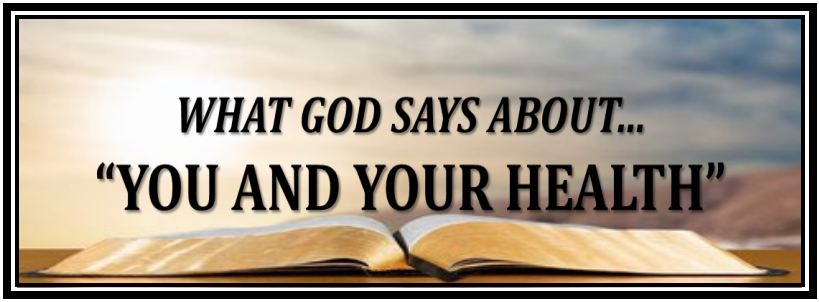


God loves every human being that He created in his own image and likeness. We were created for God's glory. We were created to worship Him as our Creator and Redeemer. The undeniable evidence of God's unparalleled love for humanity was demonstrated on Calvary when Jesus gave His life and died for guilty man. Unquestionably, God loves us and has our best interest at heart. During Creation, God placed Adam and Eve in the Garden of Eden and furnished them with the best of everything. He even gave them the best possible diet to benefit their bodies and supply the nutrients that would preserve optimal health. While some modifications to man's diet were permitted after the fall and the flood, it would do us well to return to the original diet that will aid in glorifying and worshipping our Creator to the fullest. Let's begin our lesson and discover What God Says About..."You and Your Health."

YOU ARE SPECIAL TO GOD

1. **According to Moses, how does God characterize His people?**

   "For thou art an _____ _____ unto the LORD thy God: the LORD thy God hath chosen thee to be a _____ _____ _____ _____, above all people that are upon the face of the earth." *Deuteronomy 7:6*

2. **What is the main reason God set His love upon ancient and modern Israel?**

   [7]"The LORD did not set his love upon you, nor choose you, because ye were more in number than any people; for ye were the fewest of all people. [8]But because _____ _____ _____ _____, and because he would keep the oath which he had sworn unto your fathers, hath the LORD brought you out with a mighty hand, and redeemed you out of the house of bondmen, from the hand of Pharaoh king of Egypt." *Deuteronomy 7:7, 8*

3. **What does God wish above all things concerning His people?**

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

4. **What promise has God made to those who walk uprightly?**

"For the LORD God is a sun and shield: the LORD will give grace and glory: _____ _____ _____ _____ _____ _____ _____ _____ that walk uprightly." *Psalm 84:11*

Note: *God wants His people to be in good health. He promised that He will not withhold any good thing from those who walk uprightly—this includes good health.*

5. **What has God promised He would not put upon us if we obey His Word and diligently heed His instructions?**

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put _____ _____ _____ _____ upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." *Exodus 15:26*

6. **God longs for us to have the right to what special tree?**

"Blessed are they that do his commandments, that they may have right to _____ _____ _____ _____, and may enter in through the gates into the city." *Revelation 22:14*

GLORIFY YOUR CREATOR

7. **According to the prophet Isaiah, what was God's purpose for creating us?**

"Even every one that is called by my name: for I have created him _____ _____ _____, I have formed him; yea, I have made him." *Isaiah 43:7*

8. **According to the apostle Paul, in what two ways are we instructed to glorify God?**

[19]"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? [20]For ye are bought with a price: therefore glorify God _____ _____ _____, and _____ _____ _____, which are God's." *1 Corinthians 6:19, 20*

9. According to 1 Corinthians 10:31, in what three ways are Christians to glorify God?

"Whether therefore ye _____, or _____, or whatsoever ye _____, do all to the glory of God." *1 Corinthians 10:31*

10. What does God call the world to do in the hour of His judgment?

[6]"And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, [7]Saying with a loud voice, _____ _____, and _____ _____ _____ _____; for the hour of his judgment is come: and _____ _____ that made heaven, and earth, and the sea, and the fountains of waters." *Revelation 14:6, 7*

Note: *Giving glory to God is a last day issue. In order to properly worship God, we must glorify Him in all aspects of our lives, including our health. Therefore, in order to properly honor God, Christians would do well to eat a proper diet and also obey the eight laws of health comprised of the acronyms known as NEW START which are as follows: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust in Divine Power.*

MAN'S ORIGINAL DIET

11. What is the original diet that God gave to mankind?

"And God said, Behold, I have given you _____ _____ _____ _____, which is upon the face of all the earth, and _____ _____, in the which is the _____ of a tree _____ _____; to you it shall be for meat." *Genesis 1:29*

Note: *The original diet for man consisted of fruits, nuts, and grains. Both humans and animals were vegetarians before sin entered the world (Genesis 1:29, 30). The foods that consist of man's original diet are the best foods suited to aid man in achieving nourishment and optimum health.*

"Vegetarians are no longer viewed as food fanatics and counterculture oddballs. Studies confirm that most live longer, healthier lives, and they leave softer footprints on the earth—they are ecologically tuned in. Making the transition to a meat-free diet can be a challenging adventure, leading to a new level of good health and well-being." Ludington, A. & Diehl, H. *Health Power: Health by Choice Not Chance*, p. 185.

