

Caring For My Body Temple

- Biblical Principles for Healthful Living -

[25]

**Remember to Pray for Wisdom Before You Begin*

1.) According to the Bible are our bodies considered temples for the Holy Spirit of God to dwell in? **1Corinthians 3:16** Know ye not that _____ are the _____ of God, and that the _____ of God dwelleth _____ you? **17** If any man _____ the temple of God, him shall God _____; for the _____ of God is holy, which temple ye are. **1Corinthians 6:19** What? know ye not that your _____ is the _____ of the Holy Ghost which is _____ you, which ye have of God, and ye are _____ your own? **20** For ye are _____ with a price: therefore _____ God in your _____, and in your _____, which are God's. **2Corinthians 6:16** And what agreement hath the _____ of God with idols? For _____ are the _____ of the living God; as God hath said, I will _____ in them, and walk _____ them; and _____ will be their God, and they shall be _____ people. **Ephesians 2:21** In whom all the building fitly framed together groweth unto an _____ temple in the Lord: **22** In whom ye also are _____ together for an _____ of God through the Spirit. **NOTE: Our bodies are to be a dwelling place for the Holy Spirit. What we put into our bodies will affect our minds and spiritual faculties not to speak of the physical affects it can have on our bodies itself. We will see in scripture through this study how very important it is to maintain physical fitness and to be healthy and strong so that our minds and spirituality will be strong. They go together as we shall see.**

2.) What other scriptures say in so many words about us being a dwelling place for Jesus? **Colossians 1:27** To whom God would make _____ what is the riches of the glory of this mystery among the Gentiles; which is Christ _____ you, the hope of glory: **Galatians 2:20** I am _____ with Christ: nevertheless I live; yet not I, but _____ liveth _____ me: and the life which I now live in the flesh I _____ by the _____ of the Son of God, who loved me, and gave himself for _____. **NOTE: If Jesus is to abide in our hearts through the Holy Spirit and God created our bodies through Jesus Christ, then how careful we should be in how we treat our bodies! And since our physical health can affect our mental and spiritual health –we should take the stewardship of our health seriously! When we buy a new car, aren't we careful how we take care of it and what we put into it?**

3.) Does the Bible say our physical health is important to Him? **3John 1:2** Beloved, I wish above _____ things that thou mayest prosper and be in _____, _____ as thy soul prospereth. **1Thessalonians 5:23** And the very God of peace _____ you _____; and I pray God your whole _____ and _____ and _____ be preserved _____ unto the coming of our Lord Jesus Christ. **NOTE: The context of the above verse is obviously "physical" health because it states "even as thy soul prospereth." The latter verse (1 Thess. 5:23) reveals how man was created as a whole unit –mental,**

spiritual and physical being. And God wants all three to be perfected to optimal wholeness and function. Some teachings from many churches say that the soul is completely separate from the body and that at death they separate. But where is this to be found in God's Word? The very fact that we can sleep an unconscious sleep or go into a coma or the fact that drugs or alcohol can alter our mental or even spiritual faculties is evidence that our spiritual minds, our mental state and physical body are inseparable. Let's look at this more clearly from the scriptures as we study along!

4.) In these following scriptures how do we see that the body is inseparably connected to the soul or our spiritual faculties? Psalm 106:13 They soon forgot his works; they waited not for his _____:14 But _____ exceedingly in the wilderness, and tempted God in the desert. 15 And he gave them their request; but sent _____ into their _____. Psalm 78:18 And they tempted God in their heart by asking _____ for their _____. NOTE: God had already given them an ideal food –manna, but they craved flesh food instead, which was not the original food intended for man – (more on this later). Here we see a Biblical example of how the word “lusts” is not confined just to sexual sins but also perversion of our appetites and even substances like drugs, alcohol, tobacco and caffeine which harm our bodies. So, sins of the flesh cover the whole spectrum not only of all unlawful sexual perversions but any substance that we take into our bodies including unhealthful or unclean foods even though they may taste good and give us pleasure. Keep in mind that Adam & Eve first fell into sin on the point of appetite when they partook of the forbidden fruit. Often harmful foods or substances can affect our minds and ultimately our spiritual well-being. Galatians 5:21 Envyings, murders, _____, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not _____ the kingdom of God. Ecclesiastes 10:17 Blessed art thou, O land, when thy king is the son of nobles, and thy princes _____ in due season, for _____, and not for _____! FURTHER NOTE: Notice the key word in both these texts – “drunkenness” which in both Greek and Hebrew simply means “intoxication.” Anything that dulls the mind or spiritual powers is forbidden according to scripture. Whether it be intoxicating liquor, mind-altering drugs (including the use of caffeine) or narcotics or even overeating or indulging in rich junk food that contains high amounts of fat, and sugar is now known to affect our ability to think and reason correctly, hence the above scripture “eat . . . for strength and not for drunkenness.” Keep in mind that one of the reasons for fasting in the Bible is to have a clearer mind when we commune with God. The physiology behind this is simple. When we have food in our stomach, the digestive organs need extra blood drawn to them so they can do their work which means a little less to the brain which needs more blood when active thinking and vital communion with God is needed.

