

PATHWAY TO PEACE: BIBLE STUDY GUIDE – LESSON 21

Abundant Health Part 1

Millions of people are looking for answers to obesity, sickness, and stress. They want abundant health, but they do not know how to get it. The answers are not found in a bottle, pill or “quick fix” program. The answers are found in life's spiritual and health manual, the Word of God. Did you know that your physical spiritual health effect each other? They are interconnected.

Despite your physical or spiritual condition, there is hope. Do you want to be strong and feel alive? It is possible. Just ask Jerry, who about two years ago was overweight, tired, sick, and stressed. He weighted about 300 pounds. He had diabetes in which he had to take 3 shots of insulin per day to control his diabetes. Plus Jerry had to take an additional 3 other medications for his high blood pressure. Jerry had a hard time sleeping, he experienced several panic attacks, and he had a difficult time walking without pain. As result, he was very unhealthy, had very little energy, sick, and his job performance suffered greatly. But praise God, Jerry got tired of being sick, overweight, and stressed and he did something about it. He regained control of his health and he did it naturally without any drugs or get fix programs. He used health principles that came directly from the Bible. Only two years later, Jerry is now off of all medication, he sleep well, his blood sugar and blood pressure is under control. And he is full of energy and vitality. This is a typical testimony of those who follow God's health principles.

The Abundant Health Bible study series will give you Biblical principles of how to have a total abundant health spiritually, mentally and physically. Let's study!

1. **What does the Bible reveal about Satan's purpose versus God's purpose for your life when it comes to our spiritual and physical health?**

Read ALL the following Bible texts: John 10:10; 3 John 1:2

Write Bible Answer:

Satan's sole purpose is to kill, steal, and destroy the human race. At the forbidden tree in the Garden of Eden Satan aired the world's first false commercial advertisement. He used a snake as a medium to give his message. He made his pitch to Eve. He said that she would have a better existence then she already had. He said that she would be like God. He knew that if he could deceive her to eat from the forbidden tree that she would die because of her disobedience. Eve believed Satan's advertisement. Satan has not changed his tactics. Today, Satan is using the “media” to make his pitch for us to eat foods that will make us sick and slowly kill us. He promises a better life if we eat his way of highly processed junk & “fast food”. He says, “Have your way!”. “It really satisfies you!”. “Obey your thirst.” “It's the real thing.” “Give in to your curiosity.” “I'm lovin' it!” “The best part of waking up, is Folgers in your cup.” “It's good to the last drop.” “You can't just eat one.” “They're grrrreat!” “Finger lickin' good.” “Unwrap a smile.” He makes ad pitch after pitch. “Eat, eat, eat yourself to the grave”, he says to himself. Did we believed his lies? Yes. What are the results? Heart disease, diabetes, obesity, strokes, cancer, and other preventable lifestyles diseases. Millions of people are suffering and died from these diseases. Jesus reveals that he not only gives life, but abundant life. Life with vitality and energy that glorifies the Creator and Savior Jesus Christ. Jesus presents to us real foods that will heal and not kill the body. The choice is yours. Which one do you choose abundant life or death? If you choose abundant life continue to study this lesson.

2. Who owns your body? Can you treat it as you please? Why is your health so important to God?

Read ALL the following Bible texts: Psalm 24:1; 1 Corinthians 6:19, 20; 1 Corinthians 3:16-17; Romans 12:1, 2

Write Bible Answer:

We are bought with a price. Jesus Christ died for us. We are not owners of our bodies. God owns our bodies, why, because He made it. ***Psalms 24:1*** says, “The earth *is* the LORD’S, and the fulness thereof; the world, and they that dwell therein.” God not only owns our bodies and died for us, but He wants to dwell in our bodies as a holy dwelling place, so we must present Him a clean and healthy place to live.

We are not just mental and spiritual beings to God, but we are physical. Your body is a temple of God - His dwelling place. We are literally walking sanctuaries for God. We can not intentionally put anything in your body that will defile it. Your body is holy unto God.

Christians who claim to be true worshipers of Christ must present themselves to God alive with energies and powers dedicated to do the service of God. How much service for God can you do if you are sick all the time? How much can you think about others and giving the gospel to others if you are unhealthy or sick? Your bodies must be in total consecration or dedication to the will of God. God is not going to command you to do something that can not be done. So it is reasonable to present your bodies healthy and presentable to God through the power of the Holy Spirit. The same Holy Spirit that can change your circumstances, the same Holy Spirit that can change your spiritual nature to be a true worshiper of God, is the exact same Holy Spirit that can help you improve your health condition. He can help you become healthy only if you take heed to the health principles of God. You must evaluate the way you treat your body. You must not do anything to your body in which you purposefully harm or disease it by what you do or put in your mouth.

