

9) What does the Bible say about "slothfulness" (laziness)? What does that tell us about the importance of exercise and hard work? -Ecclesiastes 10:18

1 - Slothfulness and "idleness" cause a "budding" to decay. This can also cause our bodies to decay and become sick!



\*Note: Studies have shown that regular physical exercise will help prevent the most common diseases that often lead to death. Even the government website for "Center for Disease and Control" is telling us to exercise: "Heart disease and stroke are two of the leading causes of death in the United States. But following the Guidelines and getting at least 150 minutes a week (2 hours and 30 minutes) of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels." -[www.cdc.gov](http://www.cdc.gov)

\*Note: Thus far, you've seen 3 Biblical health principles in this lesson: eating healthy food, drinking enough water and getting enough physical exercise. Here are 5 more, which make a total of 8 laws of health in God's Health Plan:

- 1 - Breathing fresh air (Genesis 1:6-8)
- 2 - Proper Rest (Psalms 127:2)
- 3 - Sunlight (Genesis 1:14-19)
- 4 - Temperance (2 Peter 1:5-7)
- 5 - Faith in God (James 5:14, 15)

10) The word "temperance" means self control or self denial. What does the Bible say we need to deny ourselves from? -1 Corinthians 3:16, 17, Proverbs 20:1; 23:31-35.

- 1 - We must deny ourselves anything that "defiles the temple of God" (body). i.e. - drugs, alcohol, cigarettes or junk food.
- 2 - We must deny ourselves from "strong drink." (wine / alcohol)

11) What does the Bible say God will give us if we obey His commandments and follow His health principles? -Proverbs 3:1, 2; 4:20-22.

- 1 - If we are obedient, God will give us "length of days, long life, and peace."
- 2 - If we follow the health counsels in the word, they will give "health" to all our flesh.



The 8 Laws of Health

\*Note: Though, the Bible health principles may feel restrictive and difficult at times, the long term result is a longer happier life with less sickness and disease. With the help of the Holy Spirit, you can overcome all your bad health habits and be made physically and spiritually whole!

Appeal) Will you, with the help of Christ, follow God's health plan? \_\_\_\_.

\*Download the next lesson at: <https://www.soldiers4christ.us>



## Build on the Rock

Doctrinal Lesson Series 2023

### Lesson 10: "God's Health Plan"



If there ever a time when people needed a healthier lifestyle, now is that time! Every year, hundreds of thousands in America die of cancer, heart disease, diabetes and other serious illnesses. The poor health in America is also affecting families, relationships and even spirituality. There are many different health plans out there, but why not try God's Health plan? Complete this lesson with the KJV Bible and learn about how to live a long, healthy and happy

1) What was God's original dietary health plan for mankind before the curse of sin? -Genesis 1:29.

1 - God gave man "every herb bearing seed" [grains, seeds, nuts] and the "fruit of a tree yielding seed" as a healthy diet.

\*Note: The perfect diet for man from the beginning was fruits, nuts, grains and seeds. These foods gave them all the nourishment that their body needed. They also breathed clean air and drank clean water with no toxic pollutants. Their work in the garden gave them all the needed exercise and as a result, there was no sickness or disease in the garden of Eden.

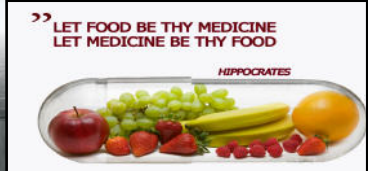


2) What did God add to man's dietary health plan immediately after sin? -Genesis 3:18.

1 - After Adam and Eve ate the forbidden fruit, God commanded man to "eat the herb of the field."

\*Note: The herbs are vegetables. Vegetables, originally only given to animals, were later given to man as food after the fall of man. God saw that man would need vegetables to sustain their health after the curse of sin came into the world. Vegetables are roots, stems, leaves, flowers or fruits that grow out of the ground that can be used for food.

\*Note: God's health plan is that food be our medicine. Famous philosopher Hippocrates once said: "Let food be thy medicine and medicine be thy food." Vegetables and fruit have vitamins, minerals and natural chemicals that prevent and cure sickness and disease.





**Black raspberries** - contain very high concentrations of phytochemicals called anthocyanins, which slow down the growth of premalignant cells according to Gary D. Stoner, PhD.



**Garlic** - The Iowa Women's Health Study found that women with the highest amounts of garlic in their diets had a 50 percent lower risk of certain colon cancers than women who ate the least.



