

## HIGHWAY TO HEALTH



Every individual who experiences the joy of owning a new car receives an owner's manual, a comprehensive guide on how to both enjoy and maintain their vehicle. This manual serves as a treasure trove of

information, providing invaluable insights into operating the car efficiently.

A discerning owner understands the importance of studying the manual diligently and adhering closely to its instructions. After all, these recommendations stem from the manufacturer's intimate knowledge of the car's design and performance capabilities.

Similarly, there are occasions when individuals find themselves hospitalised, confronted with the grim reality of serious illness. In many cases, doctors attribute these illnesses to the neglect or misuse of the body—a staggering 80 percent of diseases, excluding accidents and infections, are believed to result from poor health habits. It's as though millions are inadvertently hastening their demise, one unhealthy choice at a time. As the saying goes, "Millions of people are committing suicide on the instalment plan. They are literally digging their graves with their teeth."

In contrast, the Creator and Designer of the human body has graciously provided us with an instruction manual—the Bible, which we might aptly term as our "Owner's Manual." Within its pages, God imparts invaluable wisdom on how to care for our bodies, offering guidance on what to nourish them with and what to abstain from. Yet, regrettably, only a fraction of humanity has taken the time to heed God's counsel, leading to needless suffering and premature death.

It's essential to recognize that God's directives for better health are not arbitrary dictates aimed at showcasing His authority. Rather, they stem from His profound understanding of our very beings, having crafted us Himself. Let us, therefore, embark on a journey to explore God's counsel for optimal health and well-being.



## WHAT JESUS SAID ABOUT HEALTH

“I have come that they may have life,  
and that they may have it more abundantly”

John 10:10.

As you study, be thinking about the Life Quest questions.

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

### HIS WORD SAYS

1. What type of life does Jesus plan for His children? John 10:10.

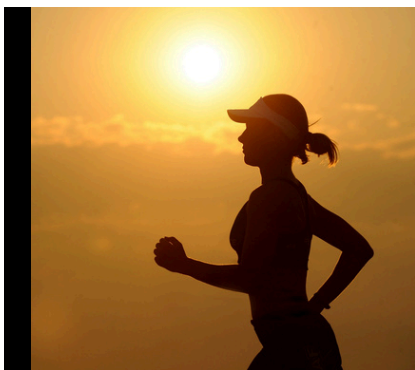
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2. What is the desire of our heavenly Father in regard to our physical well-being? 3 John 2.

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3. To whose glory should the Christian's attitude be concerning the use of his body?  
1 Corinthians 10:31.

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*God has given us a body made after His own image. It is our responsibility to give glory to God in everything we do, even down to what we put in our mouth and how we care for our bodies. When we take Jesus' name upon ourselves, everything we do represents Him. It is a big responsibility to take the title of Christian!*

4. Why should the Christian be particularly careful in the way he cares for his body?  
1 Corinthians 3:16, 17.

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5. What diet did the Creator originally plan for man? Genesis 1:29; Genesis 3:18.

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*This is the ideal diet for us and includes grains, nuts, fruits, legumes, seeds, and vegetables (herbs). Flesh was not a part of the original diet but was added after the Flood to sustain the people till the vegetation recovered. Genesis 9:1-4. When flesh was allowed into the diet, people went from living close to 1000 years to less than 120 years within a few generations. With our lifespan as short as it is today, avoiding meat should be on our priority list if we want to live a long and healthy life.*

6. What are some of the ways in which we can defile our bodies? Daniel 1:8.

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*Daniel was a true health reformer. He understood his obligation to God and desired to honour Him through his conduct in even the small things. Today studies have been done to examine the health benefits of Daniel's diet when followed for as little as thirty days. These people ate a completely plant-based diet and avoided refined foods and alcohol. In this short time most people lost weight, improved their blood pressure and blood sugars, reduced their cholesterol, and generally felt better. The Bible has some incredible insights into how we should live to enjoy good health. Avoiding meats and alcohol is a very good place to start.*



7. What diet did God give to the Israelites when He brought them out of the land of Egypt? Exo 16:15, 31, 35 Num 11:7

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*The Israelites departed from the plan divinely appointed for their diet. They desired a flesh diet, and they reaped its results. They did not reach Gods ideal of character or fulfil His purpose.*

*Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. Foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Therefore, the question with us is not, "What is the world's practice?" but, "How shall I as an individual treat the habitation that God has given me?"*

8. If we want to find healing of disease, what must we do? Exodus 15:26.

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*God requires us to obey His laws if we would find healing and avoid disease. This is why the physical and spiritual must always be taken together – they are inseparable if true healing is to be found.*

9. What does the Bible say about eating blood & fat? Leviticus 3:17; 7:23, Acts 15:20, 29 & 21:25.

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*Many think that the health laws were only for Israel. However, the command to remove the blood is also given to us in the new testament, showing us that God's health laws endure. It makes sense that God would want His people to enjoy healthy long lives, and it is for this reason He has clearly outlined to us what is okay to eat.*



10. What does Solomon say concerning those who use strong drink? Proverbs 20:1.

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11. What does the Bible teach will be the result of using strong drink? Proverbs 23:29-35

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12. What command of God forbids the use of any substance that would shorten life?  
Exodus 20:13.

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*The command not to kill includes killing self. We should not maintain any indulgence or habit that would cause disease, shorten our lives, or prevent us from sharing the gospel.*

13. Why should the Christian desire to glorify God in his body by caring for it?  
1 Corinthians 6:19, 20.

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*Tobacco, alcohol, marijuana, heroin, ice and other harmful drugs severely decrease the efficiency of the body's functions and shorten life. Living with intelligent self-control glorifies God and enables the Christian to give Christ longer and better service.*

14. What should be the purpose of every child of God when he realizes that the Lord is coming, soon? 1 John 3:1-3.

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15. How can those who find themselves enslaved by injurious habits gain the victory over them? Philippians 4:13.

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*The Lord is coming to redeem a special people, a people who have dedicated body, mind and soul to Him. When the Hebrews brought a sacrifice to the Lord it was to be without spot or blemish. Paul makes this appeal to us: 'Present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.'" Romans 12:1. Let us determine today that we will not indulge in any practice by which our bodies will be injured and defiled, but instead live to glorify God in every way. Diet, clean air, temperance, sunshine, exercise, water, rest and trust are the eight ways to having a great life.*

“Bless the Lord, O my soul, and forget not all his benefits: Who forgives all your iniquities; who heals all your diseases; Who redeems your life from destruction; who crowns you with loving kindness and tender mercies; Who satisfies your mouth with good things; so that your youth is renewed like the eagle’s.”

Psalm 103:2-5



**LIFE QUEST:**

Have you thoughtfully reviewed these Questions?

- What does this topic tell me about God?
- What difference does this topic make to my daily life?
- How does this topic help me in my relationship with Jesus?

**YOUR TURN**

Check the statements that most closely reflect your response to this study.

\_\_\_ I choose for God to be in control of every part of my life. I am praying for His leading and power to help me make these necessary changes.

\_\_\_ Please pray for me as I wish to consider how to best apply the health principles in this lesson to my daily life.

\_\_\_ I accept Jesus as Lord and Saviour of my life.

\_\_\_ Other \_\_\_\_\_