5.) How interested was Jesus in people's physical health and well-being? Matthew 9:35 And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and _____ every _____ and every _____ among

the people. **NOTE: It appears that Jesus spent even more time healing the sick than preaching or teaching. The sacred record is full of the accounts of people being healed of their maladies and being set free from demonic oppression. Sickness and disease is contrary to His kingdom of life and happiness. So, when the Son of God came down to this world, He set out to correct these maladies.**

6.) Since disease and sickness is the result of sin and sin is the transgression of law whether it be moral law or physical law, -what indication do we see that Jesus made this connection between disease and committing sin? John 5:14 *Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made _____: _____ no more, lest a _____ thing come unto thee.* **NOTE: The connection here is pretty clear. When we sin against our bodies, we are sure to reap the results. But, not necessarily all sickness or suffering is directly from our own sin. It could be a generation or more before us.**

7.) Where else do we see in the Bible the law of cause and effect? Galatians 6:7 *Be not _____; God is not mocked: for _____ a man _____, that shall he also _____.* Proverbs 26:2 *As the bird by wandering, as the swallow by flying, so the _____ shall not come.* **NOTE: Physical laws have sure results if they are transgressed! If you step off a cliff, the law of gravity will instantly pull you down. It is the same with the laws of health and human physiology. Alcohol, illicit drugs, tobacco in its various forms, unclean foods as well as the use of caffeine can wreak havoc on our body systems and just because we might not see the effects immediately doesn't mean that damage isn't being done on some level or another.**

8.) What special promise did God give to His people Israel about their physical health if they should obey the laws and statutes He gave them? Exodus 15:26 *And said, If thou wilt _____ hearken to the voice of the LORD thy God, and wilt do that which is _____ in his sight, and wilt give ear to his _____, and keep all his _____, I will put _____ of these _____ upon thee, which I have brought upon the Egyptians: for I am the LORD that _____ thee.* **NOTE: Again we see a direct correlation between obeying God's laws and statutes and having good health and being free from disease. Statutes were some of the more distinct laws that were broken down from a broader principle of the law of God and in this case, it would be some of the health and dietary laws that were connected to the larger law – "Thou shalt not kill." Some people may not stop to think about it, but for instance, when they smoke, they are really killing themselves which is "suicide by the installment plan." Mothers who are pregnant are very cautious about their diet or what substance they put into their bodies for fear that they could harm or damage their little one in the womb. But as adults we seem to forget that our own bodies are also vulnerable.**

Autopsy studies on some of the Egyptian mummies have revealed some amazing discoveries! They have found quite similar lifestyle related diseases such as heart disease, various cancers, cirrhosis of the liver, degenerative joint disease and other problems that

plagued some of the ancient Egyptians, or at least some of the elite or wealthy who could afford a richer diet and were probably more sedentary in their lifestyle. [sedentary –lack of exercise] . . .By the way, exercise is very important in overall health!!

9.) Did God keep His promise to Israel when they went into the Promised Land? Psalm

105:37 He brought them forth also with silver and gold: and there was _____ one _____ person among their tribes. **NOTE: Following God's health laws brought positive results!**

