

GOD'S PLAN FOR YOUR HEALTH

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A STEWARD

- Abstemiousness (abstain)
- Sunlight
- Trust in Divine Power
- Exercise
- Water
- Air (fresh)
- Rest
- Diet (**WFPB**)

And God said, “See, I have given you *every plant 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.”

EAT ONLY SEEDS

**And the Lord God commanded
the man, saying, “Of every tree
of the garden you may freely
eat”.**

**THERE'S LIFE IN A
TREE**

“When you besiege a city for a long time, while making war against it to take it, you shall not destroy its trees by wielding an ax against them; if you can eat of them, do not cut them down to use in the siege, for the tree of the field is man’s life.”

EAT MORE FRUIT

**“And you shall eat
the herb of the
field.”**

EAT MORE GREENS

**“In the sweat of your
face your shall eat bread
till you return to the
ground.”**

EXERCISE TO SWEAT

“but of the tree of the
knowledge of **good and evil**
you **shall not eat**, for in the
day that you eat of it *dying*
you shall die.”

**AVOID MIXTURES
OF GOOD AND BAD**

MIXTURES OF GOOD AND BAD

- **Wine** – color is good; alcohol is bad
- **Coffee** – color is good; caffeine is bad
- **Tea** – color is good; caffeine is bad
- **Marijuana** – color is good; THC is bad
- **Chocolate** – color is good; caffeine, theobromine, phenylethylamine, anandamide, et cetera are bad

MIXTURES OF GOOD AND BAD

- **Hollywood movies** – great themes & stories are **good**; lust, pride, violence, & foul language are **bad**
- **Popular music** – some **good** ideas mixed with **immorality, lust, selfishness, and pride**
- **Christian Rock or Pop** – **Christian** words; **satanic** music styles
- **Competitive Sports** – exercise is **good** ; pride, selfishness, domination, & competition are **bad**

**“But you shall not eat flesh
with its life, that is, its
blood.”**

**“we write to them to
abstain from things polluted
by idols, from sexual
immorality, from things
strangled, and from blood.”**

NO RED MEAT

**“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.”**

NO UNCLEAN MEAT

“But with most of them God was not well pleased, for their bodies were scattered in the wilderness.

Now these things became our examples, to the intent that we should not lust after evil things as they also lusted.”

“Now the mixed multitude who were among them yielded to *lusting*; so the children of Israel also wept again and said: ‘Who will give us meat to eat? We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our whole being is dried up; there is nothing at all except this manna before our eyes!’”

LET GO OF MEAT

Now all these things happened to them **as examples**, and they were written for **our admonition**, upon whom the ends of the ages have come. Therefore let him who **thinks he stands** take heed **lest he fall**.

**“Now when the people
complained, it displeased
the Lord; for the Lord heard
it, and His anger was
aroused.”**

DON'T COMPLAIN

No temptation has overtaken you except such as is common to man; but **God is faithful**, who will **not allow you to be tempted beyond what you are able**, but with the temptation will also make **the way of escape**, that you may be able to bear it.

**LET GOD DISTRACT
YOU**

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.**
Your eyes will **see strange women,**
And your heart will **utter perverse**
things.

“Come, let us make our father drink wine, and we will lie with him, that we may preserve the lineage of our father.” So they made their father drink wine that night. And the firstborn went in and lay with her father, and he did not know when she lay down or when she arose.

NO ALCOHOL

**“And let him who thirsts
come. Whoever desires, let
him take the water of life
freely.”**

**DRINK MORE
WATER**

**But to you who fear My name
the Sun of Righteousness shall
arise with healing in His wings.**

**Truly the light is sweet,
and it is pleasant for the
eyes to behold the sun.**

**Its rising is from one end of
heaven, and its circuit to the
other end; and there is
nothing hidden from its
heat.**

BE IN SUNLIGHT
MORE

**It is vain for you to rise up
early, to sit up late,
to eat the bread of sorrows;
For so He gives His beloved
sleep.**

The sleep of a laboring man
is sweet, whether he eats
little or much; But **the**
abundance of the rich will
not permit him to sleep.

GET MORE REST

**And do this, knowing the
time, that now it is high
time to awake out of sleep;
for now our salvation is
nearer than when we first
believed.**

GET UP EARLY

“It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

DAILY BIBLE STUDY

“And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.”

KNOW CHRIST

**“Therefore you shall be
perfect, just as your Father
in heaven is perfect.”**

BE PERFECT

“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.”

**LOVE YOUR
ENEMIES**

**But we all, with unveiled face,
beholding as in a mirror the glory
of the Lord, are transformed into
the same image from glory to glory,
just as by the Spirit of the Lord.**

BEHOLD HIS GLORY

**But Jesus answered them, saying,
“The hour has come that the Son of
Man should be glorified.”**

STUDY HIS
CRUCIFIXION

