

HOPE FM JOURNEY TO WHOLENESS

HEALTH AND THE BIBLE

1 Cor 6:19,20 *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own;²⁰ you were bought at a price. Therefore honour God with your bodies.”*

Romans 14:8 *“If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord.”*

What impact does this Divine claim have upon us? The greatest day in our lives comes when this realisation first dawns over our souls. Life can never be quite the same again for us from the moment we say: **“I BELONG TO GOD. MY BODY IS HIS TEMPLE!”** This is surely the most powerful, life-changing conviction that can ever lay hold upon our hearts. If God places such a high value upon us, can we continue to have a cheap regard for ourselves?

What blessing was promised Israel if she followed God’s counsel?

DEUT 7:15 *“The LORD will keep you free from every disease. He will not inflict on you the horrible diseases you knew in Egypt, ...”*

Do you know that the health and welfare of God’s people is His highest wish for you?

Listen to this verse written by the Apostle John in a letter called 3John 2: *“Dear friend, I pray that you may enjoy good health and that all may go well with you, just as you are progressing spiritually.”*

God places a high value upon our physical bodies. God created our bodies - “in His own image”, and pronounced them ‘very good’ (Gen. 1:31). Therefore, His redemptive work also takes into account **our** bodies, and He will not rest until they are fully reclaimed from sin, disease and death. Rom. 8:23: *“Not only so, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies.”*

So what counsel has God given to us that means we are able to keep the welfare of our living temple?

What was man’s diet that God intended when He first made us? Gen 1:29 *“Then God said, ‘I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.’”*

Later was added vegetables after sin entered into the perfect creation. Gen 3:18 *“It will produce thorns and thistles for you, and you will eat the plants of the field.”*

God also looked at other things other than just food. For instance, **proper sanitation** – Deuteronomy 23:12,13 – *Thou shalt have a place also without the camp, whither thou shalt go forth abroad: And thou shalt have a paddle upon thy weapon; and it shall be, when thou wilt ease thyself abroad, thou shalt dig therewith, and shalt turn back and cover that which cometh from thee:”* Also, isolation **of infectious diseases** – see Numbers 5:2,3 *“Command the Israelites to send away from the camp anyone who has a defiling skin disease or a discharge of any kind, or who is ceremonially unclean because of a dead body. Send away male and female alike; send them outside the camp so that they will not defile their camp, where I dwell among them.”* Leviticus 13:45,46 *“Anyone with such a defiling disease must wear torn clothes, let their hair be unkempt, cover the lower part of their face and cry out, “Unclean! Unclean!” As long as they have the disease, they remain unclean. They must live alone; they must live outside the camp.”* And burning of infected materials – Leviticus 13:47,48,52 – *“As for any fabric that is spoiled with a defiling mould – any woollen or linen clothing, any woven or knitted material of linen or wool, any leather or anything made of leather – must be shown to the priest. ⁵⁰ The priest is to examine the affected area and isolate the article ...it is a persistent defiling mould; the article is unclean. ⁵² He must burn the fabric, ... or leather article that has been spoiled, because the defiling mould is persistent; the article must be burned.”*

But God did then highlight that there were some foods that were best to be avoided? Leviticus 11:1-47.

Adequate exercise and rest – Mark 6:31 *“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”* Exodus 20 :8-11 *“Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work,... For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.”*

DRINK – Proverbs. 20:1 *“Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.”* [See also 23:29-33.]

Clean and positive thinking – Philippians 4:8 – *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”*

Proverbs 3:1,2 *My son, do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.*

Daniel 1:8 *“But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Vs15 “At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds ... then in vs 19,20, “The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king’s service. In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanterers in his whole kingdom.”*