10.) What were some of these laws and statutes that God gave to Israel that would help

keep them in better health physically and spiritually? Leviticus 11:2 [mammals] *Speak unto the children of Israel, saying, these are the _____ which ye shall _____ among all the beasts that are on the earth.***3** *Whatsoever parteth the _____, and is _____, and cheweth the _____, among the beasts, that shall ye eat.* **4** *Nevertheless these shall ye _____ eat of them that chew the cud, or of them that divide the hoof: as the camel, because he cheweth the cud, but divideth _____ the hoof; he is _____ unto you.* **5** *And the coney, because he cheweth the cud, but _____ not the hoof; he is _____ unto you.* **6** *And the hare, because he cheweth the cud, but divideth not the hoof; he is unclean unto you.* **7** *And the _____, though he divide the hoof, and be clovenfooted, yet he cheweth _____ the _____; he is _____ to you.* **8** *Of their _____ shall ye not eat, and their carcase shall ye not _____; they are unclean to you.* **NOTE: About the only hair covered animals that God allows to be eaten are cud chewing split-hoof type animals such as cattle (beef), sheep, deer family, and goats. Pigs & pork products are clearly unclean according to the inspired Word of God. Pigs or hogs are scavenger-type animals that clean up waste and garbage. In addition, they can contain trichina worms and possibly other parasites or problems which are hazardous to our health. No reptiles are clean to eat. [Fish]** **Leviticus 11:9** *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 _____ ye eat.* **10** *And _____ that have _____ fins and scales in the seas, and in the rivers, of all that move in the waters, and of any _____ thing which is in the waters, they shall be an _____ unto you:* **11** *They shall be even an abomination unto you; ye shall not _____ of their _____, but ye shall have their carcases in abomination.* **NOTE: A very wide variety of fish are considered clean if they have both fins and scales. However catfish- (no scales), shellfish of all kinds as well as all crustaceans such as lobster, shrimp and crabs are definitely unclean which stands to reason because they are all scavengers that clean up waste products on the bottom as well as through the sea. In other words they are garbage cleaners. So, if we eat them, we eat filth and garbage second-hand.** **[birds]** **Leviticus 11:13** *And these are they which ye shall have in abomination among the _____; they shall not be eaten, they are an _____: the eagle, and the ossifrage, and the _____, **14** And the _____, and the kite after his kind; **15** Every raven after his kind; **16** And the owl, and the night hawk, and the cuckow, and the hawk after his kind, **17** And the little owl, and the cormorant, and the great owl, **18** And the swan, and the pelican, and the gier eagle, **19** And the stork, the heron after her kind, and the*

lapwing, and the bat. **20** All fowls that creep, going upon all four, shall be an abomination unto you. **NOTE: Basically, your clean birds are foraging type birds like turkey, chickens and quail. A lot of the unclean birds mentioned above are again either scavenger-type birds like vultures or predatory birds which are not to be eaten. [insects –see vs. 21-23] These statute health regulations were not part of the ceremonial, sacrificial system that was later done away with at the cross. The fact that the Bible calls the eating of the flesh of these unclean animals an “abomination” should tell us that these laws were binding for all time as we shall see in some upcoming scriptures.**

- 11.) What does the prophet Isaiah prophesy about those who are still eating unclean meat when Jesus comes at the end of time? Isaiah 66:15** For, behold, the LORD will come with _____, and with his chariots like a whirlwind, to render his _____ with fury, and his _____ with flames of fire. **16** For by fire and by his sword will the LORD plead with _____ flesh: and the _____ of the LORD shall be many. **17** They that sanctify themselves, and purify themselves in the gardens behind one tree in the midst, eating _____ flesh, and the _____, and the mouse, shall be _____ together, saith the LORD. **NOTE: This is quite plain. Till the end of this world, God considers unclean meat such as pork as mentioned above as an abomination and offensive in His sight.**
- 12.) How did Jesus consider the raising of pigs for food and profit? Matthew 8:31** So the _____ besought him, saying, if thou _____ us out, suffer[allow] us to go away _____ the herd of _____. **32** And he said unto them, _____. And when they were come out, they _____ into the herd of _____: and, behold, the whole herd of _____ ran violently down a steep place into the sea, and _____ in the waters. **NOTE: If the regulation against eating unclean meat was done away with when Jesus came, then why did He allow such waste of someone else’s animals to take place? Was it the custom or character of Jesus to allow or condone the waste of good food? Notice John 6:12 [context of the feeding of the 5,000 plus women & children] When they were filled, he said unto his disciples, _____ up the _____ that remain, that nothing be _____.**
- 13.) What was God’s original, ideal diet that He intended for mankind? Genesis 1:29** And God said, Behold, I have _____ you every _____ bearing _____, which is upon the face of all the earth, and every tree, in the which is the _____ of a tree yielding _____; to you it shall be for _____. **NOTE: In other words, if you break down the meaning of the inspired words above –it is fruits, grains, nuts & seeds. Right after sin entered God included vegetables as part of their diet. Genesis 3:18** Thorns also and thistles shall it bring forth to thee; and thou _____ eat the _____ of the field; **NOTE: Massive scientific research has solidly confirmed that a plant-based diet is by far the most healthful diet that people can eat. Over and over again it is being shown that many of the diseases like cancer, hypertension, obesity, diabetes, etc. that plague our current society can either be reduced or even eliminated by eating a vegetarian diet free from animal products. Not only that but other types of disease in flesh meat is increasing in these last days. God is**

