



Evangelist Conrad J.
White

Founder of R.O.A.R.

THE ROCK OF AGES REVIVAL BIBLE SERIES

The Whole Truth About



**GOD'S HEALTHY
PLAN FOR LONG
LIFE**



Today there are so many fads and fashions concerning health, but did you know that God has a plan to promote long life? The principles are laid down in His Word. Research has shown that those who follow the biblical plan of diet live on an average of six years longer than those who do not follow God's plan. What is this outline God has given us? We shall see as we study the whole truth about God's healthy plan for long life.

1. What should be the Christian's attitude toward their body?



ANSWER:

1 Corinthians 10:31

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God."

2. Are health principles really a part of our relationship with God?

ANSWER:

3 John 1:2

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."



3. What was the original diet subscribed for Adam and Eve?

ANSWER:

Genesis 1:29, 31

“And God said, “See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food.”

Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.”



Mans original diet consisted of fruits, grains, and nuts.

After the fall, God added vegetables to man's diet (Genesis 3:18)

After the flood, flesh foods were permitted in man's diet. Notice, however, God's strict requirements as to which animals man could eat:

Deuteronomy 14:2,3

2 For thou art an holy people unto the LORD thy God, and the LORD hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth.

3 Thou shalt not eat any abominable thing.

Deuteronomy 14:7-10

7 Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you.

8 And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcase.

9 These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat:

10 And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.

4. What will be the outcome for those who eat pork?

ANSWER:

Isaiah 66:15-17

“For behold, the Lord will come with fire

And with His chariots, like a whirlwind,

To render His anger with fury,
And His rebuke with flames of fire.

For by fire and by His sword
The Lord will judge all flesh;
And the slain of the Lord shall be many.

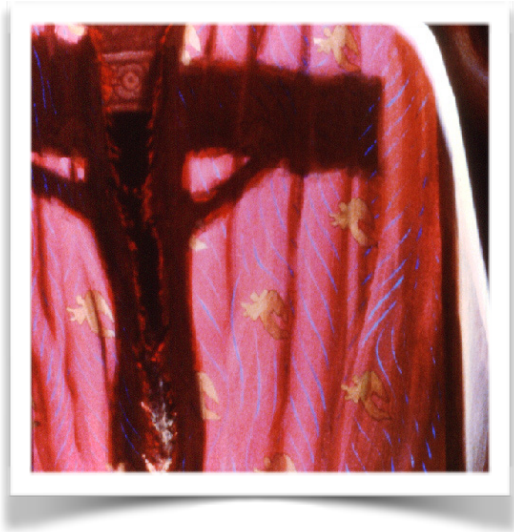
“Those who sanctify themselves
and purify themselves,

To go to the gardens
After an idol in the midst,
Eating swine’s flesh and the abomination
and the mouse,
Shall be consumed together,”
says the Lord.”



Note: Because we are to be a holy people, we are not to eat any abominable thing (Leviticus 11:3-11). Clean animals that both chew the cud and are cloven-hoofed God said we could eat. Creatures who live in the water are clean only if they have both fins and scales. Most insects (or invertebrates) are unclean (Leviticus 11:21-47). Many unclean animals are scavengers of the earth.

5. Isn't this law of clean and unclean animals the one that originated at Sinai for the Jews? Wasn't it nailed to the cross?



ANSWER:

Genesis 7:1-2

“Then the Lord said to Noah, ... You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female;”

Note: The distinction of clean and unclean animals existed at the entrance of sin. Noah, who lived hundreds of years before the existence of any Jew, was instructed to load the ark with clean and unclean animals. The clean by seven's and unclean by two's. These health laws were not nailed to the cross. Christ's death in no way altered God's instruction concerning diet. There is no difference between a Jew's anatomy and a non Jewish anatomy. In the New Testament Revelation 18:2 describes birds of the air as being unclean. God's health principles are for everyone. Those who break them will be lost (Isa 66:15-17).

6. We can see that God is particular about what we eat, what about what we drink?

ANSWER:

Proverbs 20:1

“Wine is a mocker,
Strong drink is a brawler,
And whoever is led astray by it is not wise.”