Your physical health can affect your spiritual health, your mind and the way you think. God communicates to you through your mind – your conscience. Poor health can actually cloud your mind, make you more stressed and depressed, and make it difficult to listen to the Holy Spirit.

3. What is the basic Biblical principle for healthy living or a healthy lifestyle?

Read ALL the following Bible texts: Isaiah 43:7; Exodus 33:18,19; Exodus 34:5-7; 1 Corinthians 10:31; 1 Corinthians 6:20

Write Bible Answer:

The glory of God is the character of God. You were created to reflect His character in all that you do including what you eat or drink. God created foods that will build up and heal the body. When you choose to eat God's food His way, you are eating and drinking to the glory of God.

Healthful and nutritious eating and drinking is very important to God. God has given us all the power of choice, but as Christians we must make dietary choices that meet the approval of God.

4. What is God's health covenant to those who will glorify God in what they eat or drink?
[McCoy]

Read ALL the following Bible texts: Exodus 15:26; Deuteronomy 7:15; Exodus 23:25; Deuteronomy 28:58 - 61

Write Bible Answer:

Exodus 15:26 is a life and health covenant or contract. As in other contracts it involves at least two parties with expectations to be fulfilled on both sides. God's health contract is a contract between you and God. In Exodus 15:26 God says that if you would diligently follow his ways, statutes, laws, and commandments that He will NOT give you the diseases of the Egyptians. And if you have the disease, He promises to heal you from the disease if you do your part. What are the diseases of the Egyptians? In ancient times the Egyptians developed a technique to preserve a dead body for a long time known as mummification. Because of this modern researchers are able to use modern technology to do autopsies on many Egyptians bodies to find out what they died from. Believe or not they died from many of the same diseases many Americans die from such as heart disease, cancer, stroke, and diabetes. These are the diseases of the Egyptians! Did you know that seven out of 10 Americans suffer and die from any of the top three killer diseases: heart disease, cancer, or stroke? Heart disease is the number one killer in America and kills more than 550,000 people per year! Did you know that main causes for the top three killer diseases, heart disease, cancer, and stroke is directly linked to what you eat and a lack of exercise? Scientific research has found that high amounts of saturated fat and cholesterol found in the typical American diet can cause heart disease, cancer, and stroke. The heart beat, blood flow, hormone production, cell division, etc are all governed by the physical laws of God. The violation of these laws bring about diseases. The standard American diet full of fat, cholesterol, and high refined sugar violates the law of the body.

The key part of the contract is that you have to be diligent. In other words, you have to make an habit of following your part of the contract. In order to change your habit you MUST first change your thinking. You must have a positive Godly attitude for positive habit change. Then you must develop habits such as the things you eat that are in harmony with the law of the body.

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

Read the following Bible Text: Psalm 105:37

Write Bible Answer: _____

6. What has become America's and many professed Christians number one God?

Read ALL the following Bible texts: Philippians 3:18-20; Proverbs 23:2; 1 Peter 2:11

Write Bible Answer:

Bellies or appetite has become American's and many professed Christ number one god. Many professed Christians say that they would never put other god's before the Creator God, but when it come to the belly or appetite, they obey it rather than God. Eve got into trouble because of appetite and it is appetite that is literally killing millions of people today because they refuse to make any dietary changes. Many have made their bellies their idols/gods they have put their appetite and taste buds above God. Millions are digging their graves with their forks and spoons at the dinner table because they feel they have to bow down in submission to their "belly god." Appetite must be controlled by the mind not the stomach.

6. Can we eat whatever and whenever we want to eat with no regard to how much we eat?

Read ALL the following Bible texts: Revelation 14:12; 2 Peter 1:4 – 7; Exodus 16:16 – 23; Ezekiel 16:48 – 50; Ecclesiastes 10:17

Write Bible Answer:

Those who are saved in the kingdom of God according to Revelation 14:12 will have patience. In order to have patience we first must develop temperance. Temperance means "self control." Self control includes our diet. We must have self-control, meaning God control over everything that goes into the body of God. We can't just eat anything and everything and eat how much our heart desires. We must be temperate and avoid things that you know violates the law of the body. Matter of fact God taught the children of Israel temperance, they had to have self-control. Did you know that one of the reasons why Sodom was destroyed was that they loved to over-eat? Read it for yourself in Ezekiel 16:48-50.

7. Do we have to overcome appetite and who gives us the power to overcome?

Read ALL the following Bible texts: 1 John 5:4; Revelation 2:7; 3:21; 21:7; 1 John 4:4; Philippians 2:13

Write Bible Answer:

We must overcome appetite in order to eat at the tree of life.

Remember our bodies are the temple of God, it is holy. We must not defile it with are bad eating habits or appetites. Let's put God first in even in what we eat or drink. Part 2 next lesson...