



# The Bible Says

The Bible has a great deal to say about health. It may seem strange that a book primarily concerned with the spiritual dimension of man would have anything relevant to say about physical health. However, since health has a strong influence on the mind, will power, and judgement, and these faculties are central to understanding and making intelligent spiritual decisions, the Bible's counsel on health is worth considering.

## 1. *Is God really concerned with our health?*

**Matthew 4:23** And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

**Exodus 15:26** If thou wilt diligently harken 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 none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.

*NOTE: Jesus spent as much time healing as He did preaching. God loves us. As our Creator, He knows what it takes to keep us healthy.*

## 2. *Did God keep His promise to the children of Israel to remove all sickness from them?*

**Psalms 105:37** He brought them forth also with silver and gold: and there was not one feeble person among their tribes.

## 3. *Why is our health so important to God?*

**1 Corinthians 6:19, 20** Your body is the temple of the Holy Ghost therefore glorify God in your body.

**Deuteronomy 14:2** For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee.

*NOTE: God wants our bodies to be His holy dwelling place; provide Him a clean wholesome place for His residence.*

## 4. *What is the basic Bible principle for healthful living?*

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

*NOTE: We should try to live lives that glorify God and bring honor to His name, not just in what we eat and drink but in our words, thoughts, and actions as well.*

## **5. What does the Bible say about alcohol?**

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

**Proverbs 31:4, 5** It is not for kings to drink wine; nor for princes strong drink: Lest they drink, and forget the law, and pervert judgment.

**Leviticus 10:8-10** And the LORD spake unto Aaron, saying, do not drink wine nor strong drink, thou, nor thy sons that ye may put difference between holy and unholy, and between unclean and clean.

**Habakkuk 2:15** Woe unto him that giveth his neighbor drink, that putteth thy bottle to him, and maketh him drunken.

**Isaiah 65:8** The new wine is found in the cluster, destroy it not; for a blessing is in it.

**Proverbs 23:29-32** Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? They that tarry long at the wine; they that go to seek mixed wine. At the last it biteth like a serpent, and stingeth like an adder.

*NOTE: The word "wine" in the Bible can mean either fermented or unfermented grape juice. The same is true of the word "cider" today, which can mean either fermented or unfermented apple juice. Alcohol destroys health, lives, and families, judgement, will power and the ability to distinguish between holy and unholy. The only wine anyone should use is unfermented grape juice.*

## **6. What kind of diet was man originally designed to eat?**

**Genesis 1:27-29** And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat [food].

## **7. Is man permitted to eat flesh foods?**

**Genesis 9:1-3** And God blessed Noah and his sons, and said ... Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things.

*NOTE: Just because God permits something does not mean it is the best choice. See Matthew 19:8 (divorce) Leviticus 25:44 (slavery) Num. 11:4, 31-33 (flesh food). God may have permitted flesh food to shorten man's life-span, which dropped dramatically in the space of a few generations after he began eating meat See Gen. 5:1-32; 11:10-35, cf. Gen. 6:5-8.*

## **8. Are all flesh foods good to eat?**

**Leviticus 11:2-9** These are the beasts which ye shall eat among all the beasts that are

on the earth. Whatsoever parteth the hoof, and is cloven footed, and cheweth the cud. . . . whatsoever hath fins and scales in the waters, in the seas, and in the rivers, them shall ye eat. See Leviticus 11 for a complete list.

*NOTE: All flesh is not good for food just like all plants are not good for food even though the original diet was vegetarian. While it seems that Noah was told he could eat anything that moved when God said, "Every moving thing that liveth shall be meat for you," notice three things: 1. God's categories of clean and unclean beasts have existed since before the flood. Noah knew the difference between clean and unclean animals. (See Genesis 7:2). 2. God is consistent. (See Malachi 3:6.) He wouldn't give one set of instructions to Noah and a different set to Moses. 3. God did not give Noah permission to be a cannibal.*

