

GOD'S OWNERSHIP OF OUR BODIES

1 According to the Bible, in whose image are we formed?

GENESIS 2:7 "And the LORD God formed _____ of the _____ of the ground, and _____ into his _____ the breath of _____; and man _____ a living _____."

The image of God is the architectural blueprint for humanity. Therefore, God intended for man not only to be formed in His likeness, but also to exercise intellectual abilities that are complementary to His maker. For that reason God also gave humanity instructions on how to maintain what God made.

2 What provision did God make for man's sustenance?

GENESIS 1:29 "And God said, 'See, I have given you every _____ that yields _____ which is on the face of _____ the earth, and every tree whose _____ yields _____; to you it shall be for _____.'"

To sustain His masterpiece, God gave man the optimum diet. He gave them the dietary fuel and nutrients the body would need to perform at maximum output. God included fruits, grains, and nuts in that dietary plan.

3 What was the reason for such a particular diet?

1 CORINTHIANS 10:31 "Therefore, whether you _____ or _____, or _____ you do, do _____ to the _____ of _____."

The focus of such high standards was not only for man's optimal health, but also to give glory to his Creator. A smooth running vehicle is a testament to the skill of its designer. In the same way, a smooth functioning body is a testament to its Maker and to the care of its custodian.

4 For what reason does God give such attention to humanity?

JOHN 10:10 "The thief does not come except to _____, and to _____, and to _____. I have come that they may have _____, and that they may have it more _____."

The maximum benefit and capabilities available for the human body are attained by treating it as the most expensive prototype created. Every human being is created with a DNA signature and fingerprint so unique that we can be differentiated from everyone else on the planet. God's plan is that our uniqueness becomes sustained by abundant living. Abundant living means to experience quality of life, not just quantity of years.

5 How do we know that God can be trusted to give us His best?

PSALM 84:11 "... No _____ thing will He _____ from those who _____."

Father knows best is not a cliché. God always gives His children the best.

6 What is God's counsel about making dietary choices?

ISAIAH 55:2 "Why do you spend money for what is not _____, and your wages for what does not _____? Listen carefully to Me, and eat what is _____, and let your soul _____ itself in _____."

7 What does God say about His children that proves that He plans for our best?

1 PETER 2:9 "But you are a _____ generation, a _____ priesthood, a _____ nation, His own _____ people, that you may _____ the _____ of Him who called you out of _____ into His _____ light."

We are all members of God's royal family, a holy nation, a special people, and a chosen generation. Would it not make sense that God wants the best for us? Would it also make sense that God wants us to put the best in our bodies?

8 On what basis does God have the right to tell us what to do with our bodies?

1 CORINTHIANS 6:19-20 "Or do you not know that your _____ is the _____ of the _____ who is _____ you, whom you have from _____, and you are _____ your own? (20) For you were _____ at a _____; therefore _____ God in your _____ and in your _____, which are _____."

It is common for Christians to praise God with their voice, their hearts, their worship, and their songs. But how many Christians consider what they do with their bodies is also a reflection of their praise to God? The apostle Paul makes it clear that we don't belong to ourselves. We were created by God's hand and purchased by the redeeming work of Jesus Christ.

9 After the fall of mankind, what did God add to their diet?

GENESIS 3:18 "Both _____ and _____ it shall bring forth for you, and you shall _____ the _____ of the field."

The bitter herb was not originally a part of our diet, it was animal food. After the fall, the bitter herb would serve as a constant reminder of the gravity of sin. That is why today many people don't like certain bitter foods like spinach and watercress. Due to sin, God knew that we would face debilitating physical challenges. That is why He provided bitter herbs as medicine to the body.

10 Foreseeing the destruction of the flood, what provision did God make to sustain humanity after the flood?

GENESIS 7:2-3 "You shall take with you _____ each of every _____ animal, a _____ and his _____; _____ each of animals

that are _____, a _____ and his _____; (3) also _____ each of birds of the air, _____ and _____, to keep the _____ on the face of all the _____."

God knew that the flood would destroy all vegetation. He also knew that to provide food for humanity it was necessary to separate the animals that entered the Ark into two categories. It seems evident that, long before the Jewish nation ever existed, God differentiated between clean and unclean animals in Noah's generation. That is why He instructed them to take a greater number of clean into the Ark. He knew that clean animals could become extinct if humanity consumed them all. The animals that God did not appoint for food He instructed to take two of each, a male and female.

11 How would we know what foods fall into the category of clean and unclean?

DEUTERONOMY 14:3 "You shall not eat any _____ thing."

God began His description of foods by warning us not to eat detestable things. Before specifically giving a list of what He meant by detestable, He described the clean animals that are fit for human consumption.

12 Here is a list of the animals that God approves as food.

DEUTERONOMY 14:4-6 "These are the animals which you may _____: the ox, the sheep, the goat, (5) the deer, the gazelle, the roe deer, the wild goat, the _____ goat, the antelope, and the mountain sheep. (6) And you may eat _____ animal with _____, having the hoof split into _____ parts, and that _____ the _____, among the animals."

13 Here is a list of the animals that God does not approve.

DEUTERONOMY 14:7 "Nevertheless, of those that chew the cud _____ have cloven hooves, you shall _____ eat, such as these: the _____, the _____, and the rock _____; for they chew the cud but _____ have _____ hooves; they are _____ for you."

God's criteria for consumable food include animals that have a split hoof and chew its cud. The animal must have both attributes to be clean. If either is missing, don't eat it. The animal is biblically unfit for food.

14 What animal does God strictly forbid as food?

DEUTERONOMY 14:8 "Also the _____ is unclean for you, because it has cloven hooves, yet does _____ chew the cud; you shall _____ eat their _____ or _____ their dead _____."