MAN'S DIET AFTER THE FALL

12. What did God add to man's diet after the fall?

17"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; 18Thorns also and thistles shall it bring forth to thee; and thou shalt eat _____ _____ _____ _____ _____." *Genesis 3:17, 18*

Note: *As previously stated, the original diet for man consisted of fruits, nuts, and grains. However, after sin entered the world, man was permitted to eat "the herb of the field"—plants or vegetables. The impact of the curse of sin was so strong on earth that it altered man's diet. In other words, the fall in the Garden of Eden resulted in a partial change in man's diet.*

MAN'S DIET AFTER THE FLOOD

13. How were the animals classified that were taken on the ark by sevens? What was the classification for those taken by twos?

1"And the LORD said unto Noah, Come thou and all thy house into the ark; for thee have I seen righteous before me in this generation. 2Of every _____ _____ thou shalt take to thee by sevens, the male and his female: and of beasts that are _____ _____ by two, the male and his female. 3Of fowls also of the air by sevens, the male and the female; to keep seed alive upon the face of all the earth." *Genesis 7:1-3*

Note: *It is interesting to note that in the book of Genesis, during the time of the flood, God had already made a clear distinction between clean and unclean animals as they boarded the ark (Genesis 7:1-3). Therefore, this early distinction made between clean and unclean animals reveals God's will regarding flesh meat, and it also indicates that His dietary instructions still apply today (Leviticus 11, Deuteronomy 14 and Acts 15:20, 29).*

14. What did God permit man to eat after the flood?

"_____ _____ _____ that liveth shall be meat for you; even as the green herb have I given you all things." *Genesis 9:3*

Note: *It is important to note that Genesis 9:3 is not teaching that God granted man permission to eat all animals without distinction or restraint after the flood! These instructions were given immediately after the flood and as a result of all vegetation having been destroyed. While some may seek to interpret this text to justify an unrestricted diet, it is important to study the context of a passage as well as the entirety of scripture regarding any subject before drawing conclusions. Genesis 7 clearly indicates the distinction between clean and unclean beasts of which Noah was certainly acquainted. Furthermore, after the flood, Noah offered burnt offerings to God of only the clean animals (Genesis 8:20). Hence, these distinctions remained valid after the flood. We will study the distinctions between clean and unclean animals in more detail later in our study.*

15. Although God permitted man to eat flesh after the flood, what did He strictly forbid man from eating?

"But flesh with the life thereof, which is _____ _____ thereof, _____ _____ _____ _____." *Genesis 9:4*

Note: *God did not permit man to eat flesh with blood before or after the flood. We will further address the blood later in our study.*

LIFESPAN "BEFORE AND AFTER" THE FLOOD

Note: *The lifespan of man dropped significantly after the flood when flesh meat was permitted to be a part of man's diet. It's clear that flesh eating has an adverse effect on the longevity of life. Ultimately, God is seeking to lead us back to the original diet.*

BEFORE THE FLOOD		AFTER THE FLOOD	
Adam 930	Gen. 5:5	–	–
Jared 962	Gen. 5:20	–	–
Methuselah 969	Gen. 5:27	–	–
–	–	**Terah 205**	Gen. 11:32
–	–	**Abraham 175**	Gen. 25:7
–	–	**Isaac 180**	Gen. 35:28

CLEAN AND UNCLEAN MEAT

Note: *God gives distinctions and guidelines on clean and unclean flesh in Leviticus 11 and Deuteronomy 14. These guidelines continue to remain in effect today.*

BEASTS OF THE FIELD

16. What guidelines are set forth regarding clean meat?

[1]"And the LORD spake unto Moses and to Aaron, saying unto them, [2]Speak unto the children of Israel, saying, These are the beasts which ye shall eat among all the beasts that are on the earth. [3]Whatsoever _____ _____ _____, and is cloven footed, and _____ _____ _____, among the beasts, that shall ye eat." *Leviticus 11:1-3*

17. In Deuteronomy, what guidelines are set forth regarding clean meat?

"And every beast that _____ _____ _____, and cleaveth the cleft into two claws, and _____ _____ _____ among the beasts, that ye shall eat." *Deuteronomy 14:6*