our Creator and He knows what is best to put into the living machinery!

14.) We are nearing the consummation or end of this world when Jesus will soon come to take His children home. In heaven and the earth-made new, will there be any killing or taking of animal life? Isaiah 65:25 The wolf and the lamb shall _____ together, and the _____ shall eat _____ like the bullock: and dust shall be the serpent's meat. They shall not _____ nor _____ in all my _____ mountain, saith the LORD. Revelation 21:4 And God shall wipe away all tears from their eyes; and there shall be no more _____, neither sorrow, nor crying, neither shall there be any more _____: for the _____ things are passed away. **NOTE: According to Revelation when the earth is made over new, it will be like the Garden of Eden with even the Tree of Life restored to provide immortality. (Compare Gen. 3:22, 24 with Rev. 22:2) As last-day Christians we should earnestly be striving to prepare for our new life in a new world where the taint of death and the curse brought by sin are forever gone. The eating of animals will not happen!**

15.) What did Jesus say in standing up for a principle that was originally God's perfect ideal but later wasn't practiced? Matthew 19:4 And he answered and said unto them, Have ye not read, that he which made them at the _____ made them _____ and _____, 5 And said, For this cause shall a man leave father and mother, and shall _____ to his wife: and they twain shall be one flesh? 6 Wherefore they are no more twain, but one flesh. What therefore God hath _____ together, let not _____ put asunder. 7 They say unto him, Why did _____ then command to give a writing of _____, and to put her away? 8 He saith unto them, Moses because of the _____ of your hearts suffered[allowed] you to put _____ your wives: but _____ the _____ it was _____ so. **NOTE: Notice the last phrase on this last verse – "but from the beginning it was not so." God has allowed a lot of things into this world since sin came into it. In Old Testament times he allowed polygamy (more than one wife). He allowed a certain type of slavery with guidelines. After the people tired of a Theocracy, they begged and pleaded for a king and bigger government, He then went ahead and gave it to them. He allowed the eating of clean flesh meat with certain guidelines such as -no fat or blood could be eaten with this meat (see Lev. 3:17). There is His "permissible will" and there is His "perfect will". Were any of these practices listed here the ideal that He wanted? No, but as we get closer to the end of this world, God is calling us to higher ground and to come back to His original plan because the original perfect plan will be resumed in heaven and the earth-made new. Notice the following scripture in -Acts 17:30 And the times of this _____ God winked at; but now _____ all men everywhere to _____: 31 Because he hath appointed a day in the which he will _____ the world in righteousness by that man whom he hath ordained; whereof he hath given assurance unto all men, in that he hath raised him from the dead.**

16.) What does God's Word say about partaking of strong drink or fermented alcoholic beverages? Proverbs 20:1 Wine is a _____, _____ drink is raging: and

whosoever is deceived thereby is not _____. **Ch. 23:29** Who hath _____? who hath _____? who hath contentions? who hath babbling? who hath wounds without cause? who hath _____ of eyes? **30** They that tarry long at the _____; they that go to seek _____ wine. **31** Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it _____ itself aright. **32** At the last it biteth like a _____, and _____ like an adder. **ch 31:4** It is not for kings, O Lemuel, it is _____ for kings to _____ wine; nor for princes _____ drink: **5** Lest they drink, and forget the law, and _____ the _____ of any of the afflicted. **Leviticus 10:8** And the LORD spake unto Aaron, saying, **9** Do not drink _____ nor _____ drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye _____: it shall be a statute for ever _____ your generations: **10** And that ye may put _____ between holy and unholy, and between unclean and clean; **NOTE: Alcohol in any form is dangerous and even in moderate amounts is risky and destroys brain cells. No serious Christian will imbibe any amount. Keep in mind all the accidents, broken homes, crimes as well as countless woes and curses it has brought into our society. The principles brought out in this sampling of scriptures can also apply to "recreational" drug use. What about those who may not drink but are involved in the selling of alcohol or liquor or any other unlawful substance?** **Habakkuk 2:15** _____ unto him that _____ his neighbour drink, that _____ thy bottle to him, and makest him _____ also, that thou mayest look on their nakedness! [When they make a fool of themselves] **What about unfermented juice of the grape?** **Isaiah 65:8** Thus saith the LORD, As the _____ wine is found in the _____, and one saith, destroy it not; for a _____ is in it: . . . **NOTE: Keep in mind that the word "wine" in the Bible can refer to either fermented or unfermented. Jesus' miracle of providing wine for the wedding feast was the pure juice of the grape.**