It is obvious that many people are unaware of God's list of clean and unclean foods. Another word for swine is pig or hog. You can bathe a pig, and spray it with perfume, but as soon as it's free, it will go back to eating the most putrefying, detestable things. The pig is God's sanitation department.

15 How can we know what we are to eat from the waters?

DEUTERONOMY 14:9-10 "These you may eat of _____ that are in the _____: you may eat _____ that have _____ and _____. (10) And whatever does _____ have _____ and _____ you shall not eat; it is _____ for you."

Any sea creature that has a shell is unclean. It is not to be eaten. Crabs, lobsters, shrimps, oysters, mussels, clams, scallops, shark, catfish, eels, whales, crayfish, octopus, squid, abalone, snails, and anything that does not have fins and scales are unclean for human consumption. The reason why most unclean foods have hard shells is, God created them to be a garbage can. Animals that are unfit for food are resistant to poison. The oceans and rivers would be putrefying if God did not create a system to keep them clean. God's created His own ecosystem balancing plan.

16 What does the Bible say about the clean and unclean birds?

DEUTERONOMY 14:11 "All _____ birds you may _____."

The Bible does not list clean birds, but it does list the unclean. By the process of eliminating the unclean birds, we can learn what is eatable.

LIST OF UNCLEAR BIRDS

Deuteronomy 14:12-18 (NKJV) "But these you shall not eat: the eagle, the vulture, the buzzard, (13) the red kite, the falcon, and the kite after their kinds; (14) every raven after its kind; (15) the ostrich, the short-eared owl, the sea gull, and the hawk after their kinds; (16) the little owl, the screech owl, the white owl, (17) the jackdaw, the carrion vulture, the fisher owl, (18) the stork, the heron after its kind, and the hoopoe and the bat."

17 Does the Bible give instructions concerning insects?

LEVITICUS 11:22-23 "These you may eat: the _____ after its kind, the destroying locust after its kind, the _____ after its kind, and the grasshopper after its kind. (23) But all other _____ insects which have four feet shall be an _____ to you."

Locusts and grasshoppers are leaf-eaters. God does not prohibit these. Flying creatures that eat dead things and transmit germs, are prohibited.

18 Did God end the prohibition of clean and unclean foods?

ACTS 10:10-13 "Then he became very _____ and wanted to ____; but while they made ready, he fell into a _____ (11) and saw heaven opened and an object like a great _____ bound at the four corners, descending to him and let down to the earth. (12) In it were _____ kinds of four-footed _____ of the earth, _____ beasts, _____ things, and _____ of the air. (13) And a voice came to him, 'Rise, Peter; _____ and _____'"

When Peter saw the common and unclean foods he said, "Not so, Lord! For I have never eaten anything common or unclean." Acts 10:14 (NKJV).

19 How did God address Peter's objection?

ACTS 10:15-16 "And a voice spoke to him again the second time, 'What God has _____ you must not call _____.' (16) This was done _____ times. And the object was taken up into heaven again."

Without reading the rest of the story it would appear that God has authorized us to eat anything. Peter finally realized what God meant by "Common or unclean." "Then he said to them, 'You know how unlawful it is for a Jewish man to keep company with or go to one of another nation. But God has shown me that I should not call any man common or unclean.'" Acts 10:28 (NKJV). This vision was not about food, but about the way that the Jewish leaders looked down on other nations.

20 What does the Bible teach about wine and alcohol?

PROVERBS 20:1 "_____ is a mocker, _____ drink is a brawler, and whoever is led _____ by it is not _____."

PROVERBS 23:31-32 "Do not look on the _____ when it is _____, when it _____ in the cup, when it _____ around smoothly; (32) At the last it _____ like a serpent, and _____ like a viper."

These guidelines are given so that we can keep our bodies in peak working condition. The health of the body and mind are important to God. Alcohol, wine, and fermented drinks not only affect the function of the brain and body, they hinder our ability to see clearly and make wise decisions. They also impair judgment and motor skills. Homes and lives are destroyed by the consumption of fermented wine and alcohol. How ironic that clubs and bars often refer to the use of these debilitating spirits as "Happy Hour."

21 Does the Bible give guidance about smoking?

EXODUS 20:13 "Thou shalt not _____." (KJV)

Smoking cigarettes not only causes cancer but also introduces over 300 poisons into the human body. But our generation adds the invention of vaping, the use of marijuana, chewing tobacco, snuff, cigars, the use of illegal drugs, and the misuse of legal ones. Our body is truly under attack.

22 How serious is God about the stewardship of the body?

1 CORINTHIANS 3:16-17 "Do you not know that you are the _____ of God and that the Spirit of God dwells _____ you? (17) If anyone _____ the temple of God, God will _____ him. For the temple of God is _____, which temple _____ are."

When we live by God's guidelines, we will experience abundant living.



Good health is one of the greatest challenges our world faces today. Strangely enough, the rising cost of healthcare is often linked to preventable diseases. The world is a very intemperate place. People don't put much thought into what they do to their bodies until they begin to see negative effects on their health. Someone once put it this way, "We are what we eat." Add to that, cities where over-eating is the practice of the day. Because it's sold as food doesn't mean it should be eaten. Many manufacturers don't warn us about their product's negative impact because the bottom line is financial gain.

In the midst of a capitalistic driven society we ask, "What can we do to better our health? How can we begin to reverse the illnesses and diseases that plague society? Are the answers only found in medication, doctor's offices, and hospitals?" God's Word has good news about this topic!

It was not God's plan that we should go throughout life struggling from one disease to the next—from one malady to the next. It was never God's plan that we should be a pill-popping society either. And it surely wasn't God's plan that we should eat everything that moves. If you take the time to study this lesson, you will see that God's plan is always the best. If you desire to have a healthy Christian walk then God is calling you today to embrace abundant living.