**Avocado** - This green superfood is good for the heart. They're jam-packed with monounsaturated fatty acids, which help lower cholesterol levels and may help prevent blood clotting.

3) What big event took place that caused God to allow man to eat meat? What did God forbid his people to eat from the animal?

-Genesis 7:17; 9:3, 4

- A) After Noah's flood, God allowed people to eat meat without the blood.
- B) After God gave Moses the Ten Commandments, God allowed people to eat meat with lean fat and small amounts of blood.
- C) After Cain killed Abel, God allowed people to eat any kind of animal.

4) When the animals boarded Noah's ark how were the clean animals distinguished from the unclean animals? -Genesis 7:2

- 1 - The "clean" animals were taken in by "se\_\_ens."
- 2 - The "unclean" animals were taken in by "tw\_\_."



5) What does the Bible say about eating unclean animals? What guidelines were given to distinguish unclean and clean animals and fish? - Leviticus 11:1-10

- 1 - Eating unclean animals is an "abomina\_\_ion unto y\_\_u."
- 2 - Clean animals must "chew the c\_\_d," and "divi\_\_e the ho\_\_f."
- 3 - Clean fish must have "sca\_\_es and f\_\_ns."

**\*Note:** According to these verses, pigs, squirrel, cats, dogs, rat, catfish, shrimp, lobster, frogs, clams and squid are all unclean animals or fish and are an abomination for us to eat. An abomination is something morally filthy.

6) Some say that it's okay to eat unclean animals because Peter had a dream in Acts 10:10-16 where God told him to "kill and eat" unclean animals. This is NOT an accurate interpretation of this dream. What was the real interpretation of this dream as stated by Peter? -Acts 10:28.

- 1 - God showed racist Peter that he should not "call any m\_\_n common or uncl\_\_an."

**\*Note:** Many churches teach that after Jesus died on the cross that God gave man permission to eat unclean animals. They use Peter's dream as justification for this practice, but the Bible teaches that Peter's dream was given him so that he would understand that God would now accept Gentiles into the church through faith in the cleansing blood of Jesus.



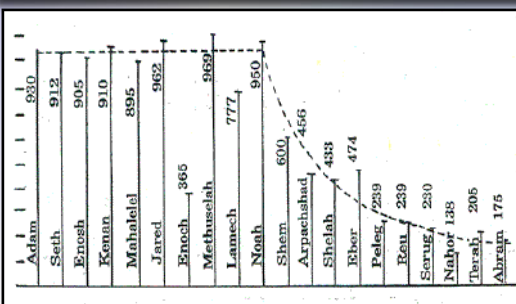
7) What happened to the life span of man after the flood, when man began to eat flesh foods? Compare Methuselah's and Noah's life span with Abraham and Joseph. -Genesis 5:27; 9:29; 25:7; 50:26.

Methuselah \_\_\_\_ years old.

Abraham \_\_\_\_ years old.

Noah \_\_\_\_ years old.

Joseph \_\_\_\_ years old.



**\*Note:** Though, God did allow mankind to eat clean meat after the flood, notice the dramatic decline in man's life span after the change of diet. Eating clean meat is permissible, but has never been the healthiest diet, especially now, when there is so much corruption in the meat industry.

8) What does the Bible say about the importance of water drinking? -Ezekiel 36:25.

- 1 - Water cleanses you "from a\_\_l of your fi\_\_thin\_\_ss" in and outside of your body.



**\*Note:** Around of 70% to 80% of the body is comprised of water. Water is needed by all the cells and organs in the body in order for them to function properly. It is also used to lubricate the joints, protect the spinal cord and other sensitive tissues, regulate body temperature and assist the passage of food through the intestines. During normal everyday functioning, water is lost by the body, and this needs to be replaced. It is noticeable that we lose water through activities such as sweating and urination, but water is even lost when breathing.

**\*Question:** What is the minimal amount of water you should drink daily?  
Your body weight: \_\_\_\_ X 0.5 = \_\_\_\_ ounces a day.

**\*Question:** What are the symptoms of NOT drinking enough water?

Dry Mouth	Lethargy and Sleepiness	Low immune
Headache	Premature Aging	System
Dark Urine	Increased Heart Rate	Constipation
Dizziness	Digestive problems	Dry Eyes
Feelings of Hunger	Decreased Muscle Mass	Dry Skin