17.) The Old Testament prophetic book of Daniel which helps to unlock the meaning of the prophetic book of Revelation starts out in its first chapter with the incident of Daniel being tested over his diet and the drinking of wine. What example did Daniel and his three Godly companions exhibit when they were tested over this issue? **Daniel 1:8** But Daniel _____ in his heart that he would not _____ himself with the portion of the king's _____, nor with the _____ which he drank: therefore he requested of the prince of the eunuchs that he might not _____ himself. **NOTE: What were the results of the 10-day test that Daniel proposed for his vegetable diet and water? Vs. 20** And in all matters of _____ and _____, that the king enquired of them, he found them _____ times _____ than all the magicians and astrologers that were in all his realm. **NOTE: Jesus said in Luke 16:10 "He that is faithful in that which is least is faithful also in much:" Adam and Eve failed the test on the point of appetite and brought a train of evil into this world. Daniel and his companions passed and they were blessed with success! God entrusted Daniel with dreams and visions and he became one of the greatest of Bible prophets!**

18.) How serious did the wise man Solomon consider of our appetite? **Proverbs 23:2** And put a _____ to thy throat, if thou be a man given to _____. **3** Be not desirous of his

_____ : for they are deceitful meat. **NOTE: "Deceitful meat" could be very tasty food that is actually harmful to our health. Our minds should be in control of our bodies.**

- 19.) How serious did the Apostle Paul consider about our appetite controlling us? **Philippians 3:18** (For many walk, of whom I have told you often, and now tell you even weeping, that they are the _____ of the cross of Christ: **19** Whose end is _____, whose God is their _____, and whose glory is in their shame, who mind earthly things.)
- 20.) Regarding the subject of Christian healthful living, what is the overall conclusion we can gather from the Apostle's wise counsel? **1Corinthians 10:31** Whether therefore ye _____, or _____, or _____ ye do, do all to the _____ of God. **NOTE: The first angel's message of Revelation 14 which tells us to worship the Creator as well as to give the gospel to the whole world also tells us to give glory to God. One of the ways the Word of God tells how to do this is in how we treat these bodies of ours which "are fearfully and wonderfully made." (See Psalm 139:14) If we are to worship the Creator, we should honor, care for and respect the bodies He has created for us. Let's claim His precious promises for Divine power to have victory over all the sins of the flesh!**

Brief Quiz

CIRCLE ONE

- 1.) True/False – The body is separate from the mind and soul, so we shouldn't worry about how we treat it.
- 2.) True/False - Our bodies are temples for the Holy Spirit of God to dwell in.
- 3.) True/False - Sins of the flesh pertain only to sexual sins such as adultery & fornication.
- 4.) True/False - What we take into our bodies can affect our minds and spirituality.
- 5.) True/False - The law of "cause and effect" is certain and what we sow we will also reap.
- 6.) True/False - The distinction of "clean" and "unclean" meats was only a law of Old Testament times and is no longer applicable to us now.
- 7.) True/False - God desires us to come up to a higher standard of His ideal as we get closer to the end of time.
- 8.) True/False - God's original ideal diet for man at the beginning was a plant-based diet.

My Response

In view of the fact that my mind and body is to be the temple for the Holy Spirit to dwell in especially in these last days before Jesus comes, I desire by God's powerful grace to abstain from alcohol, harmful drugs, unclean & unhealthy foods. I desire to have a clear mind and conscience that will bring honor and glory to the God of heaven.

Signed _____

****If you would be interested in good, tasty vegetarian recipes –contact the giver of these lessons**

