

AMAZING DISCOVERIES

MEDICINE THE ANCIENTS AND HEALTH

Some years ago, the President of the American Medical Association, addressing a large group of heart specialists in New York City, began his speech with these words, "America's greatest need is for a new lifestyle." Even a casual look at the health habits of a majority of Americans indicates that these words are indeed true. Degenerative diseases - those directly related to faulty habit patterns - are on the rise. Heart Disease, Cancer, Diabetes, are becoming epidemic in the United States, in Britain, and in Europe.

Since there is a close relationship between the physical and spiritual dimensions of man, God is deeply interested in our physical health. In fact, He declares, "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2. The book of Revelation clearly teaches that the message of physical health is an intimate part of God's last day message for the world.

1. What specific instruction does God give in Revelation 14:7 that actually includes physical health?

MY BIBLE SAYS: "Fear {reverence, respect, obey} God and give _____ .

2. How do we give glory to God? Does giving glory to God have anything to do with our physical health habits? I Corinthians 6:19,20; 10:31.

MY BIBLE SAYS: _____

The Christian life involves the whole person. It includes the entire surrender of everything about us to God. Holiness is wholeness for God.

3. What earnest appeal does the Apostle Paul make regarding our bodies? Romans 12:1,2.

MY BIBLE SAYS: _____

4 How much of ourselves does God-want to preserve ? 1 Thessalonians 5:23.

MY BIBLE SAYS: _____

God is interested in everything about us. That includes our physical well-being, as much as our spiritual. He wants it blameless, without a blemish.

5. What marvellous promise did God give to the Israelites regarding health? Exodus 15:26. May we claim the same promise?

MY BIBLE SAYS: _____

God gave some simple health laws which are recorded in the Bible. He promises that if we follow them we shall escape disease. When we buy a car the manufacturer gives us a manual which tells us what is best for our car. The Bible instructions are from our Manufacturer, and we ignore them at our peril. He knows what is for our best good. After all there's no point in putting diesel in petrol engine, if you want it to function correctly.

6. What does God say about the use of intoxicating drinks and alcoholic beverages? Proverbs 20:1: 23: 29-35.

MY BIBLE SAYS: _____

Although some Christians drink moderately and see little harm in it, the Bible clearly teaches the 'wine is a mocker'. It deceives you! Is the person who drinks moderately capable of discerning when they have drunk too much? Dr Melvin Knisley of the University of South Carolina has clearly demonstrated that even moderate drinking destroys thousands of brain cells. D Knisley's advice is sound. He unashamedly says, "The only way to deal with alcohol is to quit it cold."

The original diet given to man by God consisted of frail, nuts, grains and vegetables (Genesis 1:29 2:16; 3:18, 19). God did not add flesh foods until after the flood to meet the food shortage emergency and possibly to allow for a shorter lifespan since mankind had become so wicked living longer.

7. How many classes of animals did Noah bring on the ark? Genesis 7:2,3.

MY BIBLE SAYS: _____

8. How can you tell if any animal is clean or unclean? Leviticus 11:1-3.

MY BIBLE SAYS: _____

Unclean, really means unfit for human consumption. Here God enunciates a rule of the thumb by which you can readily tell if the animal is clean, fit for human consumption. Just because an animal is classed as clean, does not mean that you can eat of every part. God says not to eat of the internal organs and fat, just the flesh.

9. Does God highly recommend pork and pork products? Leviticus 11:7,8.

MY BIBLE SAYS: _____

10. What general principles does God give regarding all seafood? Leviticus 11:9-12.

MY BIBLE SAYS: _____

God's word declares that all shellfish, such as crabs, clams, oysters, shrimp, lobster, are scavengers. As such, they are unclean. Since the God who made our bodies desires us to be in health, He has given us these instructions to preserve our health.

11. Do the health principles recorded in the Old Testament apply to New Testament Christians, in other words to our day also? Acts 15:20 (last part).

MY BIBLE SAYS: _____

Very much so, the Church saw that these were not ceremonial laws, but universal health laws.

12. How does God look on our bodies, and who does He say lives in us? 1 Corinthians 3:16.

MY BIBLE SAYS: _____

13. So then does eating and drinking still have something to do with the Christian life? 1 Corinthians 10:31.

MY BIBLE SAYS: _____

Yes it does. What you put into your body affects its output, just as lead-free petrol isn't designed to run a super lead requiring engine. It's not difficult to understand what is best for you. Take time to learn, it *will* do you good.

What if you are hooked on some junk item which is not really *fit* for you? Does God have a word for you?

14. What Bible promise does God give to those who desire victory of physical habits that have defeated them for years? Philippians 4:13.

MY BIBLE SAYS: _____

Christ offers you His help to crack the shackles which hold you. Be of good cheer, He has come to set the prisoner free. He said, I am not come to condemn, but to bring life, and life more abundant.

15. Where does all power for victory come from? How do I receive it? John 1:12.

MY BIBLE SAYS: _____

Whatever your physical craving or habit however great your desire or inclination, there is victory for you in Christ. The Amazing Discovery is heaven's power is available for you today. There is victory in Jesus. No. He may not take your craving or 'taste' away immediately. Trusting in Him, relying on His promises, victory is secure. Remember your body is the Temple of the Holy Spirit who is dwelling in you, and God wants you to prosper and be in health.

+ B. K. Robinson +