### **9. Will people in heaven kill and eat animals?**

**Isaiah 65:25** They shall not hurt nor destroy in all my holy mountain, saith the LORD.

**Revelation 21:4** And there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain.

*NOTE: Even the carnivorous animals will be eating grass in heaven. See Isaiah 11:6, 7.*

### **10. How serious is God about the eating of foods He has forbidden or the consumption of alcohol or other recreational drugs?**

**1 Corinthians 6:9, 10** Be not deceived: ... drunkards ... shall not inherit the kingdom of God.

**1 Corinthians 3:16, 17** Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

### **11. Are there any other health principles found in the Bible?**

**Leviticus 3:17** Eat neither fat nor blood.

**Proverbs 25:27** A warning against excess sweets.

**Proverbs 23:2** Overeating is harmful.

**Eccl. 10:17** Eat to live, don't live to eat.

**Leviticus 15:2-11** Washing the body and clothes to control germs.

**Leviticus 13:46** Quarantine to control contagious disease,

**Deuteronomy 23:12, 13** Human body waste should



he buried.

**Leviticus 18, Proverbs 5:1-12** Moral living prevents sexual diseases.

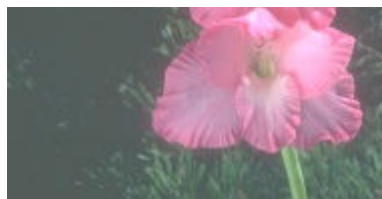
**Exodus 20:9, 1 Timothy 5:8** Importance of work.

**Mark 6:31** Our bodies need proper rest.

**Proverbs 17:22, 1 Timothy 6:6** The health benefits of a positive attitude.

**Leviticus 19:17,18, Proverbs 15:17** Hatred and bitterness destroy the health.

**Matthew 25:34-40, Exodus 23:4, 5, 9, 25** Help others, even your enemies.



## 12. Is there an example in the Bible of the benefits of living a healthful lifestyle?

**Daniel 1:3-20** And the king [Nebuchadnezzar] spake unto Ashpenaz, that he should bring certain of the children of Israel; whom they might teach the learning and the tongue of the Chaldeans. And the king appointed them a daily provision of the king's meat, and of the wine which he drank. Now among these were Daniel, Hananiah, Mishael, and Azariah. But Daniel purposed in his heart that he would not defile himself with the king's meat, nor with the wine which he drank. Then said Daniel to Melzar, whom the prince had set over Daniel, Hananiah, Mishael, and Azariah, prove [test] thy servants, ten days; and let them give us pulse [plant foods] to eat, and water to drink. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat. Thus Melzar took away their meat, and wine; and gave them pulse. Now at the end of the days [three years] in all matters of wisdom and understanding, that the king inquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.

## 13. How do I make these changes?

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**1 Corinthians 9:24, 25** Know ye not that they which run in a race run all, but one receiveth the prize? And every man that striveth for the mastery is temperate in all things. They do it to obtain a corruptible crown; but we an incorruptible.

**Ezekiel 11:18-20** They shall take away all the detestable things. And I will put a new spirit within you; that they may walk in my statutes, and keep mine ordinances, and do them: and they shall be my people, and I will be their God.

**Philippians 4:13** I can do all things through Christ which strengtheneth me.

*NOTE: First, seek the Lord. Second, commit to keeping your body healthy as a means of improving your spiritual health. Third, lie puts His spirit within us and gives us the desire, self control, and power necessary to implement good health principles.*

## 14. What is God's final plan for our health?

**1 Corinthians 15:51-53** Behold, I show you a mystery; We shall not all sleep, but we shall all be changed, in a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality.

**Philippians 3:20, 21** The Savior, the Lord Jesus Christ: who shall change our vile body, that it may be fashioned like unto his glorious body.

**Revelation 22:2** On either side of the river was the tree of life, and the leaves of the tree were for the healing of the nations.

**Isaiah 33:24** The inhabitants shall not say I am sick.

**Revelation 21:4, 5** And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, Behold, I make all things new.

*NOTE: God's plan is to restore man to his original state of perfect health, to heal him from the wounds and bruises made by sin. Every true child of God will be healed—either now, or in the resurrection to come.*

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