



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.

## GOD'S OWNERSHIP OF OUR BODIES

- Genesis 1:27** - God formed us in His image and His likeness.  
**1 Corinthians 6:19, 20** - We are called to glorify God in our bodies.  
**John 10:10** - Jesus came to give us abundant life.  
**Hebrews 10:22** - God wants us to keep our bodies washed and pure.

## GOD'S ORIGINAL PLAN FOR HEALTHY EATING

- Genesis 1:29** - God gave us grains and fruits as our original diet.  
**Genesis 3:18** - Vegetables were added to man's food supply after Eden.  
**Genesis 7:1, 2** - During the flood more clean animals were provided as food.  
**Psalms 84:11** - God will not prevent us from eating anything good.  
**Isaiah 55:2** - Our heavenly Father only wants us to eat what is good.  
**Exodus 23:25** - God promised to prevent illness if Israel followed His plan.  
**Exodus 15:26** - By following God's plan Israel was shielded from diseases.

## GOD'S MENU FOR HEALTHY LIVING

- Genesis 2:16, 17** - God provides more choices than He prevents.  
**Deuteronomy 14:6** - Animals with split hooves and that chews the cud are clean.  
**Deuteronomy 14:9** - Fish must have both scales and fins to be clean for food.  
**Leviticus 3:17; 17:14** - Don't eat meat with fat and blood, the life is in the blood.  
**Leviticus 11:13-20** - Avoid birds of prey that eat fish and dead things.  
**Leviticus 11:21-27** - All insects except grasshoppers and locusts are unclean to eat.  
**Proverbs 20:1** - God prohibits any use of alcohol or fermented wines.  
**Proverbs 23:29-35** - Use of intoxicating beverages lead to many problems.  
**1 Corinthians 6:9, 10** - Drunkards will not inherit God's kingdom.  
**1 Corinthians 3:16, 17** - Do not pollute God's temple with tobacco or any poisons.  
**Romans 6:16** - Any addictive substance that we yield to will enslave us.

**NOTE:** According to the list provided in God's Word, lobsters, crabs, all shellfish, swordfish, pigs, rats and mice, catfish, lobsters, clams, shrimp, oysters, eels, frogs, all squirrels, rabbits, horses, dogs, and cats, should all be avoided as food. The key principle is, if it does not have fins and scales in the oceans or rivers, it is not clean for food. If the animal does not have both split hooves and chew its cud it's not to be eaten. God created these creatures as His sanitation department. If you would not eat garbage from a garbage can you should not eat anything unclean. The Bible is God's Owners Manual for His children. Follow it for optimum health.

## GOD'S PRINCIPLES FOR ABUNDANT LIVING

- 1 Peter 2:11** - Avoid the things that war against your soul and create lust.  
**2 Corinthians 6:17** - God forbids His children from anything that is unclean.  
**Proverbs 23:2** - God wants us to control our appetites even for good things.  
**Luke 21:34** - The last days are characterized as days of excess.  
**1 Corinthians 9:25** - Temperance in all things leads us to healthy Christian living.  
**1 Corinthians 10:31** - Our food, drink, and all our choices should glorify God.  
**3 John 2** - God desires us to enjoy prosperity and be in good health.