disease, strokes, liver disease, cancer, death, depression, anxiety, and confusion, etc.

Also the usage of alcoholic beverages causes many problems socially. It can lead to unemployment which can lead to homelessness. Driving under the influence of alcohol can be fatal to both the drunk driver and also take the life of another person that was just driving.

The true people of God should have nothing to do with the deadly habit of alcohol.

What does the Bible say about fermented wine (alcohol)?

Proverbs 20:1 “Wine *is* a mocker, strong drink *is* raging; and whosoever is deceived thereby is not wise.”

Read also Proverbs 23:29-32; Ephesians 5:18.

Write the Bible Answer:

When the grape juice begins to “move” or spoil, the once pure grape juice becomes “strong drink” or wine. The Bible reveals that those who indulge in this base habit are not wise, and the use of this causes sorrow, contentions, and foolish babbling.

What will happen to those who are drunk physically or spiritually in these last days?

Read Luke 21:34.

Write the Bible Answer:

The end will come upon them unawares, why? Because they were confused with wine and chose to stay in that condition.

Will drunkards inherit the kingdom of heaven?

Read 1 Corinthians 6:9,10.

Write the Bible Answer:

The Bible reveals that drunkards will not inherit the kingdom of God. It is not a light matter to God when we indulge in things knowing that it will destroy the body. So if you are indulging in this habit go to Jesus and ask Him to help you overcome.

What is the hope for drinkers who are currently indulging in this addictive habit, but wish to overcome?

Read 1 Corinthians 6:10,11

Write the Bible Answer:

The Bible reveals that these things will not inherit the kingdom of God, but the hope is that we can be washed, justified, and sanctified by Jesus Christ who has died to save us.

Who gives us the desire and power to overcome the indulgent habit of drinking?

Philippians 2:13 “For it is God which worketh in you both to will and to do of *his* good pleasure.”

Read also Hebrews 13:20,21.

Write the Bible Answer:

God will give you the desire to overcome and the power to overcome, no matter how difficult it is to overcome the addiction. He will work in you to do that which is wellpleasing to Him.

What does God say He would do for those who hearken to His commands?

Read Exodus 15:26; Deuteronomy 7:15; Exodus 23:25.

Write the Bible Answer:

God is a God of tender love and compassion. He promised the obedient children of Israel that hearkened to His commands, that He would not put the diseases of the Egyptians upon them. God said, "I am the Lord that healeth thee." This is God's promise now, just as much as it was then, for those who hearken diligently to the voice of the Lord.

What did God give for food in the beginning of Creation for our benefit?

Read Genesis 1:29; Genesis 2:15-17.

Write the Bible Answer:

In the beginning of the world God gave to us fruits, nuts, and grains. No flesh was eaten, for that involves the death of the animal, and we know that before sin there was no death, not even of the animals. Even the predators like the lions and wolves did not eat flesh for food. The Bible says in Genesis 1:30, "And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein *there is* life, *I have given* every green herb for meat: and it was so." So the people ate the produce of the garden, but the animals ate the leaves of the plant. At this time people and animals were all "vegetarians".

After sin, what did God add to the diet of humanity?

Read Genesis 3:17-19.

Write the Bible Answer:

After sin, Adam and Eve were told to eat the herbs or the green leaves of the plant.

With all their vitality and strength along with a healthy diet, how long did they live?

Read Genesis 5:5; Genesis 5:8; Genesis 5:27.

Write the Bible Answer:

Here are a few examples of how long the people lived; Adam lived 930 years, his son Seth lived 912 years, and Methuselah lived 969 years, almost a whole millennium!

When did God allow flesh meat to be eaten?

Read Genesis 9:1-3.

Write the Bible Answer:

After the worldwide flood this earth was devastated. The land was ruined, the trees were destroyed, the tender plants that produced the food were uprooted and washed away. Because of this great destruction that was the result of the wickedness of the earth, there was not much vegetation on the earth. It was at this time that God permitted the eating of flesh meat.

But we also see that God separated the meat into two classes. What were these?

Read Leviticus 11:47; Genesis 7:2; Genesis 8:20.

Write the Bible Answer:

We see in Leviticus 11:47 that God had made a "...difference between the clean and the unclean, between the beast that may be eaten and the beast that may not be eaten." The clean went into the ark by sevens, and the unclean went in by two. When Noah offered an offering to the Lord, he used only the clean beasts and fowls as the offering. So we can clearly see from this that God made very plain the difference between the clean and unclean even to Noah.

