“The Truth about Biblical Health”

1. Does the Bible have a prescription of healthy Christian living?
   3 John 2  _________________________________________________________.
   John 10:10 ________________________________________________________.

2. What does Christian living have to do with eating and drinking? 1 Corinthians 10:31
   _______________________________________________________________.

3. Did God establish a health plan at Creation for humanity?
   Genesis 1:29  ________________________________________________________.
   Isaiah 55:2  ________________________________________________________.

4. Is God restricting us from choosing what we want to eat and drink? Psalms 84:11
   _______________________________________________________________.

5. After sin entered the world what did God add to our diet? Genesis 3:18
   _______________________________________________________________.

6. At the time of the Flood how did God classify animals? Genesis 7:2
   _______________________________________________________________.

7. How specific was God about describing the clean and unclean animals?
   Deuteronomy 14:6  Animals: ____________________________________________.
   Deuteronomy 14:9-10  Fish: ____________________________________________.
   Leviticus 11:13-19  Birds: _____________________________________________. (NIV)
   Leviticus 11:20, 23  Insects: ___________________________________________. (NIV)
8. What other categories of God’s creation does He tell us we can eat? Leviticus 11:21-22 Eatable: ____________________________________________.

9. What does God say about animals that are low to the ground? Leviticus 11:29 ____________________________________________.

10. What does God say about the popular kinds of meat? Leviticus 11:7 ____________________________________________.

11. Why does God have prohibitions about the things we eat? 1 Corinthians 6:19-20 _______________________________.
                                                            1 Corinthians 3:16-17 _______________________________.


13. What does the Bible tell us about the use of cigarettes? 2 Corinthians 6:17 ____________________________________________.
                                                            Exodus 20:13 (kjv) ____________________________________________.

14. How does the Bible instruct us to respond to strong drinks? Proverbs 23:31-33 ____________________________________________.
                                                            Proverbs 20:1 ____________________________________________.

15. What can we find in the Bible about over eating? Proverbs 23:2 ____________________________________________.


17. What supports the fact that Gods’ dietary instructions have not changed? Isaiah 66:15-17 ____________________________________________.

18. What is one of the health law instructions given in the Bible? Leviticus 3:17 ____________________________________________.
19 & 20: On the Screen – the Affects of Trichinosis.

________________________________________________________________________.

21. Besides the things that we eat what other instruction are we given? Proverbs 17:22

________________________________________________________________________.

22. How important is it for us to trust God's Health Principles? Proverbs 23:2

________________________________________________________________________.