Note: *According to scripture, God only permits Christians to eat the flesh of animals that have a split hoof and chew the cud. Animals that chew the cud, such as cows, partially digest their food and then regurgitate it from their stomach and chew it again. However, Christians are not permitted to eat the fat or the blood (Leviticus 3:17). Animals such as the camel, coney, hare, and swine are strictly forbidden from the Christian's diet (see Leviticus 11:4-8 and Deuteronomy 14:7, 8).*

FISH OF THE SEA

18. According to Leviticus 11:9, in what way does God specify which fish may be eaten?

"These shall ye eat of all that are in the waters: whatsoever hath _____ and _____ in the waters, in the seas, and in the rivers, them shall ye eat." *Leviticus 11:9*

19. According to Deuteronomy 14:9, in what way does God specify which fish may be eaten?

"These ye shall eat of all that are in the waters: all that have _____ and _____ shall ye eat." *Deuteronomy 14:9*

Note: *According to scripture, God only permits His people to eat fish that have fins and scales. However, He does not permit the fat or blood to be eaten. Fish or sea creatures that do not have fins and scales are forbidden*

from the Christian's diet. Some of these forbidden sea creatures include the following: clams, oysters, shrimp, lobster, crab, eel, and catfish.

FOWLS OF THE AIR

Note: *The Bible does not provide specific guidelines that clearly distinguish between clean and unclean birds. In Deuteronomy 14:11 and 20, the Bible does indicate that clean birds may be eaten, but the passage does not specifically name these particular birds. Therefore, the implication is that the birds that are not listed among the list of forbidden birds may be eaten (see Leviticus 11:13-19 and Deuteronomy 14:12-19 for the list of unclean birds that are forbidden from man's diet).*

"Many people think that they can switch to chicken and fish, and avoid the problems produced by beef and pork. But such individuals are still on a meat diet. And there are problems with the meat.

Substituting chicken or fish for red meat will not help you avoid any of the health risks associated with diseases of mammals. It will not save you from heart disease, strokes, diabetes, cancer, high blood pressure, or osteoporosis. The same threats exist as if you eat red meat. This is due to the fact that chicken and fish are high in fat (especially saturated fat), high in cholesterol, too high in protein, high in pesticide residue, and devoid of fiber and complex carbohydrates." McDougall, *McDougall Program for a Healthy Heart,* 1996, p. 49.

THE BLOOD

20. According to Leviticus 3:17, what has God strictly forbidden mankind from eating?

"It shall be a perpetual statute for your generations throughout all your dwellings, that ye eat neither _____ nor _____." *Leviticus 3:17*

21. According to Leviticus 17:10, who did God restrict from eating flesh with the blood?

"And whatsoever man there be of _____ _____ _____ _____, or of _____ _____ _____ _____ _____ _____, that eateth any manner of blood; I will even set my face against that soul that eateth blood, and will cut him off from among his people." *Leviticus 17:10*

22. According to Leviticus 17:11, where is the life of the flesh? What makes an atonement for the soul?

"For the life of the flesh is _____ _____ _____: and I have given it to you upon the altar to make an atonement for your souls: for it is _____ _____that maketh an atonement for the soul." *Leviticus 17:11*

23. According to Leviticus 17:13, what should be done to the blood of beast or fowl that are considered clean?

"And whatsoever man there be of the children of Israel, or of the strangers that sojourn among you, which hunteth and catcheth any beast or fowl that may be eaten; he shall even _____ _____ _____ _____ thereof, and _____ _____ _____ _____." *Leviticus 17:13*

Note: *Scripture reveals that God forbids His people from eating the blood of clean animals. The blood was to be poured out and covered with dust.*

24. What three things did God promise to do for Israel as long as they obeyed the Lord?

"And ye shall serve the LORD your God, and he shall _____ _____ _____, and _____ _____; and _____ _____ _____ _____ _____ from the midst of thee." *Exodus 23:25*

SUMMARY

God loves every human being that He created in His own image and likeness. We were created to glorify and worship our Creator. We are special to God, and He wants the best for us. He made our bodies and has provided clear instructions on diet and health. God will withhold nothing good from those who walk uprightly—this includes good health. After man sinned, God added vegetables to man's diet and after the flood He permitted flesh meat to be eaten. However, He never permitted man to eat the fat or the blood. Undoubtedly, the lifespan of man was drastically cut short as a result of sin and the eating of flesh. Our bodies are the temple of the Holy Ghost, and God desires that we take care of His temple. God is leading His people step by step back to the original diet. We are living in earth's final hour, and God is calling the world to glorify and worship Him. We are to glorify God in our body, spirit and through what we eat, drink and in all that we do.

25. Dear friend, are you willing to heed God's counsel regarding the preservation of your health? _____

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