How did they know if it was clean or not?

Read Leviticus 11:3-31.

Write the Bible Answer:

Among the beast on land, such as the cow, the qualifications that had to be met in order to be clean was that it had to be clovenfooted, or in other words the animals hoof had to be divided, as deer feet are. Also, it had to chew the cud, which is a process that ruminant animals have in digestion, in which the food is eaten then brought to a special stomach called the rumen, then the now called cud is brought back to the mouth, and then is brought to another stomach call the abomasum and from there is brought to the intestines. Animals that do this are like the cow, goat, lamb, and deer.

The animals that did not chew the cud and also have a divided hoof, were unclean, and were not to be consumed. These animals include the pig, horse, rabbit, etc. Even though pigs are eaten widely today in forms as bacon, ribs, barbecue, etc, the Bible reveals that the pig is unclean. God tells us not to eat it because pigs are one of the waste collectors of the earth. They eat almost every waste and also other sick or dead things. Therefore their blood and flesh is poisoned with disease and parasites. So if you eat it, now is the time to let it go so you can glorify God in your body.

Among the creatures in the water, such as the fish, the requirements they had to meet in order to be clean were that it had to have fins and scales. Some creatures in the water do not have fins and scales like the catfish, shrimp, lobster, oysters, and crab. Like the pig, these are the waste collectors of the ocean. They are unclean and are by God called an abomination.

Also of the birds, God reveals that the eagle, vulture, owl, hawk, swan, pelican, the stork, the heron, and the bat are all unclean and not to be eaten.

Can we just disregard what God tells us concerning the clean and unclean meat?

Read Isaiah 66:15-17.

Write the Bible Answer:

According to Isaiah 66:15-17, those that rebel and continue to eat the abomination will be consumed in the judgment. We just need to follow what God reveals to us. God reveals all this to help us even though it may require a change.

Even though God permitted man to eat flesh, what did he tell them they were not to eat of?

Genesis 9:3,4 “Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things. But flesh with the life thereof, *which is* the blood thereof, shall ye not eat.”

Read also Leviticus 3:17; Leviticus 17:13,14.

Write the Bible Answer:

Noah was commanded not to eat of the blood. God repeated this to the children of Israel not to eat the blood or fat.

What decision was made by the new testament church concerning the eating of blood?

Read Acts 15:28-29.

Write the Bible Answer:

Here again the principle is maintained.

How safe is flesh today?

Read Matthew 24:7; Hosea 4:1-3.

Write the Bible Answer:

In these last days, Jesus said that there would be pestilences in the earth. These diseases are also in the animals. Studies have shown that eating meat also

increases your risk of type 2 diabetes, heart attacks, strokes, cancer, etc.

So in our time, for the best health, we should return to a plant-based diet. You can even grow your food in your backyard! These also can be prepared in a nutritious and delicious way. It will richly benefit your health. It will help with weight control, and help prevent heart attacks, strokes, cancer, type 2 diabetes, and more! Let us glorify God in how we treat our body!

Are we to put things in our body just because we like them?

Read 1 Corinthians 9:24-27; 1 Corinthians 6:12-13; Philippians 3:19.

Write the Bible Answer:

God did not create us for food. We are to control what we eat and not let the food control us, eating whatever looks good to the eyes and smells good to the nose. In the Christian race we must keep our body in subjection even in what we eat. This is called temperance.

The Bible Brain Challenge

How does God want us to be like in our mind and body?

Fill in the Blank

3 John 1:2. Beloved, I wish above all things that thou mayest prosper and _____, even as thy soul prospereth.

Does God want our mind to be clouded with alcohol, drugs, in these last days?

When God permitted man to eat flesh meat, could they eat the blood or fat?

Fill in the Blank

Genesis 9:4 “But flesh with the life thereof, which is the blood thereof, shall _____.”

Is there a difference between clean and unclean meat?

Today, what is the best diet for our health?

Fill in the Blank

1 Corinthians 10:31. “Whether therefore ye _____, or _____, or whatsoever ye do, _____.”

These Bible lessons are by Pathway to Peace Ministries



Pathway to Peace Ministries

Matthew 9:35 & Revelation 14

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