Proverbs 23:29-32

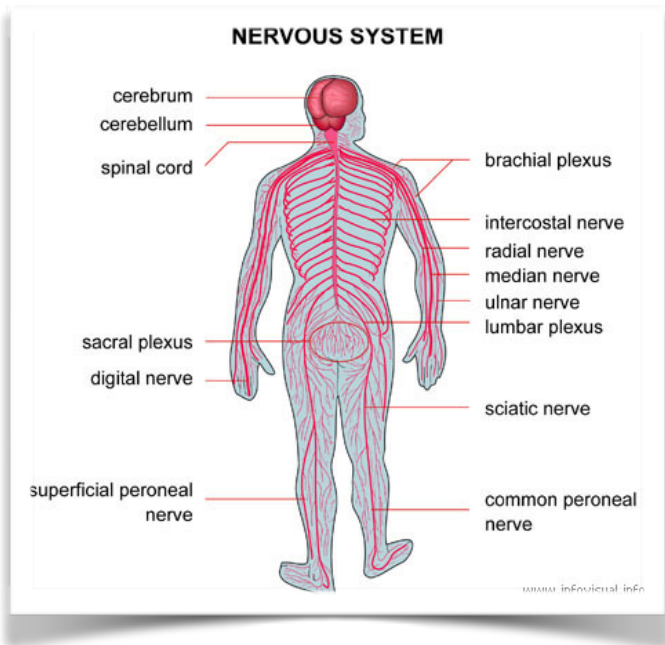
“Who has woe?
Who has sorrow?
Who has contentions?
Who has complaints?
Who has wounds without cause?
Who has redness of eyes?
Those who linger long at the wine,
Those who go in search of mixed wine.

Do not look on the wine when it is red,

When it sparkles in the cup,
When it swirls around smoothly;
At the last it bites like a serpent,
And stings like a viper.”



7. Does our body belong to us and can we do with It as we wish?



ANSWER:

1 Corinthians 6:19-20

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

8. Why should the Christian be particularly careful in the way they care for their body?

ANSWER:

1 Corinthians 3:16, 17

”Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, which temple you are.”



Note: Anything that is harmful to the body is displeasing to God. This includes the use of tobacco. Caffeine a harmful stimulant that is often added to many tea and soda drinks. Fat or blood should never be digested into the system (Leviticus 3:17). Fornication or adultery, which defiles a person spiritually, mentally and yes even physically should never be practiced by the Christian (1 Cor. 6:18; Ex 20:14).

9. If we have established some wrong habits what power is available to us in overcoming them?



ANSWER:

Philippians 4:13

"I can do all things through Christ who strengthens me."

10. What type of people will be prepared and ready when Jesus comes?

ANSWER:

1 John 3:2-3

"Beloved, now we are children of God; and it has not yet been revealed what we shall be, but we know that when He is revealed, we shall be like Him, for we shall see Him as He is."



Note: When it comes to serving the Lord we need to be born again. The same is true when we recognize that God has a plan for us to take care of our bodies. We need a new start.

N- Nutrition – Eating in due season (Ecc. 10:17). Eating food that promotes good health (Isa 55:2)

E- Exercise – A good plan of exercise strengthens the system.

W- Water – Water helps cleanse the body.

S- Sunshine – A practical use of sunshine can be helpful.

T- Temperance- Avoid all that is harmful and use that which is good in moderation.

A – Air – Fresh air produces strong lungs.

R – Rest – Proper rest is needed for good health

T – Trust in Divine Strength – With God all things are possible

The Bible says that our bodies are the temple of God (1 Cor. 3:16). Wherever God dwells is Holy. Because of this reason, we are not to defile our bodies because they belong to God. Just as we would not want to reside in an unclean home, so the Christian must by the indwelling power of God keep His body temple clean for Jesus. God made the human body and He knows how to make it run effectively. By following God's biblical plan for our bodies we can keep our temples clean for Jesus. The Bible says in Psalm 84:11 “. . . no good thing will he withhold from them that walk uprightly”. He only seeks to give us the best and keep from us that which is harmful. Is it your desire to keep your temple holy and dedicated to God?