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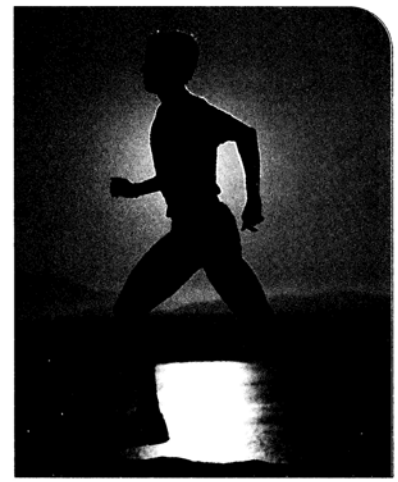
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IT IS WRITTEN TELEVISION PRESENTS:

SEARCH FOR Certainty

Our Greatest Need—New Lifestyle!

Health in the 21st Century



Some time ago the president of the American Medical Association was addressing a large group of heart specialists in New York City. He began his speech with these words: "America's greatest need is for a new lifestyle." Even a casual look at the health habits of a majority of Americans indicates these words are indeed true. Degenerative diseases directly related to faulty habit patterns are on the rise. Heart disease, stroke, cancer, and diabetes have soared to epidemic proportions in the United States.

There is a close relationship between our physical well-being and our spiritual well-being. God is deeply interested in our physical health. The apostle John states it succinctly, "Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers" (3 John 2, NKJV).*

God is deeply interested in our physical health.

The book of Revelation clearly teaches that God's message of physical health is a significant part of His last-day message for the world.

1. What specific instruction does God give in Revelation 14:7 that includes our total lifestyle?

The Bible answer: _____

_____

Giving glory to God includes a complete commitment of our physical, mental, and spiritual natures to God. It involves a commitment of our entire being.

2. How do we give glory to God? Does giving glory to God have anything to do with our physical health habits? 1 Corinthians 6:19, 20; 10:31

The Bible answer: _____

_____

The Christian life involves the whole person. It includes the entire surrender of our bodies to God. Holiness is wholeness for God.

3. What earnest appeal does the apostle Paul make regarding our bodies? Romans 12:1

The Bible answer: _____

_____

4. Will the group awaiting Jesus surrender all their physical habits to Him? 1 Thessalonians 5:23

The Bible answer: _____

_____

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14. What Bible promise does God give to those who desire victory over physical habits that have defeated them for years? Philippians 4:13

The Bible answer: _____

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15. Where does all power for victory come from? How do I receive it? John 1:12

The Bible answer: _____

_____

Although we may feel weak, in Christ we are strong. God's promise is sure. The power of Christ is stronger than our physical desires or cravings. In Jesus we can be overcomers.

Whatever your physical craving or habit, however great your desire or inclination, there is victory for you in Christ. Heaven's power is available for you today. Our Lord may not take your craving or "taste" away immediately, but if you trust Him, relying on His promises, He will give you the victory.

MY DECISION

☐ *I choose to surrender my body as a temple for the indwelling of the Holy Spirit. I choose to place into my body only those things which will give glory to God.*

*Texts credited to NKJV are from the New King James Version. Copyright © 1979, 1980, 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved.

5. What does the Bible teach about the use of intoxicating drinks and alcoholic beverages? Proverbs 20:1; 23:29-33

The Bible answer: _____

_____

Some Christians drink moderately and see little harm in it. But the Bible clearly teaches that "wine is a mocker." It deceives you. Two out of every five people who begin drinking (40 percent) end up having serious problems with alcohol. Are people who drink moderately capable of discerning when they have drunk too much? Dr. Melvin Knisley of the University of South Carolina clearly demonstrated that even moderate drinking destroys thousands of brain cells. It effects conscience, reason, and judgment. In this crisis hour of history God's people need the clearest minds to make the wisest decisions. Think of the social benefits of abstinence from alcohol. Quitting alcohol would dramatically reduce absenteeism in the workplace, fatal car accidents, and multiple marriage problems. Alcohol is often the "port of entry" for the use of mind-altering drugs and other illegal substances. Dr. Knisley's advice is sound. He unashamedly says, "The only way to deal with alcohol is to quit it cold."

6. What clear warning does God give that applies to those who defile their bodies by alcohol, drugs, or tobacco? 1 Corinthians 3:16, 17

The Bible answer: _____

_____

7. What was the original diet given to human beings by God? Genesis 1:29; 2:16

The Bible answer: _____

_____

The original diet that God gave to Adam and Eve was fruits, nuts, grains, and vegetables. Our first parents and their children ate the healthful, life-giving natural products of the earth.

8. How many classes of animals did Noah bring into the ark? Genesis 7:2, 3

The Bible answer: _____

_____

9. How can you tell if an animal is clean or unclean? Leviticus 11:1-4

The Bible answer: _____

_____

10. What does God say regarding the swine or pigs? Leviticus 11:7, 8

The Bible answer: _____

_____

God's counsel applies to all pork products, including bacon, ham, and pork-based sandwich meats. Pork is extremely high in fat, contributing to coronary artery disease. Trichinosis is a well-established fact from the eating of contaminated pork products. Bacon and ham cured with nitrates are seriously suspect as a contributing factor to cancer. The scientific evidence in favor of God's diet is continually growing in the twenty-first century.

11. What general principles does God give regarding seafood? Leviticus 11:9-11

The Bible answer: _____

_____

God's Word declares that any living creature in the sea without fins and scales is unclean. All shellfish, such as crabs, clams, oysters, shrimp, and lobsters, are scavengers. They are unclean. Since the God who made our bodies desires us to be in health, He has given us these instructions to preserve our health.

12. What amazing promise did God make to Israel if they followed His principles of health? Exodus 15:26

The Bible answer: _____

_____

There is credible evidence that the Egyptians were dying of heart disease, cancer, diabetes, overweight, and sexually transmitted diseases. Following God's principle of health would make a dramatic difference for Israel, and following them will make a difference for us as well.

13. What does the Bible say will happen to those who continue to rebel against God by defiling their bodies in certain respects, although they know better? Isaiah 66:17

The Bible answer: _____

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