



LIFE ON THE EDGE Radio Bible Study #22: Health

Intent of Study: Our bodies are the temple of the Holy Spirit. As our Creator, Redeemer and Father, God is intimately concerned with the health of the whole person - body, mind and spirit.

Focus It: Jesus Christ came so that we may have life and life more abundantly.

1. Revelation 14:6-7
2. 1 Corinthians 10:31
3. 1 Corinthians 6:19-20
4. 1 Corinthians 3:16,17
5. 3 John 2
6. Daniel 1:8,12-15
7. Genesis 1:29
8. Genesis 3:18 (9:1-3)
9. Leviticus 11:47 (Leviticus 11)
10. Leviticus 3:17
11. Deuteronomy 12:23
12. Proverbs 23:29-35
13. Proverbs 20:1
14. 1 Corinthians 6:10
15. Romans 13:14
16. Philippians 4:13
17. Psalms 84:11
18. 1 Thessalonians 5:23 (Appeal)

Share It:

1. Revelation 14:6-7

What does the Bible mean when it says that we are to glorify God? How can we give Him glory? (singing, praying, helping others) What about what we eat and drink?

2. **1 Corinthians 10:31** - Is it possible to eat and drink in a way that would bring glory to God? Is it also possible to eat and drink in such a way that would not bring glory to God? Notice what God has to say about our body.

3. **1 Corinthians 6:19,20** - Someone may say it is my body so I can do what I want, but the Bible says that your Body belongs to God. If you buy a new car and a month later it is trashed, then I will not care. If you borrow my car and bring it back in a month then I would be upset! What does God think about us abusing what He has given us?

Take extra good care because our bodies are not our own.

4. 1 Corinthians 3:16-17

God gives us a strong warning about what we should do with our temple. It is not our body, but it belongs to God. If we love Him then why would we want to mess up something that belongs to Him? Now let's look at what God wants for us.

5. **3 John 2** - God loves us and He wants us to be in health. He has provided us with health principles to guide us. The Bible says that God wants us to be as physically healthy as spiritually healthy.

Let's look at the Biblical guidelines.

6. **Daniel 1:8,12-15** - Purposed = decided, put his foot down.
Pulse - original Eden diet = grain, nuts, fruit.
15 - Healthier and better nourished

Let's find out God's original diet for us.

7. **Genesis 1:29** - Fruit, seeds, nuts
This is the original diet, but what happened in the garden? Adam and Eve ate fruit that they were not supposed to and they lost access to the fruit from the tree of life.

God provided something for them after sin entered.

8. **Genesis 3:18 (9:1-3)** - Herb of the field = vegetables.
Every living thing = this was after the flood so the people already knew which animals were clean and which were unclean - Genesis 7:2
Even as the green herbs - they knew there were plants that they should not eat, as there were animals that they should not eat. Since there were only two of the unclean animals, if they would have eaten one we wouldn't have that animal today.

Does this verse tell us which animals we shouldn't eat? Let's look at what the Bible says about clean and unclean animals.

9. **Leviticus 11:47 (Leviticus 11)** - Leviticus 11 is about what is clean and unclean and between which animals are to be eaten or not.

3 - Mammals: cloven hooves and chews cud

9 - Fish: fins and scales

13-19 - Birds: "Do not eat" birds, birds of prey

21-23 - Bugs: Creeps on all fours and has jointed legs above its feet

10. **Leviticus 3:17** - No fat or blood

11. **Deuteronomy 12:23** - Blood is the life

We've learned how we can honor God in what we eat, let's learn about how we can honor God in what we drink.

12. **Proverbs 23:29-35** - Don't even look at it. Drinking it addictive, you are no longer in control of yourself, it controls you.

13. **Proverbs 20:1** - Don't you want to be wise? What does the Bible say about those who drink?
They are foolish.

14. **1 Corinthians 6:10** - Will those who drink inherit the Kingdom of God? Drunkards = those who drink. Don't you want to inherit the Kingdom?
Why aren't people allowed to drive drunk? *Alters your mind, lose control.*
Why would you want to have that in your life?
If you had a dog that bit 1/5 people who came to your house, would you keep it?
Statistics show that 1/5 people who drink will become alcoholics.

How can we overcome?

15. **Romans 13:14** - Make no provision - stay away!
If you struggle with junk food, stay away from the snack aisle.
If you struggle with spending money, stay away from the mall.

16. **Philippians 4:13** - I can do ALL things through Christ who strengthens me. Not just a few, not some, but ALL things.

17. **Psalms 84:11** - God will not withhold good things from us

Appeal: 1 Thessalonians 5:23

Is it your desire to follow the Biblical counsel of what we should eat and drink?

Simple Questions and Simple Answers:

1. Q: Proverbs 31:1-7 (King Lemeul = Solomon, Mother = Bathsheeba)
She is talking about things that destroy kings.
Wine here is used as medicine.
A: Drink causes you to forget the law, the law is God's character.
Today we have pain killers.
Jesus received wine as a painkiller: Matthew 27:34, John 19:29,30
Revelation 1:6 - God has made us kings and priests

2. Q: Leviticus 10:9 God is telling the priests not to drink in the tabernacle
A: 1 Peter 2:9 We are a royal priesthood and our bodies are the temple (1 Corinthians 6:19)

3. Q: 1 Timothy 3:8 Drink in moderation
A: Verses 1-7 counsel to Elders, Verses 8-10 counsel to Deacons
They are given the exact same counsel. They are examples to the church members.

4. Q: 1 Timothy 5:23 Drink for your bellies sake
A: Timothy has gotten sick from the water, Paul is giving him health advice.
A little alcohol will help cure the dysentery.

5. Q: John 2
A: Do you think holy Mary would ask baby Jesus to turn water into alcohol
Would Jesus put something that was impure in a purifying pot?
Good wine = fresh wine
Do people typically think that beer tastes good? *No.* After you drink a few beers what do you taste?
Nothing. Could this man taste this wine? *Yes.* If he was drunk he would not be able to taste it.

6. Q: Mark 7:18,19 (Matthew 15:1-20)
A: Verses 1,2 concerning hand washing, not food

7. Q: 1 Corinthians 8:8 (1,4,13)

A: Talking about food that has been offered to idols. The food offered to idols was cheaper.

8. Q: Romans 14:2

A: They didn't have the faith to accept that you could eat more than just plants.

9. Q: Romans 14:14

A: The word for unclean here is common, which means a clean animal that was stored or housed with an unclean animal.

Jews were clean, gentiles were unclean. If a Jew visited a gentile he became unclean/common for that day.

10. Q: 1 Timothy 4:3,4

A: Start in verse 1, this is talking about people that depart from the faith.

Catholics - forbidding to marry (nuns and priests), abstain from food (lent and fasts after confession)

Verse 3 - by those who believe - clean foods were created for those who believe

11. Q: Luke 10:8

A: At this point the Gospel had only gone to the Jews, therefore they did not need to be worried about whether the foot will be unclean.

12. Q: Acts 10:9 (Verse 28)

A: At this time being a clean or unclean person had to do with whether you had accepted Abraham's covenant - be circumcised and baptized.

This is talking about people, not food.

28 - Peter has learned from this vision that he is not supposed to call men unclean.

11:1-18 - Peter explains what happened to the men

*Texts for answering difficult questions: 1 Corinthians 10:31, 1 Corinthians 3:16,17, Deuteronomy 29:29